









## 1995 HAWAI'ILOA VOYAGE

### Plan for Meeting Objectives Hilo-Ra'iatea-Tautira, Tahiti (Feb. 7 - March 22, 1995)

	<u>No. of Crew (Total)</u>	<u>No. of Navigators</u>
<i>Hawai'iloa</i>	<del>13</del> 11	4
1. Sea trials		
2. Limited material testing		
3. Navigation Training		
4. Sailor Training		
5. Ceremonies and Gifting		
6. Language and Culture		
<i>Hökūle'a</i>	12	3
1. Navigation Training		
2. Sailor Training		
3. Ceremonies and Gifting		
4. Health, Diet and Medicine		
5. Plant Transportation		
6. Language and Culture		

### Tautira to Nukuhiva (March 29 - April 12, 1995)

<i>Hawai'iloa</i>	12	4
1. Sea trials		
2. Limited material testing		
3. Navigation Training		
4. Sailor Training		
5. Fishing Methods		
6. Ceremonies and Gifting		
7. Language and Culture		
<i>Hökūle'a</i>	13	4
1. Navigation Training		
2. Sailor Training		
3. Fishing Methods		
4. Ceremonies and Gifting		
5. Language and Culture		

### Nukuhiva to Hawai'i (April 17 - May 13)

<i>Hawai'iloa</i>	12	3
1. Sea trials		
2. Plaiting and Weaving, Lauhala Sails and Covers		
3. Cordage, Lashing and Rigging		
4. Caulking and Finishing		
5. Fishing Methods		
6. Ceremonies and Gifting		
7. Navigation Training		
8. Sailor Training		
<i>Hökūle'a</i>	12	3
1. Navigation Training		
2. Sailor Training		
3. Fishing Methods		
4. Ceremonies and Gifting		
5. Language and Culture		

From: Nainoa Thompson

Date: September 9, 1994

Subject: Crew Selection for 1995 Sails

---

We have completed the initial selection of the core crew of 61 individuals selected to sail on one of the attached sails.

Please complete the enclosed sail survey and return to J. Nainoa Thompson by September 23. This survey will help to determine every individual selected to sail on a long voyage in the South Pacific will undergo a physical and swim test. Those chosen to sail inter-island will undergo a final selection for crews will be made after November 1. Final selection for crews will be made after November 1. You will be notified by mail no later than October 15 if you have been selected to participate in.

If your survey is not received by the above date we will assume you are not interested and/or are unable to make any of the scheduled sails.

Polynesian Voyaging Society  
Pier 36  
Honolulu, HI 96817

Or fax to 531-7135. If there are any questions, regarding the survey, call 531-7240.

Are you interested in participating in next year's sail?

If so, which sail(s) would you be available to participate available to sail on.)

February 5 - 8

February 13 - March 22

March 29 - April 12

April 17 - May 12

May 13

June

July

Honolulu - Hilo

Hilo - Tautira

Tautira - Marques

Marquesas - Hawa

Hawai'i - Kualoa -

Alaska/British Col

Alaska/British Col

If no, would you be interested in participating in an inter students? (This is not confirmed at this time.)

NOTE: No one is guaranteed a slot until the following:

- 1) Those selected for the long voyage to the South both the swim test and physical.
- 2) Those selected for the inter-island sails or Alaska taken and passed the swim test.

This survey is to determine everyone's availability to sail more than one sail, you will more than likely be chosen for survey to Jarnell no later than September 23.



**Another seminar, tentative  
required basis only.**

**Again, the November 18  
their physicals and swim  
Shantell or Jarnell at 53  
your physicals.**

attempting to improve their health condition/risk is  
and

- provide individual medical advice on ways to improve term, overall health.

Please be reminded that each crew candidate must pass the set by the Polynesian Voyaging Society, in order to sail on

Please complete the survey and have it in the mail to Dr. [redacted] medical survey needs to be reviewed by both Ben Tamura and [redacted] physicals being given. Keep in mind that your honest and [redacted] order to insure a correct evaluation of each individual's health information received will be kept *confidential*, as the survey is handled by the medical office. If there are any questions about this process, call [redacted] at 737-4488 or Nathan Wong at 734-4810.

**Schedule for the physicals, which will be conducted at Pi**

2:00 to 5:00 p.m.

October 29, November 1

12:00 noon to 4:30 p.m.

October 30 and November 2

Again, the all crew seminar is very important and we would best to make the scheduled November 18 - 20 meeting. Without the seminar, it is important for those of you who possess a crew with you. Additional information will also be provided at the

Please call Shantell or Jarnell at 531-7240 to schedule your problem attending this seminar. Outer island crew members, your participation so airline coupons can be forwarded to



**CREW TRAINING SEMINAR**  
Leadership / Navigation  
Agenda  
November 4 - 6 -- Pier 36

**Friday, November 4**

	<u>Leadership</u>	<u>Navigators</u>
6:00 p.m. - 8:00 p.m.	A. Sail Plan B. Chain of Command C. Crew Selection D. Crew Responsibility	" " " "
8:00 p.m. - 9:00 p.m.	Question and Answer	"

**Saturday, November 5**

8:00 a.m. - 11:15 a.m.	A. Media B. Safety Procedures	" "
11:15 p.m. - 12:15 p.m.	LUNCH	
12:30 p.m. - 2:30 p.m.	National Weather Service Mtg	"
2:45 p.m. - 5:00 p.m.	C. Safety Procedures D. Crew Physicals (2:00 - 5:30 p.m.) E. Medical Aspects	Detail Sail Plan Crew Physicals Review
5:00 p.m. - 6:00 p.m.	DINNER	
6:00 p.m. - 8:00 p.m.	F. Safety Procedures	Detail Sail Plan Review

**Sunday, November 6**

8:00 a.m. - 11:00 a.m.	Review as req'd	Review as req'd
11:00 a.m. - 12:00 noon	LUNCH	
12:00 p.m. - 5:00 p.m.	Crew Physicals	Crew Physicals

## PVS TRAINING SEMINAR

FRIDAY, NOV 4, 1994 ---- 6 - 8 PM   Leadership Seminar

### LEADERSHIP & NAVIGATORS

#### A. Sail Plan: 6 to 7 canoes - 6,500 miles

##### HONOLULU TO HILO

3 Feb 95 - - Lv HNL-- Hoku & Loa

6 Feb 95 -- Ar Hilo

##### HILO TO TAHITI

8 Feb 95 or later -(1st good weather) want to hit Doldrums with full moon

--Lv Hilo -- Hoku - Loa - Makali'i?

Mar 95 --Ar Ra'iatea

22 Mar95-- Ar Tautira, Tahiti --rendezvous with: Cook Islands, Autearoa,  
Tahiti & any other voyaging canoes.

##### TAHITI TO MARQUESAS

29 Mar 95--Lv Tautira

12 Apr 95--Ar Nuku Hiva, Marquesas

##### MARQUESAS TO HAWAII

17 Apr 95--Lv Nuku Hiva, Marquesas

May 95--Ar Hawaii - each canoe to be hosted by separate island // school:

Hokule'a: to Hilo

Hawaii Loa: to Kauai

Makali'i: to Kawaihae

Tahiti Canoe: to Ma'alaia, Maui

TeAurere: to Kona

Cook Island Canoe (Tua's): to Ka'anakakai

Cook Island Canoe:Taketumo : to Lanai

##### HAWAII SITES TO KEEHI LAGOON, OAHU

10 May 95 -- Canoes to Kalapapa, Moloka'i

11 May 95 pm --Lv Kalapapa, Moloka'i

12 May 95 - 8am -- Ar Kualoa StatePark; Hokule'aBeach

small ceremonies for families and crews

12 May 95 -- Lv Kualoa

12 May 95 -- Ar Maunaloa Bay, Hawaii Kai - Big dinner in Hawaii Kai / Showers

13 May 95 -- Lv Hawaii Kai

13 May 95 - 8 am -- Ar Keehi Lagoon - Big Public celebration

B. Chain of Command: Navigator is in command unless there is a Captain

#### C. Crew Selection:

Leadership Seminar Weekend 4 - 6 Nov 1995 ;

Crew Seminar Weekend 18 - 20 Nov 1995

Medical Screening by Nov 19

Preliminary Crew Notification by Nov 19

Rough water swim test on Nov 20

Conference on Dec 1

Final crew selection - first week Dec.

All crews will be Kualoa to Hawaii Kai to Keehi 12-13 May 1995

22 Nov

Ala

Purpose:

A. Provide information for the following:

1. Pre-Voyage

- a. Hawai'iloa
- b. Hōkūle'a
- c. Navigation Training
- d. Crew Training
- e. South Pacific Training - *Wine all together*
- f. Community Projects
  - voyaging foods —
  - protective clothing
  - plaiting and weaving
  - cordage
  - plant transportation
  - fishing methods
  - traditional medicines —
  - gifting
  - lauhala sail

2. Marquesas Voyage

- a. Sail Plan

3. E'ala Voyage

- a. Sail Plan

4. Education Programs

- a. *No Nā Mamo*
- b. Exploration Learning Center
- c. Inter-island Voyage - *Eala - 5/2/94*
- d. Anthology - *2/10/94*

5. Alaska Voyage *Seattle - Juneau 5000 miles Ha*

6. Medical Issues *Benz, Hala, Dennis*

7. Media - *Dennis*

B. Design/Define Work Sessions *in progress*

- 1. Chain of Command
- 2. Crew Selection
- 3. Crew Responsibility
- 4. Safety Procedures

C. Finalize/Outcomes *WLF CUNDAV*

- 1. Crew Selection
- 2. Chain of Command
- 3. Crew Responsibility
- 4. Safety Procedures
- 5. Partial Completion of Medical Screening

D. Navigation

- 1. Select Navigators
- 2. Review Navigation Theory
- 3. Complete Detailed Sail Plan

Hawaii → Tahiti

Leg 1

Hoku  
Shorty

N: Hawainian

2 PT - Nain'oo

30 m

DW

## PVS TRAINING SEMINAR

SATURDAY, NOV 5 -- 8 am to 8 pm

### A. Safety Procedures: Chad

#### 1. Escorting:

- a. Overall
- b. Towing
- c. Escort must leave

#### 2. Communications between escort and canoe:

Routine procedures  
Escort loses sight of canoe  
Canoe loses sight of escort

#### 3. Emergency Guidelines

- a. Man overboard
  - Procedures on the canoe
  - Procedures for escort
- b. Swamping
- c. Transferring crew to escort
- d. Transferring escort to crew
- e. Medical Evacuation to helicopter or ship

#### 4. Communication Guideliness -

Using radios: Designated radio operators  
Designated radio personality/media

Emergency operations/Communications:

Equipment:

Single side band on canoe another on escort - commo to Hawaii  
VHF - line of sight. Canoe has base station and 2 hand helds  
ARGO  
INMAR SAT - Honolulu

#### 5. Emergency Equipment -- canoe & escort

#### 6. Leaks and Damage Control

#### 7. Raising and Lowering Sails

#### 8. Coming About

#### 9. Storm Sailing

#### 10. Restanding Mast at Sea

## Meal Schedule for Voyage:

30 days - 1 meal/day, maximum meals required

16 days - 2 meals/day, maximum meals required

21 days - 3 meals/day, maximum meals required

*30 days \* 3 meals*

## Menus:

Meals should be arranged in progression to maintain

1st stage - Fresh - *catch fish use fresh fruit*

2nd stage - Limited Fresh

3rd stage - Preserved

Foods: in different stages of preparation

Fresh - ulu, banana, coconut, sweet potato

*dry*

Preserved:

whole way - fish, squid, banana, coconut

14 days - taro, ulu, sweet potato

*first* 7 ~~21~~ days - fruit, fresh fish

*Clare*

*Sharon Odum*

- 3) Dr. Terry Shintani
  - 4) Dr. Kekuni Blaisdell
  - 5) Dr. Nathan Wong
  - 6) Dr. Benjamin Tamura
- Donna

