



PMRF hosts cultural visit



Auntie Ulu Kilauano shares history with members of the native Hawaiian community and PMRF employees at Kawaele, a location at PMRF that holds significance as a fishing spot and hatchery. U.S. Navy photo by MC2 Jay C. Pugh.

Story by MC2 Jay C. Pugh

PMRF hosted 25 members of the local Native Hawaiian community on a cultural visit and oral history gathering March 26. Locations on PMRF included Nohili dune, Kawaele (at the base of the runway), Kuaki'i (just north of the red label area), and a leina, or "jumping off point" (near the Kamokala Cave ordnance storage area). Representatives from both continued their efforts to maintain a positive relationship

and enhance PMRF's knowledge of its role as steward of the land it rests upon.

The oral histories were provided by Auntie Ulu Kilauano who shared her memories of the area prior to it being a military installation. Her oral history was invaluable to PMRF's Installation Cultural Resource Management Plan (ICRMP). The goal of the ICRMP is to preserve and protect significant archaeological, architectural, and cultural resources at PMRF.

Days prior to the visit, Kilauano composed an "oli" specifically for the tour and PMRF's transportation coordinator and member of the Kauai Burial Council, Kunane Aipoalani, performed her chant at the base of Nohili dune.

"We continue striving to maintain and enhance our relationship with the local community and expand our own knowl-

Visit, Contd. on Page 3

Commanding Officer's Hot Line: Ext. 4435

You can call the Captain with your question/concern too. Dial 335-4435 any time, seven days a week! The purpose of the hotline (record-a-phone) is to provide all PMRF military members, families, civil service and contractor employees the opportunity to communicate directly with the CO. Some suggestions are:

- Safety suggestions/violations/unsafe practices, ideas to improve safety and promote safety awareness.
- Ways to improve morale, working or living conditions.
- Suggestions on how to save taxpayer dollars, cut costs, save energy, reduce labor manhours, etc.
- Security violations and/or recommendations for strengthening physical security and safeguarding classified information.
- Any positive things (events, programs, policies, benefits, etc.) that you feel are particularly good.
- Any negative things you feel should have the CO's attention.
- Suggestions for improving disaster preparedness (tsunamis, hurricanes, fires, etc.)

You need not identify yourself to leave a message, but if you would like a staffed response, please do so. If reporting a problem, please try to recommend a workable solution. Some of the questions or problems reported will be answered in the Within Range.

A good point of contact for issues involving Navy families is the PMRF Ombudsman, Dawn Gregg who can be reached at: Cell 635-5364 or email at pmrfoambudsman@yahoo.com.



P
M
R
F

S
n
a
p
s
h
o
t

U.S. Navy photo by MC2 Jay C. Pugh

“Is he supposed to be the Sailor or construction worker?”

ASAN Adam Robinson poses for a glamour shot during a Habitat for Humanity home build in Hanapepe. Nine Sailors worked with local residents to help improve quality of life. U.S. Navy photo by MC2 Jay C. Pugh.

Within Range is published bi-weekly by the Pacific Missile Range Facility Public Affairs Office. Questions, concerns and comments can be directed to the Editor at tom.clements@navy.mil or jay.pugh@navy.mil.

Commanding Officer: Capt. Aaron Cudnohufsky

Executive Officer: Cmdr. James Wucher

Editor: Tom Clements

Command Master Chief: STSCM(SS) Ronnie Spake

Staff: MC2(AW) Jay C. Pugh

Visit, Contd. from Page 1

edge through cultural practice visitations and collecting oral histories. These visits emphasize the appropriate treatment, preservation, and protection of the cultural resources," said John Burger, PMRF environmental sustainment coordinator.

"Being able to visit Nohili and its surrounding areas is always special when it can be shared and appreciated by those who visit. It is vital to know its history, legends and family stories so we don't lose the cultural significance of the legacy left by our kupuna (ancestors) of this wahi pana, or sacred place. I acknowledge PMRF and the responsibility they have taken to respect our culture and traditions by arranging these visits and tours," stated Aipoalani after the visit.

