

Navy partners with YWCA



(from left to right) Lt. Erin Pierce, Ranae Hamilton, Louella Cazimero-Bactad, Command Master Chief Willie Canaya, Capt. Nicholas Mongillo and Electronics Technician 2nd Class Randy Belknap discuss sexual assault issues. U.S. Navy photo by MC1 Jay C. Pugh.

Story by MC1 Jay C. Pugh

PMRF formalized a partnership last week with the Young Women's Christian Association (YWCA) of Kauai to provide medical and forensic examinations for base personnel in the event of sexual assault. Capt. Nicholas Mongillo, commanding officer of PMRF; Renae Hamilton, executive director of the YWCA of Kauai; and Louella Cazimero-Bactad, Navy Region

Hawaii Sexual Assault Response Coordinator (SARC), were on hand for the signing of the Memorandum of Understanding (MOU) held on board PMRF, July 18.

"I'm proud that the Navy and PMRF can partner with the YWCA through this Memorandum of Understanding. Sexual assault is a real issue for community members, including military personnel. This formal step provides tools to help prevent sexual assault and increases awareness throughout

both civilian and military communities. The Navy Sexual Assault Prevention and Response program is imperative to prevent sexual assault and provides support in the unfortunate situation when prevention wasn't enough," said Mongillo.

The MOU was also signed by Commander, Navy Region Hawaii, Military and Family Support Center of Pearl Harbor with the

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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 photos by MC1 Jay C. Pugh

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"Couldn't hit the broadside of a destroyer."

AZ2 Devon Brandenburg attempts to defend Nawiliwili by launching a salvo of rubber balls at the USS Paul Hamilton. Despite several attempts, he was unable to hit his target.

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President nominates top Navy leaders

From Department of Defense Public Affairs

Secretary of Defense Leon E. Panetta announced July 21, the President has made the following nominations:

Adm. Jonathan W. Greenert for reappointment to the rank of admiral and for assignment as chief of naval operations, Pentagon, Washington, D.C. Greenert is currently serving as vice chief of Naval Operations, Pentagon, Washington, D.C.

Vice Adm. Mark E. Ferguson III for appointment to the grade of admiral and for assignment as vice chief of naval operations, Pentagon, Washington, D.C. Ferguson is currently serving as deputy chief of naval operations for manpower, personnel, training, and education, N1, Office of the Chief of Naval



Vice Chief of Naval Operations Adm. Jonathan W. Greenert speaks of the characteristics of this year's Navy Military Child of the Year Award recipient Melissa Howland. U.S. Navy photo by MC1 Abraham Essenmacher.

Operations and Chief of Naval Personnel, Arlington, Va.

Vice Adm. Cecil E. D. Haney

for appointment to the rank of admiral and for assignment as

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understanding that installation commanders, like Mongillo, are charged with providing assistance and access to counseling for victims of sexual assault. That responsibility extends to family of service members with the understanding that victims of sexual assault often need assistance that exceeds the facilities and resources available. To fulfill the military's commitment to its personnel, PMRF and the YWCA of Kauai agreed to collaborate wherein the YWCA would provide the facilities and trained professionals for the medical and forensic examinations in the case of a sexual assault.

According to Hamilton, the YWCA of Kauai is the only or-

ganization on Kauai that provides support and healing for victims of sexual assault as well as simultaneously empowering them physically and emotionally.

"This MOU helps with structure, accountability, defining roles and strengthening our partnerships," stated Hamilton.

The YWCA averages around 400 calls a year to their crisis line. Those phone calls range in scope from questions about domestic violence, sexual assaults and availability of counseling.

"We want to end this kind of violence through a three-pronged approach. We provide victim support service, prevention education awareness, and continuously work not only with victims, but offenders as well," said Hamilton.

Cazimero-Bactad was the driv-

ing force behind the MOU. According to her, it took a year for this inter-agency relationship to be formalized.

"We stay proactive, have back-up plans and hope that we never need to use them, but I'm glad to know we have it," said Cazimero-Bactad concerning the MOU, "All SARCs will be part of the State of Hawaii's sexual assault program, but we're all part of this community. This relationship will reemphasize community resources. The bottom line is getting help for our military and family members, but we take care of anyone sexually assaulted on base, [Department of Defense] civilians, contractors, even guests and any military on island period."

Naval Academy accepting enlisted applications



Plebes from the U.S. Naval Academy Class of 2015 wait to be officially sworn in at the conclusion of Induction Day, marking the beginning of Plebe Summer, six-weeks of training intended to transition the students from civilian to military life. U.S. Navy photo by MC1 Chad Runge.

