



## PMRF fire department earns reaccreditation

Story by MC2 Mathew J. Dierdorf

The fire department at the Pacific Missile Range Facility (PMRF) was recently reaccredited by the Commission on Fire Accreditation International, following their initial accreditation in 2007. The department is one of only three in the state of Hawaii and 150 worldwide to achieve this elite status.

"This accreditation really brings up the morale of the department," said Janis Kimata, PMRF assistant fire chief who has been a PMRF firefighter for 11 years. The Commission on Fire Accreditation International (CFAI) is committed to assisting and improving fire and emergency service agencies around the world in achieving organizational and professional excellence.

The CFAI program uses a self-assessment evaluation that enables fire and emergency service agencies to examine past, current, and future service levels and performance and compare them to industry best practices. This process leads to improved service delivery by helping fire departments determine community risk and safety needs, evaluate performance of the department, and establish a method for achieving continuous organizational improvement.

"The achievement our fire department attained with this international accreditation reinforces what we already know about our outstanding firefighters," said



PMRF Fire Department poses for a group photo in front of their trucks. Photo by Jerry Lamar.

PMRF Fire Chief Manuel Neves, "they are some of the best, not only in the state of Hawaii but in the nation, serving our community."

The accreditation process demands substantial amount of time to achieve, from 700 to 1000 hours to complete.

"The process breaks down into 10 general categories," said Neves. "Included in those 10 categories there are 253 performance indicators, 82 of the indicators are core competencies, which means that they need to be completed.

We go through this process of looking at ourselves as a fire department in how decisions are made, how long it takes to respond to a fire and what each individual in the department does during a call. Everything we say we are doing has to be documented."

The accreditation process results in the development of planning documents, standard operating procedures, short-term and long-term strategic plans. Accreditation has the potential to dramatically improve a department, its services,

and its vision for the future.

CFAI Commissioners ask challenging and direct questions to agency representatives before a vote is taken. "I was really nervous going before the commission," Kimata said "you don't know what they are going to ask you, but we answered the questions to their approval. I'm glad we received the accreditation. It's going to be on our trucks and people are starting to notice, we have it on our uniforms. When we go out in the public people are surprised and say 'Wow such a small department is accredited,' makes us very proud."

The CFAI convened in Denver, Colorado on August 1-2. Including PMRF's fire department, 28 fire and rescue agencies were represented. After 12 hours of deliberations, 13 agencies received their Accreditation Status, three of which were Department of Defense fire agencies; another 13 received Reaccredited Agency Status.

## 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, Jeanine Clemmo who can be reached at: Cell 635-5364 or email at [pmrfoambudsman@yahoo.com](mailto:pmrfoambudsman@yahoo.com).



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*Photo contributed by AW2 Stephen Carter*

“Recycling gone bad.” MA1 Pamela Veillon and Craig Karges work to contain Shenanigan's newest furniture addition, made from recycled helium balloons.

*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](mailto:tom.clements@navy.mil) or [jay.pugh@navy.mil](mailto:jay.pugh@navy.mil).

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# Crommelin Sailors team-up with Kauai Habitat

Story by MC2 Mathew J. Diendorf

USS Crommelin (FFG 37) Sailors partnered with Kauai Habitat for Humanity in building houses on Hawaiian Homelands in Anahola, Kauai, Hawaii on Sunday, August 19.

Throughout the day-long event, 12 Sailors assisted the Habitat for Humanity team by preparing a carport to be poured with concrete and raising wood framed walls into place.

“This is what I love doing. Giving back to the community is one of the things I really enjoy,” said Operations Specialist Seaman T.J. Purcell from Chicago, Ill. “I was a carpenter by trade before I joined the Navy, so I try to take advantage of any opportunity I have to get back to it.” Kauai Habitat for Humanity is a local affiliate of the nonprofit Habitat for Humanity International. Kauai Habitat seeks to eliminate poverty housing and homelessness around the world, starting here on Kauai, and to make decent shelter a matter of conscience and action.

“Our mission is to provide safe and affordable housing and the opportunity for home ownership,” said Jessica Clabo, Kauai Habitat for Humanity Volunteer Program Coordinator. “All of the homes are built by volunteers, except for where we need a contractor by law, such as plumbing and electrical work.”

