



PMRF employee wins CNO Environmental Award



PMRF volunteers display their haul during the 2009 International Coastal Cleanup Day in September. U.S. Navy photo by MC2 Jay C. Pugh.

Story by MC2 Jay C. Pugh

The Chief of Naval Operations (CNO) recently announced that John Burger, PMRF's Range Complex Sustainment Support Team Environmental Coordinator, won the 2009 Environmental Awards competition for Natural Resources Conservation sponsored by the CNO Environmental Readiness Division.

The annual CNO Environmental Awards competition recognizes Navy ships, installations,

and people for exceptional environmental stewardship. The 2009 competition categories included: natural resources conservation, cultural resources management, environmental quality, sustainability, environmental restoration and environmental excellence in weapon system acquisition.

PMRF is the world's largest instrumented multi-environment Navy training range, and includes rich and diverse marine and terrestrial habitats. These environments

present a variety of challenges in the management of natural resources, which include endangered and threatened species, protected migratory sea birds, areas designated as endangered species' critical habitat, invasive species control, and outreach to the local community. In particular, PMRF's location and security requirements have created de-facto preserves in

Award, 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.



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U.S. Navy photo by MC2 Jay C. Pugh

“Jitterbug? Is that like a cockroach?”

Kupuna who attended the 10th annual Kauai County Senior Center Dance dance with Sailors from PMRF and taught them how it was done that day. U.S. Navy photo by MC2 Jay C. Pugh.

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both the terrestrial and littoral zones, providing habitat that is protected from extensive human use.

According to John Burger, education and community outreach is imperative to the environmental conservation at PMRF.

“PMRF isn’t just missiles and Sailors. The potential for stewardship here is automatic. It’s my wish to see more teamwork between government agencies and NGOs [non-government organizations]. We need to continue to find common ground to work together to improve our collective performance and enhance communication with the public,” said Burger.

Two such events that occurred during 2009 spurred such inter-agency cooperation.

One captured local and regional media attention in May, when a seriously injured female green sea turtle was discovered by a Wildlife Services’ field technician during a routine patrol. The turtle was struck by a small-craft propeller near the rear of her carapace exposing, but not severing, her spinal cord. She was rescued by PMRF and USDA personnel and released to the State of Hawaii Department of Land and Natural Resources (DLNR) for crating and flight to the island of Oahu, where her injuries were treated by National Oceanographic and Atmospheric Administration (NOAA) experts. They restored her wound and carapace with stainless steel wire, silicon, epoxy and fiberglass. She was released the following day off Oahu, officially inscribed “UAI” but known to PMRF as “Ding,”



PMRF and state staff rescue a green sea turtle. The turtle was flown to Oahu and treated by NOAA veterinarians. U.S. Navy photo by MC2 Jay C. Pugh.

she has twice been observed back at PMRF since her surgery.

Also, highlighting Burger’s and PMRF’s commitment to the community was the base’s coordination and support for the necropsy of a humpback whale calf at Barking Sands with the National Marine Fisheries Services Stranding Coordinator, State of Hawaii DLNR division of Aquatic Resources, Hawaii Pacific University Stranding Team, and Kauai Stranding Team volunteers. Although the calf came to shore in nearby Kekaha, the whale was towed approximately 1.5 miles to PMRF’s shoreline by PMRF Sailors working together with county lifeguards. The privacy, security, and support the base offered were ideal to the needs of all the individuals and agencies involved in a successful necropsy.

The eradication of invasive species Long Thorn Kiawe (LTK) through a cooperative conservation effort with the Kauai Invasive Species Committee, outreach and coordination with Save our Shearwaters and Kauai Endangered

Seabird Recovery Project, and long-term monitoring of threatened and endangered species, especially the Hawaiian monk seal and green sea turtle, are some of the many environmental initiatives Burger oversees that singled him out during the CNO’s Environmental Awards competition.

Rear Adm. Herman Shelanski, director of the CNO Environmental Readiness Division, commended the winners.

“Bravo zulu to all award winners and thanks to all commands who participated. You have achieved environmental excellence while supporting the maritime strategy. Your sustained commitment to environmental stewardship is an integral part of Navy operations and vital to overall Navy mission accomplishment.”

The CNO award winners will be honored June 2, in a ceremony in Washington at the U.S. Navy Memorial and Naval Heritage Center.

PMRF reduces traffic impact on Kauai



PMRF employees receive the keys to their new van through the Hawaii Vanpool program. U.S. Navy photo by MC2 Jay C. Pugh

Story by MC2 Jay C. Pugh

The Pacific Missile Range Facility (PMRF) officially adopted another means of alternative transportation for its employees: Vanpool Hawaii. Through the efforts of George Evanoff, a Department of Defense (DoD) employee at PMRF, DoD civilians accepted the first seven passenger van on March 5, from Vanpool Hawaii as part of the transportation demand management program sponsored by the Hawaii Department of Transportation (HDOT).

