



CASE LOT SALE

**NOVEMBER 5 THRU 7
AT THE
PMRF HANGAR**



Photo illustration by MC2 Jay C. Pugh

PMRF will host a holiday commissary case lot sale at the C-26 Operations Hanger. The case lot sale will start Nov. 5 and end Nov. 7. Patrons can save up to 40 percent off retail on canned goods, produce and frozen items by purchasing bulk at the reduced prices. The sale will offer an outstanding variety of items including refrigerated food. Those eligible to shop at the case lot sale include: active duty military, dependents of active duty, drilling reservists, activated reservists and their dependents, and retired military personnel. All eligible persons must have proper identification to purchase groceries.

Navy science and medicine comes to Kauai

Story by MC2 Jay C. Pugh

In 2004, Capt. Cynthia Macri, Chief of Naval Operation's (CNO) Special Assistant for Diversity, noticed an alarming lack of diversity among health care

professionals. After looking across the room at multiple medical classes, she saw few people of color and especially no Native Hawaiians. The lack of diversity alerted her to the growing cultural disparity

between health care providers and their patients. In response to the lack of representation in the medical field, Macri devel-

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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 MC2 Jay C. Pugh

“Yes...I...am...happy...”

AS2 Michael Sanchez gleefully signs his re-enlistment contract as Lt. Paul Morgan looks on.

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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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Perform to Serve keeps good Sailors on best path



EN2 Robert Taylor signs his re-enlistment contract as CWO4 Timothy Hartman looks on. U.S. Navy photo by MC2 Jay C. Pugh.

**Story by MC1 LaTunya Howard,
Navy Personnel Command Public
Affairs Office**

With the merger of Perform-to-Serve (PTS) and Fleet Rating Identification Engine (RIDE) Oct. 1, Sailors are being advised to take full advantage of the program's conversion option in order to stay Navy as the force is shaped to provide future capabilities.

"What we have is 5,000 Sailors in overmanned ratings being looked at in PTS, but 6,000 vacancies in undermanned ratings not yet filled," said Mike Fair, Bureau of Naval Personnel deputy military community manager. "We have to match these Sailors up with these undermanned specialties by edu-

cating Sailors on how PTS and Fleet RIDE can keep them from becoming separated from the Navy because they aren't in ratings we need."

PTS was implemented in March 2003 as a means for the Navy to match manning requirements with mission requirements. It is a centralized reservation system that balances overmanned and undermanned ratings, using reenlistments as its key tool.

With Fleet RIDE integration, Sailors are provided the additional information of what other rating billets are open, and what he or she qualifies for outside of their current rating, based on their Armed Services Vocational Aptitude Battery.

"Most Sailors are loyal to their rating and are reluctant to change," said Senior Chief Navy Coun-

selor (AW) Jermaine Rawls, Navy Personnel Command PTS Help Desk. "Career development boards are indispensable in raising the number of conversion requests through PTS."

The chain of command must counsel Sailors before they enter the PTS window to clarify the importance of applying for both in-rate and conversion quotas.

"Some advantages that accompany a rating conversion are advancement, selective reenlistment bonus, formal training, college credit, and the opportunity to stay Navy," said Rawls.

Sailors considering conversion can review their Career Reenlist-

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MCPON sends 2010 Navy Birthday message to the Fleet



Special from MCPON Rick D. West

MCPON Rick D. West released the following Navy Birthday message to the fleet Oct. 5:

"Shipmates and Navy Families, on this wonderful occasion of our Navy's 235th birthday, I would like to express my heartfelt gratitude for your outstanding dedication and commitment to

our great Navy.

As you know, our Navy is the best it has ever been; we're operating on land, on, above and below the world's oceans, with the most advanced equipment and technology, but, at the end of the day, we are only as good as our people. It takes Sailors like you to ensure we continually meet the demands of our expanded Navy environment

and increased mission requirements.

I would like to thank each and every one of you for your service to our nation and our Navy, and for truly making our great Navy a global force for good.

As we celebrate our anniversary, take a moment to remember those currently on watch around the world and those who have gone before us and laid the foundation to which you build upon.

I also want to say "thank you" and express my sincere appreciation and gratitude to our Navy families. Your role in your Sailor's life and the Navy is vitally important.

Happy birthday Shipmates! I am really proud of who you are and the outstanding job you do every day.

Happy 235th birthday Navy and HOOYAH!"

