

Within Range



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Pacific Missile Range Facility

October 2014



Manu Kai

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Commanding Officer's Hot Line: Ext. 4435

You can call the Captain with your question/concern. Dial 335-4435 any time, seven days a week! The purpose of the hot line (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 man hours, 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, Victoria Diendorf who can be reached at: Cell 635-5364 or email at pmrfombudsman@yahoo.com.

And, remember the chain of command. Your first step with a suggestion should be to try it out on those you work with or the personal responsible for the department.



MA1 James Stinyard (left) is congratulated by Rear Adm. Richard Williams (right) and Capt. Bruce Hay after being named PMRF's Sailor of the Year for 2014. Stinyard was later quoted "this is how I look in all my photos," when questioned why he didn't smile. Stinyard insists that he does not use botox. (Photo by MC2 Mathew J. Diendorf)

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Cover Photo by: Stefan Alford

On the Cover: It's all about Ohana for Manu Kai and its PMRF team, to include the Ragasa family (from top) Paul, Eleanor, Annette, Larry, Loddy and Jordon.

New XO reports to PMRF

By Stefan Alford

The new Executive Officer of the Pacific Missile Range Facility came on board last month and his initial impressions are that he's been "amazed with the community."

"The island is beautiful and the people are friendly," said Cmdr. Pete Donaher. "My family arrived a few months before me to ensure the kids could attend football pre-season and be ready for the start of the school year. My kids were immediately welcomed and made to feel like part of a family."

"It's been awesome to be part of the Waimea High School community where the kids and the supporters in the stands still sing their alma mater song at the conclusion of each game," he continued.

"At my first game, a couple of nice retired guys offered for us to sit with them under their umbrella to avoid the mid-day sun," he recalled "For those who haven't met me, that was an extremely kind offer...this fair-skinned, blue-eyed blond of Irish decent doesn't hold up well in full Hawaiian sun. We talked and laughed throughout the game and now I look for William and Al at each game to say 'hello.' I feel that kind of Aloha is unique to Kauai and something I feel privileged to experience."

The on-base community is equally amazing, Donaher added. "The staff has been very welcoming which has made my transition easy. I'm astounded by the amount and range of work taking

place on this relatively small base -- yet enormous range. It's obvious after a few weeks here that there is a big learning curve for new arrivals, but my first impression is PMRF will continue to succeed because everyone genuinely cares about the mission and each other."

Donaher, a native of Ipswich, Mass., received his commission through the Merchant Marine Reserve (MMR) Direct Commissioning Program after earning a Bachelor of Science degree from Maine Maritime Academy in Power Engineering Operations and Management and his U.S. Coast Guard 3rd Assistant Engineer License.

He was designated a Naval Aviator in December 1994 and has flown more than 2,700 hour in H-46Ds, TH-57, and MH-60s while serving in various squadrons to include HC-3 (San Diego, Calif.), HC-5 (Yigo, Guam), HT-18 (Milton, Fla.), HSC-25 (Yigo, Guam), and HSC-26 (Norfolk, Va.). He completed deployments aboard USNS Niagra Falls, USNS Spica, USNS Arctic, USS Belleau Wood, and USS Essex.

In 2007, Donaher graduated from Naval War College, Newport, R.I., and was selected as part of the International Military Staff working for the Military Committee as an Assistant Branch Chief, Operations



Photo by MC2 Mathew J. Diendorf
Department at NATO Headquarters in Brussels, Belgium.

In May 2010, he reported to USS Nimitz as Weapons Officer, overseeing a department of more than 400 personnel and responsible for all conventional ordnance, ship's armory, security, and anti-terrorism/force protection.

As Officer in Charge, Center for Security Forces Detachment Kittery, he was responsible for the oversight and safety of training for more than 2,500 aviators and Marines in Survival, Evasion, Resistance, and Escape tactics from 2010-2012.

He has been awarded the Defense Meritorious Service Medal, Meritorious Service Medal, Navy and Marine Corps Commendation Medal, and Navy and Marine Corps Achievement Medals.