Kauai Habitat is currently building homes on various sites throughout the island. The site the Sailors assisted with is part of a build with the Department of Hawaiian Homelands. A total of five homes are being built in Anahola.



Photo courtesy of Kauai Habitat for Humanity

“It’s always good to get off the ship and come out to help and give back to the community” said Logistics Specialist 1st Class Keshawn Spence from Berlin, Md., “We try to stay involved and do our part in our off-time to help the community.”

Kauai Habitat was founded in 1993 a year after hurricane Iniki devastated much of the island and since then has built 106 houses, providing 550 people with safe, decent, affordable homes.



U.S. Navy Photo by MC1 Jay Pugh

(LEFT) LS1 Keshawn Spence, left, moves gravel during a volunteer project with Kauai Habitat for Humanity. (BOTTOM LEFT) ) OSSN T.J. Purcell cuts a two-by-four. (BOTTOM RIGHT) CS2 Joey Mangahis hammers a board into place.



U.S. Navy Photo by MC2 Matt Diendorf



U.S. Navy Photo by MC2 Matt Diendorf

## Navy promotes first African-American female three-star

Story by MC1 Phil Beaufort,  
U.S. Fleet Forces Public Affairs

Vice Adm. Michelle Janine Howard has been a trail-blazer throughout her entire career. She was the first African-American woman to command a U.S. Navy warship, the first female graduate of the Naval Academy to achieve the rank of rear admiral, and the first African-American woman to command an Expeditionary Strike Group at sea.

Howard reached another milestone Aug. 24, when she became the first African-American woman promoted to three-star rank in the U.S. Armed Forces with the assumption of her new job as deputy commander, U.S. Fleet Forces.

With a career highlighted by firsts, the path to Howard's current assignment as a Navy vice admiral initially began with an obstacle. It is an obstacle that taught her to embrace change, find strength in the challenges she faced, and to not be afraid to lean on others.

Howard said her Navy career began as a chance encounter while watching television. It was a documentary about one of the military service academies that opened Howard's eyes to a possible future career as an officer in the military. But as Howard learned, not all opportunities were available to women at that time.

The 12-year-old Howard went to her older brother to get his opinion on her becoming an officer. He informed her that U.S. military academies were not open to women. Undeterred, she spoke to her



U.S. Navy Photo by MC1 Rafael Martie

*NORFOLK (Aug. 24, 2012) Vice Adm. Michelle Janine Howard, center, has her shoulder boards replaced by her husband, Wayne Cowles and her sister, Lisa Teitleman, during a promotion ceremony at Naval Support Activity Hampton Roads.*

mother who told her that if she really wanted to join the military as an officer, she would have to wait until she was old enough. Hopefully by that time, society would change, and if it does; then she should go after it. And go for it Howard did.

Four years after that discussion, the federal law concerning the acceptance of women into the nation's service academies changed. At 17, Howard applied and was accepted into the U.S. Naval Academy in Annapolis, Md.

In 1978, Howard entered the Naval Academy as a freshman. She was in only the third class to accept women. At that time women made up only five percent of the Navy. With more than 200 years of naval history and traditions, there was some resistance to change.

With a self-deprecating laugh Howard said that the Academy

wasn't easy. In retrospect, she's realized that expecting a smooth sail wouldn't have been very realistic.

"When you look at where society was at the time, this was before there was even a woman on the Supreme Court, before Sally Ride was an astronaut, and it was also only five or six years after we became an all volunteer force in the military, so our society was still going through a lot of changes."

She says the one person who was incredibly helpful in putting her experiences in context was Wesley Brown. Brown was the first black Naval Academy graduate, Class of 1949. They met when Howard was a lieutenant commander.

"He talked about how great

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**Three-star contd. from page 4**

this country is and how much it has changed; that as the country changed, people changed. And even though he was the only African-American to attend Annapolis in the 1940s, when he attended reunions he was a member of that class," said Howard. "What I really learned from him was that he was a man who could forgive and go on with his life. There is a lot of strength in that."

Change is inevitable, and Howard rode a wave of it as she moved through her career.

