



Questionable ORM practices at North Pole



Story by MC1 Jay C. Pugh

Photo courtesy of Corbis Images

Every year Santa Claus travels around the world in one night delivering presents and joy to children around the world, however, inside sources at the North Pole report that his annual festive jaunt may put himself and others traveling on Christmas Eve at serious risk.

After receiving a tip from one of Santa's top elves, who wishes to remain anonymous for fear of reprisal, Santa may suffer from serious sleep deprivation and the temptations of booze laid out by grateful families in Europe --

traditionally cookies and milk in the United States, but in areas such as England, Australia and Ireland, it is proper to leave a small amount of sherry, whisky, or a Guinness and mince pie -- possibly turning him into a public menace.

"Every year, Santa Claus makes us stay awake for days and nights so he can deliver presents to children all over the world for Christmas," said the top elf. Cheryl Holliday, PMRF's Safety Specialist, expressed concerns about Santa's risky behavior.

"There's a reason he has a bed,

an alarm clock, and an early out from work -- 364 days of the year -- so he can get plenty of rest and sleep," said Holliday of Santa's risky behavior. "He is putting his health and the health of others at risk."

Days without sleep, frantic all-night driving (or flying in Santa's case) and alcohol by the Christmas tree all add up to a terrifying picture: a sleigh-crash in slow motion.

"Lack of sleep will make him

Santa, 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.



U.S. Navy photo by MC1 Jay C. Pugh

"47...48...49...50! Ready or not here I come!"

Side boys discuss if hiding under the red carpet is a good idea during a game of hide-and-seek with BM2 Nicholas Snipes.

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Capt. Mongillo sends special holiday message to PMRF

Special from Capt. Nicholas Mongillo

I want to extend my deepest gratitude and warmest wishes to all the Sailors, government service personnel, contractors, and their families during this holiday season.

Thank you for your dedicated service to your country and PMRF during 2010. Since I took command nearly seven months ago, the optempo has been non-stop. And, during all of it, you performed brilliantly supporting numerous fleet training events, Missile Defense Agency missile tests, and RIMPAC; which included participation by 14 nations, 20,000 personnel, 37

ships, and more than 170 aircraft. Your hard work was exceptional this past year and totaled more than 16,000 operational training hours with 557 separate operations supporting our fleet warriors and next-generation weapons system developers. Because you represent the best test and training range in the fleet, everyone wants to come here to test their new weapon system, or hone their skills on our vast, instrumented range. Bravo Zulu shipmates and a job well done!

Now, it is time to take a brief reprieve from work and celebrate the holiday with family, friends, and loved ones. This holiday season is a time for relaxation, and for all

of us to recharge the mind, the body, and the spirit.

As we celebrate this season, regardless of location, please ensure to do so safely. Getting to your holiday destination and returning safely is the greatest gift you can give to your family, friends, and shipmates.

I'm honored to be your Commanding Officer. During my short stint as CO we have accomplished a lot. I have witnessed your undeniable excellence in support of the mission and the community of Kauai. Thank you for all you do. I wish everyone a safe and joyful holiday season.

Santa, Contd. from Page 1

drowsy, his vigilance will fade and his ability to think and react will diminish. The addition of alcohol would make him a serious threat. There is a risk for himself and others -- he could fall asleep at the reins and crash his sleigh. Simple use of Operational Risk Management (ORM) could prevent a serious incident," said Lt. Larry Morgan, PMRF's Aviation Safety Officer.

Physicists have determined that, factoring in the different time zones and rotation of the planet, Santa has 31 hours in which to deliver presents to children in around roughly 100 million households where the Christmas tradition is observed. Taking into account the time he would need to come down each chimney and leave the presents, Santa would have to travel at around 650 miles per second (3,000 times the speed of sound) to do his rounds.

The combination of extreme speeds, alcohol, and sleep deprivation creates a perfect storm for a horrible accident. Holliday provided some of the tips below to help travelers this holiday season:

- *Leave a few minutes early to allow extra time to get to your destination*
- *Don't drive if you are tired*
- *Obey the speed limit. In rain, snow, fog and darkness, slow down*
- *Leave plenty of time to reach your destination safely. It's not worth putting yourself and others in a dangerous situation just to be on time*
- *Make sure your vehicle is in good repair*
- *If you drink... don't drive*
- *Always use safety belts and child safety seats*
- *Maintain a safe distance between vehicles*
- *Get a good night's sleep before traveling*

- *Avoid eating heavy meals, as this can lead to sleepiness*
- *Avoid frostbite and hypothermia when you are exposed to cold temperatures by wearing layered clothing, eating a well-balanced diet, and drinking warm, non-alcoholic, caffeine-free liquids to maintain fluid levels*
- *Avoid becoming wet, as wet clothing loses 90 percent of its insulating value*

Ultimately, Santa may possess mystical powers to help him travel the world in one night in any condition, but human beings do not.

