



## Japanese hula group visits Barking Sands to dance Nohili 'E'

Story and photos by MC2 Mathew Dlendorf.

The Pacific Missile Range Facility welcomed more than 250 hula dancers from Japan, May 20th, to visit the Barking Sands of Nohili. The group was on Kauai as part of a hula workshop hosted by Kumu Hula Olana Ai, from Honolulu.

"The Japanese students learned the beautiful mele (Hawaiian chant) 'Nohili E,'" said Harold Nagai, a coordinator for the event. "They think it is important to understand the meaning of the mele by visiting the real place, so the students can experience the feeling, inspiration, and real beauty of Nohili Dunes."

When the students arrived at the entrance to the dunes, they were met by Kunane Aipoalani, PMRF transportation coordinator and a resident expert on Nohili.

"Out of respect, those visiting are asked to offer an Oli Kahea (permission to enter)," Aipoalani said. "They then await the reply whether permission is granted or not. An Oli Komo (or reply to enter) is chanted to let the visitors enter. This also invites the spirits of our kupuna (ancestors) to allow entry and to make sure all come with a clean mind, heart and soul."

After conducting the proper protocol, the students, guided by Aipoalani, walked approximately a quarter-mile along a path of soft sand to an opening inside the dunes. Aipoalani then explained the ancient Hawaiian



Japanese hula students dance 'Nohili E' on the beach fronting the Barking Sands of Nohili.

legend of the Barking Sands.

The legend states that a long time ago, an old Hawaiian fisherman lived in a hale (house) near the beach with his nine dogs. During his fishing trips he would tie his dogs to stakes in the sand, three to each of three stakes. He would then get into his canoe and go fishing. One day while he was at sea and the dogs were tied as usual, he was caught in a very bad storm. For hours he battled the heavy seas until he was finally able to return to land. He was so exhausted that he crawled into his hale, forgetting to untie the dogs. When he awoke the next morning and went outside, the dogs were nowhere in sight. All he saw were three small mounds of sand where the dogs had been tied. As he stepped on one of the mounds, he heard a low bark. Another step brought another bark, still he couldn't find the dogs. Believing the dogs had been buried in the sand because of the storm, the fisherman began to dig. As each handful was removed, more sand took its place.

He finally gave up, and every day after that when he crossed the beach he could hear the low barking. The dogs were never found and to this day the sands of Nohili have been known as the Barking Sands.

After the story, the students gathered on the beach fronting the Nohili Dunes and performed a rendition of Nohili E. Many of the students were visibly overcome with emotion by the experience and tearfully expressed their gratitude for the opportunity to perform at Nohili Dunes.

"It was wonderful of this hula halau (school) to travel from Japan and share their ho'okupu (gift) of hula," Aipoalani said. "It was appropriate for this entrance ceremony to take place so that they would be able to feel, breathe and immerse themselves in the spirit of Nohili and to honor and pay homage to her with their performance."

**For more photos, Page 5**

## 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 hot line (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 man hours, 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, Victoria Diendorf who can be reached at: Cell 635-5364 or email at [pmrfoambudsman@yahoo.com](mailto:pmrfoambudsman@yahoo.com).



U.S. Navy Photos by MC2 Mathew Diendorf

**Dunya Alford demonstrates the proper technique for striking an assaulter (also her son, Cole) in the face. "The important thing to remember is to always give them a hug after you punch them in the face," she said.**

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

*Within Range* is published monthly by the Pacific Missile Range Facility Public Affairs Office. Questions, concerns and comments can be directed to the Editor at [stefan.alford@navy.mil](mailto:stefan.alford@navy.mil) or [mathew.diendorf@navy.mil](mailto:mathew.diendorf@navy.mil).

**Commanding Officer:** Capt. Nicholas Mongillo

**Senior Enlisted Leader:** ADCS Rolan E. Jiao

**Editor:** Stefan Alford

**Executive Officer:** Cmdr. Garron Morris

**Staff:** MC2(NAO/AW) Mathew J. Diendorf

# Navy doing away with vehicle decals

*From Navy Installations Command*

The Navy is eliminating the requirement for vehicle decals for base access to all of its installations, effective July 1, 2013.

Authorization to access any DoD installation is based on verification of a valid credential or I.D. card, and since Sept. 11, 2001, all DoD installations have implemented 100 percent I.D. card checks. The vehicle decals were used to ensure vehicles on Navy installations complied with state requirements for vehicle registration and insurance. State programs have become more uniform and efficient, eliminating one of the main reasons for vehicle decals.

Other issues prompting the change in policy include the expense in administering the program; decals being moved from vehicle to vehicle and are easily counterfeited; and cars being sold to non-DON personnel with current decal still attached. All of these situations posed additional security risks to Navy installations.

The Vehicle Decal Program registration process provided a simple way for base security to verify the vehicle had been properly registered with



*Raymond Grandeza Jr., Manu Kai security guard at PMRF, checks for proper identification to enter the base. Photo by Stefan Alford.*

the state, confirm the driver had adequate liability insurance, and confirm the driver was authorized to operate the vehicle.