"In the 1980s when the Navy opened the logistics ships to women, that was huge, because it allowed a lot of opportunities for women to serve at sea. Then it was just a few years later that we were engaged in Operation Desert Storm. So even though women weren't serving on warships, women were still serving in a combat arena, and that started a national conversation.

'What is a woman's role in the military?' So coming out of that time frame, the combat exclusion law was repealed and that meant that women were going to serve on combat ships and fly combat aircraft," said Howard.

After serving sea tours aboard several ships, Howard fulfilled her dream in 1999 of commanding a Navy warship at sea. She took command of the amphibious dock landing ship USS Rushmore (LSD 47), becoming the first African-American woman in such a role.

"The crew was wonderful. To this day that's what I think about. When you are going into command you think it's going to be challenging, you believe it's going to be fun, and it definitely was fun, but there are always

challenges you don't expect. At the same time you go in with the expectation that Sailors can do anything, and that was the ship that proved it. We are so lucky that we have the people who not only have the talent, but who care and want to get it right."

Howard was selected for the rank of rear admiral lower half in 2006, making her the first admiral selected from the United States Naval Academy class of 1982 and the first woman graduate of the United States Naval Academy selected for flag rank.

In 2009, Howard put on her second star and assumed command of Expeditionary Strike Group 2 and deployed in the Gulf of Aden to conduct anti-piracy operations. Within one week of checking aboard her flag ship, amphibious assault ship USS Boxer (LHD 4), she was immersed in the rescue of Capt. Richard Phillips, commanding officer of the MV Maersk Alabama.

"That's an eye-opening way to start a new job. Very quickly we had several ships, special forces, aircraft and it seemed like everyone in the world was focused on one American and trying to make sure he didn't end up on shore in Somalia. Synchronizing that kind of might and capability was pretty amazing."

Not including the 3,000 Sailors and Marines in her task force, Howard said they also had support from reconnaissance aircraft out of Djibouti, intelligence support from the United States, and she was in constant communication with the staff at U.S. 5th Fleet in Bahrain.

"When you think about it that's a lot of people, and I'm going to say that's the right call. The Department of Defense is there to protect America's interest, America's property and America's citizens. And

in the end there is a deterrence factor. You want the average pirate to look at an American ship and say, 'we'll just let that one go by.'"

For the women who are following in her footsteps, Howard has this advice.

"You have to keep your sense of humor. You have to develop stamina and you need to be adaptable. Finally, you need to stay connected to women. It's important to be able to share experiences and to be able to tap into those shared experiences."

During her career, Howard has seen dramatic changes in the Navy and the nation, but there is one more change she'd like to witness.

"I would like to see our nation appreciate the importance of the Navy. We are blessed to live in a time where the average citizen really appreciates their Sailors; when we walk anywhere in a uniform we get thanked. If I could change anything I'd like to have Americans understand who they are thanking and why. How do you convince a nation this big that they are a maritime nation? Our founding fathers got it; they understood the importance of international commerce and that is why they said maintain a Navy in the Constitution. And ironically enough, we are even more dependent on maintaining safe water ways now than they were then."

Howard may get her wish. As the newest vice admiral in the Navy and deputy commander of U.S. Fleet Forces she will have the opportunity to reach a much larger audience than ever before.

As she has proven time and again, there is a first for everything.

# Arabian Nights

FRIDAY, Sept 21 2012

5:00 – 9:00pm

SEENANJANS

Join us for a fun filled Arabian theme night.  
Enjoy a delicious Middle Eastern Buffet, Belly Dancers,  
Games & Prizes.

Special reserved tables in the exotic Arabian themed tent with private Hostess and more.

## BUFFET MENU

RARAREEJ MASHWI (Broiled Chicken with Oil, Lemon & Garlic Sauce)

AL-MOTUBUG (Ground Beef Stuffed Pastry Squares)

MURABYAN ( Shrimp Abu Dhabi)

HUMMUS BI TAHINA DIP w/PITA CHIPS (Chickpea & Sesame Dip)

FATTOUSH (Salad with Toasted Bread)

SEASONED RICE

HERBED BREAD

RICE PUDDING DESSERT

Adults: \$20.00

10-14 yrs: \$15.75

5-9 yrs: \$9.75

Limited Seating in special Arabian Tent an additional \$5.00 (adults only)

FOR RESERVATIONS CALL 335-4708

# Safety Corner Pedestrian Safety

*From Naval Safety Center*

Walking is good for you, but it can be dangerous. In 2009, 4,092 pedestrians were killed and about 59,000 were injured in traffic crashes in the United States.

