



Thanksgiving Safety Message



Photo illustration provided by Corbis Images

**By RADM Arthur Johnson,
Commander, Naval Safety Center**

Thanksgiving is a joyous tradition that allows us to reflect on the good fortune we enjoy as Americans. While our Navy and Marine Corps team is engaged in wars on two fronts and our nation is undergoing tough economic times, there is still so much for which we are grateful. Americans across this great land will give thanks for you and for the work you do every day in service to our country. It is important that you know your hard work is appreciated, and I

encourage you to enjoy the holiday with family and friends.

Many of us will be driving long distances to spend time with loved ones. Unfortunately, increased traffic on the roadways, coupled with the fatigue that often accompanies the holidays, can be a dangerous mix. Last year we lost one Sailor and one Marine on the highway over the Thanksgiving weekend. There were 11 other non-fatal motor vehicle mishaps that weekend. If you are driving long distances during Thanksgiv-

ing weekend or at any time throughout the holidays, use the travel Risk Planning System (TRiPS). You can access TRiPS through Navy Knowledge Online at www.nko.navy.mil. The survey assesses the dangers and offers relevant advice to reduce risk.

If alcohol will be a part of your holiday celebrations, it's important to plan for success. Designating a sober driver or

Safety, 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

“Top Cop finds true calling as Top Chef!”

CWO2 Dexter Carr dresses for success before he begins to grill.

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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.

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Aloha! Welcome to:

A hui hou! Farewell to:



(Above) Welcome to MA3 Jordan Weare who arrives from GTMO Cuba and will serve in the Security Department. Farewell to AS2 Michael Sanchez who departs after 2 years with Aviation Support Equipment and will go on to serve on board the USS San Diego, homeported in San Diego. Farewell to AWF2 James Root who departs after 3 years with T-Line and will go on to serve at Tinker AFB, Okla.



(left) Farewell to EN1 Dennis Tadije who departs after 3 years as SEPTAR's Leading Petty Officer and the Navy after 20 years. He will reside in Koloa, Hawaii. Happy retirement and fair winds and following seas.

Safety, Contd. from Page 1

taking cabs is a great way to avoid the career and personal consequences of driving under the influence. It's also important to remember moderation even if you aren't driving. Over-consumption of alcohol reduces inhibitions and makes any activity much riskier. Alcohol is also

a factor in sexual assaults, and this criminal behavior negatively affects the readiness of our entire Navy-Marine Corps team. Know your limits, have a plan, and stick to it.

The Naval Safety Center has resources to help ensure you and your family remain mishap-free this Thanksgiving and throughout the holiday season. Visit www.public.navy.mil/navsafecen/ and

download videos, presentations and safety tips to help manage various seasonal risks.

As you reflect on what you're thankful for this year, remember that the American people are counting on you to make it through the holidays safely. Take advantage of all the joys of the holiday season-and take care of each other.

Bravo Zulu Congratulations to PMRF Sailors



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



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U.S. Navy photo by Tom Clements

Congratulations to our PMRF Sailor of the Year, MA1 Christopher Gregg (above left) and our Junior Sailor of the Year, ET2 Randy Belknap (above right). They are to go to Oahu to compete for Navy Region Hawaii SOY and JSOY respectively.

Congratulations to MC1 Jay Pugh for being promoted to First Class. Pugh was frocked by his wife, Jessica, and Capt. Nicholas Mongillo.

Wish you were here - Photos from the Fleet



U.S. Navy Photo by MC1 Chad Runge

(Above) ANNAPOLIS, Md. (Oct. 30, 2010) U.S. Naval Academy Midshipman 1st Class Caroline P. Barlow, from Jacksonville, Fla., stands at attention during the brigade's march onto the field before the school's homecoming football game at Navy/Marine Corps Memorial Stadium. **(Below left)** CAMP PENDLETON, Calif. (Nov. 14, 2010) Sailors assigned to Amphibious Construction Battalion (ACB) 1, dress in full mission oriented protective posture (MOPP) suits for a mortar and chemical, biological and radiological drill during the ACB-1 annual field training exercise. ACB-1 is conducting its Tactical Warrior 2010 exercise, training its Sailors in basic combat skills. **(Below right)** WHITE BEACH, Okinawa (Nov. 23, 2010) Fire Controlman 3rd Class William Stratton, assigned to the amphibious dock landing ship USS Tortuga (LSD 46), qualifies with a 9mm Berretta pistol at a mobile indoor firing range at White Beach Naval Facility.



U.S. Navy photo by MC2 Bryan Niegel



U.S. Navy photo by MC1 Richard Doolin