

Farewell Master Chief Ronnie Spake



Master Chief Ronnie Spake renders honors and is escorted by wife Vanessa Morse as they exit his retirement ceremony held on the parade grounds at PMRF. For more photos see page 6. U.S. Navy photos by Jerry Lamar.



(left) Official boot camp portrait of Seaman Ronnie Spake. Photo contributed from the private collection of Ronnie Spake.

After 30 years of service to country and the Navy, the command master chief of PMRF celebrated his retirement in a ceremony held August 27.

Master Chief Ronnie Spake began his career on the footsteps of basic training in Orlando, Fla., and ended his career here on the parade grounds of PMRF.

Spake served at 13 different commands over his many years of service,

spending the majority of his service time at homeports in Hawaii.

He transferred to PMRF in June of 2007 where he took charge as the senior enlisted advisor for his sunset tour.

Spake and his family plan to return to Waianae, Hawaii, following his scheduled retirement. Spake will officially be retired October 31, 2010.

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

"Missed Intercept."

PMRF Sailors fail to block a threat representative target launched by OPFOR.

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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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CNRH honors region ombudsmen



Dawn Gregg and Capt. Nicholas Mongillo pose for a photo at an Ombudsman Appreciation Dinner at Joint Base Pearl Harbor-Hickam Sept. 3. U.S. Navy photo by MC2 Mark Logico.

Story by MC2 Mark Logico, Commander, Navy Region Hawaii Public Affairs

The Warfighter and Family Services Center recognized more than 80 ombudsmen at an Ombudsman Appreciation Dinner at Joint Base Pearl Harbor-Hickam, Sept. 3. In attendance were PM-RF's commanding officer, Capt. Nicholas Mongillo and our own ombudsman, Dawn Gregg.

Commander, Navy Region Hawaii (CNRH) Rear Adm. Dixon Smith was the keynote speaker for the event, and he expressed his gratitude for all the work the ombudsmen did during the year.

"You are 81 out of over 5,000

ombudsmen throughout the Navy who support our families," said Smith. "You are our lifeline. We cannot do what we do and go forward without you. I personally thank you, and everybody in here thanks you. The reality is, while we thank you, we probably don't know half of what you do because you do it in stride."

Assemblies from CNRH; Commander, Submarine Force U.S. Pacific; and Command Patrol Reconnaissance Wing 2--more than 220 military members and senior leaders--gathered at the Hickam Officers' Club to pay tribute to their command-specific ombudsman.

"This is about the commands showing appreciation to the ombudsman," said Teresa Espiritu, the event

coordinator for the appreciation dinner. "The Warfighter and Family Services Center appreciate the Ombudsman, but we are only assisting each command to show their own support and appreciation to their ombudsman."

Teresa Espiritu is the ombudsman coordinator and one of the training instructors at the Work and Family Life Division of the Warfighter and Family Support Center.

"The Ombudsman Appreciation Dinner was a terrific venue for the command to officially thank Ms. Dawn Gregg, our Om-

Ombudsman, contd. on page 4

Child Development Center fee changes

Story by Bruce Moody

The Department of Defense establishes fee ranges for all military child development programs and recently released a policy addressing the fee adjustment. The adjustment brings the number of fee categories to nine, causing some people to move into different categories.

The Navy is adjusting its child care fees beginning Oct. 1, 2010, and adding categories for its highest income earners, to compensate for six years without fee range increases.

Under the new fee schedule, families with a total income of \$85,000 or less will see their child care cost rise by one dollar a week. Child care costs for families earning more than \$85,000 will rise between \$10

and \$16 a week. For a 50-hour week, child care costs will range from \$1.12 to \$2.74 per hour.

A high-cost fee may be used in areas where it is necessary to pay higher wages to compete with local labor or at those installations where wages are affected by non-foreign area cost of living allowances (COLA), post differential or locality pay. Three Navy installations utilize this high cost option: NNMC Bethesda, JB Pearl Harbor and PMRF Barking Sands.

"The Navy is committed to providing affordable child care to our military families," Chuck Clymer, Child and Youth Program Manager at Commander, Navy Installations Command, said.