Manu Kai integral part of PMRF Ohana

Story and Photos by Stefan Alford

At PMRF, it takes a total team effort of nearly 1,000 people working together for mission success, whether military, civil service or contractor.

And with more than 550 employees, Manu Kai makes up the largest portion of that workforce and is the biggest contractor at PMRF -- providing support services to the Base and Range Operations and Maintenance (O&M) areas.

"Manu Kai translates to 'Sea Bird' in the Hawaiian Language and is perfectly symbolic of the mission our employees perform for the Navy and its customers at PMRF," said Haris Zdralic, program manager.

"We operate in the air and in space, on the water, and underwater. Our business and cultural goals and convictions are to achieve the impossible and help others along the way."

While the company -- a joint venture comprised of Ke'aki Technologies LLC and Exelis Inc. -- has been supporting the base since 2009, it seems longer given the number of local employees who've worked here for Manu Kai and its predecessors for four, five and even six decades.

"We are very proud of the fact that it is a true Ohana here with multi-generational families that have been a part of PMRF from its beginnings," said Capt. Bruce Hay, PMRF commanding officer. "I always say, you can train people and teach them skills to perform certain jobs, but you can't instill a strong work ethic and that's a

cultural value our Kauai family brings."

Zdralic echoed that sentiment, equating mission success with the "talented and skillful individuals from local generations to generations."

Of Manu Kai's contract employees, approximately 95% are local hires, said Zdralic.

"In Hawaii, everyone has a responsibility to use his or her talents for the benefit of the entire Ohana, or family.

Our company values are based on Hawaiian culture," he said.

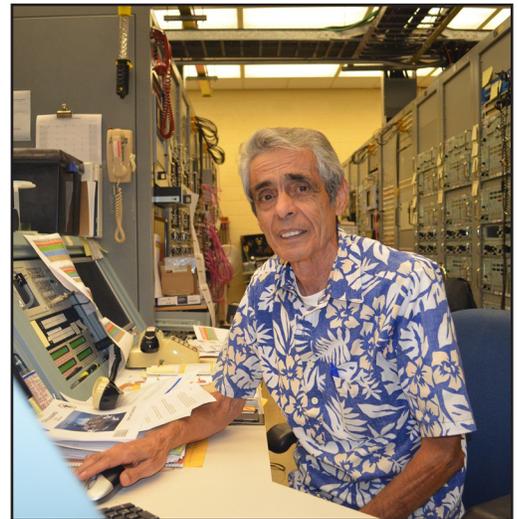
"We believe that Ohana embraces not just our immediate family but also our customers," he continued. "It also conveys the mission of our operation -- bringing people together. Our Service philosophy is based on the Hawaiian concept of Ohana. Manu Kai is proud to be part of multi-generation families such as the Ragasa Ohana, Pereira Ohana and Puu Ohana."

The Ragasa's currently have six family members contributing to the Manu Kai mission, from matriarch Eleanor, who began working at PMRF more than 47 years ago in July 1967, to her grandson Jordon.

Manu Kai's contract is broken out into 33 Annexes, of which Eleanor oversees four with 29 employees as the company's general services supervisor.

"I supervise the Custodial Department, the Grounds Maintenance Department, the Solid Waste/Recycling Department, and the Pest Control Department," explained the Pakala-born (now Makaweli) longtime Kalaheo resident.

Manu Kai's annexes also sup-



Gordon Mattos, Manu Kai telemetry supervisor at Makaha Ridge, has been part of the PMRF team for 43 years.

port the following services: Base Operations & Maintenance; Technical Support for Facility Engineering; Supply & Logistics; Transportation; Emergency Services; Security Services; Training and Operations Planning; Testing; Depot-level Repair; Radar and Telemetry Operations; Aerial Target Support; and Communications and Network Support.

"I did not think I was going to be here for this long," said Eleanor, whose first job was as a secretary and accounting clerk for contractor Kentron. "However, I enjoy working in this department consisting of mostly local personnel."

