

## PMRF Sailor wins Navy Region Hawaii SOY



MA1 Christopher Gregg (left) moves building supplies during a community relations project in support of Habitat for Humanity. U.S. Navy photo by MC1 Jay C. Pugh.

### Story by MC1 Jay C. Pugh

Master-at-Arms 1st Class (MA1) Christopher Gregg of the Pacific Missile Range Facility, Barking Sands, Kauai, was selected as Navy Region Hawaii's Sailor of the Year (SOY) for 2010.

Sailors like Gregg are nominated for the honor by their supervisors and are quizzed by a board of Chief Petty Officers

on various topics such as general military knowledge, current events, Navy regulations and policies.

According to Gregg, the competition for SOY was difficult. He competed against other first class petty officers that were operating at a much larger field in Pearl Harbor. But what gave him the edge was his commitment to PMRF.

"All I did was my job. I started from scratch on the anti-terrorism program for the whole installation.

My success was more about getting the command past the [Joint Staff Integrated Vulnerability Assessment] JSIVA inspection than trying to become the Sailor of the Year," said Gregg.

Indeed, Gregg kept himself extremely busy with the extra hours he invested in PMRF's Anti-Terrorism and Force Protection (AT/FP) Program. He

---

**SOY, 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](mailto:pmrfoambudsman@yahoo.com).



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

**“AZ2 Devon Brandenburg (right) earns a ‘good game’ encouragement pat from one of the senior dancers at Kekaha’s Senior Valentine’s Day Dance.”**

P  
M  
R  
F  
  
S  
n  
a  
p  
s  
h  
o  
t

*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).

**Commanding Officer:** Capt. Nicholas Mongillo

**Executive Officer:** Cmdr. James Wucher

**Editor:** Tom Clements

**Command Master Chief:** AFCM(AW/SW) Willie Canaya

**Staff:** MC1(AW) Jay C. Pugh

# Decreased funding reduces orders timeline

From Chief of Naval Personnel  
Public Affairs



*Chief Hospital Corpsman Daryhl Tolley gives Hospital Corpsman 2nd Class Ramon Eusebio permission to process a set of permanent change of station (PCS) orders. U.S. Navy photo by MC1 LaTunya Howard.*

Citing the impact of reduced funding, Navy announced Feb. 8 that Sailors should expect to receive orders with shorter lead times and based on operational priority.

NAVADMIN 049/11 informed the Fleet of the impact to permanent change of station (PCS) orders while operating under a continuing resolution (CR), which is a Congressional budget authorization that allows for continuous normal operations while a final budget is approved.

“Due to the way resources are phased and allocated under a CR, Navy currently does not have sufficient funds in our manpower accounts to allow for normal lead times for Sailors to receive PCS orders,” explained Vice Adm. Mark Ferguson, chief of naval personnel. “The measures we are taking are absolutely necessary in order to remain within budget. Our goal remains to mitigate the impact to

Sailors and their families as funds become available.”

Navy Personnel Command’s (NPC) ability to release approximately 10,000 orders at the end of fiscal year 2010 minimized the impact of the CR until now. To date, NPC has received 40% less funding than planned and is currently releasing priority orders for members with detachment dates between February and May 2011. Sailors detaching in the next few months who have not yet received orders will likely have less than two months lead time when the orders are released.

Navy has utilized this prioritization strategy in previous PCS funding-constrained periods with the intent to minimize impact to Fleet readiness, career timing, and families. Emphasis will remain on global support assignment rotations, career

---

**PCS, Contd. on Page 5**

## **SOY, Contd. from Page 1**

was directly responsible for the development, implementation and operation of the AT/FP program. His efforts were highlighted during the JSIVA inspection held last year in which PMRF reduced its vulnerabilities significantly compared to 2007’s inspection. His ability to single-handedly rework the entire PMRF AT/FP plan; including a full re-write of the AT/FP instruction, was crucial to his selection as SOY. Because of his efforts, PMRF was selected as the “Best Anti-Terrorism Program 2010, small base category, by Commander Pacific Fleet.” He stayed humble even after his

many accomplishments.