For the first time in six years, fee ranges have been revised to account primarily for inflation, in-

creased incomes, and increased caregiver salaries. Competitive salaries help to recruit and retain quality staff. Retaining high quality staff contributes to continuity of caregivers – stability that is very important to the young child's emotional development."

The fee policy revision represents a balanced solution to the issue of adjusting fees to pay caregiver salaries while limiting the financial impact to the family, Clymer said.

"The Navy has a lifelong commitment to protecting the well-being of our Sailors and their families," he said. "Ensuring the health, safety, and well-being of the military children entrusted to the Navy's care is a number one priority."

Ombudsman, Contd. from Page 3

budsman for the past year. I'm greatly appreciative of Ms. Gregg and her dedication to the Sailors, spouses and dependents that comprise the PMRF Navy family. Dawn has been proactive in her job, providing information and a conduit of communication for all PMRF personnel. We couldn't do our job without her support and dedication," said Capt. Mongillo.

"The ombudsman is not outside the command; they are part of the command," said Espiritu. "When their command is deployed, they go through the same emotions, the same stressors. They experience all of that, and then they have hundreds of families under their care. They are amazing people because they are able to juggle their own lives, and then work, and then support other

people's lives. It is very difficult, and these people are volunteers."

Dawn Gregg said she was honored to become an ombudsman.

"I have never dealt with an Ombudsman before this command. So when I was approached to become the next one, I really had no idea what the duties entailed...Once I realized what it was, I was very honored to have been asked and then selected," said Gregg.

The U.S. Navy established an ombudsman program in 1970, under the direction of Adm. Elmo Zumwalt. Through the Navy Ombudsman Program, communication between the spouses of active duty personnel and the command is kept open, thereby improving the quality of life for everyone involved.

The purpose of the program is to ensure the families of active duty personnel have a channel of resources for their needs and qual-

ity of life. The ombudsman can offer guidance and assistance before, during or after a deployment. They meet with department heads aboard a naval installation to find out the latest news, and pass it on, including news on ship deployments, cutting down on potentially harmful gossip and helping to ensure operational security.

"What it means to be the Ombudsman here on PMRF is very different than any other command. We do not have any deployments that I have to deal with. I have very few Individual Augmentees (IAs). It is very quiet here which is very nice. The spouses here make it very easy for me. They are a great group to work with. The only thing that I really do is make sure that they get all of the important information," said Gregg.

Aloha! Welcome to:



(From the left) Welcome to Jason Wachi who arrives from Solipsys and will work as an IT Specialist. Welcome to John Reid who arrives from Photon Research Associates and will serve as an electronics engineer. Welcome to Magda Cardoso who arrives from San Diego and will serve as an OA clerk. Welcome to Donald Kaulukukui who arrives from NSWV Corona and will work as an electronics engineer. Welcome to AWF1 Scott Barrow who arrives from Tinker AFB, Okla., and will work as an aircrewman. Welcome to EN2 Steven Fenton who arrives from the USS McClusky homeported in San Diego and will work in SEPTAR.

A hui hou! Farewell to:



(From left) Farewell to CS1 Hughbert Fraser who departs for the USS Abraham Lincoln homeported in Everett, Wash., after serving for 30 months at PMRF. Farewell to MA3 Mark Collett who departs for VAW-123 stationed in Norfolk, Va., after serving 18 months at PMRF.

Commissary “Case Lot Sale” coming to PMRF

PMRF will host a commissary case lot sale at the C-26 Operations Hanger. The case

lot sale will start Nov. 5 and end Nov. 7. You can save up to 40 percent off retail on canned goods,

produce and frozen items by purchasing bulk at the reduced prices.

Fair Winds and Following Seas Master Chief



Safety Corner



Safest summer on record concludes for Sailors, Marines

By April Phillips, Naval Safety Center Public Affairs

Labor Day marked the traditional end of summer for Sailors and Marines and also the end of the Naval Safety Center's (NSC) annual summer safety campaign, "Live to Play, Play to Live."