Learn to look out for yourself. Three-fourths of pedestrian fatalities aren't at intersections.

Almost 90 percent of pedestrian fatalities occur during normal weather (not during rain, snow and fog).

Most pedestrian fatalities (almost 70 percent) are at night.

Learn to look out for yourself. For pedestrians killed by a motorist, 35 percent had a BAC of 0.08 or higher.

Lots of drivers don't use their turn signals. Don't assume they are going to do what they appear to be doing.

When people who never walk anywhere (i.e., most people) are driving, they don't share your perspective as a pedestrian. Don't assume they know what you are thinking and doing.

Don't relax just because it is broad daylight, and you're at an



*Photo by Michael T. Sedam*



*Photo by John Mertens*

intersection that has a traffic light, and you have a walk signal.

Try to cross the street at a designated crosswalk. Stop and look left, right, and left again before crossing. If a parked vehicle blocks your view of the street, stop at the edge line of the vehicle and look around it before entering the street.

Be visible at night. Carry a flashlight when walking and wear retro-reflective clothing.

Drivers talking on their cell phones

are about 20% percent slower to brake than other drivers.

While driving and texting, drivers don't detect hazards, respond to hazards more slowly, and are exposed to risk for longer periods. They can't keep a constant distance behind the car in front of them, and much more likely to weave around in their lane, and veered out of their lane much more often.

## Aloha! Welcome to:



*Welcome to MA3 Justin Bouslog who arrives from NAS Sigonella, Sicily and will serve in Security. Welcome to Denis McMonagle who arrives from Air Education and Training Command, Sheppard Air Force Base in Wichita Falls, Texas, and will serve as an electronics technician.*



# Wish you were here - Photos from the Fleet

**(RIGHT) GULF OF ADEN** (Aug. 20, 2012) Medical and rescue personnel assigned to the guided-missile destroyer USS Winston S. Churchill (DDG 81) assist in airlifting an injured crew member from the Panamanian-flagged bulk carrier M/V Belde. The crew member was transported by an SH-60B Sea Hawk helicopter assigned to Helicopter Anti-Submarine Squadron Light (HSL) 42, Det. 8, to a hospital in Oman. Winston S. Churchill is assigned to Commander, Task Force (CTF) 150, conducting counter-terrorism and maritime security operations in the Gulf of Aden, Gulf of Oman, Arabian Sea, Red Sea and Indian Ocean.



U.S. Navy photo by MC2 Aaron Chase



U.S. Navy photo by MC2 Aaron Chase

**(TOP FAR RIGHT) GULF OF ADEN** (Aug. 17, 2012) Damage Control Fireman Shane T. Geeslin, from Philadelphia, aims a fire hose toward a simulated fire in a berthing during a general quarters drill aboard the guided-missile destroyer USS Winston S. Churchill (DDG 81). **(BOTTOM LEFT) TOLEDO, Ohio** (Aug. 21, 2012) Master-at-Arms 3rd Class Allen Benjamin, assigned to Navy Operational Support Center Toledo, rides the high wire cycle at Imagination Station children's science center during Toledo Navy Week 2012. This celebration coincides with Toledo Navy Week, one of 15 signature events planned across America in 2012. The weeklong event commemorates the Bicentennial of the War of 1812, hosting service members from the U.S. Navy, Marine Corps, Coast Guard and Royal Canadian Navy. **(BOTTOM RIGHT) PACIFIC OCEAN** (Aug. 18, 2012) Electronics Technician 3rd Class Shelby Schuh executes baton strikes under the effects of oleoresin capsicum aboard the Ticonderoga-class guided-missile cruiser USS Cape St. George (CG 71) during a security force qualification exercise. Cape St. George is en route to its homeport to complete a nine-month deployment during which it supported Carrier Strike Group (CSG) 9 in the U.S. 5th, 6th and 7th Fleet areas of responsibility.



U.S. Navy photo by MC1 Mark O'Donald



U.S. Navy photo by MC3 Christopher S. Johnson