From Department of Defense

The Navy announced July 12 the U.S. Naval Academy's admissions cycle for the class of 2016, entering in July 2012, is open to enlisted Sailors.

Top enlisted performers who possess strong leadership potential, have been recognized as Junior Sailors or Bluejackets of the Quarter or who graduated in the top 20 percent in their "A" and "C" schools are encouraged to apply by Jan. 31, 2012.

To be eligible, top quality Sailors and Marines must meet competitive standards based on

academic, military and physical performance. Academically, applicants must possess strong high school grade point averages and SAT scores, and have completed four years of mathematics and English and one year of chemistry.

Applicants must be physically fit with no record of disciplinary action within three years preceding application. They must not have passed their 23rd birthday by July 1, 2012, and cannot be married, pregnant or have incurred obligations of parenthood.

The deadline for initial application to the class of 2016 is Jan. 31. All completed applications and rec-

ommendations must be received by March 1 to be considered.

The Naval Academy, located in Annapolis, Md., provides approximately 1,000 officers to the Navy and Marine Corps every year, with many entering as prior enlisted men and women from the regular and reserve components of the Navy and Marine Corps.

Students at the academy are designated midshipmen and receive midshipman pay plus tuition, room and board. Upon graduation, they receive a

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Aloha! Welcome to:



A hui hou! Farewell to:



Welcome to EN2 David Frederick who arrives from Sasebo, Japan and will serve in SEPTAR. Welcome to BM2 Raymond Prevatt who arrives from Mayport, Fla., and will serve in SEPTAR. Welcome to ASC Ryan Gillig who arrives from Everett, Wash., and will serve in Air Ops. Welcome to MA1 Jay Gautney who arrives from Coronado, Calif., and will

serve in Security. Welcome to Susan Colson who arrives from Boise, Idaho, and will serve as an office automation assistant. Farewell to Irene Shimaoka-Jansen who departs for Pearl harbor. Farewell to Matthew Bense who departs for Washington after serving onboard PMRF for three years. Farewell to MA2 Jennifer Barnard who departs for the USS Kearsarge, homeported at Norfolk,

Va., after serving three years onboard PMRF. Farewell to HT2 Robert Leedham who departs for the USS Princeton, homeported at San Diego, after serving two years onboard PMRF. Farewell to CWO3 Dexter Carr who departs for Washington D.C., after serving three years on board PMRF.

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commander, U.S. Pacific Fleet, Pearl Harbor, Hawaii. Haney is currently serving as deputy commander, U.S. Strategic Command, Offutt Air Force Base, Neb.

Vice Adm. Harry B. Harris Jr. for reappointment to the rank of vice admiral and for assignment as assistant to the chairman of the Joint Chiefs of Staff, Pentagon, Washington, D.C. Harris is

currently serving as commander, Sixth Fleet/commander, Striking and Support Forces NATO/ deputy commander, U.S. Naval Forces Europe/deputy commander, U.S. Naval Forces Africa/joint force maritime component commander Europe, Naples, Italy.

Vice Adm. Scott R. Van Buskirk for reappointment to the rank of vice admiral and for assignment as deputy chief of naval operations for manpower, personnel, training, and education, N1, Office of the Chief

of Naval Operations and Chief of Naval Personnel, Arlington, Va. Van Buskirk is currently serving as commander, Seventh Fleet, Yokosuka, Japan.

Rear Adm. Scott H. Swift for appointment to the rank of vice admiral and for assignment as commander, Seventh Fleet, Yokosuka, Japan. Swift is currently serving as director for operations, J3, U.S. Pacific Command, Honolulu, Hawaii.

PMRF Sailors being Sailors



Eight Sailors from PMRF assisted in mooring the USS Paul Hamilton (DDG 60) in Nawiliwili Harbor. The Hamilton visited Kauai for two days during a friends and family cruise July 23 and 24. U.S. Navy photos by MC1 Jay C. Pugh



ACADEMY, Contd. from Page 4

Bachelor of Science degree and a commission in the Navy or Marine Corps.

The Naval Academy offers 23 academic majors in engineering, science, mathematics, social sciences and the humanities. In addition to the academic curriculum, students also take military professional courses in navigation, naval engineering, weapons, leadership, naval history

and law.

To be eligible, top quality Sailors and Marines must meet competitive standards based on academic, military and physical performance.

Academically, applicants must possess strong high school grade point averages and SAT scores, and have completed four years of mathematics and English, and one year of chemistry.