What schools could we get to assist in this pr

- NO NA  
MAMA  
PAPA
- ONE'ALA
- 1) O'ahu - Wai'anae High School (Susan Lu)
  - 2) Kona - Hale o Ho'oponopono and Konawaena  
Hilo - Hilo High School (Jim Nani'ole)
  - 3) Moloka'i - Kilohana School (Tanya Wills)
  - 4) Maui - Hana?, Lahainaluna?, Keanae?
  - 5) Kaua'i - ? (Dennis Chun)

Other resources to use:

- 1) Tommy Holmes' Book - The Hawaiian C
- 2) Dr. Shintani's Book - Wai'anae Diet
- 3) Plants in Hawaiian Culture
- 4) Polynesian Voyaging Resource Book

PVS Dietary Program



## PVS TRAINING SEMINAR

5 NOV 94 Pwr 36

### Community Project - Voyaging Foods

1. Participants:  
Ben, Nate, Donna, Naomi, Clair, Sharon, Moku, Tava, Pinky,
2. Foods:  
Banana, Taro, Ulu, Sweet Potato, Sugar Cane, coconut, fish, squid
3. Preparation:  
Tava describing banana drying and wrapping:  
Slice yellow ripe bananas lengthwise in half  
Lay out to dry on woven lauhala or other matting such as woven banana leaf  
Place in drying boxes and keep out of rain, bugs  
Turn every 12? hours  
After 2-3 weeks? prepared to wrap  
Lay out 10 slices, overlap another ten about 1/3rd from the bottom of the first  
Wrap in dried banana stock leaves-overlapping lengthwise  
Tie with sennat or twine in portions of meals anticipated  
Hang with string like sausage  
Keep as dry as possible. Needs air. If kept in bucket, must take out to air often.
4. School Involvement:  
Nainoa knows of schools willing to help- especialy the No Na Mamo project schools:  
Wai'anae High - Oahu  
Hale o Ho'oponopono - Kona  
Konawaena - Kona  
Hilo High - Hilo
5. Diet Candidates:  
Nainoa, Tava, Chad
6. Meals Required:  
1 meal / day of traditional diet on leg #1 (30 days) -- 30 meals/ person  
2 meals / day of traditional diet on leg #2 (15 days)-- 32 meals / person  
3 meals / day of traditional diet on leg #3 (21 days)-- 63 meals / person
7. Considerations:  
Nutritional requirements  
Measurments of weights/body fat/etc of crew  
Dietary journals on voyage





POLYNESIAN VOYAGING SOCIETY  
Pier 36, Honolulu, HI 96817

MEMORANDUM

To: Crew Members  
From: Jarnell Martinson  
Date: November 8, 1994  
Subject: All Crew Seminar

---

This is just a reminder to all crew members that our mandatory all crew seminar and swim test will be held on November 18-20, 1994. The seminar will begin at 6:00 pm on Friday evening and conclude about 6:00 pm Sunday afternoon.

For those who have not as yet taken their physicals, they must be taken during that weekend. Enclosed is a tentative agenda for the weekend's events.

For our outer-island crew, please call the PVS office at 531-7240 to confirm with Jarnell or Shantell whether or not you will be in attendance so that airline coupons and reservations can be made and mailed out to you.

If you have any questions or problems, please give us a call. Mahalo!

## CREW TRAINING SEMINAR

All Crew

Agenda

November 18 - 20 -- Pier 36

### Friday, November 18

*PIER 36*

6:00 p.m. - 8:00 p.m.

Briefing  
Seminar Schedule/Logistics

8:00 p.m. - 9:00 p.m.

Dinner  
Leadership/Navigation Briefing (Crew Lists)

### Saturday, November 19

*PIER 36*

7:00 a.m. - 8:00 a.m.

Breakfast

8:00 a.m. - 11:30 a.m.

Safety Procedures/Work on Canoes  
Media / Education presentation - Dennis/Elisa  
Medical Presentation - Ben/Nate  
Team/Specialist Meetings

11:30 a.m. - 12:30 p.m.

Lunch

12:30 p.m. - 4:00 p.m.

Work on Canoes - Crew  
Navigational seminar  
Crew Physicals (2:00 - 5:00)  
Team/Specialist Meetings

4:30 p.m. - 6:30 p.m.

Planetarium Presentation

7:00 p.m. - 8:00 p.m.

Dinner

8:00 p.m. - 9:00 p.m.

Crew Selection  
Leadership Meeting (In-command and Navigation)

### Sunday, November 20

6:00 a.m. - 2:30 p.m.

Lunch Preparation (Jarnell and Shantell)

8:30 a.m. - 10:30 a.m.

Meet at Niu Valley (PINKYS)  
Teams/Specialist Meetings (as required)

10:45 a.m. - 1:30 p.m.

Portlock Swim Test

2:00 p.m. - 6:00 p.m.

Crew Selection Individual Meeting  
Lunch (PINKYS)

## SWIM TEST SCHEDULE

Sunday, November 20

*9:30 - Meet at Niu Valley*

10:45 a.m.

Leave Niu Valley for Portlock

11:15 a.m.

Split teams

11:15 a.m. - 12:15 p.m.

Briefing/Demonstration (Team One)

- Man Overboard Procedures
- Swim Techniques -- Breast, Side
- Support for Team Two

SWIM (Team Two) - *9 people - 2 surfboard*

7 persons - swim

1 person - surfboard

1 person - dive

12:30 p.m. - 1:30 p.m.

Briefing/Demonstration (Team Two)

- Same as above
- Support for Team One

SWIM (Team One)

Support Team - Team Two *for team 1*

7 persons - surfboard

2 persons - dive

### Equipment Required:

Foul Weather Gear - 3 sets

Man Overboard Pole

Harness

Canoe/Paddles

Anchors

Surfboard - 8

Diving Gear - 3 sets

Rope - 2, 50' dacron 9/16"

POLYNESIAN VOYAGING SOCIETY  
PIER 36 Honolulu, HI 96817

**MEMORANDUM**

TO: All Crew Members  
FROM: Nainoa Thompson  
DATE: December 15, 1994  
SUBJECT: Medical Evaluation / Crew List Notification Update

---

I hope this letter finds all of you doing well. Our voyage is fast approaching and yes our final crew selection is almost complete. Considering that arrangements need to be made and finalized with one's family and employer, as soon as the crew list is finalized, we will be notifying you by phone and an official notification letter will be sent out immediately.

Just to let you know, all went well with everyone's medical evaluations. Enclosed you will find your personal medical evaluation/ suggestion letter from our doctors (Dr. Ben Tamura and Dr. Nathan Wong).

As a reminder, our next crew seminar will be held from January 13-16, 1994. Please keep these dates in mind so that all can be in attendance as it is our last crew training sailing/ seminar before our big "Voyage." For our outer-island crew, airline coupons will be sent along with our crew list notification letter.

If you have any questions regarding the above, please feel free to call Jarnell or Shantell at 531-7240.

Mahalo for your patience!

Here is the **INFORMATION SHEET** with "brief" explanations I referred to:

When I spoke to many of you during the recent physical exams, I mentioned the possibility of getting some donated gamma globulin and tetanus vaccine. I am sorry to say that I spoke too soon ... it did not work out. Thus, if any of you received recommendations to update your immunizations, I am afraid that you must pursue such at your own expense. To help you decide whether to follow through with our recommendations, I wrote up this summary for you to review at your leisure.

So far, I feel the travels of the PVS have been very fortunate from an infectious diseases perspective. There have been no cases of tetanus (lockjaw), syphilis, polio, acute Viral Hepatitis A and no cases of measles brought into communities we have visited. We have been lucky indeed. However, from a policy perspective, luck is fickle; if it goes our way, terrific ... we cannot plan something based entirely on luck. We need something more concrete, more reproducible and predictable. If luck goes our way, good. But if it does not, we need to be prepared and to be accountable.

What follows is a paraphrased, plagiarized summary from the **U.S. Public Health Service** regarding immunizations for U.S. travelers going to the Society Islands and the Marquesas (as of October 1994).

**I. MANDATORY IMMUNIZATIONS**

None

**II. RECOMMENDED**

- 1) **Tetanus (Td)** -- if not received within the last 5 years.
- 2) **Measles** -- **our MMR** -- if born after 1956 and you have never had a doctor diagnosed case or a blood test to prove immunity or written verification of at least TWO vaccines with live-attenuated virus after age 1.
- 3) **Pneumococcal vaccine** -- if you are older than age 65, or any age with chronic health conditions such as diabetes, asthma, heart/lung/blood-vessel diseases. Only one shot is required for life, no boosters necessary.
- 4) **Influenza vaccine** -- if you are older than age 65, or any age with chronic health conditions. Influenza vaccine needs yearly boosters.

**III. OPTIONAL**

- 1) **Hepatitis A (immune gamma globulin)** -- Hepatitis A is a food and water borne viral illness. No one dies from Hepatitis A and there is no chronic carrier state. It just makes you sicker than hell and temporarily jaundiced. While you are ill, you may be prone to dehydration and electrolyte imbalances.
- 2) **Hepatitis B** -- this is a bummer. 10% become chronic carriers and risk liver cancer, 1% acutely die. It is transmitted by sexual contact and blood transfusions or blood contaminated equipment (needles, sutures, scalpels). The vaccine is recommended for health care workers, persons anticipating direct contact with blood, those anticipating sexual contact with locals whose hepatitis status you don't know or those anticipating using local health care facilities.



for several weeks, if you will be going the entire way. Ha wish to be careful. Ask your personal doctor.

I am missing Surf Trac because of this memo, so please want to make sure that those of you who received recom and/or measles booster follow through with it.

Tetanus is a killer. It is an acute life threatening neurom neurotoxin produced by a bacteria introduced under the s The toxin causes uncontrolled muscle spasms of such int reported to break their own bones from their own uncont paralyzes your ability to breath, swallow, move and caus 100% preventable with the tetanus vaccine (Td). The vac years ... every 5 years if the wound is particularly "dirty" members get a Td booster if you have not had one in the and you do not know who to ask, play it safe and get the know a physician to ask or if you do not have medical in

Measles ... this is of concern only for those born after 19 it is highly contagious to susceptible individuals. In adu brain damage from it. Our greatest fear is an outbreak in we have left and the source of the infection is traced to o Public Health Service and the American College of Imm booster vaccine (MMR) for all travelers born after 1956 immunity: 1) a doctor diagnosed you with measles (not measles), 2) you do a blood test for measles antibody tite written documentation that you have had at least two dos

vaccine received on or after age one. If you are not sure, the least expensive and safest thing to do is to get MMR booster. Talk it over with your doctor or call me.

A special note about MMR ... women need to make certain that they are not pregnant when they get the vaccine and need to take precautions not to get pregnant for at least three months after they receive the vaccine. If you are going to get the MMR and gamma globulin, make sure you get the MMR first, at least two weeks BEFORE the gamma globulin. If you get the gamma globulin first, you must wait at least 6 weeks (preferably 3 months) before you can get the measles vaccine. If you have a serious allergy to eggs or to neomycin, you cannot get the vaccine. Call me.