Some have viewed the decal as a credentialing for base access. Credentialing for base access has always been based on individuals having proper identification, such as a Department of Defense-issued identification card, DON officials said. As such, access to property and installations shall be accomplished by vetting personal identity information to determine the eligibility of an individual requesting and requiring access to Department of Defense facilities, thereby eliminating the decal (DD FORM 2220) requirement for

access.

All vehicles on a Navy installation must continue to be licensed, registered, inspected, and insured in accordance with state and local laws. Rental vehicles are considered privately-owned vehicles for purposes of base entry and access control. The vehicle rental contract will suffice as proper licensing, registration, and proof of insurance for base access.

For frequent visitors to installations requiring decals, the current decal may be left on the vehicle until the expiration date. Otherwise, it is recommended that the decal be removed.

## PMRF health fair promotes strong minds, bodies

*Story and photos by PMRF Public Affairs*

In celebration of health month, PMRF Morale, Welfare and Recreation (MWR) and the Navy Exchange teamed up to promote healthy living. The NEX parking lot was filled May 22 with local experts in keeping a strong, healthy mind and body.

A live Karate and self-defense demonstration was also provided to promote upcoming classes.

Karate Tech MMA will be a fee-based class starting in July. Students will learn total self defense by applying techniques, discipline and skills such as kata's, weapon defense, sparring, grappling and more.

Local experts who participated in the event were, PMRF Crash/Fire, Kauai Gymnastics, Swim Kauai Aquatics, Dolphin Touch Wellness Center, Subway, American Cancer Society, Sweet Lomi Massage, Kokee

**Health, Continued. on Page 4**

**Health, Continued. from Page 3**



(TOP) PMRF Firefighter Jason Peralta assists Noah Fletcher in extinguishing an electronic fire with a laser-driven fire extinguisher training system. (RIGHT) Rachel Garcia (Right) speaks with Susan Oshiro-Taogoshi from the American Cancer Society. (BOTTOM LEFT) Sensei Dunya Alford, a second degree black belt in Karate Tech, provides a demonstration to promote upcoming karate and self-defense lessons. (BOTTOM RIGHT) Sensei Dunya Alford demonstrates disarming an assailant with a gun.



State Park, Dog Trainer - Gayla McCarthy, Seirra Club and the Alzheimer's Association.

Karate Tech MMA classes will begin in July at the PMRF MWR Fitness Center. Children ages 3-6 can enter the pre-karate class being conducted at 10 a.m. on Mondays and 9:30 a.m. on Saturdays. Children five years and older will have classes Mondays and Thursdays at 5 p.m. and adult classes will be on Mondays and Thursdays at 6 p.m. For more information contact the MWR Fitness Center at 335-4379.



# Japanese hula group visits Barking Sands to dance Nohili 'E'



(TOP) Japanese hula students dance 'Nohili E' at the Barking Sands of Nohili. (BOTTOM-LEFT) Steven "Kekai" Chock plays a guitar and sings Nohili E as Japanese hula students dance at the Barking Sands of Nohili. (BOTTOM-RIGHT) Kunane Aipoalani (Right) explains the aneient Hawaiian legend of the Barking Sands. Photos by Mass Communication Specialist 2nd Class Mathew J. Diendorf.



# New Chief's Mess training course released

*Story by Susan Henson, Center for Personal and Professional Development Public Affairs*

VIRGINIA BEACH, Va. (NNS) The Center for Personal and Professional Development (CPPD) has released the revised Chief's Mess Training (CMT) course, CPPD leadership said May 28.

The CMT course is year-round training with lessons that provide additional leadership topics for the Chief Petty Officer (CPO) mess. The course took six months to revise and was piloted in the Hampton Roads area in December.

Changes to the lessons were based on fleet feedback, according to Master Chief Ship's Serviceman Leon Hazley, CMT course manager at CPPD. After the revision was completed, CPPD conducted three course pilots to validate the curriculum, course material effectiveness and course length, he said.

"We're really proud of the new CMT course and feel it will be a great training tool for chief petty officers across the fleet," said CPPD Command Master Chief Ken Schmidt. "We have to continually improve our skills as leaders to be most effective as a CPO mess. CMT provides CPOs with the tools to lead with courage, respect and trust, as well as the tools to mentor our junior Sailors to become the next generation of strong Navy leaders."

The new CMT is a library of 22 current, relevant topics that include scenarios designed to facilitate deep discussion. Each session can be taught at any time and in any sequence throughout the year, according to Hazley.

"The previous CMT consisted of 10 topics designed to be delivered every month from October to July

each year," he said. "The new course provides flexibility to CPO messes to cover topics in a sequence that best fits a command's schedule."

The CMT course differs from the Chief Petty Officer Selectee Leadership Course (CPOS LC) in that CPOS LC is geared toward preparing chief petty officer selectees for their new roles as chiefs while CMT is designed to provide leadership sustainment training for chief petty officers through communication, teamwork and mentoring.