This ridesharing commuter program is gaining popularity on the island of Kauai as it is already in use by Pioneer Hi-Bred

International, Inc. employees. Participation in the vanpool offers the opportunity for tremendous savings for the riders, is environmentally friendly and helps ease island congestion while providing another low-impact commuter choice already provided by the Kauai Bus.

"PMRF is trying to be a good neighbor by trying to reduce pollution and improve traffic conditions," said Evanoff.

The vanpool consists of a group of seven to 15 people who share the commute to and from work in a Vanpool Hawaii van. Vanpool participants save time and money on parking, gas, wear and tear on personally owned vehicles, and possibly reduce their personal auto

insurance bills. Vanpoolers are advocates for the environment by reducing air pollution, they help reduce traffic, and demand for roads and parking facilities. Riders arrive to work with less stress and can use the time in the morning to read, sleep, socialize or do paperwork, according to the Vanpool Hawaii website.

"Our previous executive officer worked with [Kauai] bus services and was met with great success. It's been so successful that sometimes there is standing room only and other times the bus has reached its maximum capacity... We're looking into

Vanpool, Contd. on Page 5

Aloha! Welcome to:



A hui hou! Farewell to:



(From the left) Welcome to EM2 Jon Moore who arrives after three years onboard USS Russell in Pearl Harbor and will serve in SEPTAR. Welcome to Charles Smith who arrives after three years at Sasebo, Japan and will serve as an environmental engineer. Welcome to EM1 Frank Garcia who arrives after five years onboard USS Ponce in Norfolk, Va., and will serve in SEPTAR. Welcome to LTJG Travis Klempan who arrives after one year in Iraq and will serve in Range Operations. Farewell to LTJG Nathan Deunk who departs after three years at Public Works and will serve in Afghanistan. Farewell to EM2 Jayson Stevens who departs after three years in SEPTAR and will serve onboard USS Peleliu in San Diego.

Vanpool, Contd. from Page 4

the future with the possibility of more students using the bus and that was when we learned about the state sponsored vanpool program," stated Evanoff.

The Vanpool program is available to anybody wishing to take advantage of it in the state of Hawaii. The HDOT provides a van at a reasonable monthly rate based on the age and model of the van and the average distance traveled. The costs are covered by the riders however, people are encouraged to seek company reimbursement for participation in the program.

More employees at PMRF look to take advantage of the

vanpool program as news spreads of its appeal.

PMRF's first vanpool is operating from Lihue. There are currently plans to start up two more vanpools within the next few months, based in Kalaheo and Kekaha.

"More people are forming vanpools," said Evanoff, "They see the

clear value of the vanpool. For example, there are 15 employees currently taking their own cars to work. When they start up their vanpool, they could possibly save \$100 per person per month."

MWR Outdoor Theater

Movies begin at 7:30 p.m.

*** Friday, March 12 ***

Twilight (PG-13)

Tiligt Saga: New Moon (PG-13)

*** Saturday, March 13***

Couples Retreat (PG-13)

Cirque De Freak (PG-13)

*** Sunday, March 14 ***

Pirate Radio (R)

*** Friday, March 19 ***

Fantastic Mr. Fox (PG)

Planet 51 (PG)

*** Saturday, March 20 ***

The Fourth Kind (PG-13)

The Box (PG-13)

*** Sunday, March 21 ***

The Men Who Stare at Goats (R)

Announcements

All-Star Comedy Slam

Comedy performance is free at Shenanigans, Friday, March 19, at 9 p.m. Performances by D'Lai, Kool Bubba Ice and Red-bone are adult themed and rated "R". Open to all military affiliated personnel and their sponsored guests 18 and older. For more information please call ext. 4380.

Rob Lake The Illusionist Magician

This show consists of mind-blowing mentalism, mesmerizing illusion and unbelievable magic tricks the whole family will love. Show is Saturday, March 27, at 7 p.m. at Shenanigans.

Easter Eggcitement Event

Join us for games, contests, prizes, a mini carnival, bouncers, and more. Bring a basket for the Easter egg hunt which starts at 11:30 a.m. Lunch items will be available to purchase at Shenanigans. Event starts Saturday, April 3, at 11 a.m.

Power of Blood

The 293rd Combat Communi-

cations Squadron will conduct a blood drive at Bldg. 1115 April 28 through 30 and May 1. The drive will be conducted from 8 a.m. to 5 p.m.

Cell Phone Use On PMRF

Driver use of a hand-held cellular phone in a moving vehicle is prohibited. The use of any portable, personal listening device worn inside the aural canal, around or covering the driver's ear while operating a motor vehicle is prohibited. Listening devices include wired or wireless earphones and headphones (including blue tooth or similar technology), but do not include hearing aids or devices designed and required for hearing protection. This prohibition does not apply to hands-free cellular phone devices, including console/dash-mounted or otherwise secured cellular phones with integrated features such as voice activation, speed dial, speakerphone or other similar features.