Aside from being part of a multi-generational family of PMRF employees, she also helps continue that tradition for others.

"I was able to hire a lot of local personnel," she said. "I lost count of all the different families that have had their husbands, wives,

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Awards



(From left) Senior Chief Air Traffic Controller Kenneth Thompson is awarded his fourth Navy and Marine Corps Commendation Medal and his seventh Good Conduct Medal. Electronics Technician 2nd Class Duane Kalie is awarded his second Navy and Marine Corps Achievement Medal and the Outstanding Volunteer Service Medal. Electricians Mate 2nd Class Michelle Ramiro is awarded her third Good Conduct Medal.



Machinist's Mate 2nd Class Jonathan Vaden is awarded his second Good Conduct Medal. Fire Controlman 1st Class Zachary Weyent is awarded a letter of appreciation from Waimea High School. Boatswain's Mate 1st Class Paulryan Judi is authorized to wear the Small Craft Insignia.

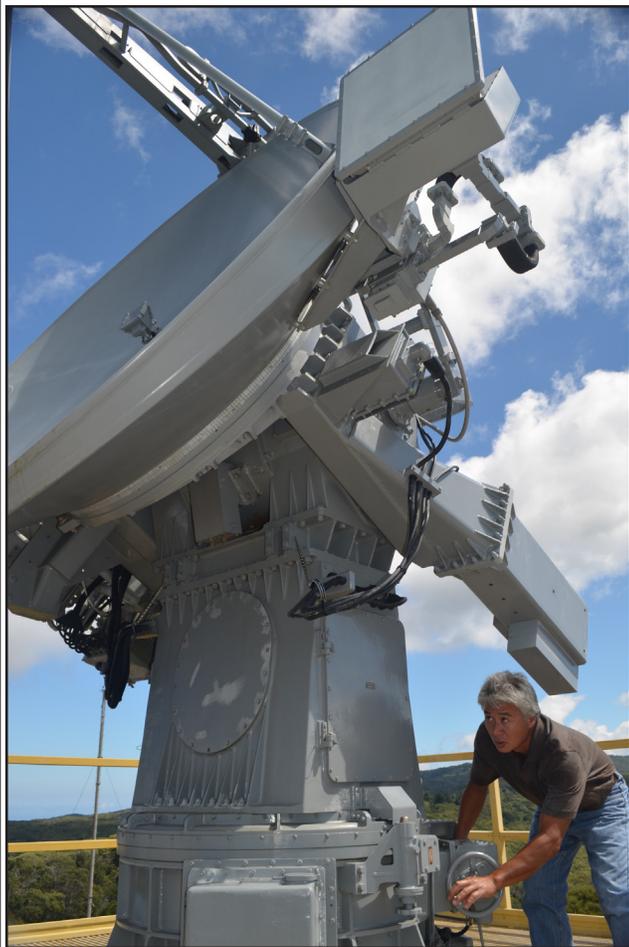


Electrician's Mate 1st Class William Kolitagane, Boatswain's Mate 1st Class Said Esparza and Boatswain's Mate 2nd Class Christian Cruz are authorized to wear the Small Craft Insignia.



Chief Electronics Technician Chad Morris is named PMRF's Sailor of the Quarter for the 3rd quarter. Operations Specialist 2nd Class Jonathan Ramirez is named PMRF's Junior Sailor of the Quarter for the 3rd quarter.

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Jim Aana, Manu Kai electronics technician at the Kokee facility, has been part of the PMRF team for 33 years.

children work for me and this is what I love to do – helping people get started in the work environment.”

Eleanor’s husband, Larry, started his PMRF career as a firefighter in 1969. He eventually served as the base fire chief for 25 years before he retired in 1998.