Although mishap reports for the long weekend are not complete, it appears that both the Navy and Marine Corps enjoyed the safest summer since NSC started keeping these statistics.

However, that still means that 14 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day weekends. Nonetheless, this is a considerable improvement from 2009, when 39 Sailors and Marines lost their lives during the same period.

While that is an achievement to be proud of, NSC is not declaring victory, especially in light of the fact that one Sailor and one Marine died during Labor Day weekend. Mishap reports indicate that both deaths may be related to alcohol.

"There have been a lot fewer cases of DUI (drinking under the influence)," said NSC Command Master Chief (AW/SW) Dominick Torchia. "However, there may be some complacency about the dangers of over-consumption in general. We're seeing cases

of Sailors and Marines basically drinking themselves to death."

While most people seem to be getting the message about designated drivers and safe ride programs, leaders need to continue educating their Sailors and Marines about the health risks of alcohol, including alcohol poisoning and reduced inhibitions that may lead to risky behavior, said Torchia.

Although the summer 2010 has ended, Torchia urged renewed focus on risk management, so the positive mishap trends of the summer will continue into the cooler seasons.

"Many of the risks are actually the same," said Torchia. "There are just different conditions. We think of people traveling for their summer vacations, but they are also on the road for Thanksgiving and Christmas. The folks who are out there participating in summer sports will probably also take part in winter sports. We ask them to take the same risk management mentality and adapt it to the new conditions."

To that end, Torchia recommends "winterizing" homes and vehicles now, rather than waiting until weather conditions deteriorate. He also encourages everyone to get in shape now for winter sporting activities such as skiing, snowboarding or even football.

"Prepare and train before you

go out and try something like that. If you haven't skied before, take a course before you hit the slopes," said Torchia.

While many risks remain consistent through all four seasons, fire dangers do escalate in fall and winter, due to faulty heating systems, unsupervised fireplaces and dangerous space heaters.

"Now is the time to prepare your home. Weatherproof your house and have annual maintenance performed on your fireplaces and heating systems," Torchia said. "Doing this now will keep you ahead of the game."

While Sailors and Marines prepare for fall and winter, he also warned them to continue being vigilant about hurricanes. The East Coast of the United States was recently spared when Hurricane Earl remained off the coast, but the season runs through November 2010, and Torchia encouraged everyone to stay on guard against these dangerous storms.

He also pointed out that a new school year is underway and drivers should pay special attention for kids who might dart out into the street.



"Rocket Man Returns!"

We've carefully monitored the comings and goings of our wacky workplace amigo, Bucketman, and we don't want to lose sight of his fearless brother, Rocketman, either.

Here he is, putt-putting along somewhere in Europe, looking for all the world like a JATO (Jet-Assisted Take-Off) advertisement. Full speed ahead, Rocketman! Just don't lean over too far.

Wish you were here - Photos from the Fleet



U.S. Navy Photo by MC2 Eddie Harrison

(Above) KOKOPO, Papua New Guinea (Sept. 6, 2010) Chief Aviation Machinist's Mate Benjamin Winston, assigned to the guided-missile frigate USS Vandegrift (FFG 48), plays rugby during a community service event at Kokopo Secondary School. Vandegrift, along with the Royal Australian Navy landing ship heavy HMAS Tobruk (L 50) and a contingent of 64 Sailors and non-governmental organization members assigned to the Military Sealift Command hospital ship USNS Mercy (T-AH 19), is conducting the final leg of Pacific Partnership 2010. **(Below left)** ATLANTIC OCEAN (Sept. 4, 2010) Members of the at-sea fire Party prepare to move in on a simulated class alpha fire in the hangar bay aboard the amphibious assault ship USS Kearsarge (LHD 3). **(Below right)** KANEOHE BAY, Hawaii (Sept. 2, 2010) Chief Intelligence Specialist (Sel.) Gabriel Paine, assigned to Commander, Submarine Force U.S. Pacific Fleet, competes in the annual Chief Selectee FMF Challenge.



U.S. Navy photo by MC3 Cristina Gabaldon



U.S. Navy photo by ETC Richard Nickell