Hazley said the new course is designed to present the mess with an actual fleet-based scenario case study or directive to stimulate vigorous discussion among chiefs and is intended to enable the mess as a whole to learn from each other's experiences and develop the problem-solving skills chiefs must have to succeed. Topics include command unity, ethics, operational stress control, maintaining standards, mentoring, conflict resolution, character and integrity, professionalism, suicide awareness, bystander intervention, and prevention of sexual assault, sexual harassment and hazing.

"Feedback from the course pilot was that CMT really hit the mark. Students said the topics were relevant, interesting and thought provoking. That's exactly what we want - to prompt fierce conversations in the mess to help us become better leaders and mentors," said Hazley.

Chief of Naval Operations Instruction (OPNAVINST) 5351.2A governs CMT, which is required for all active duty and reserve chiefs, senior chiefs and master chiefs. The revised CMT course will be

documentable in Fleet Training Management and Planning System (FLTMPS), Hazley said.

Commands can access the new course material by logging on to Navy Knowledge Online, selecting the Leadership tab, selecting Chief Petty Officer Selectee Leadership Course (CPOS LC) / CMT and following the instructions on the screen. Commands experiencing problems accessing the material should contact the course manager at CPPD for assistance.

CPPD is responsible for providing a wide range of personal and professional development courses and materials, including General Military Training, Navy instructor training, alcohol and drug awareness program training, suicide and sexual assault prevention, bystander intervention, and personal responsibility classes. CPPD's required leadership training is delivered multiple times throughout a Sailor's career via command-delivered enlisted leadership training material and officer leadership courses in a schoolhouse setting. CPPD also administers the Navy's voluntary education program, which provides Sailors with the opportunity to earn college degrees. CPPD additionally manages the United Services Military Apprenticeship Program (USMAP), which offers Sailors the opportunity to earn civilian apprenticeship certifications.

For more information about the Center for Personal and Professional Development (CPPD), visit: <https://www.netc.navy.mil/centers/cppd/>.

For more news from Center for Personal and Professional Development, visit [www.navy.mil/local/voledpao/](http://www.navy.mil/local/voledpao/).

# Safety Corner - Summer Water Safety

Courtesy of Naval Safety Center and American Red Cross



## SUMMER WATER SAFETY GUIDE

### Staying safe around water doesn't mean having kids wear water wings

A recent American Red Cross survey\* shows that almost half the adults surveyed on water safety say they've had an experience where they nearly drowned, and one in four know someone who has drowned.

While over 90% of families with young children will be in the water at some point this summer, almost half (48%) plan to swim in a place with no lifeguard.

With so many planning to be in, on or near the water, it is important to follow the basics of water safety, maintain constant supervision of children and to get trained!



#### PRACTICE WATER SAFETY

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

#### MAINTAIN CONSTANT SUPERVISION

- If you have a pool, secure it with appropriate barriers—many children who drown in home pools were out of sight for less than 5 minutes and in the care of one or both parents at the time.
- Actively supervise children whenever around water—even if lifeguards are present. Always stay within arm's reach of young children.
- Avoid distractions when supervising children around water.

#### KNOW HOW TO RESPOND TO AN AQUATIC EMERGENCY

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- Enroll in Red Cross water safety, first aid and CPR courses to learn how to respond.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

#### WHAT YOU SHOULD DO

- Print and circulate this flyer at your pool, community center and beach bulletin boards.
- Visit [RedCross.org](http://RedCross.org) for more swimming and water safety tips.
- Contact your local Red Cross chapter to find out which aquatic facilities in your area offer Red Cross courses, and sign up!

\*Source: Red Cross Telephone survey of 1,002 U.S. Adults 18 years and older on March 20-23, 2009 conducted by ORC International.

# Wish you were here - Photos from the Fleet



(TOP) KEKAHA, Hawaii (May 15, 2013) A separating short-range ballistic missile target is launched from the Pacific Missile Range Facility (PMRF). Following the target launch, the USS Lake Erie (CG-70) detected and tracked the missile with its onboard AN/SPY-1 radar. The ship, equipped with the second-generation Aegis Ballistic Missile Defense weapon system, developed a fire control solution and launched the SM-3 Block IB missile. The SM-3 maneuvered to a point in space based on guidance from Aegis BMD Weapons Systems and released its kinetic warhead. The kinetic warhead acquired the target, diverted into its path, and, using only the force of direct impact, destroyed the target. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Mathew Diendorf/Released).



(MIDDLE) U.S. 5th FLEET AREA OF RESPONSIBILITY (May 23, 2013) Electronics Technician 3rd Class Tanner Huston secures his harness to the lower yardarm on the mast before conducting an inspection of an antenna aboard the guided-missile destroyer USS Stockdale (DDG 106). Stockdale is deployed to the U.S. 5th Fleet area of responsibility promoting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 2nd Class David Hooper/Released).



(BOTTOM) PHANG NGA, Thailand (May 30, 2013) Sailors assigned to the aircraft carrier USS Nimitz (CVN 68) paint the inside of a classroom during a community service project at Ban Tee Tae public school. The Nimitz Carrier Strike Group is deployed to the U.S. 7th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts. (U.S. Navy photo by Mass Communication Specialist 3rd Class Raul Moreno Jr./Released)