“I had three of my sons working here and now I have two sons and two daughters-in-law and one grandson still working at PMRF,” she said proudly. Her son Paul is a weapons recovery boat captain at Port Allen; her son Larry is a painter in the public works department; a daughter-in-law Annette worked in the galley until

it closed and now works as a custodian. Her other daughter-in-law Loddy and her grandson Jordan both work in the telemetry department at the Makaha Ridge facility.

Like the Ragasa Ohana, the Pereira Ohana have dedicated their services to PMRF.

“For over 42 years, brothers Anthony and Charlie Pereira have provided their outstanding maintenance skills,” said Zdralic. “Charlie’s wife Vivian provided cleaning services to our customers.”

The Puu Ohana members are Jeff, an instrumentation control coordinator

with the range operations team, his daughter Kainoa, pass & ID clerk at the visitor control department, and Jeff’s daughter-in-law, Robyn, who is a contracts specialist. His wife, Keiko, is a government service employee who is the base’s protocol officer.

Other Manu Kai employees that have been longtime PMRF members include Stephen Hansen, radar supervisor, 23 years; Jim Aana, electronics technician, 33 years; Eugene Henriques, range operations manager, 33 years; Diane Ellis, data systems supervisor, 41 years; and Gordon Mattos, telemetry supervisor, 43 years.

Henriques said he never thought he’d be here as long as he has, nor that it would turn into a career for him, but “I believe firmly in

the mission that PMRF supports and the beneficial connection it fosters, both tangible and intangible, to the island Kaua’i, State of Hawai’i, the Nation, and current world affairs.”

The Kapā’a born and raised native started as a technical operator working with mechanical plotboards and strip charts and is now the range operations department manager, where he supervises five annex supervisors overseeing six contract annexes, involving about 100 employees covering aerial targets, airfield, marine services, launch ordnance, data systems and range operations.

Aana, meanwhile, joked that “outside of the radar department hardly anyone knows I exist because I’ve been up in Kokee all these (33) years.”

He graduated from Kamehameha Schools, then the Electronics Institute of Honolulu in 1979 and was hired on with the NASA Tracking Station in Kokee that August. He stayed with NASA until moving over to PMRF in 1981 and being assigned to the Makaha Ridge radars.

Long before Hawaii’s school systems started emphasizing STEM (Science, Engineering, Technology, Math), Aana took those kinds of classes with the intent of becoming an electronics technician on Kauai, knowing that only two places on island employed that speciality: NASA and PMRF.

“When I started (the radars) still had vacuum tubes and you would push a button to get a corresponding result,” he recalled. “Now, it’s all state-of-the-art radar, which is pretty much a bunch

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of computers programmed to be a radar and you drive it using a mouse. I'm old school, so it still feels weird."

Although the contract has changed hands over the years and is now in Manu Kai's purview, Aana said the job remains challenging and fulfilling. "I feel keeping America's military at the forefront of the other world powers is a good and important goal. PMRF's role in ensuring that is huge."

"Manu Kai is a mission-oriented team and plays a significant role in critical Navy and Missile Defense Agency tests at PMRF," said Zdralic. "We offer a full spectrum of solutions that improve the performance and operational effectiveness of our government. We employ some of the best and most experienced professionals, such as landscapers, plumbers, accountants, technicians, mariners and engineers to name a few."

Whatever their specialty, Manu Kai employees are part of a bigger family that continues to contribute to national security at PMRF. (For more information on the Manu Kai joint venture, as well as employment information, please visit www.exelisinc.com and www.keakitech.com)

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(Top Row) ETC Morris and OS2 Ramirez were also recognized by the Kauai Navy League for their achievements as PMRF Sailors of the Quarter. Former long-time PMRF employee, Stu Burley presented the gifts on behalf of the Navy League. (Left) LCDR Mark Johnson is awarded his second Navy Commendation Medal.



Master-at-Arms 1st Class James Stinyard stands to be recognized for being named PMRF Sailor of the Year for 2014.

5 Things Sailors Need to Know About Social Media

*By U.S. Fleet Cyber Command/
U.S. 10th Fleet Public Affairs*

As the U.S. Navy remains ever vigilant, taking the fight to the enemy, recent media reports have highlighted potential risk from information carelessly or inadvertently shared on social

media.