PTS, Contd. from Page 3

ment Objective (CREO). CREO refers to the manning levels for all Navy ratings and is a consideration for Sailors requesting PTS approval. CREO categories are identified in one of three levels:

CREO 1 rates are undermanned
CREO 2 rates are manned at desired levels
CREO 3 rates are overmanned

PMRF's Command Career Counselor, Petty Officer Francis Garcia, can assist Sailors with understanding the benefits of reviewing their CREO information and can provide Sailors with guidance throughout the PTS process.

"There's a lot of mixed feelings

with the force shaping and PTS program. But the most important thing we can do as far as active duty military members is to keep performing and to strive for advancement. The Navy wants to keep in the Sailors that are performing and weed out the ones that aren't. The best way to ensure a longer stay in today's Navy is through sustained superior performance," said Garcia.

"PTS and Fleet RIDE helps us keep our best and brightest Sailors in the Navy in their current rating, conversion to undermanned rating our by direct affiliation into our SELRES," said Fair. "There are many untold happy endings. For example, a machinist's mate third class was

approved for conversion. His old rating was overmanned with advancement opportunity to E-5 less than 7 percent. The Sailor converted to cryptologic technician collection (CTR); attended A School; graduated; converted to CTR 3rd Class; received a selective re-enlistment bonus for a six-year reenlistment; and is now assigned to a Navy Information Operations Command. CTR advancement opportunity for E-5 is nearly 100 percent. We want to get the word out to Sailors about the power of PTS and Fleet RIDE. We believe a satisfied Sailor makes a better Navy," said Fair.

Aloha! Welcome to:



(From the top left) Welcome to John Franklin who arrives from Bethesda, Md., and will work as a Contract Specialist. Welcome to AS2 Nicholas Crowley who arrives from the USS John C. Stennis (CVN 74) and will serve in Air Ops. Welcome to MASN Randy Christensen who arrives from Great Lakes, Ill., and will serve in Security. Welcome to Casidee Akita who will serve in Security. Welcome to Paul Hatcher who arrives from Poulsbo, Wash., and will serve in Security.

Voting assistance announcement: ensure your vote counts!

Special from Lt. Cmdr. Jason Anstead, Voting Assistance Officer

There is little time until the Nov. 2 general election. Act now to make sure that you will have an opportunity to make your vote count. Don't wait until it's too late! The Federal Voting Assistance Program (FVAP) has new online tools in place at

www.FVAP.gov that can walk you through the process easily, quickly, and intuitively.

Send in your ballot now! Assuming you already requested your ballot, you should have received your ballot by now. If you have, vote it and send it in now!!

Haven't even asked for your ballot yet? Still not too late! It's okay if you're a little behind. Many

officials can accept your registration and absentee ballot application by e-mail or fax, and will send you back your ballot by e-mail, fax, or by posting online. Requesting your ballot is simple and fast at www.FVAP.gov. For more information regarding FVAP or voting assistance, please contact Lt. Cmdr. Jason Anstead at ext. 4557.



Capt. Cynthia Macri, CNO Special Advisor for Minority Affairs, speaks with local Kauai students at the Kauai Veterans Center. U.S. Navy photo by MC2 Jay C. Pugh.

S2M2, Contd. from Page 1

oped a program called Science, Service, Medicine and Mentoring (S2M2).

On Oct. 2., she brought the program to nearly 30 students from three Kauai high schools who were the first on the island of Kauai to participate in the program. They met at the Kauai Veterans Center and transitioned to the Lihue Airport to view aircraft static displays featuring an SH-60 Seahawk helicopter and a C-20G Gulfstream IV.

"I want to encourage students of all backgrounds to attend medical school to improve the health of our nation...we need to expose kids to medical and technical professions. We need physicians that understand all cultures to improve competent health care delivery," said Macri.

A group of Oahu-based multi-

service personnel flew to Kauai in support of S2M2. Participating personnel included doctors, pilots, dentists, optometrists, nurses, pharmacists, corpsman and aircrew. The personnel presented their careers in a classroom setting and again later, at a roundtable discussion during lunch where they engaged students one-on-one.

Dr. Glenda Nogami-Streifert played a pivotal role in bringing S2M2 to Kauai. She engaged Mr. Bill Arakaki, Hawaii Department of Education Kauai Area Complex superintendent, and Kauai Mayor Bernard Carvalho over the past two years and spear-headed the outreach program in cooperation with Macri.