Finally ... mosquitoes. Tahiti has Dengue fever. Never mind what it is ... you don't want to get it. It is transmitted by mosquitoes. Everyone who will be spending sometime on land in Tahiti or the Marquesas should bring mosquito repellent (Off). Its summertime there, it will be hot and muggy. Protective clothing should be light and breathable -- spray the repellent on your clothing and apply it to the exposed body parts remaining. Try it at home first to make sure you don't have an allergic reaction to it up there.

- 12) Each individual is considered an important part of team itself or any other individual.
- 13) Individuals demonstration of unique skills
- a) documentation
  - b) education
  - c) research
  - d) doctors

There are 5 categories for sailing participants: (The number which must be met.)

- a) Masters - all
- b) Apprentice - all except 2 & 3 (age = 25 - 40)
- c) Community Resources - 4, 8, 9, 10, 11
- d) Educators - 4, 8, 9, 10, 11
- e) Documentors - 4, 8, 9, 10, 11

- NOTE:**
- 1) Exceptions can be made to 1-3. If anyone is not considered for masters program.
  - 2) You risk the possibility of being dropped if you fail any three activities or functions, relating to notification.

### **RATING SCALE:**

- |   |   |                        |   |
|---|---|------------------------|---|
| 1 | - | Exceptional            | 4 |
| 2 | - | Proven                 | 5 |
| 3 | - | Good risk (acceptable) |   |

starting m

If there ar

Again, I v

From the

you and y

# POLYNESIAN VOYAGING SOCIETY

Pier 36, Honolulu, HI 96817

December 15, 1994

Donna M. Wendt

---

Dear Donna:

You have passed your physical and your basic vaccinations are all up-to-date. You are cleared to sail without restrictions.

I have started my Drug Salesman harassment campaign and am starting to stockpile meds for the medical supplies. We should get together and inventory what we have and then all the medical people should get together and decide what we really need to bring ... in the past I think I over-stocked the supplies. Also, if we are going to need supplies that we cannot get from drug salesmen, we need to decide who gets what from where and how.

Call me at 737-4488 or Nate Wong at 734-4810 if you have any questions or concerns.

Sincerely,

*Ben Tamura, M.D. sc*

Ben Tamura, M.D.

BT:jam

enc.



VOYAGE OF REDISCOVERY

# POLYNESIAN VOYAGING SOCIETY

Pier 36, Honolulu, HI 96817

January 24, 1995

Commander Tripler Army Medical Center  
Brigadier General James E. Hastings  
Attention: MCHK-CU  
Tripler Army Medical Center  
Honolulu, HI 96859-5000

Subject: LTC Donna Wendt, RN

Dear Sir:

On Behalf of the Polynesian Voyaging Society, we wish to express our sincere appreciation for your consideration in allowing LTC Donna Wendt to participate in our coming voyages. She was invited to be a crew member aboard the *Hawa'i'iloa* because of her background in health care. When *Hawa'i'iloa* sails from Tahiti to the Marquesas, LTC Wendt will be in charge of medical triage, preliminary clinical assessments and the administration of medical care for on-board emergencies; she will be under the supervision of our Physician-In-Charge Dr. Robert Overlock. Dr. Overlock will be aboard a separate vessel, the escort boat *Kamohole*.

The vision of the Polynesian Voyaging Society is *Ho'olokahi*: to bring about unity and harmony among humanity, nature and spiritual forces. Our vision is to contribute towards a safe and healthy future for Hawai'i; to learn and in the process to educate others. LTC Wendt is vital to the health and safety of our crew and therefore to fulfilling our vision. She will be the only crew member who is active duty military and the only Registered Nurse invited to sail with us.

The scope of this project extends far beyond the limits of this State. LTC Wendt by being aboard the *Hawa'i'iloa* gives our Physician-In-Charge the mobility to provide Assistance to other voyaging canoes who will be participating from throughout Polynesia.



Brigadier General James E. Hastings  
January 24, 1995  
Page 2

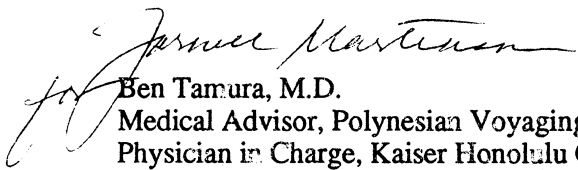
All of our crew members (with whatever unique skills they possess) are volunteers. LTC Wendt has already volunteered much of her time in preparation for this trip; her participation is an important one with a profession-specific purpose. Her participation links our endeavor toward expanding cultural awareness with your sensitivity and reputation for humanitarian assistance directed to the needs of the peoples of the Pacific Basin.

We thank you for supporting our mission of education.

Sincerely,



Nainoa Thompson  
Sail Master, Polynesian Voyaging Society



Ben Tamura, M.D.  
Medical Advisor, Polynesian Voyaging Society  
Physician in Charge, Kaiser Honolulu Clinics

NT:jam

cc: LTC Donna Wendt







## CREW TRAINING SEMINAR

Agenda

January 12 - 16 -- Pier 36

1995

### Thursday, January 12

6:00 p.m. - 8:00 p.m.	General Overview and Orientation
8:00 p.m.	Dinner
8:00 p.m. - 10:30 p.m.	Navigator's Meeting

### Friday, January 13

#### Team 1

8:00 a.m. - 11:00 a.m.	Prep Canoes
11:00 a.m. - 12 noon	Lunch
12 noon - 9:00 a.m.(Sat)	Sail

#### Team 2

8:00 a.m. - 11:00 a.m.	Prep Canoes
11:00 a.m. - 12 noon	Lunch
12 noon - 5:00 p.m.	Classroom/Support <i>E'ala</i>
5:00 p.m. - 6:00 p.m.	Dinner

#### E'ala - Team 1

8:00 a.m. - 11:00 a.m.	Prep Canoes
11:00 a.m. - 12 noon	Lunch
12 noon - 4:00 p.m.	Sail (with leadership of Team 2)

#### E'ala - Team 2

8:00 a.m. - 11:00 a.m.	Prep Canoes
11:00 a.m. - 12 noon	Lunch
12 noon - 4:00 p.m.	Classroom

#### Navigators

9:00 a.m. - 10:00 a.m.	Meeting with Tom Shroeder - UH
10:00 a.m. - 11:00 p.m.	Prep Canoes
**	Follow above schedule for Teams 1 & 2

## **Saturday, January 14**

### **Team 1**

9:00 a.m.	Arrive San Souci/Swim to shore
10:00 a.m. - 5:00 p.m.	Classroom/Support <i>E'ala</i>

### **Team 2**

9:00 a.m. - 9:00 a.m. (Sun)	Arrive San Souci / Swim to Canoe / Sail
-----------------------------	---

### **E'ala - Team 1**

9:00 a.m. - 11:00 a.m.	Classroom
11:00 a.m. - 12 noon	Lunch
12:00 noon - 4:00 p.m.	Classroom

### **E'ala - Team 2**

9:00 a.m. - 11:00 a.m.	Classroom
11:00 a.m. - 12 noon	Lunch
12 noon - 4:00 p.m.	Sail

## **Sunday, January 15**

### **Team 1**

9:00 a.m.	Arrive San Souci / Team 1 navigators & South Pacific crew swim to canoe
9:00 a.m. - 5:00 p.m.	Meetings at Pier 36

### **Team 2**

9:00 a.m.	Arrive San Souci/Navigators to stay on-board canoe/Remaining crew swim to shore
10:00 a.m. - 5:00 p.m.	Meetings at Pier 36

### **Navigators**

9:00 a.m. - 12:00 noon (Mon)	Sail
------------------------------	------

### **E'ala**

9:00 a.m. - 12:00 noon	Arrive San Souci/Swim to Canoe/Sail
12:00 noon	Pau



## 1995 SAIL SCHEDULE

February 3 - 5*	Honolulu - Hilo
February 7 - March 22**	Hilo - Tautira
March 29 - April 12***	Tautira - Marquesas
April 17 - May 12****	Marquesas - Hawai'i
May 13	Hawai'i - Kualoa - Keehi Lagoon
June	Alaska/British Columbia - 1st leg
July	Alaska/British Columbia - 2nd leg

### NOTES:

- \* February 6 -- Hilo Departure Ceremonies
- \*\* March 15-20, 1995 -- Taputapuatea, Raiatea for the Marae re-dedication
- \*\*\* May 12, 1995 -- Kualoa, Oahu (Private Ceremony)
- \*\*\*\* May 13, 1995 -- Keehi Lagoon, Oahu (Welcome Home Ceremony)

For airline flights to Tahiti, you can take a Hawaiian Airlines flight from Hawaii to Tahiti and once in Tahiti you will need to catch an Air Tahiti flight to Raiatea.

may be joined by a third Hawaiian canoe, *Makali'i*, etc.  
The Hawaiian canoes will meet five other Polynesian  
and 'A'ā *Kahiki Nui* from Tahiti; *Te Aurere* from Aotearoa  
from the Cook Islands).

**Mar. 18:** The canoes will go to Ra'iātea for the re-dedication.

**Mar. 20:** The canoes will go to Faaha Bay, Taha'a, for the  
Taputapuātea Marae.

**Mar. 22 or 23:** The canoes will go from Taha'a to Papeete.

**Mar. 23 -26:** The canoes will go from Pape'ete to Taupou  
Nukuhiva.

**Mar. 29-Apr. 12:** The canoes will go from Tautira to

**Apr. 17-May 11:** The canoes will sail from Nukuhiva  
in Hawai'i. They will meet at Kalaupapa Moloka'i on the  
occasion of an ahu to voyaging on the morning of May 11.

**May 12:** The canoes will anchor at Maunalua Bay, Oahu.

**May 13:** The canoes will sail to Ke'ehi Lagoon for celebration  
and welcoming to Hawai'i the Polynesian Canoes.

**NOTE TO TEACHERS:** To plot the course of the voyage with a courseline on it. These should be provided and published in one of the daily papers. Teachers may raise issues raised by having students brainstorm on the issues relevant to the daily lives of the students. For example, how much living space on the canoe (See Part 2, question 3). How much space calculate how much living space is in their homes. How, also, do conflicts arise over space and if so, how?

## **Part 1. Planning. Preparation.**

- 1. Purpose of Voyage:** Why another voyage to the first for *Hawai'iloa*. What makes this voyage important? What is the sail plan?
- 2. Departure:** What does it feel like to leave an island and go to sea in an open canoe? What are some of your concerns? What risks are you taking? What sacrifices are you making?
- 3. Exploration:** Why did the Polynesians leave their islands for exploration important to human survival? Is the same true today? If so, in what ways? What remains to be explored?
- 4. Implementation:** How did this Explorations project get started? What objectives? When did it get started? Who were the people involved to make the voyage a reality?









- **Taiohae, Nukuhiva:** Where is Nukuhiva? Where will they anchor or dock? What is the significance of the place in Polynesian traditions?
- **Hawai'i:** What do you think the first Hawaiians thought of Hawai'i? Was it like their home in the Pacific? How did they feel when they landed on Hawai'i? How has Hawai'i changed since they arrived? How much worse? Where is Hawai'i headed today?

#### **4. After Landfall on Reo**

- 1. Recovering Voyaging Traditions:** What Hawaiian voyaging traditions can you recover from this voyage? How did the Polynesian voyaging traditions from this voyage help them? How did they get to get here? Could they have sailed back south to their homelands? How did the first settlers have left their homelands to come here?
- 2. Survival on Islands:** How were settlers able to survive on the islands of Hawai'i without any cultivated plants? What knowledge did they have? What was possible for Hawaiians to survive and flourish on the islands? How did they survive before Europeans sailed in the the Pacific?
- 3. Future of the Islands:** How do you see Hawai'i in the future? How do you see Hawaiian people survive here? Why or why not? What can we do to help insure a safe healthy, productive future for Hawai'i?