There has also been a steady stream of reporting on criminal and other malevolent cyber actors who seek information using hoax emails, also known as phishing, to gain access to finances or other sensitive information.

Safety and security are always the highest priority for the Navy and therefore the recent reports on social media risks and new or recycled phishing scams do not necessarily mean there is an increased threat. The Navy, howev-

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er, can never let its guard down.

Private, personal, and sensitive information could become available to adversaries or criminals via social media or phishing if service members and their families do not practice operations security (OPSEC).

To avoid disclosing private, banking, and other sensitive information publicly via social media, Sailors should keep in mind the following five things:

1. Never share anything online you would not tell directly to the enemy.

2. Never post private or personal information.

3. Assume any information you share electronically will be made public.

4. Phishing scams tend to have common characteristics that make them easy to identify:

- * Spelling and punctuation errors.
- * Scare tactics to entice a target to provide personal information or follow links.
- * Sensational subject lines to entice targets to click on attached links or provide personal information.
- * Include a redirect to malicious URL's which require you input usernames and passwords to access.
- * Try to appear genuine by using legitimate operational terms, key words and accurate personal information.
- * Fake or unknown sender.

5. When in doubt about a suspicious email from a supposed bank, call your financial institutions or check with your com-



Official Navy file photo.

mand Information Assurance (IA) lead. Your command IA can also assist with other types of suspicious email.

The Naval OPSEC Support Team, part of Navy Information Operations Command Norfolk, highlights "Knowledge is power - for both you and the adversary," and advises:

- * Understand the value of your information.
- * Be suspicious of unsolicited phone calls, online requests, or emails.
- * Be suspicious when information about you and your family is requested.
- * Always ask yourself, do they have the "need to know?"

Ensure OPSEC is a way of life, 24/7/365. Navy leaders should remind Sailors and their families to assess how they use social media with OPSEC in mind -- and the need to best protect themselves, their loved ones, and all with whom they serve.

It is everyone's responsibility help keep Sailors, civilians, and families safe by not sharing per-

sonal or sensitive military information in email or in any online environment.

For more information, and for links to OPSEC review materials, visit Naval OPSEC Support Team's website at: <http://www.public.navy.mil/fcc-c10f/nioc-norfolk/Pages/OPSECMission.aspx>

For presentations about social media and phishing, visit the links below from the Naval OPSEC Support Team's Slideshare collection:

Social media trends for ombudsmen: <http://www.slideshare.net/NavalOPSEC/opsec-for-ombudsman?related=1>

Phishing awareness: <http://www.slideshare.net/NavalOPSEC/phishing-18488702>

Facebook privacy and account settings: <http://www.slideshare.net/NavalOPSEC/facebook-privacy-settings-updated-february-2014>

For more news from Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/

PMRF in the Community

Hull Technician 2nd Class Tiffani Carlin and Electrician's Mate 1st Class William Kolitagne talk to fifth grade students from Eleele Elementary School about their jobs in the Navy and working at PMRF during a recent career day event. Photos by MC2 Mathew Diendorf.



Master-at-Arms 2nd Class Michael Cassano answers questions from fifth grade students at Eleele Elementary School during the career day event.

Mass Communication Specialist 2nd Class Mathew Diendorf talks to students during the Kauai In Step Science show. Kauai In Step is a Science, Technology, Engineering and Math exhibition for 4th, 6th and 8th grade students from around the island. More than 1,000 students attend the event at the convention center in Lihue each year. Photo by Stefan Alford.



NEX authorizes limited sales to DoD/Contractors/Visitors

In July, the Navy Exchange Service Command (NEXCOM) revised its internal policy to allow Department of Defense (DoD) civilians, contractors, and authorized base visitors to purchase consumable food items at all NEX locations to align with the overarching DoD policy as well as the policies of the other military exchanges.