“I never went looking to be Sailor of the Year,” stated Gregg. “I do my job and I do it to the best of my ability. I got involved in the community and took collateral duties not because I was trying to be Sailor of the Year, but because it’s the right thing to do.”

According to Capt. Nicholas Mongillo, commanding officer of PMRF, Gregg’s initiative and hard work helped him stand out from the other candidates.

“Petty Officer Gregg’s performance throughout 2010 was spectacular. Since arriving on-board nearly two years ago, he single-handedly resurrected our AT/FP program. His unmatched

work ethic coupled with concrete results, made him an easy selection as the Commander Navy Region Hawaii’s Senior Sailor of the Year for 2010,” said Mongillo.

Gregg gave the following advice to potential Sailors that want to compete for Sailor of the Year.

“It’s a balance between accomplishing the goals for your job and helping your junior Sailors. If you can’t take care of your Sailors, it isn’t worth it. Remember it’s not a one-man deal. I had the support of my department and my peers. I just happened to be driving the bus,” advised Gregg.

# Timely Perform to Serve applications critical

## From Navy Personnel Command Public Affairs Office

Navy Personnel Command (NPC) is reminding commands and Sailors that submitting Perform to Serve (PTS) applications is the key to being able to stay Navy.

"If you're in a leadership position, this should be one of your top priorities," said NPC Force Master Chief (AW/SW/NAC) Jon D. Port. "Sailors E6 and below with up to 14 years active service must use PTS/Fleet Rating Identification Engine (RIDE) to remain in the Navy. They must carefully watch those timelines and work with their command retention team to ensure timely application.

"PTS is as much the Sailor's responsibility as it is a command responsibility," Port added. "But Sailors need to be provided the tools and information to do this. That informational role rests with the command retention team."

An approved PTS application is required before negotiating for orders, reenlisting or extending. NAVADMIN 352/10 explains how PTS is used to shape the Navy, and includes all business rules concerning.

Port said all Sailors should set an alarm to go off 15 months before their projected rotation date or reenlistment. Commands must ensure PTS applications are submitted for all designated Sailors in ranks E3-E6 who have up to 14 years of service as early as 15 months, but no later than 12 months prior to their end of active obligated service (EAOS). If a Sailor has extended, then these time frames use the extended or "soft" EAOS (SEAOS).

During this mandatory sub-



CWO2 Dexter Carr (left) re-enlists LS1 Sheniece Bryant in PMRF's ready room. Bryant was able to re-enlist for another six years with her PTS approval. U.S. Navy photo by MC1 Jay C. Pugh

mission period, applications must be completed even if the Sailor plans to separate or if the Sailor is ineligible or not recommended for reenlistment at the time of application.

PTS quotas issued prior to Oct. 1, 2009, are valid until March 1, 2011. Career counselors and commands are required to obtain Enlisted Community Manager concurrence prior to using quotas issued before Oct. 1, 2009. PTS quota approvals will be granted after the monthly rack and stack, and final review.

"Getting into PTS on time is not enough," said Joseph Kelly, PTS/Fleet RIDE program manager. "Sailors must also pay attention and start negotiating orders and handling reenlistment prerequisites to ensure the quota doesn't expire."

Once additional obligated service is incurred for an approved PTS application, or a period of 13 months passes since the quota

was issued, the PTS quota is considered expired and is no longer valid. Quotas also expire if a Sailor extends. If a quota expires, the Sailor must reapply.

Kelly said separate formulas remain for in-rate and conversion applications; however, applicants will only be compared against other Sailors within the same year group. He said this is a fairer rule because previously they were compared against Sailors within the same zone, which meant a third class petty officer with little experience could end up competing with a more-seasoned first class petty officer.

Applications for PTS-eligible Sailors will be automatically pre-populated in Fleet RIDE 15 months prior to their SEAOS, but they must manually apply in PTS with their career counselor's help. Please contact EM1 Frank Garcia at Ext. 4620 for PTS assistance.