12. W

13. Hc

**Medical supplies - 1995 Hawai'i-Society Islands-**  
**Marquesas-Hawai'i - Kamahele, Hokule'a, Hawai'iloa,**  
**Makali'i**

**HAWAI'ILOA**

**ANTIBIOTICS**

-Amoxicillin 250mg-	-	#100	2-1	2/99	(Note, 2-1 means chest #2, ziplock 1)
-Augmentin 250mg-	-	#60	2-1	10/96	
-Augmentin 500mg-	-	#90	2-1	10/96	
-Azithromycin 250mg	-	#66	2-1	4/96	
-Cephadrine 250mg-	-	#40	2-1	7/97	
-Ceftiaxone 1gm-	-	#2	2-1	1/96	
-Cipro 750mg-	-	#24	2-1	4/96	
-Clindamycin 150mg	-	#40	2-1	1/96	
-Fluconazole 100mg	-	#24	2-1	8/95	
-Metronidazole 250mg-	-	#90	2-1	1/96	
-Septra-DS-	-	#30	2-1	1/96	

-Antibiotic creams - see SKIN.

**SEA-SICKNESS/NAUSEA**

-Ephedrine 25mg-	-	#25	2-2	1/96	
-Meclizine 12.5mg-	-	#40	2-2	1/96	
-Prochlorperazine (compazine)					
pill 10mg-	-	#100	2-2	10/96	
spansule 15mg-	-	#50	2-2	11/96	
IM 5mg/cc (2cc vial)-	-	#5	2-2	6/95	
-Promethazine (phenergan)					
pill 25mg-	-	#40	2-2	1/96	
-Transderm-scop-	-	#6	2-2	12/95	

**G.I. STUFF (ACID, CONSTIP, DIARRHEA, CRAMPS,)**

*Acid-peptic:*

-Tagamet 800mg-	-	#30	2-3	8/96
-Tagamet 400mg-	-	#60	2-3	7/96
-Prisolec 20mg-	-	#24	2-3	1/96

**GI STUFF (continued).**Constipation:

-Dulcolax tabs 5mg-	-	#10	2-3	6/96
-Feen-A-Mint gum-	-	#16	2-3	4/98

Diarrhea:

-Imodium A-D 2mg-	-	#30	2-3	5/95
-Diphenoxalate/atropine (Lomotil)	-	#30	2-3	1/96
-PeptoBismol tabs-	-	#30	2-3	2/96

Cramps:

-Belladonna (donnatol)-	-	#25	2-3	1/96
-------------------------	---	-----	-----	------

ETC (if want to make oral rehydration solution):

-Klor 20mEq/pkt-	-	#5	2-3	5/96
------------------	---	----	-----	------

**PAIN, OTHER NARCOTICS, ANTI-INFLAMMATORIES, AND GOUT.**Pain/narcotics:

-Acetaminophen (tylenol)-				
325mg -	-	#100	2-4	1/96
-Hydrocodone/APAP (vicodin)	-	#20	2-4	1/96
-Lidocaine (see Wound Care)				
-Morphine 10mg/cc-	-	#2	2-4	8/95
-Meperidine 50mg/cc	-	#2	2-4	8/95
-Versed 2mg/2cc-	-	#2	2-4	6/96

Anti-Inflammatories:

-Asprin 325mg-	-	#100	2-4	2/95
-Motrin 800mg-	-	#75	2-4	1/96
-Indomethacin 25mg-	-	#60	2-4	1/96

Steroids:

-Prednisone 20mg-	-	#50	2-4	1/96
-Celestone 6mg/cc (5cc vial)-	#1	2-4	9/95	
-Depomedrol 80mg/cc (5cc)-	#1	2-4	2/97	
-Decadron 4mg/cc (5cc)-	#1	2-4	4/97	
-Kenalog 40mg/cc (5cc)-	#1	2-4	5/97	
-Solumedrol 40 mg/cc (1cc)-	#5	2-4	6/97	

Gout:

-Colchicine 0.6mg-	-	#60	2-4	1/96
-Indocin (see above)				

### **ANTI-ALLERGY, URI's AND ANXIETY.**

#### Anti-allergy:

-Anaguard pen (Epinephrine 1:1000 - 0.3cc dose, 2doses/pen)-				
-	-	-	#1	2-5 1/96
-Epinephrine 1:1000 (1cc amp)-				
-	-	-	#2	2-5 8/96
-Claritin 10mg -	-		#20	2-5 9/96
-Diphenhydramine (Benadryl)-				
25mg capsule -			#40	2-5 1/96
50mg/cc (1cc vial)-			#3	2-5 6/97

#### URIs:

-Sudafed 30mg-	-		#24	2-5 4/97
-PPA/guaiafenesen (Entex-LA)-				
-	-	-	#30	2-5 1/96
-Prometh VC/Codeine-			#4oz	2-5 1/96

#### Anxiety:

-Buspar 10mg -	-		#7	2-5 12/95
----------------	---	--	----	-----------

### **CARDIOVASC, PULMONARY, UROLOGICAL.**

#### Cardiovasc:

-Captopril 25mg-	-		#30	2-6 7/95
-Nifedipine 10mg-	-		#10	2-6 3/95
-Nitroglycerin 0.4mg	-		#25	2-6 10/96

#### Pulmonary:

-TheoDur 300mg-	-		#20	2-6 3/95
-Proventil Repetabs 4mg-			#20	2-6 3/95
-Proventil MDI -	-		#1	2-6 4/96
-Beclovent MDI-	-		#1	2-6 6/96
-Tilade MDI- -	-		#1	2-6 6/96

#### Urological:

-Prazosin 2mg-	-		#13	2-6 9/95
-Foley tray (16F catheter and attached bag)				
-	-	-	#1	1-- (Search for it near the bottom).
-Xylocaine jelly 2% 30cc-			#1	2-6 6/97

### **EAR, NOSE, ORAL, DENTAL.**

#### Ear:

-60cc syringe, luer lock tip-			#1	2-7 -
-Luer lock nozzel-	-		#1	2-7 -
-Ceruminex 6cc-	-		#1	2-7 8/98

**EAR (continued):**

-Cortisporin S Otic (Neomycin, polymyxin B sulfate, etc) 10cc  
 - - - #2 2-7 9/96

**Nose:**

-Beconase AQ 25gm - #1 2-7 9/96  
 -Neosynephrine drops 15cc- #1 2-7 2/98  
 -Gentamicin Ointment 0.1%-  
 -15gm - - #1 2-7 9/99  
 -Merocoele - Pope posterior nasal packing  
 - - - #1 2-7 6/97

**Oral:**

-Carmex 1/4 oz- - #1 2-7 -  
 -Floss - - #1 2-7 -  
 -Chapstick plain- - #1 2-7 -  
 -Chapstick with SPF-15- #2 2-7 -  
 -Triamcinolone dental paste 0.1% (Kenalog in orabase)  
 5gm - - #3 2-7 6/97

**Dental:**

Call Kamahele for help ... we warned you !!!

**EYES.**

-Artificial tears 15cc - #2 2-8 5/96  
 -Blinx sterile ophth irrigating solution-  
 4oz - - #2 2-8 5/95  
 -Fluorescein strips - #6 2-8 ?  
 -Proparacaine 0.5% 15cc- #1 2-8 7/95  
 -Naphcon-A 15cc- - #1 2-8 9/94  
 -Neomycin/polymyxin B sulfate/gramcidin ophthal gtts-  
 10cc - - #1 2-8 1/96  
 -Gentamicin ophthal gtts 5cc- #1 2-8 4/95  
 -Sulfacetamide 30% 15cc- #1 2-8 2/96  
 -Sterile eye patches - #3 2-8 -

**DIABETES.**

-D50W 50cc - - #1 2-8 9/97  
 -Glucagon kit - - #1 2-8 7/96  
 (Mau has chemstrips and lancets, tolbutamide 500mg).



**SKIN STUFF.****Antibacterial:**

-Bacitracin Ointment packets-	#40	2-9	7/95
-			
-Bactroban 2% 15gm -	#2	2-9	12/95
-Cleocin-T 1% gel 30gm-	#1	2-9	11/95
-Silvadene 1% 50gm -	#1	2-9	11/95
-Benzoyl H2O2 10% 60gm-	#1	2-9	3/96

**Antiviral:**

-Zovirax ointment 5% 15gm-	#1	2-9	11/96
----------------------------	----	-----	-------

**Antifungal:**

-See fluconazole above-			
-Clotrimazole 1% 15gm-	#3	2-9	6/96
-Lamisil 1% 30gm- -	#3	2-9	8/96
-Oxistat 1% lotion (7cc)-	#5	2-9	3/96
-Nystatin/triamcinolone cream-			
15gm - -	#4	2-9	11/96
-Lotrisone 15gm- -	#1	2-9	4/96

**Steroid:**

-1% hydrocortisone 20gm-	#2	2-9	11/98
-0.05% Lidex-E 15gm -	#3	2-9	11/97
-0.05% Diprolene AF 15gm-	#1	2-9	10/96

**Emollients:**

-Vaseline Intensive Care 3oz #1	2--	-
-AlphaKeri 2 oz - #1	2--	-

**Scabies/Lice:**

-Kwell 1% (Lindane) 60gm-	#1	1--	10/96
---------------------------	----	-----	-------

**Mosquito repellent:**

-Ultrathon (DEET) 60cc-	#11	2--	-
-------------------------	-----	-----	---

**MAN-O-WAR/JELLYFISH.**

-White Vinegar 16oz -	#1	1--	-
-----------------------	----	-----	---

**ANTISEPTICS/CLEANSERS.**

-Alcohol pads (Isopropyl)-	#100	1-F	-
-Benzalkonium antiseptic towelettes			
- - -	#100	2--	-

**ANTISEPTICS** (continued).

-4% Chlorhexidine (Hibiclens)					
4oz soap	-	#4	1-E	8/95	
Scrub brush	-	#4	1-E	8/95	
-Waterless soap (Calstat)					
4oz	-	#5	2--	10/96	
-Peroxide 16oz-	-	#1	2--	1/97	
-Povidine Iodine-					
10% solution 4oz-		#3	2--	8/97	
Swabsticks 3/pkt-		#11	2--	1/96	
Pads	-	#100	2--	9/97	
Ointment 30gm-		#3	2--	11/96	
Ointment 1gm/pkt-		#50	2--	4/96	

**ORTHOPEDIC STUFF.**

-Casting stuff aboard Kamahele.					
-Malleable/cutable finger splint (Grey metallic strip with dark foam on other side)					
-	-	18"	1--	-	
-Tongue blades-	-	#20	1-C	-	
-Tennis elbow support (L)-		#1	1-G	-	
-Triangular bandages	-	#2	1-B	-	
-Arm sling (M)	-	#1	1-G	-	
-Knee immobilizer (L)-		#1	1--	-	
-Ace Bandages 3"-	-	#3	1-G	-	
4"-	-	#4	1-G	-	

**IV's/SYRINGES/NEEDLES.****IV stuff:**

-D5NS 1L	-	#1	1--	5/95	
-D51/2NS 1L	-	#1	1--	7/95	
-Mannitol 20% 500cc	-	#1	1--	2/96	
-Sterile water 1L-	-	#1	1--	10/97	
-Sterile water (for injection)					
10cc vial-	-	#4	1--	12/96	
-Sterile NS (bacteriostatic for injection)					
30cc vial-	-	#4	1--	12/96	
-Basic IV soln set (tubing)-		#1	1-F	-	
-IV start kit-	-	#1	1-F	-	
-Op-site dressings					
6x8cm-	-	#7	1-F	-	
10x14cm-	-	#2	1-F	-	