The Armed Services Exchange Regulations (ASER) authorizes civilian workers and visitors to military installations to purchase "all food and beverages at any exchange food activity, if consumed on base."

NEXCOM previously allowed access to purchases

from food courts, restaurants, and other locations where food was a primary focus and has now expanded the application to include any NEX facility that sells food items typical for immediate consumption.

The food and beverages authorized for sale include non-alcoholic carbonated/noncarbonated beverages and all food items that will be consumed on the installation (such as snacks, single-serve items, micro-wavable items, etc.).

This policy specifically excludes the sale of alcohol, tobacco, and all other items. Army Air Force Exchange and Marine Corps Exchanges allow civilians to purchase food and beverages,

if consumed on base, from all their exchange locations. To be consistent with the exchanges of other services and as authorized by DoD policy, NEXCOM revised its policy and expanded authorization to include all NEX locations on September 1. At overseas locations, access and sales are subject to the limitations imposed by the host government.

Seventy percent of NEX profits are returned to Sailors and their families in the form of dividends to support Morale, Welfare, and Recreation (MWR) quality of life programs. Since 1946, NEX has contributed over \$2.3B to MWR.

Word on the street

What do you enjoy most about your job at PMRF?



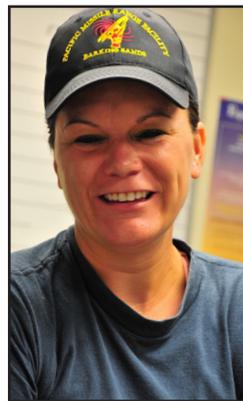
**Matthew Walker,
PMRF Firefighter**

"Being a Firefighter is the greatest job. I love fighting fires, saving lives and helping people."



**James Yago
Admin**

"I served my country for 24 years in the Army. Working at PMRF as a civilian is a chance to serve again."



**HT2 Tiffani Carlin
SEPTAR**

"It's rewarding to know I'm helping training the fleet for deployment."



**HMC Frank
Thompson, Medial**

"I have the opportunity to work independently, sticking people with needles is fun too."