According to Burger, visiting cultural sites can enhance preservation through a combination of interpretation and education that instills a sense of stewardship toward cultural resources. However, public access in the absence of an educational component opens up cultural resources to the possibilities of inadvertent damage through ignorance of the resource, intentional vandalism, and deterioration from increased contact.

According to PMRF's ICRMP, Barking Sands contains the remains of numerous traditional Hawaiian and plantation period burials. In addition, the Nohili dune is a prominent and traditionally important place. In the past, requests have been made to access the installation for cultural reasons. On matters of cultural import, PMRF consults with the local organization



Kunane Aipoalani performs an oli at Nohili dune. U.S. Navy photo by MC2 Jay C. Pugh.

Na Ohana Papa O Mana, as well as Hawaiian organizations with a statewide base.

The ICRMP lays the foundation for an historic preservation program that achieves the priorities for cultural resources management, provides management procedures for the on-going identification, maintenance, and enhancement of cultural resources, and promotes the use of cultural resources in ways that are beneficial to the military mission, the resources, and other public interests.

"I always look forward to visits

from the families whose ancestors pre-date western contact in this area we now sometimes refer to as Barking Sands. The official reason for arranging these visits is the ICRMP, but I have to admit I personally enjoy the history and cultural lessons passed on to us," said Tom Clements, Public Affairs Officer.

"Auntie Ulu, Kunane, Aletha Kaohi and others have shared invaluable insights into this area, providing the tools we need for consultation and preservation."

Navy career tools enhances privacy, individual readiness



Senior Chief Navy Counselor Tony Peraza assigned to Navy Recruiting District Los Angeles works out on a stationary bike. U.S. Navy photo by MC2 Mark Logico.

From Program Executive Office for Enterprise Information Systems Command Public Affairs

The Sea Warrior Program (Program Executive Office for Enterprise Information Systems PMW 240) implemented Navy Career Tool enhancements that strengthen privacy and support individual readiness requirements April 5.

Capt. Michael S. Murphy, Sea Warrior Program manager, authorized the release after successful operational testing and

teamwork with the chief of naval personnel, Navy Personnel Command and other stakeholders. "The latest release implements changes in the Navy's individual readiness policy," Murphy said.

The release, known as Maintenance Upgrade (MU) 1B-4, will be visible to users of Career Management System/Interactive Detailing (CMS/ID). In addition, several behind-the-scenes changes affect Navy Career Tools (NCT) Assistant online job aids and Navy Training Management and Planning System

(NTMPS).

Sailors will notice changes in CMS/ID, such as the Consecutive Overseas Tours approval status displayed on their Sailor Personnel Detail page.

Another important change in CMS/ID is the masking of the Social Security Number on the computer screen for most users. "Sailor data is stored on a secure server on a secure network, only accessible to the individual

Upgrades, Contd. on Page 5

Aloha! Welcome to:



(Above) Welcome to MA2 Shawn Beauchamp who arrives after three years in South Korea and will serve in security. Welcome to Lt. Paul Morgan who arrives after three years at Tinker AFB and will serve as the Aviation Safety Officer. Welcome to ASAN Miguel Barrera who arrives from San Diego and will serve in maintenance. Welcome to AWR2 Michael Buck who arrives after four years in Jacksonville, Fla., and will serve as an aircrewman.

A hui hou!

Farewell to:



(Left) Farewell to AZ2 Edgar Diaz who departs after three years as a data analyst and becomes a civilian in Jacksonville, Fla. Farewell to Kim Fuchs who departs after three years as T & E Program Manager and will serve at Macdill AFB in Tampa, Fla. Farewell to Lt. Tony Gilbert who departs after three years as the Aviation Safety Officer and will serve onboard USS George Bush.