**IV STUFF** (continued).

<u>Angiocaths:</u>	-	-	-	1-F	-
16gx1&1/8"-	-	#2			
18gx2"-	-	#2			
20gx2"-	-	#2			
22gx3/4"-	-	#2			

<u>Syringes:</u>	-	-	-	2-D	-
30cc luer lock -		#3			
10cc luer lock -		#1			
10cc with 20gx1&1/2"-		#4			
5cc with 20gx1&1/2"-		#5			
3cc with 23gx1"-		#6			
3cc with 26gx5/8"-		#3			
1cc with 27gx1/2"-		#5			

<u>Needles:</u>	-	-	-	2-D	-
18gx1&1/2"-	-	#5			
20gx1&1/2"-	-	#5			
23gx1"-	-	#3			
26gx5/8"-	-	#5			

**WOUNDS/MINOR TRAUMA.**

-Laceration tray-	-	#1	1--	-	
-Suture removal tray -		#1	1-C	-	
-General purpose tray-		#1	1-C	-	
-2% lidocaine 20mg/cc (20cc vial)					
-	-	#2	2-D	5/97	
-Sterile gloves (7&1/2)-		#4 pr	2--	-	
-Nonsterile exam gloves (L)-		#10	2--	-	
-Scalpels-					
On handle no.15-		#3	1-C	-	
Blades only no.11-		#4	1-C	-	
-Q-tips, sterile 2/pkt-		#25	1-C	-	
-Packing strips (NuGauze)-					
plain 1/2"x5yd-		#1	1-B	7/99	
iodoform 1/4"x5yd-		#1	1-B	2/99	

<u>Sutures:</u>	-	-	-	1-B	-
-----------------	---	---	---	-----	---

-Absorbable-					
5-0 Dexon-Plus-		#1			
4-0 Dexon II -		#2			
3-0 Dexon II -		#3			





**Medical supplies - 1995 Hawai'i-Society Islands-**  
**Marquesas-Hawai'i - Kamahele, Hokule'a, Hawai'iloa,**  
**Makali'i**

**KAMAHELE.**

*(Note: does not include Dr Overlock's personal supplies)*

**ANTIBIOTICS**

-Amoxicillin 250 mg	-	#100	2/99
-Amoxicillin 500mg-	-	#100	9/97
-Augmentin 250mg-	-	#90	10/96
-Augmentin 500mg-	-	#90	10/96
-Azithromycin 250mg	-	#72	4/96
-Cephadrine 250mg-	-	#40	7/97
-Ceftiaxone 1gm-	-	#14	11/97
-Cipro 500mg-	-	#48	2/96
-Clindamycin 150mg	-	#40	1/96
-Emycin 250mg-	-	#100	3/95
-Fluconazole 100mg	-	#24	8/95
-Metronidazole 250mg-		#120	1/96
-Pencillin VK 250mg	-	#100	2/95
-Septra-DS-	-	#30	1/96
-Antibiotic creams - see SKIN.			

**SEA-SICKNESS/NAUSEA**

-Ephedrine 25mg-	-	#20	1/96
-Meclizine 12.5mg-	-	#40	1/96
-Prochlorperazine (compazine)			
pill 5mg-	-	#100	7/96
spansule 10mg-		#50	1/97
IM 5mg/cc (2cc vial)-	#5		6/95
-Promethazine (phenegan)			
pill 25mg-	-	#40	1/96

**G.I. STUFF (ACID, CONSTIP, DIARRHEA, CRAMPS.)**

-NG (Levine)	-	#1
-NG Irrigation set	-	#1

**GI STUFF:**(continued).Acid-peptic:

-Tagamet 800mg-	-	#30	8/96
-Prisolec 20mg-	-	#15	1/96

Constipation:

-Fleet's enema-	-	#1	10/97
-Feen-A-Mint tabs-	-	#30	4/98

Diarrhea:

-Imodium 2mg-	-	#60	11/94
-Diphenoxalate/atropine (Lomotil)	-	#30	1/96

Cramps:

-Belladonna (donnatol)-		#25	1/96
-------------------------	--	-----	------

ETC (if want to make oral rehydration solution):

-Klor 20mEq/pkt-	-	#10	5/96
------------------	---	-----	------

**PAIN, OTHER NARCOTICS, ANTI-INFLAMMATORIES, AND GOUT.**Pain/narcotics:

-Acetaminophen (tylenol)-			
325mg -	-	#100	8/96
-Hydrocodone/APAP (vicodin)			
-	-	#30	1/96
-Lidocaine (see Wound Care)			
-Morphine 10mg/cc-	-	#2	2/96
-Meperidine 50mg/cc	-	#2	6/95
-Valium 10mg/2cc-	-	#2	?4/95
-Versed 2mg/2cc-	-	#2	11/95

Anti-Inflammatories:

-Asprin 325mg-	-	#100	2/95
-Motrin 800mg-	-	#75	1/96
-Indomethacin 25mg-	-	#50	1/96

Steroids:

-Prednisone 20mg-	-	#50	1/96
-Decadron 4mg/cc (5cc)-		#1	4/97
-Kenalog 40mg/cc (5cc)-		#1	1/96
-Solumedrol 40 mg/cc (1cc)-		#10	6/97

Gout:

-Colchicine 0.6mg-	-	#50	1/96
-Indocin (see above)			

### ANTI-ALLERGY, URI's AND ANXIETY.

#### Anti-allergy:

-Anaguard pen (Epinephrine 1:1000 - 0.3cc dose, 2doses/pen)-			
-	-	#1	11/96
-Epinephrine 1:1000 (1cc amp)-			
-	-	#3	9/95
-Claritin 10mg -	-	#20	9/96
-Diphenhydramine (Benadryl)-			
25mg capsule -		#40	1/96
50mg/cc (1cc vial)-		#3	6/97

#### URIs:

-PPA/guaiafenesen (Entex-LA)-			
-	-	#30	1/96

#### Anxiety:

-Buspar 10mg -	-	#7	12/95
-Haldol 5mg/cc-	-	#1	3/98

### CARDIOVASC, PULMONARY, UROLOGICAL.

#### Cardiovasc:

-Captopril 25mg-	-	#40	7/95
-Furosemide 20mg/2cc-		#2	5/97
-Nifedipine 10mg-	-	#10	3/95
-Nitroglycerin 0.4mg -		#25	10/96
-Nitropaste 2% 30gm-		#1	6/97

#### Pulmonary:

-TheoDur 300mg-	-	#20	1/96
-Pulmoaide Nebulizer-		#1	
-Albuterol solution 5mg/cc-20cc			10/97
-NS ampules 5cc-	-	#20	
-Proventil Repetabs 4mg-		#20	3/95
-Beclovent MDI-	-	#1	6/96
-Tilade MDI-	-	#1	9/95

#### Urological:

-Prazosin 2mg-	-	#13	9/95
-Foley tray (16F catheter and attached bag)			
-	-	#1	
-Straight cath tray-	-	#1	
-Catheter Leg bag	-	#1	



**EAR, NOSE, ORAL, DENTAL.****Ear:**

-60cc syringe, luer lock tip-	#2	-
-Luer lock nozzle-	#1	-
-Ceruminex 6cc-	#1	4/98
-Cortisporin S Otic (Neomycin, polymyxin B sulfate, etc) 10cc		
-	#2	9/96

**Nose:**

-Beconase AQ 25gm -	#1	9/96
-Neosynephrine drops 15cc-	#1	2/99
-Epistaxis catheter with dual cuff		
-	#1	2/97
-Gentamicin Ointment 0.1%-		
-15gm -	#1	9/99
-Merocoele - Pope posterior nasal packing		
-	#1	6/95
-NS ampules 5cc-	#4	
-Petroleum packing strip, sterile, 1/2"x72"		
-	#2	
-Gelfoam packet	#1	2/94
-Silver nitrate sticks	#10	-

**Oral:**

-Triamcinolone dental paste 0.1% (Kenalog in orabase)		
5gm -	#1	10/98

**Dental:**

-Dental mirror -	#1
-Dental pick -	#1
-Dental putty spatula -	#1
-Tooth pliers- -	#1
-Temporary filling putty-	#2

**EYES.**

-Artificial tears 15cc -	#1	5/96
-Blinx sterile ophth irrigating solution-		
4oz -	#1	5/95
-Fluorescein strips -	#10	?
-Proparacaine 0.5% 15cc-	#1	7/95
-Naphcon-A 15cc-	#1	4/96
-Neomycin/polymyxin B sulfate/gramcidin ophthal gtts-		
10cc -	#1	1/96
-Gentamicin ophthal gtts 5cc-	#1	2/97

**Antibacterial:**

- |                               |     |
|-------------------------------|-----|
| -Bacitracin Ointment packets- |     |
| -                             | #35 |
| -Cleocin-T 1% gel 30gm-       | #1  |
| -Silvadene 1% 50gm -          | #1  |
| -Benzoyl H2O2 10% 60gm-       | #2  |

**Antifungal:**

- |                                |   |    |
|--------------------------------|---|----|
| -See fluconazole above-        |   |    |
| -Clotrimazole 1% 15gm-         |   | #3 |
| -Lamisil 1% 30gm-              | - | #2 |
| -Nystatin/triamcinolone cream- |   |    |
| 15gm                           | - | #2 |
| -Lotrisone 15gm-               | - | #1 |

**Steroid:**

- 1% hydrocortisone 15gm- #2  
-0.05% Lidex-E 15gm - #2  
-0.05% Diprolene AF 15gm- #1

***Emollients:***

- Vaseline Intensive Care 3oz #1

4oz soap	-	#4
-Waterless soap (Calstat)		
4oz	-	#3
-Peroxide 16oz-	-	#2
-Povidine Iodine-		
10% solution 4oz-		#3
Swabsticks 3/pkt-		#15
Pads	-	#100
Ointment 30gm-		#2
Ointment 1gm/pkt-		#40

## ORTHOP

### Casting stuff-

-Short arm plaster-	#1
-Long arm plaster-	#1
-Plaster Bandage rolls	
-3"	#2
-4"	#2
-Felt rolls 3"-	#2
-Arm stockings-	#4
-Cervical collar-Soft (M)-	#1
-Hard (M)-	#1
(L)-	#1
-Lumbar support (M) -	#1



- Trocar Catheters-

-32Fx16"	-	#1
-28Fx16"	-	#1
-Laceration tray-	-	#3
-Suture removal tray	-	#2
-General purpose tray-		#2
-2% lidocaine 20mg/cc (20cc vial)		
-	-	#2
-Sterile gloves (Size 7)-		#5 pr(?)
-Nonsterile exam gloves (L)-		#10
-Scalpels-		
On handle no.15-		#4
Scalpel handle-		#1
Blades only no.15-		#6
no.11-		#7
no.10-		#9
-Q-tips, sterile 2/pkt-	-	#25
-Packing strips (NuGauze)-		
plain 1/2"x5yd-		#2
iodoform 1/2"x5yd-		#1
1/4"x5yd-		#2
-Tubular gauze with applicator splint -		
15yd-	-	#1
-Tincture Benzoin Cmp 2oz-		#1

### -Nonadherent dressings

Telfa 2"x3"-	-	#13
4"x4"-	-	#5
3"x8"-	-	#10
Adaptic 3"x3"	-	#15
3"x16"-		#12
Vaseline 3"x18"-		#5
Xeroform 5"x9"-		#3

### Sponges:

-2"x2" (nonsterile once opened)-			
-	-	-	#200
-2"x2" sterile 2/pkt-	-		#25
-4"x4" sterile 2/pkt-	-		#25
-4"x4" sterile cover sponges-			#10
-6"x6" sterile 2/pkt-	-		#4

### Stretch gauze bandages

-6"x5yd-	-	-	#3
-4.5"x4yd-	-	-	#4
-4"x5yd-	-	-	#6
-3"x5yd-	-	-	#9
-2"x5yd-	-	-	#8

**WOUND: (continued)**

**Tape:**

-3"x5yd waterproof	-	#1
-2" paper-	-	#2
-2" surgical	-	#1
-1" paper-	-	#2
-1" surgical	-	#2
-1" adhesive ace-	-	#1

**MISCE**

-Oral airway	-	#1	-
-KY jelly 3gm/pkt-	-	#5	-
-Package inserts for most/some of the me			
-Thermometer-	-	#1	

\*\*\*\*\*

-Antibiotic creams - see SKIN.