Veterinary Visit

Captain James Coisman, the Army Vet will visit on March 23, to do annual check-ups for pets. To make an appointment please call

808-433-2271. Make sure to let the receptionist know it is for the PMRF clinic and everything you think your pet may need (i.e. flea/tick meds, vitamins, immunizations, etc.).

MWR Happenings

MWR Scavenger Hunt

Teams of two will have two hours to search for items on a list. Most items found wins a great prize! Date: March 13 at 6 p.m.

Kayak & Stand-up Board Trip

Take a leisure paddle down the Wailua River. Transportation, kayaks, equipment and water will be provided.

Date: Saturday, March 27

Registration deadline is March 26 by noon.

Deep Sea Fishing

A four hour trip with Na Pali fishing charters. Space limited to six. Date: Saturday, April 10
Registration deadline is April 2 by noon.

Waipoo Falls Family Trip

A moderate 3.2 mile hike into the scenic Waimea Canyon with stops at two waterfalls. Water provided.

Date: Saturday, April 24

Registration Deadline is April 23 by noon.

Ban on flash media devices at PMRF still stands

There is no authorization to procure, issue or utilize any flash media devices on COMNAVREG HI, Installation, or NMCI information systems.

As of Feb. 12, DoD lifted the ban on removable flash media devices for DoD networks. Although the ban is lifted, there are several restrictions and

security requirements that must be met before flash media can be used. COMNAVREG HI, Installation Commands and the NMCI networks and information systems do not currently meet these requirements and are not authorized to use flash media devices at this time. Much work remains to be done to ensure the sys-

tems are compliant and secure before we return to the routine use of flash media. Until these actions are complete and specific measures are in place, use of flash media runs the risk of introducing malware onto individual computers and our networks.

Safety Corner



Keep Your Family Safe: Practice Operational Security on Social Media

By Bruce Moody, Fleet and Family Support Program, Commander, Navy Installations Command

Sailors and Navy families can keep safe on social media sites by practicing operational security, or OPSEC. Through OPSEC, potential adversaries are prevented from discovering critical information.

For the Navy that includes information about where a ship is going and when it returns home. It also includes information about Sailors who deploy as individual augmentees.

Navy families may not know it, but they play a critical role in keeping Sailors safe. They can protect family and friends by protecting what they know of the day-to-day operations of their loved ones.

“Family members are vital to the success of the Navy,” Shauna Turner, manager of the Deployment Support Program at the Fleet and Family Support Program, said. “But, potential adversaries also understand this.”

There are many countries

and organizations that would like to harm Americans and degrade our influence in the world. It’s possible, and not unprecedented, for spouses and family members of U.S. military personnel to be targeted for intelligence collection. This is true in the United States and especially true overseas.

Navy family members all know some bits of critical information. It may not be classified, and it may even seem insignificant. But, to the potential adversary, it’s a piece of the puzzle. When you post information for your family and friends, remember that the bad guys are constantly “data mining,” searching the Internet for information on military operations.

Here are some guidelines to follow when communicating with people on social media. Don’t post:

- Exact deployment dates or return dates. This applies to ships, subs, squadrons and individual augmentees.
- Dates or location of a ship’s upcoming ports of call.
- Detailed information about a mission.

•References to trends in crew’s morale or an individual’s personal problems.

•Details concerning security procedures, response times or tactics.

•Information about equipment or lack thereof.

•Speculations about future operations.

“The main rule is to simply use common sense,” Turner said. “Think before you post. Anything you post on social media, including photos, is instantly available around the world. When in doubt, don’t post it.”

Social media allows Sailors and Navy families to keep in contact like never before. It’s a wonderful way to feel close to someone who’s far away. Sailors and Navy families are encouraged to enjoy the connection that social media offers while practicing good OPSEC and keeping mindful of the risks presented with the widespread dissemination of information.

“Talk about a convenient example”



A contributor from Canada sent these pictures. He took them “from the window of a meeting room of a client where I was teaching fall protection awareness,” he writes.

Further commentary is superfluous.

Wish you were here - Photos from the Fleet



U.S. Navy photo by MC2 Gary Granger Jr.

(Above) MAYPORT, Fla. (March 10, 2010) Sailors stand by for line handling as the aircraft carrier USS George H.W. Bush (CVN 77) approaches the pier at Naval Station Mayport for its maiden port call. **(Below left)** SOUDA BAY, Greece (March 9, 2010) Crewmembers conduct mooring operations as the Ohio-class guided-missile submarine USS Florida (SSGN 728) arrives for a routine port visit to the island of Crete. **(Below right)** NEWPORT NEWS, Va. (March 10, 2010) Boatswain's Mate 3rd Class Ernest Hightower, right, hose team on-scene leader, directs his team to fight a simulated fire during a general quarters drill on the forward mess decks of the nuclear-powered aircraft carrier USS Enterprise (CVN 65).



U.S. Navy photo by Paul Farley.



U.S. Navy photo.