"We wanted this program on Kauai...Education has always been important to us. Kauai is a great place to start. I've always supported education and I wanted the kids to have an idea of differ-

ent professions they can aspire to by exposing them to pharmacists and doctors that talk about their jobs," said Nogami-Streifert.

"Asians and Pacific Islanders need more opportunities. This program is designed to reach under-served populations," emphasized Macri.

The goal of S2M2 is to get college-bound students energized for careers in science and medicine and cultivate capable professionals. The outreach is open to all students, but has a focus on disadvantaged and underrepresented students. The Kauai S2M2 visit was conducted in collaboration with the Kauai Department of Education, three local Kauai high schools, and several local Kauai veterans groups.

Safety Corner



Lawn mowers: when a chore becomes a mishap

By April Phillips, Naval Safety Center Public Affairs

Every summer, the Naval Safety Center receives mishap reports detailing the aftermath of what should merely be a chore – mowing the lawn. Unfortunately, people who would never set foot on a flight deck without all the proper personal protective equipment forget that mowers are potentially dangerous and should be treated with respect.

For instance, a chief master at arms was mowing his lawn in Norfolk, Va. While pulling the machine backward, he fell and pulled it up on his foot. The mower blades sliced off his big toe, cut two others, and gashed his foot. The chief was wearing flimsy plastic footwear, which provided very little protection against

the spinning blades.

The U.S. Consumer Product Safety Commission reports that 75 deaths and 18,000 hospital-treated injuries occur each year from riding mower accidents and 37,000 hospital-treated injuries result from push mowers.

The Safety Center recommends wearing strong shoes or boots when mowing the lawn – never flip flops or other flimsy shoes. Eye protection is also important, and long pants and sleeves are highly recommended.

Following the instructions in the operating manual and safety messages posted on the mower itself is also important. A Navy civilian, also based in Norfolk, cut off the tips of two fingers, severed muscles and tendons, and broke several bones after reaching into the mower's clogged chute without releasing the

engine cut-off handle. This, in spite of the fact that the mower contained a warning sticker that read, "Do not reach in chute."

Although mowing the lawn is already a chore most people would prefer to complete as quickly as possible, preparation is important. Pick up rocks, sticks, pinecones, and other debris from the yard before you start. Also make sure children know to stay away while you're mowing. Many injuries are caused by debris that strikes an onlooker, rather than the person actually doing the work.

Riding mowers are particularly dangerous. They aren't meant to carry passengers and should not be used for joy rides.

Motorcycle safety courses now available

Lt. Paul Morgan is setting up a motorcycle safety course for the first week in November and needs to find out who is interested in each of the following classes. The class will be offered to all military (active,

retired or reservist) and all DoD employees. Unfortunately, as of now he cannot offer the class to civilian contractors. Once he has the numbers of who is interested he can setup the specific courses and dates.

BRC- Basic Riders
MSRC- Military Sport Bike
ERC- Expert Riders

If you have any questions please let contact Morgan at ext. 4982.



"Multi-Tasking Gone Wrong!"

A contributor in Tennessee snapped this photo in a maintenance shop the other day. "The fire extinguisher is in an appropriate holder," he noted, but that holder wasn't meant to do double-duty as an extension cord receptacle.

See, the thing about emergency equipment is that it should be easy to get to when the alarms go off and folks get in a hurry.

Wish you were here - Photos from the Fleet



U.S. Navy Photo by MC2 Joseph M. Clark

(Above) LITTLE CREEK, Va. (Oct. 6, 2010) Rear Adm. (SEAL) Edward G. Winters, commander of Naval Special Warfare Command, delivers remarks during a memorial service for four members of the Naval Special Warfare community at Joint Expeditionary Base Little Creek-Ft. Story. Four SEALs and five Soldiers from the 101st Combat Aviation Brigade died in Zabul Province, Afghanistan when the helicopter they were traveling in crashed Sept. 21. **(Below left)** SAN DIEGO (Oct. 5, 2010) Navy volunteers are framed between the prosthetic legs of a Paralympic Military Sports Camp participant at Balboa Naval Medical Center. **(Below right)** LEAM CHABANG, Thailand (Oct. 6, 2010) Cmdr. Pat McClanahan, the supply officer aboard the aircraft carrier USS George Washington (CVN 73), gives Buddhist monks from the Wat Jitapawan Temple a tour of the ship's flight deck during a scheduled port visit.



U.S. Navy photo by MC3 Travis K. Mendoza



U.S. Navy photo by MC3 David A. Cox