**Aloha!** Welcome to:

**A hui hou!** Farewell to:



*(From the left) Welcome to Timothy Shaw who arrives from Bonneville Power Administration in Oregon and will serve as a telecommunications specialist. Welcome to Danielle Franklin who arrives from the Missile Defense Agency, Arlington, Va., and will serve as an aeronautical engineer. Farewell to LS1 Sheniece Bryant, who after three years on board PMRF as a material control supervisor transfers to Bahrain. Farewell to MA1 Wade Henry, who after two years on board PMRF as a watch commander transfers to the USS Frank Cable, Santa Rita, Guam.*

**Announcements**

**Free Eye Screening**

The Lions Clubs of Kauai in cooperation with Waimea Plantation Cottages and Kikiaola are sponsoring Project Vision Hawaii's free eye screening on Sunday, Feb. 20! The eye screening vehicle will be parked at the Waimea Plantation Cottages from 9 a.m. to 3 p.m.

The screenings can detect diabetes, glaucoma, cataracts, macular degeneration and high blood pressure changes before vision loss occurs.

**Navy League Dinner**

The Navy League dinner will

be held on Friday, Feb. 25, at the Marriot Courtyard. Vice Adm. (ret.) Thomas Kilcline, Jr. is the guest speaker with the Centennial of Naval Aviation as the theme.

Members of the Navy League would be honored if personnel from PMRF attended the dinner.

Cost of the dinner is \$50 of which \$13.50 will go towards the Navy League's Scholarship Program.

For more information, please e-mail Stu Burley at: sburley@hawaii.rr.com.

**34th Annual Waimea Town Celebration**

The 34th annual Waimea Town Celebration is set fore February 25 and 26. The event hosts more than 10,000 people in a two-day flurry of events. The celebration offers island entertainment with loads of food, craft and game booths, a beer garden, contests and sporting events at the Old Waimea Sugar Mill. The event starts on Friday at 4:30 p.m. and on Saturday at 10 a.m. Free live entertainment featuring Hawaiian music will last until 11 p.m. both nights. The event is hosted by the West Kauai Business and Professional Association. Funding provided by the County of Kauai, Hawaii Tourism Authority and Paradise Beverages.

**PCS, Contd. from Page 3**

milestone billets, critical readiness fills, minimizing gaps at sea for deployed units and those working up to deploy, and keeping the training pipelines moving.

Anticipating a heavy volume

of Fleet questions and concerns, Navy leadership reminds the Fleet that the Sailor to detailer ratio is 1500:1 which means there may be a delay in response to individual questions. When seeking more information on this topic, Sailors

are asked start with the PCS "Frequently Asked Questions" on the NPC website at <http://www.npc.navy.mil> or to contact the NPC call center at 1-866-ASK-NPC (1-866-827-5672).

# PMRF Sailors dance with Kupuna for Valentine's Day



*Five of PMRF's Sailors visited the Kekaha Neighborhood Center last Friday to dance the day away with Kauai's senior citizens in support of their annual Valentine's Day Dance. There were approximately 150 seniors in attendance as well as several local county council members and the mayor. U.S. Navy photos by MC1 Jay C. Pugh.*





## Safety Corner

# Naval Hospital goes red to keep hearts healthy

By Douglas H. Stutz, Naval Hospital Bremerton Public Affairs

Naval Hospital Bremerton staff participated in "National Wear Red Day" Feb. 4 bringing colorful attention to the fight against women's heart disease.

NHB Health Promotions department reached out to health care teams actively promoting self care for themselves, as well as beneficiaries. Heart disease is the leading cause of death in the United States, and the number one killer of women in America, according to Centers for Disease Control and Prevention (CDC). Simple changes in eating habits, a physically active life, and timely preventive screenings could help save a woman's life.