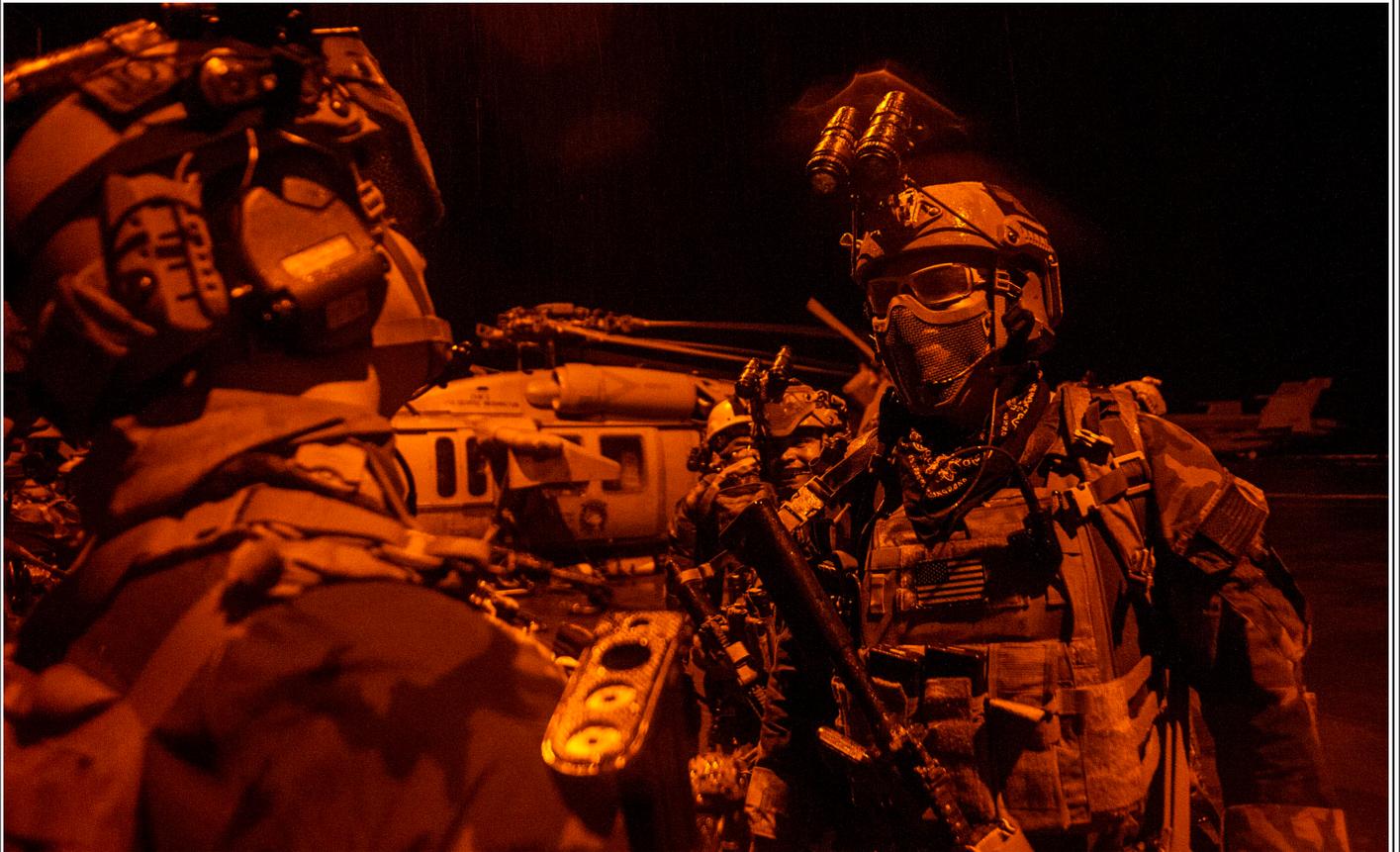


(Top, right, below) PMRF Natural Resources Biologist Tom Savre coordinated a multi-agency shearwater banding training event on base, Sept. 24. Eighteen avian specialists from three organizations participated in the banding at the Wedge Tailed Shearwater nesting colony near PMRF's beach cottages.

(Bottom) PMRF Sailors took part in the 29th annual International Coastal Cleanup, Sept. 18. Photos by Stefan Alford



Wish you were here - Photos from the Fleet



PACIFIC OCEAN (Sept. 28, 2014) Maritime special operations forces prepare for a mission during a training exercise aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). SEALs and Marine Corps special operations forces from Special Operations Command Pacific conducted maritime interoperability training aboard Nimitz-class aircraft carrier USS George Washington. George Washington and its embarked air wing, Carrier Air Wing (CVW) 5, provide a combat-ready force that protects and defends the collective maritime interests of the U.S. and its allies and partners in the Indo-Asia-Pacific region. (U.S. Navy photo by MCSN Everett Allen/Released)



(LEFT) SAN FRANCISCO (Oct. 11, 2014) Sailors assigned to the weapons department fire a 40-mm saluting battery aboard the amphibious assault ship USS America (LHA 6) in honor of Secretary of the Navy Ray Mabus' arrival at America's commissioning ceremony. America is the first ship of its class and the fourth to bear the name. It replaces the Tarawa-class of amphibious assault ships as the next generation "big-deck" amphibious assault ship and is optimized for aviation and capable of supporting current and future aircraft such as the MV-22 Osprey and F-35B Joint Strike Fighter. (U.S. Navy photo by MC1 Vladimir Ramos/Released) **(RIGHT) JACKSONVILLE, Fla.** (Oct. 8, 2014) Service members assigned to Navy Region Southeast display the national ensign during the playing of the national anthem before an NBA Hoops for Troops event at the Veterans Memorial Arena, in Jacksonville, Fla. (U.S. Navy photo by MC2 Sean P. La Marr/Released)