## SEA-SICK

-Ephedrine 25mg-	-	#20 (take wit
-Meclizine 12.5mg-	-	#30
-Prochlorperazine (compazine)		
pill 5mg-	-	#100
spansule 10mg-		#50
IM 5mg/cc (2cc vial)-		#2
-Promethazine (phenergan)		
pill 25mg-	-	#30

## G.I. STUFF (ACID,

### Acid-peptic:

-Tagamet 800mg-	-	#30
-Prisolec 20mg-	-	#16

### Constipation:

-Feen-A-Mint gum	-	#16
------------------	---	-----

### Diarrhea:

-Imodium A-D 2mg-	-	#24
-------------------	---	-----



### **PAIN, OTHER NARCOTICS, ANTI-INFLAMMATORIES, AND GOUT.**

#### Pain/narcotics:

-Acetaminophen (Tylenol)-  
500mg - - #100  
-Hydrocodone/APAP (vicodin)  
- - - #10  
-Lidocaine (see Wound Care)  
-Morphine 10mg/cc- - #1  
-Meperidine 50mg/cc - #1  
-Ben Gay cream- - #1

#### Anti-Inflammatories:

-Asprin 325mg- - #100  
-Motrin 800mg- - #60  
-Indomethicin 25mg- - #50

#### Steroids:

-Prednisone 20mg- - #50

#### Gout:

-Colchicine 0.6mg- - #40  
-Indocin (see above)

### **ANTI-ALLERGY, COLDS AND ANXIETY.**

#### Anti-allergy:

-Anaguard pen (Epinephrine 1:1000 - 0.3cc dose, 2doses/pen)-  
- - - #1  
-Phenergan cream 25gm #1  
-Diphenhydramine (Benadryl)-  
25mg capsule - #20  
50mg/cc (1cc vial)- #2  
-Seldane 60mg- #30

#### Colds:

-PPA/guaiafenesen (Entex-LA)-  
- - - #30  
-Robitussin DM 4oz - #1

#### Anxiety:

-Buspar 10mg - - #6

- Chapstiks plain- - #1
- Chapstiks with SPF 15- #2
- Camphophenique 14gm- #1
- Dental Floss - - #1
- Triamcinolone dental paste 0.1% (Kenalog)  
5gm - - #1

Dental:

Call Kamahele, they have all the dental stu

- Artificial tears 15cc - #1
- Blinx sterile ophth irrigating solution-  
4oz - - #1
- Neomycin/polymyxin B sulfate/gramcidin o  
10cc - - #1
- Gentamicin ophthal gtts 5cc-#1
- Sulfacetamide 10% 5cc- #1
- Sterile eye patches - #2

[REDACTED]

-Tongue blades-	-	#12
-Triangular bandages	-	#2
-Arm sling (L)	-	#1
-Ace Bandages 3"-	-	#2
4"-	-	#4

## SYRINGE

### Syringes:

30cc luer lock	-	#2
10cc luer lock	-	#1
10cc with 20gx1&1/2"	-	#3
5cc with 20gx1&1/2"	-	#6
3cc with 23gx1"	-	#4
3cc with 26gx5/8"	-	#2
1cc with 27gx1/2"	-	#4

### Needles:

18gx1&1/2"	-	#4
20gx1&1/2"	-	#4
23gx1"	-	#2
26gx5/8"	-	#4

Sterile water 10cc/vial-	#4
Sterile saline 30cc/vial-	#4

**WOUNDS/MINOR TRAUMA.**

-Laceration tray- - #1  
 -Suture removal tray - #1  
 -General purpose tray- #1  
 -2% lidocaine 20mg/cc (20cc vial)  
 - - - #1  
 -Sterile gloves (Size 7&1/2)- #2 pair  
 -Nonsterile exam gloves (L)- #5  
 -Sterile water 1L (for irrigation)-  
 - - - #1  
 -Scalpels-  
     On handle no.15- #2  
     Blades only no.15- #4  
         no.11- #3  
         no.10- #2  
 -Q-tips, sterile 2/pkt- - #10  
 -Packing strips (NuGauze)-  
     plain 1/2"x5yd- #1  
     iodoform 1/2"x5yd- #1  
 -Tincture Benzoin Cmp 2oz- #1

Sutures:

-Absorbable-  
     5-0 Dexon II - #1  
     4-0 Dexon II - #2  
     3-0 Dexon II - #3  
 -Nonabsorbable-  
     5-0 Dermalon - #3  
     4-0 Dermalon - #3  
     0 Ti Cron- - #1

Steristrips:

-1/4"x4" 10/pkt- - #4  
 -1/2"x4" 6/pkt- - #4

Band-aids:

-Xtra large- - - #17  
 -Regular- - - #100  
 -Dot- - - #50  
 -Fingertip- - - #12

-Nonadherent dressings

    Telfa 2"x3"- - #13  
         4"x4"- - #5  
         3"x8"- - #7  
     Adaptic 3"x3"- - #12  
         3"x16"- - #6  
     Vaseline 3"x18"- - #4

**WOUNDS** (continued):

**Dressings:**

Xeroform 5"x9"- #2

**Sponges:**

-2"x2" (nonsterile once opened)-  
- - - #100  
-2"x2" sterile 2/pkt- - #12  
-4"x4" sterile 2/pkt- - #12

**Stretch gauze bandage rolls:**

-4.5"x4yd- - - #3  
-4"x5yd- - - #10  
-3"x5yd- - - #6  
-2"x5yd- - - #6

**Tape:**

-3"x5yd waterproof - - #1  
-2" paper- - - #2  
-1" paper- - - #1  
-1" surgical - - #1  
-1" adhesive ace- - #1

**MISCELLANEOUS.**

-Package inserts for most/some of the meds  
-Thermometer- - #1  
-Nail clipper - - #1

\*\*\*\*\*2/4/95 bt

# Fleet Communication & E Manua

January 19  
Captain R. Wic

# **Polynesian Voyaging Society**

## **Fleet Communication & Emergency Response**

### **Table of Contents**

Introduction to Fleet Readiness

Emergency Readiness

Fleet Strategy

Fleet Central - Communication Center

Fleet Central Frequencies

Emergency Response

Emergency Situations

Medical Emergency

Medical Personnel with the Fleet

Fleet Call Signs

Table 1 - U.S. Coast Guard Working Frequencies

Table 2 - Ship to Ship Channels

Table 3 - Ham Radio Maritime Mobile Net List

Table 4 - I.T.U. Voice Channel Designations

Table 5 - Weather Fax Frequencies

Table 6 - Background to Band Selection

Table 7 - Fleet Central Daily Radio Plot Sheet

Appendix 1 - Fleet Schedule

Appendix 2 - Map of Route and Port of Calls

Appendix 3 - PVS Educational Media Coverage



## Fleet Communications and Emergency Response

### Introduction to Fleet Readiness:

The highest priority on this historic 1995 voyage to Nuku Hiva is **safety**.

- The safety and health of crews, canoes, and escort vessels is paramount.
- Safety and health of crews, canoes and escort vessels will be the dominating factor in all decision making.
- The responsibilities for sea readiness, health and safety lies with the individual canoe captains as their decisions directly affect the lives of their crews.
- A thorough knowledge of EPIRB deployment, rescue procedures and fleet communications is an absolute necessity.

### Emergency Readiness

The Category I 406 mHz EPIRB (Emergency Position Indicator Radio Beacon) transmits a unique identifying message at 406 mHz to Search and Rescue satellites. The code transmitted allows the National Oceanic and Atmospheric Administration (NOAA) to identify the name and type of vessel through a computerized file registration system. Intermediate and short range location is aided by simultaneous transmission on 121.5 mHz and the built-in xenon strobe. It can be deployed and activated automatically by hydrostatic release or may be deployed manually.

The 406 E.P.I.R.B., properly registered, is a vital link to quick emergency response. All sailing canoes and escorts must carry one. Detailed descriptions of procedures are included in the following pages.

- Each escort boat, in addition, should carry a single side band, high frequency radio as distances will be well out of V.H.F. range.
- Regular contacts, twice a day, at sunrise and sunset between escort vessels are important as they provide early detection of malfunctions and allow ready access to valuable data for scientific study.





- The **Ham Radio Frequencies** (see Table 3) is an excellent source for weather reports from ships all over the Pacific. You can tune in and listen to these frequencies, however you must be a licensed ham operator to transmit on them. Only on a mayday emergency can these frequencies be used by an unlicensed operator as they can provide quick response.
- Additional channels for ship to ship and ship to shore communications can be found in the **International Voice Channel Designations Chart** (see Table 4).
- The **Weather Fax Frequencies** for Honolulu, Hawai'i can be found on Table 5.
- The fleet working channels **4-Bravo, 6-Bravo, 8-Bravo** are dependent on ground wave transmissions. Ground waves hug the surface of the earth and ocean to travel approximately 100 to 200 miles out from your transmitter. Your ground wave signal is always there, day or night, and does not depend on anything other than a good, strong transmitted signal. For further information on **Band Selection** see Table 6.

## Emergency Response

The fleet will be mobilized for a rescue effort **only** when we receive information from the French or U.S. Coast Guard Search and Rescue that an emergency position indicator radio beacon, EPIRB, belonging to the fleet has been turned on.

## Emergency Situation

When a sailing canoe has not reported in more than 24 hours or in heavy weather, Captain Steve of *Gershon II*, Second Fleet Central, will open communications with Coast Guard Search and Rescue on **I.T.U. Channel #1205, 12242 kHz Tx 13089 Rx**, as they would be the first to receive emergency satellite transmissions.

- In the event of an EPIRB hit, Captain Steve of *Gershon II*, Second Fleet Central, will communicate the position of the distressed vessel to Captain Alex at Fleet Central. Fleet Central will direct emergency response.
- Sailing canoes left unattended will reduce speed until reunited with escort vessel.
- **In extreme emergency situations**, individual canoes and escorts can initiate direct contact with Coast Guard Search and Rescue on I.T.U. channel #1205.
- The Coast Guard Search and Rescue will contact the fleet immediately, minimizing response time.
- The captains of the individual canoes have the responsibility to train their crew members in the correct deployment of the EPIRB unit.

## Medical Emergency

The captain of each vessel has the responsibility of determining what constitutes a medical emergency, and should the situation be critical initiate direct communications with Coast Guard Search and Rescue on I.T.U. Channel #1205.

- All medical emergencies must be reported to Fleet Central. It is the function of Fleet Central to coordinate all medical emergencies as they will know the location of medical personnel associated with the fleet.
- In the severest emergencies, captains may for expediency contact Coast Guard Search and Rescue directly on I.T.U. Channel #1205.
- Coast Guard Search and Rescue will coordinate evacuation should it be required.
- Fleet Central will monitor Coast Guard Radio frequencies.