"The health care team has an amazing opportunity to promote healthy lifestyles through personal example. By reaching out to our staff with tips on everyday healthy choices, we spread awareness and help build confidence so that they can, in turn,

pass it on to friends, family, co-workers and patients," said Janet Mano, NHB Health Promotion coordinator.

Continuing with the day's "Go Red" theme, NHB served red foods including fruit trays with apples, blood-red oranges, watermelon slices, strawberries, raspberries, and grapes. These, as well as other red foods, have many nutritional benefits that may help to deter heart disease.

"The variety of nutritious and heart healthy foods that are available is amazing - even in the middle of winter!," said Mano. "Simple recipes like red bean salad, roasted red cabbage salad, red pasta and baked red apple desert. These are all treats that taste great and are so good for all of us. It's relatively easy to experiment with these foods and they are all readily available at the commissary and local grocery stores."

American Heart Association statistics show one in 30 American women die of breast cancer, and almost one in three will die from cardiovascular disease; there are approximately 43 million American women who have cardiovascular disease. Heart

attacks, strokes and other types of cardiovascular disease claim the lives of more than 460,000 women each year, which equates to approx one death per minute among females in the U.S. Scientists believe there is a link between being overweight and heart disease. It is estimated that 62 percent of American women are overweight and obese.

"We have had a patient as young as her mid-20s who had a heart attack," said Silke Sookbirsingh, certified medical assistant at NHB. "Anything we can do to help, such as sharing simple information about picking better options to snack on, is an easy chance and little thing that can go a long way."

CDC designated February as American Heart Month. Naval Hospital Bremerton's supportive campaign hopes the willingness and spirit of the month will continue well beyond 28 days.



***"Don't worry. I'm not inhaling."***

*A contributor snapped this one near Scranton, Pennsylvania. "Maybe that stogie wasn't lit," he wrote, "but I sure hoped I was out of the blast zone. On the plus side, he was wearing a high-vis vest." As if smoking wasn't bad enough for your health.*

## Wish you were here - Photos from the Fleet

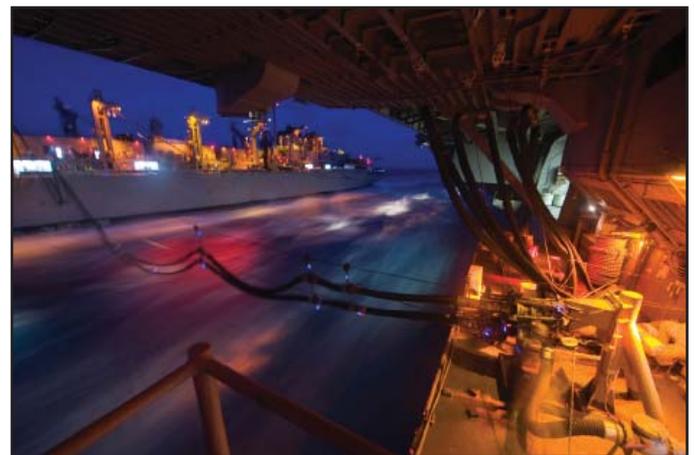


*U.S. Navy Photo by MCSN Rosa A. Arzola*

**(Above)** ARABIAN SEA (Feb. 7, 2011) Sailors wait for aircraft to be directed onto a catapult during flight operations aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). **(Below left)** ATLANTIC OCEAN (Feb. 5, 2011) Sailors practice shoring techniques during a general quarters drill aboard the aircraft carrier USS Harry S. Truman (CVN 75). Shoring is the use of metal and wood beams to brace walls and ceilings during damage control situations. **(Below right)** MEDITERRANEAN SEA (Feb. 4, 2011) The aircraft carrier USS Enterprise (CVN 65) performs an underway replenishment with the fast combat support ship USNS Arctic (T-AOE 8). Enterprise is deployed as part of the Enterprise Carrier Strike Group, supporting maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility.



*U.S. Navy photo by MC2 Kilho Park*



*U.S. Navy photo by MC3 Alex R. Forster*