"As we celebrate this season, regardless of location, please ensure to do so safely. Getting to your holiday destination and returning safely is the greatest gift you can give to your family, friends, and shipmates," said Capt. Nicholas Mongillo, PMRF's Commanding Officer.

Navy to take on San Diego State in Poinsettia Bowl

From Naval Academy Public Affairs

The U.S. Naval Academy football team will compete against San Diego State University in the San Diego County Credit Union Poinsettia Bowl Dec. 23.

The game will be played at Qualcomm Stadium in San Diego. The game will be televised nationally by ESPN, and the game time is set for 5 p.m. PST.

Qualifying for the Poinsettia Bowl is a landmark achievement for the football program as it marks the first time in school history that Navy has gone to eight-straight bowl games.

“It’s very exciting to be playing in San Diego. It’s a Navy town, so we get to come out and play in front of a bunch of sailors, Marines and a lot of alumni, guys we’ve played with who are now stationed there,” said Midshipman 1st Class Ricky Dobbs, offensive team captain and quarterback. “It’s going to be a great experience to go out there.”



U.S. Naval Academy quarterback Ricky Dobbs (4) runs the ball during the third quarter of the 111th annual Army-Navy football game at Lincoln Financial Field. The Midshipmen defeated the Black Knights 31-17. U.S. Navy photo by MC1 Chad Runge.

Congratulations to PMRF housing residents



Bravo Zulu to the Stieber family and the Mays family for tying first place in this year’s family housing holiday decorating contest. Bravo Zulu to LS1 Sheniece Bryant for taking first place in the Polaris Drive Single Sailor’s decorating contest. U.S. Navy photos by MC1 Jay C. Pugh.

Safety Corner



SANTA'S HOLIDAY SAFETY CHECK LIST

NAUGHTY

- ✓ NO SEATBELT
- ✓ EXCESSIVE DRINKING
- ✓ DRINKING AND DRIVING
- ✓ UNDERAGE DRINKING
- ✓ NO MOTORCYCLE TRAINING
- ✓ DID NOT USE TRIPS
- ✓ SPEEDING
- ✓ UNDER 25 AND DID NOT COMPLETE DRIVER IMPROVEMENT COURSE
- ✓ USING A CELL PHONE WHEN DRIVING

NICE

- ✓ ALWAYS WEARS SEATBELT
- ✓ DRINKS RESPONSIBLY
- ✓ NEVER DRINKS AND DRIVES
- ✓ KNOWS THE LAW OF 21
- ✓ COMPLETED ALL REQUIRED MOTORCYCLE TRAINING WITH ESAMS ENTRY
- ✓ WOULD NEVER GO ON LEAVE WITHOUT USING TRIPS
- ✓ ALWAYS OBEYS THE SPEED LIMIT
- ✓ UP TO DATE ON ALL DRIVER IMPROVEMENT COURSES
- ✓ TURNS OFF THE CELL PHONE WHEN IN A CAR



HAVE A HAPPY AND "SAFE" HOLIDAY FROM THE NAVAL SAFETY CENTER



Wish you were here - Photos from the Fleet



U.S. Navy Photo by MC3 Marie Brindovas

(Above) 101214-B-3793B-015 ATLANTIC OCEAN (Dec. 14, 2010) Sailors prepare a C-2 Greyhound assigned to the Rawhides of Fleet Logistics Squadron (VRC) 40 for maintenance in the hangar bay of the aircraft carrier USS Harry S. Truman (CVN 75). VRC-40 is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility. **(Below left)** 101213-N-7981E-078 PACIFIC OCEAN (Dec. 13, 2010) Damage Controlman Fireman Recruit Francisco Deanda removes solid items from food waste before running it through a pulper for disposal in the waste processing room aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson and Carrier Air Wing (CVW) 17 are on a three-week composite training unit exercise followed by a western Pacific deployment. **(Below right)** 101213-N-7191M-054 PACIFIC OCEAN (Dec. 13, 2010) Sailors assigned to the aircraft carrier USS George Washington (CVN 73) and embarked Carrier Air Wing (CVW) 5 scrub the flight deck in preparation for the ship's upcoming selected restricted availability period.



U.S. Navy photo by MC2 James R. Evans



U.S. Navy photo by MC3 Jacob D. Moore