## Medical Personnel with the Fleet

Dr. Bob Overlock will be sailing the entire voyage on *Kamahele* and *Hawai'i Loa*.

Dr. Ben Tamura will be sailing from Hawai'i to Tahiti on the *Hokule'a*.

Dr. Nat Wong will sail from Marquesas to Hawai'i on the *Hokule'a*.

Paramedic Donna Wendt will sail from Tautira to the Marquesas.

Paramedic Mel Paoa will sail from Tautira to Hawai'i.

Paramedic Aaron Young will sail from Tautira to Hawai'i.

- An inventory of medical supplies carried on each vessel must be submitted to Dr. Overlock and Dr. Tamura before departures.

Table 3

## Ham Radio Maritime Mobile Net List

Time(UTC)	Frequency (mHz)		Days	Areas
0200/0100	7.290	Hawaii PM Net	Daily	Hawaii
0200>0400+	14.300/314	Seafarers Net (M/M)	Daily	Pacific/W. Coast
0400	14.318	Arnold's Net	Daily	South Pacific
0300	14.313	Pacific Maritime Net	Daily	Pacific
0630	14.180	Pitcairn Net	Mon	South Pacific
0700	14.265	Pacific Island Net	-	C/Pac - W/Pac
1700	14.340	California-Hawaii Net	Daily	Cal/Hawaii
1800	7.076	South Pacific Cruising Net	Daily	South Pacific
1900	7.285	Hawaii Maritime Mobile Net	Daily	Hawaii
1800>1900	14.285	Kaffee Klatch Un-Net	MWSat	Hawaii-Tahiti
1900+	14.239	Bay of Isles Net	Daily	New Zea/S. Pacific
2200	21.350	Pitcairn Net	Tues	South Pacific
As needed+	14.325	Hurricane Net	-	Pacific

### Notations

- An excellent source for weather reports from ships all over the Pacific. You can tune in and listen to these frequencies, however you must be a licensed ham operator to transmit on them. Only on a mayday emergency can these frequencies be used by an unlicensed operator as they can provide quick response.
- Arnolds Net on 14318 at 0400 (UTC) or 6:00 p.m. Hawaiian Time will be invaluable source of weather information as he is briefed on the fleet movement and will target weather information to our sector.

Table 1

## Coast Guard Working Frequencies

The government frequency 2182 kHz and 2670 kHz are widely used by recreational boating for communicating with U.S. Coast Guard Shore Stations and Ship Stations.

<u>Your Transmit</u>	<u>Your Receive</u>	<u>I.T.U. Channel #</u>	<u>Remarks</u>
2182kHz	2182kHz	None	International distress & calling frequency to all Coast Guard & rescue agencies worldwide
2670kHz	2670kHz	None	U.S. Coast Guard working channel
4134kHz	4426kHz	424	500 mile Coast Guard working channel
8240kHz	8764kHz	816	Medium range Coast Guard working channel
12242kHz	13089kHz	1205	Long range Coast Guard working channel
16432kHz	17314kHz	1625	Day/Evening long-range Coast Guard working channel

### Notations

- When using these channels you must first establish communications on the appropriate calling frequency, 2182kHz.
- In the event of a 406 EPIRB hit, the Coast Guard would receive the satellite transmission and try to contact the fleet on I.T.U. channel number 1205 or 12242kHz.
- U.S. Coast Guard weather broadcast on I.T.U. channel #601, 816, and 1205 will be at 0545, 1145, 1745, and 2345 UTC. This is a computer-generated voice and some practice will be needed to understand the exact coordinates for highs and lows, center of storms, ITCZ, and openings on the equator. Excellent weather source.



Table 2

## Ship to Ship Channels

These channels are set aside exclusively for ship to ship communications worldwide.

Ship Frequencies (Simplex)			
Minimum Range	Channel Code	Frequency kHz	Best Time
50 miles	2-Alpha	2065.0	Night
50 miles	2-Bravo	2079.0	Night
50 miles	2-Charlie	2096.5	Night
50 miles	3-Alpha	3023	Night
150 miles	4-Alpha	4146	Night
150 miles	4-Bravo	4149	Night
150 miles	4-Charlie	4417	Night
170 miles	5-Sierra	5680	Day/Night
200 miles	6-Alpha	6224	Day/Night
200 miles	6-Bravo	6227	Day/Night
200 miles	6-Charlie	6230	Day/Night
200 miles	6-Delta	6516	Day/Night
400 miles	8-Alpha	8294	Day
400 miles	8-Bravo	8297	Day
1,000 miles	12-Alpha	12353	Day
1,000 miles	12-Bravo	12356	Day
1,000 miles	12-Charlie	12359	Day
5,000 miles	16-Alpha	16528	Day
5,000 miles	16-Bravo	16531	Day
5,000 miles	16-Charlie	16534	Day
5,000 miles	18-Alpha	18840	Day
5,000 miles	18-Bravo	18843	Day
10,000 miles	22-Alpha	22159	Day
10,000 miles	22-Bravo	22162	Day
10,000 miles	22-Charlie	22165	Day
10,000 miles	22-Delta	22168	Day
10,000 miles	22-Echo	22171	Day
10,000 miles	25-Alpha	25115	Day
10,000 miles	25-Bravo	25118	Day

### Notations

Frequencies in bold are the fleet's working channels for ship to ship communications. Other channels can be used if there is too much traffic on the fleet frequency.

### Example:

"*Hawai'i Loa* this is *Hokule'a*. 6-Bravo is busy. I'll meet you on 8-Bravo."

"Roger that *Hokule'a*. Going to 8-Bravo. *Hawai'i Loa* clear on 6-Bravo."

"*Hokule'a* clear on 6-Bravo."

**Important:** If you can't find each other on the agreed channel, always return to the original frequency and wait for traffic to finish.



11088.1 kHz

23329.2 kHz

Trans. Time (UTC) Contents of Transmission

0001-1201	Satellite Imagery (IR)
0017-1217	Pacific Surface Analysis
0041-1241	Tropical Surface Analysis
0601-1801	Satellite Imagery (IR)
0617-1817	Pacific Surface Analysis
0641-1841	Tropical Surface Analysis

Map Area

B	- 55N 130E, 55N 110W, 25S 130E
C	- 30N 120E, 30N 110W, 50S 120E
Disk	- Geostationary Satellite

<b>12 mHz</b>	Stays weak until mid-morning. As sun spot activity increases. After noon, contacts are possible to 4,000 miles
<b>16 mHz</b>	Similar to 12 mHz, except that skip distance and maximum range late in the day can reach 6,000 miles or more.
<b>22 mHz</b>	Normally useless for contacts near the equator. During sun spot periods, this band doesn't open. During high activity, maximum ranges exceeds 8,000 miles. Contacts are possible noon until dusk. Works on both north and south paths and dies shortly after dawn.

### Notations

- Clarity of transmissions depend on the quality of the ionosphere. High frequencies to bounce back to earth.
- For sun spot activity, which affects the ionosphere, listen to the radio broadcast.
- All of the above is referring to sky wave transmissions. VLF waves use the ionosphere to bounce back your signal.
- **Important:** The fleet working channels *4-Bravo*, *6-Bravo* are ground wave transmissions. Ground waves hug the surface of the earth approximately 100 to 200 miles out from your transmitter. They are always there, day or night, and does not depend on any particular transmitted signal.

*Hokule'a*

Whiskey Bravo Ju

*Makali'i*

*Kamahele*

Whiskey Bravo Li

*Gershon II*

Whiskey Bravo Fo

*Rizal dar*

Whiskey Bravo Ju

*Three Daughters*

VG 8953

*Te Aurere, NZ*

*Tahiti Nui, Tahiti*

*A'a Kahiki Nui, Tahiti*

*Takitumu, Cook Islands*

*Te Au-O-Tonga, Cook Islands*









#### LEGAL CONSIDERATIONS .

IN A DECLARED EMERGENCY, USE ANY FREQUENCY.

- \*\*\* In French Polynesia, the KMI and PeaceSat frequencies can be used **ONLY** in international waters. They can **NOT** be used when at anchor or tied up to a dock.
- \*\*\* There are only two ways KCCN can legally rebroadcast: via KMI and via PeaceSat.
- \*\*\* The KMI frequencies can be used for both personal calls and business.
- \*\*\* The PeaceSat frequencies can be used for ship and expedition business.
- \*\*\* The standard marine SSB frequencies can be used **only** for ships business.
- \*\*\* The HAM frequencies can be used for personal calls by a licensed amateur radio operator. They can **not** be used for ship or expedition business.

Possible reunion  
persons (leader  
Grand Tamaaraa

Mon. March 20th

Call at Taha  
accompanying bo  
Anchorage in th  
Welcome in hono  
Visit of the  
recalling the  
Hiro - ritual o

Tues. March 21st

Departure of th  
boats from Tah  
island of Tahit

Thurs. March 23rd  
Fri. March 24th

Technical port  
Traditional we  
fuel, food and  
Possible chang  
Maintenance and

Sat. March 25th

Departure of th  
from Papeete to  
Arrival at Tau  
ritual of the

Sat. to Tues.  
March 25th-28th

Call at Tautira  
Visit of the  
Marae of Taputa



Sun. May 14th

Anchoring of th  
Honolulu and pre  
of the Tahitian  
Reception at Bi

Draft translation BJ Short

Ceremony of Reopening or Inauguration of the marae Taputapuatea  
Raiatea

Definition of the major axes of this ceremony

Date:

- Friday March 17, 1995

Place:

- Opoa - Raiatea

Time-table:

- to be defined, preferably in the morning

Official part:

- presence of the authorities of the Territory and of the State
- welcome, greeting
- possibly, oration
- visit of the site
- refreshments

Traditional part:

- ritual of the Haamo'a raa marae  
purification of the marae with the help of sea water kept in calabashes
- placement of the bundle of auti consecrated in the sacred surrounding wall of the marae (in Tahitian dictionary, auti is the plant Cordyline fruticosa, ti plant in Manual of Flowering Plants of Hawai'i, v. 2)
- speeches
- offerings to the gods
- chants (or songs) and dances

Decorations and accessories

- fatarau
- unu
- revareva (may mean flag)
- tiki
- fruits
- pig/fish
- tapa/peue (in Tahitian dictionary, pe'ue is mat made of Pandanus; not sure if peue and pe'ue are the same)
- auti (ti)

Officiants (priests) and participants:

- high priest, Tahua Nui
- guardians, Opu Nui
- orator, Orero
- honor guards, Hui To'a
- royal court, Arii
- bearers, Teuteu
- group of songs, Himene





offering to the gods. This ritual  
of the great gathering of the canoes.

Inuraa 'Ava:

A ceremony of the Inuraa 'ava  
the gathering of the canoes. C  
sacred drink for the gods and high  
that sealed alliances and reco  
peoples. And it is precise  
rehabilitation of the alliance  
ceremony of the Inuraa 'ava is si

'Oa'oa Raa:

At the conclusion of the cere  
consecrated to celebrations will  
able to express itself accordin  
protocol. Oratory (public speech  
follow in the original language.

At the end of the celebration  
Koua will take the stand (speak  
ceremonies before 3 P.M.

Draft translation by BJ Short 1/3



Hawaii, Takitumu of Raroto'a and T Nui and 'Aa of Tahiti. (Note: th don't match the list of 8 given o 1995). They will enter by Te Ava mo'a (sacred, according to Library means sacred passage) at their dep

No 'oe i taimarahia ai  
Eiaha te auahi ia 'ama,  
Eiaha te 'uri ia 'aoa.