Upgrades, Contd. from Page 4

with the proper CAC (Common Access Card) and PIN (Personal Identification Number)," said Kathryn A. Bailey, CMS/ID Project Director assigned to Space and Naval Warfare Systems Center Atlantic New Orleans Office. "So it makes good sense to mask out Social Security Numbers to prevent others from accidentally seeing it displayed."

In addition, CMS/ID now takes individual Physical Fitness Assessment (PFA) data into account. Sailors missing results from the last PFA cycle will receive an alert to contact their command fitness leader to verify they are properly updated

in Physical Readiness Information Management System (PRIMS).

Sailors who failed their last PFA will receive a system "flag" warning they are in danger of becoming ineligible for special assignments such as overseas billets, pre-commissioning billets, instructor billets, special programs and Global Support Assignments.

Those who failed the last PFA plus another in the past three years will receive a flag warning they are ineligible for special assignments and may not be selected for their requested job. Sailors failing three PFAs in the past four years will receive a system "gate" indicating they are no longer eligible to nego-

tiate for orders.

To prevent career-impacting problems, it's important that members verify their PRIMIS data and that their PFA results are properly documented in performance evaluations or fitness reports.

For more details on the MU1B-4 changes to CMS/ID and other Navy Career Tools, members should visit their Command Career Counselors. A summary of MU1B-4 enhancements is also available on Navy Knowledge Online under the Career Management tab, Navy Career Tools, What's New in Navy Career Tools.

Announcements

2010 Armed Forces Day Celebration

This year's Armed Forces Day Celebration is scheduled from 10 a.m. to 3 p.m. on Saturday, May 15, at the Kauai Veterans Center in Lihue. Museum tours, military vehicle displays, food and game booths, and more will be available. The public is invited to attend.

K-PAL Flag Football Registration

Westside registration for flag football will be held at Waimea Canyon School basketball court. All kids grades K - 12 are invited. Registration will be April 12 -16 and 19 - 22 from 6 p.m. to 7:30 p.m. Cost is \$20 and for more information please contact Thomas Apilado at 482-1606. Registration deadline is April 23.

Underage Drinking Meetings

Town hall meetings will be held

at Kekaha Neighborhood Center Monday, April 12 from 5:30 p.m. to 8 p.m. and at Anahola Clubhouse Monday, April 26. Talk early. Talk often. Get others involved.

Power of Blood

The 293rd Combat Communications Squadron will conduct a blood drive at Bldg. 1115 April 28 through 30 and May 1. The drive will be conducted from 8 a.m. to 5 p.m.

Cell Phone Use On PMRF

Driver use of a hand-held cellular phone in a moving vehicle is prohibited. The use of any portable, personal listening device worn inside the aural canal, around or covering the driver's ear while operating a motor vehicle is prohibited. Listening devices include wired or wireless earphones and headphones (including blue tooth or similar technology), but do not include hearing aids or devices

designed and required for hearing protection. This prohibition does not apply to hands-free cellular phone devices, including console/dash-mounted or otherwise secured cellular phones with integrated features such as voice activation, speed dial, speakerphone or other similar features.

Award Photos

Award photos from March 25 can be found on the shared drive under: haena\Privacy_Act_Certified\AAQ\25MAR2010.

MWR Happenings

Waipo`o Falls Family Trip

A moderate 3.2 mile hike into the scenic Waimea Canyon with stops at two waterfalls. Water provided.

Date: Saturday, April 24

Registration Deadline is April 23 by noon.

Texas Hold'em Tournament

Poker tournament will be held Saturday, April 17 at Shenanigans. Register now as space is limited.

2010 active duty relief society fund drive



Would you give \$5 a month to help a shipmate? It's not about Sailors and Marines giving more; it's about Sailors and Marines giving!

The Navy-Marine Corps Relief Society is a world-wide nonprofit charitable organization designed to provide financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members and survivors, when in need.