Applicants are expected to be physically fit with no record of

disciplinary action within three years preceding application. They must not have passed their 23rd birthday by July 1, 2012, and cannot be married, pregnant or have incurred obligations of parenthood.

The deadline for initial application to the Class of 2016, is Jan. 31, 2012. All completed applications and recommendations must be received by March 1, 2012, to be considered.

Safety Corner



Severe weather: stay alert, stay alive

By April Phillips, Naval Safety Center Public Affairs

Across the fleet, Sailors and Marines cross their fingers and hope for sunny skies during their summer vacation leave periods. Unfortunately, it's a fact that summer corresponds to the start of hurricane season. Hurricane Katrina still lingers in our national psyche and tornados make big news whenever a destructive funnel cloud touches down. However, the National Oceanic and Atmospheric Administration (NOAA) reports that thunderstorms, which many people view as routine during the summer, are nature's most violent storms.

Thunderstorms are always accompanied by dangerous lightning, and often the atmospheric conditions created during a thunderstorm can actually trigger a tornado. Each summer, thunderstorms, which can form quickly and strike without much warning, kill and injure people, damage houses and equipment, and wreak havoc whenever they hit. According to NOAA, on average, tornados kill 70 people and injure another 1,500 each year. Lightning is responsible

for an average of 80 deaths and 300 injuries per year. Flash flooding is the number one cause of deaths associated with thunderstorms, killing nearly 150 people per year.

NOAA says the best way to prepare for the unexpected is to develop a family disaster plan. Pick two places to meet. One should be outside your home for an emergency such as a fire, and another place should be away from your neighborhood, in case you can't return home, such as in the wake of a tornado that causes heavy damage. Make sure you choose an out-of-state relative or friend as a "family check-in contact" and make sure everyone knows to call this person if you get separated.

A disaster supply kit should include a three-day supply of water and non-perishable foods, a change of clothes and shoes for everyone, blankets, a first aid kit including prescriptions, a battery-powered radio with extra batteries, and an extra set of car keys.

Nearly 2,000 thunderstorms are occurring at any moment around the world. That's 16 million per year. The recipe for a thunderstorm is simple: moisture, added to unstable air, mixed with a little lift, caused by cold or warm fronts, sea breezes,

mountains, or the sun's heat. These ingredients are most likely to mix during the summer.

NOAA recently charted the risk of being hit. Open fields (parks, playgrounds) account for 27% of lightning strike deaths. People under trees accounted for 14%. Water-related strikes were 8%, and golf courses were 5%.

The best way to avoid becoming a statistic is to be prepared. Watch the weather reports, check the sky, and plan your events so weather doesn't become a factor. If you are caught in a storm, find shelter, and avoid tall, isolated trees or other tall objects. If you're stuck in an open field, get as low as possible, preferably in a ditch, and put your hands on your knees with your head between them. Don't lie flat on the ground.

You should also avoid taking showers or talking on the telephone when storms are present or imminent.

A little common sense can go a long way toward making sure thunderstorms are more of a nuisance than a disaster.



"Refreshing"

You guessed it—that's anti-freeze in the jug. One of our surveyors found this during a survey at a diving command. Definitely not something you'd want to drink, even though it tastes sweet.

We've seen some crappy containers for a hazardous material, and this one is in the front row.

Wish you were here - Photos from the Fleet



U.S. Navy Photo by MC3 Trevor Welsh

(Above) 110717-N-ZS026-142 GULF OF ADEN (July 17, 2011) CH-46 Sea Knight helicopters assigned to the Evil Eyes of Marine Medium Helicopter Squadron (HMM) 163 refuel on the flight deck aboard the amphibious assault ship USS Boxer (LHD 4) during night flight operations. **(Below left)** DIRA DAWA, Ethiopia (July 7, 2011) Chief Petty Officer Timothy Taylor, assistant officer in charge of Naval Mobile Construction Battalion (NMCB) 74, Det. Ethiopia, shakes hand with children at a water well project. NMCB-74, assigned to Combined Joint Task Force-Horn of Africa, has dug several wells in the area to provide fresh drinking water to surrounding villages. **(Below right)** 022 INDIAN OCEAN (July 22, 2011) Sailors move more than ten thousand pounds of mail delivered by two C-2A Greyhound aircraft assigned to Carrier Logistic Squadron (VA2) 115 aboard the aircraft carrier USS George Washington (CVN 73).



U.S. Navy photo by MC2 Timothy Wilson



U.S. Navy photo by MC2 Juan Pinaldez