3. It is the hour (time) for th also the opportune moment to rene Polynesians. All have used the ca would become their new 'ai'a Library's Tahitian dictionary).

4. At the time of the unificatio house, metua means parents i individuality will obliterate its of the whole family; each can Taputapuatea will be the messenge

5. If symbolically Raiatea is the each one, Tahaa is the mother, recognize Tahaa, is to recognize t received the teaching, close besid his grandfather.

6. The canoe contains the esse safeguard for the tere (tere mean voyager, according to Library's T

21st century.

7. The name of this tere (vo  
(message), message destined for th  
The message will define the work t  
Maui of the future.

Departure

Draft translation by BJ Short 2/1/

Hokule'a.

Feb 3

Else and Hella arrived to assist in last minute shopping and  
aboard until final departure, at which time he will transfer

Feb 4

Crew occupies self with ship's maintenance.

Feb 5

Escorts take on part of food and water supplies from canoe

Feb 6

Ceremony Day, NaniLoa hotel, everyone takes part wearing  
dingy and dinghies from Rizaldar and Symphony with Kama  
NaniLoa Dock. At about 0830, Hokule'a is towed and anchored  
arrived at the Naniloa at about 1045 to take part in ceremony.  
blessing ceremonies were beautiful and well received. There was  
interruption to the ceremony. Towards the latter part of the  
build. In about 20 minutes, winds escalated from 10 mph to  
north and NE. Nainoa and crew boarded the canoes and jibs  
and anchors. Kama Hele's Captain Jakubenko rushed to  
towed by Kama Hele back to Radio Bay, and was safely anchored  
Hawai'iloa in tow and had her anchored by 1800 hours. All  
task safely executed. At about 2100 wind abated to about 10 mph  
the night.

Feb 7

At about 0730 winds abated to 1-15 mph, sunny with clouds  
20 mph, then dropped. Took on Fuel in the morning. Took on  
crew (canoes, escort vessels, etc.) were invited to the Hilo  
students prepared a superb luau for all. Many thanks to the  
supplies from Hawai'iloa to Kama Hele to lighten the canoe  
took the dingy to the Naniloa site to retrieve an anchor lost in  
storm. Gene dove, retrieved the anchor. Took on potatoes

Feb 14

0600 18 49'N 152 25'W No change in  
call from Hawai'iloa to retrieve plastic  
about 1635 hours. Added oil to engine

Feb 15

0600 18 36'N 150 55'W Watched two  
tank. At 0445 it was noted that SV R  
Hawai'iloa. Efforts to contact the ves  
the area. Day overcast with light wind  
high seas radio, Hokule'a is 30-40 miles  
called to request a tow as per agreement  
tow at 2300 hours.

Feb 16

0600 17 34'N 151 34'W At about 0700  
enough to sail, and wind direction was  
returned to this time. Transferred 22

Feb 17

0600 15 40'N 151 05'W Overcast day

Feb 18





men traditional canoes.

March 28

In Papeete port enjoy many French coffees in air conditioning and dine at Lou Pescados and Acajous restaurants. Also for

March 29

0700 bus to the Gauguin Museum and gardens. The air-conditioned bus tells of Gauguin's life, his inspiration in Pacific art and Polynesian art. Stevenson's life and work was on display in the visiting section. The gardens, and relaxing beside the ocean made this an very

March 30

Planning meeting for the canoes and escort vessels. Alex, the Vaima shopping center, Sibani Perles Tahiti, Graham now has a symbol of Tahiti to take back home.

March 31

Join the Makali'i support group of 72 and travel in an air conditioned bus to the mayors house including ample supply of Hinano Beer. Groups present. Circumnavigated Tahiti by going around the island. The bus stopped at a natural springs beside the highway. For a swim in the natural pool.

April 1

Te'Au O Tonga, Makali'i, 3 Daughters, GoodeWind and L'Esperanza in Papeete.

April 2

0600 Papeete Market for produce and stores for voyage.

April 3

Left Rag Doll's dock at about 0630 hrs. Took on 3000 liters of fuel. 3 Daughters response to a call for assistance from the Tahiti Maritime Authority declares 'Aa Kahiki Nui unfit for sea.

April 4

Squally weather. Makali'i arrives with GoodeWind. The boat is at his hillside home.





0830 02 59'N 142 23'W hove to  
of 47 gals of fuel {30417}. Passe  
hrs. April 26

0830 04 59'N 142 12'W Doldrum  
night. Transferred 10 gals from a  
[Date of replenishment of water a  
food, and brought Terry and Gary  
continues to decide which canoe

April 27

0830 06 14'N 142 04'W still no w  
0900 hr. Enough wind for canoe  
release a big Marlin. Rizaldar sai

April 28

0830 08 05'n 142 59'W NE 12-15  
tank. Nice sailing out of the doldr

April 29

0830 09 52'N 144 20'W NE 12-15  
Transferred 20 more this eve. Tr

April 30





this is the 4th letter we have drafted up so far. But  
be arriving into Kualoa tomorrow.

Enclosed are tentative schedules of canoe welcome

Private ceremonies for crew and their families at  
Kualoa Park from 12 pm - 3:30 pm. Dinner  
'ohana there. The canoes will stay over night at  
Bay the next day, May 12. There, dinner for  
boat members only. At 5 am on Saturday  
Bay for the big Welcome Home public ceremony.  
ceremonies will run from 7:45 am - 4 pm.  
take their respective canoes around to Pier 1 for  
repairs/reprovisioning.

Our two canoes however, *Hawai'iloa* and *Hōkūle'a*,  
night of the 13th to be ready to be shipped on the  
May 14. There is one other event scheduled for  
5:30 pm - 8:30 pm, crew, their immediate families  
Lū'au at the Bishop Museum. You will get to see  
Museum's exhibit on voyaging.

It will be crowded at these events, so please plan  
so you don't miss out on anything. Thanks for  
for the notifying all of you at this late a date. Please  
531-7240 if you have any questions or concerns.

Ocean)

Hakipu'u, the home of the famous navigator, Kapi'olani, who came from Samoa to bring back seeds and breadfruit. He arrived in Hawaii in 1795 and lowered the sail of his canoe in Honolulu.

Canoe participants: Aotearoa (1), Cook Islands (1), Hawaii (1), Maui (1), Hawaii'iloa, Makali'i. Mo'olelo, 'Eala, Hawaii'iloa, Makali'i. Mo'olelo, 'Eala, Hawaii'iloa, Makali'i.

Canoes to arrive beginning @ 9:00 a.m.  
Individual canoes will be guided to the anchorage by a small boat at a distance from the beach. They will then anchor.

Canoe crew members, as directed by the event committee, will be taken to shore by doublehull canoes.

Escort boat crew members will be taken to shore by doublehull canoes.

11:45 a.m. Guests assembled

Beach area

noon Sound Pu and pahu 4 times

Oli Ho'okomo

12:05 p.m. Sound pu 2X to signal beginning of ceremony

Kahea:

One voyager to send greetings, identify the canoe, state the purpose and request to land.

Pane: (welcome response, crew is still on shore)

Crew disembarks and transported to shore by doublehull canoes

Oli Aloha (crew is on shore)

In the meantime, the boats return to the anchorage and the canoe.



proceed to anchor in Keehi Lagoon.  
The canoes will be towed in to their  
150 feet off-shore. The stern anchor  
craft to shore for crew members on shore  
first to a safe depth for tie off. 8 bow stern  
Canoe crew members will be transported  
canoes.  
Escort boats will tie off as directed  
be transported to shore by power boats.

### Departure of vessels:

After the ceremonies Hokule'a  
tow first for Pier 35 with main  
the Sand Island bridge.

Other canoes and escort boats  
directed by coordinator.

Dinner will be served at Pier 35 to  
Showers available.

Crew members of the Makalii, Moa  
au-Tonga are invited to stay and  
meals each day; No drinking) in order  
for return home. The area is available  
Crew members of Hokule'a and Ha  
the loading at 7:00 a.m., 5/14, on the

## WELCOME HOME

NA 'OHANA HOLO MOANA  
*"Voyaging Families of the Vast Ocean"*

SATURDAY, MAY 13, 1995

Kani ka Pu                      Societal Procession &

Kani na Pu, Kani na Pahu, Kalepalepa  
(Signal of the conchs, drums and waving of the  
banner of each voyaging canoe to begin landing)

Kahea                      Crew  
(Greetings, identification, and permission to  
land requested by each canoe)

Oli Aloha                      Kalani Akana  
(Welcome)

Welina  
(Greetings with lei and oli)      KidSail Classes  
   Kaiapuni Classes  
   Immersion Classes

Pae na wa'a holo moana  
(Order of arrival for the voyaging canoes)

Introduce the *HOKULE'A*      Pinky Thompson  
(To introduce Dr. Ben Finney)

Te 'Aurere (Aotearoa)      Hector Busby

Te 'Au O Tonga (Rarotonga)

Takitumu (Rarotonga)

Makali'i (Hawai'i)

Eala (Hawai'i)              Dr. Herman Aizawa

Mo'olele (Hawai'i)

Hawai'i Canoe Sailing Association  
(Hawai'i)

Hawai'i Iloa (Hawai'i)      Clayton Hee

Oli                      Kalani Akana  
(Closing prayer)

Na Ha'i'olelo  
(Speeches)

Hula Kahiko

Pule Ho'oku'u

### AFTERNOON

12:00 pm - 4:00 pm

Ho'olaule'a

Entertainment on two stages.  
Educational programs in tents  
Food Booths



Pohaku Ceremony  
Thursday, May 11, 1995  
Noon - 3:30 p.m.

Hosts: Hakipu'u 'Ohana

Beach Area

*Kani ka Pu*

(Signal of the conch to begin and  
lifting of the kapu at the beach  
area)

*Kani ka Pu, Pal Ke Kahili Ki*

(Signal of the conch and raising of  
the ti-leaf standard for each  
voyaging family to come and share)

*Oli Komo*

Kahikukala Hoe

(Entry Chant)

*Kahea*

Crew

(Greetings, identification and permission  
to land requested by each canoe)

*Pane*

Kelikokauaikekal Hoe

(Welcome response)

*Oli Aloha*

Kelikokauaikekal Hoe

(Welcome chant)

*Pae na 'Ohana Holo Moana*

(Order of arrival for the Voyaging families)

Mo'olele (Hawai'i)

Eala (Hawai'i)

Hawaiian Sailing Canoe Association  
(Hawai'i)

Te 'Aurere (Aotearoa)

Takitumu (Rarotonga)

Te 'Au o Tonga (Rarotonga)

Makali'i (Hawai'i)

Hawai'iloa (Hawai'i)

Hokule'a (Hawai'i)

Ahu Area

*Pu'e Wehe*

(Opening Prayer)

Kealoha L. Kealoha

Kahu John L. A. Kalili

*Ha'i'olelo*

(Welcome speech)

Calvin Ioane Hoe

*Ha'i'olelo*

(Speech)

Mr. Myron Thompson  
*Chair, PVS Board of Directors*

*Ahu*

(Ceremonial placement of Pohaku)

Kahikukala Hoe

Kelikokauaikekal Hoe

*Ho'ola'a*

(Dedication)

Kahu John L. A. Kalili

*Oli*

(Chant)

Hakipu'u 'Ohana

*Pule Ho'oku'u*

(Closing prayer)

Herbert Kealoha Hoe

*Kani ka Pu*

(Signal of the conch for the closure of ceremony)