The Society offers many things such as interest-free loans or grants to help with emergencies such as: food, rent and utilities; disaster relief assistance; essential vehicle repairs; unforeseen family emergencies; medical and dental bills; emergency transportation; and funeral expenses.

The financial readiness of you and your family is critical to mission readiness.

Safety Corner



Navy works to reduce stigma of discussing suicide

By ET2 Mark A. Moore, Submarine Group Two Public Affairs

U.S. Fleet Forces (USFF) hosted a Suicide Awareness and Prevention Summit at Naval Submarine Base New London on March 30 and March 31.

The goal of the summit is to provide leadership with available resources and assistance to institutionalize fleet requirements regarding implementation and execution of suicide prevention and awareness policies.

Each year, the Navy loses Sailors to suicide. Many of these Sailors are our own shipmates, and most, if not all, of these tragedies can be prevented. The stigma that some Sailors face with seeking help for their problems can stand in the way of preventing suicide.

Relationship issues, drug abuse, financial problems, legal issues and mental health problems can increase a person's suicide risk, according to experts.

Eric Hipple, former Detroit Lions quarterback and author of "Real Men Do Cry", has dedicated his life to suicide prevention after losing his 15 year-old son, Jeff, to suicide in 2000. He's now the Outreach Coordinator for the Depression Center for the University of Michigan. He spoke about his experiences during the summit.

"Ninety percent of all suicides are due to some type of untreated or undiagnosed mental illness, depression being one of those," said Hipple. "If someone suffers from depression and does not get treatment, the chance of them taking their own life is greater than someone who is treated."

So, what is the stigma of seeking help in the military? According to Marie Parker, USFF Suicide Prevention Coordinator, some Sailors fear losing respect from shipmates or vice versa. Also, some Sailors mistakenly believe that getting help will make them lose their security clearance. That, however, is a myth.

According to the Navy's suicide

prevention website, "less than 2% of revoked or denied clearances are for psychological problems. In the vast majority of situations, getting counseling or treatment an indicator of the good reliability and judgment required for clearances. Failure to seek help and allowing problems to get worse and start to impact performance, conduct and finances, is more likely lead to clearance loss."

The next Suicide Awareness and Prevention workshops will be held in Gulfport, Miss. on April 20 - 21, Sigonella, Italy on May 10 - 11, Naples, Italy on May 13 - 14 and Rota, Spain on May 17 - 18. The workshops are intended to provide leadership with available resources and assistance to institutionalize fleet requirements regarding implementation and execution of suicide prevention and awareness policies.

"More 'Ingenious, or Un-Genius?'"

Thanks to one of our Air Force compadres for this one. "Here's a truly 'custom' trailer-hitch installation,"

he writes. "Thinking outside the box has its place and time, but just because it can be done, doesn't mean it should be done."

We have to assume that since someone went to all the trouble to attach the corrugated sheet metal to the bottom of their sedan, they probably used it at some point.



Wish you were here - Photos from the Fleet



U.S. Navy photo by MCSN Thomas Miller

(Above) CHICAGO (April 6, 2010) Sailors assigned to various commands at Naval Station Great Lakes unfurl an American flag before the 2010 home opening Chicago White Sox baseball game at U.S. Cellular Field. **(Below left)** YELLOW SEA (April 6, 2010) A diver is recovered by helicopter during a medical evacuation training exercise involving the U.S. and Republic of Korea navies. In the background is the Republic of Korea Navy salvage and rescue ship ROKS Gwangyang (ATS 28). **(Below right)** FORT KNOX, Ky. (March 29, 2010) Gunner's Mate 3rd Class Geoffrey Martin, assigned to Riverine Squadron (RIVRON) 1, fires a GAU-17A gun from the bow of a riverine assault boat during live-fire battle drills.



U.S. Navy photo by MC2 Byron C. Linder.



U.S. Navy photo by MC3 Bryan Weyers.