



PMRF Sailors join NTBG to build Native Hawaiian hale

U.S. Navy Story by MC2 Matt Diendorf.

Over the past few months at the National Tropical Botanical Gardens (NTBG) in Poipu, 15 Sailors assigned to the Pacific Missile Range Facility (PMRF) joined more than 140 people to build one of three native Hawaiian Hale. The three Hale were built at the three NTBG sites in Hawaii, McBryde and Limahuli Gardens on Kauai, and Kahanu Garden on Maui.

"Our staff worked on the hale full time from November to February," said NTBG Assistant Director of Living Collections and Horticulture, Mike De Motta. The 25 gardener staff from the south shore NTBG headquarters cut and cured the wood used to build the structure and interior scaffolding. The logs were cured by placing them on the beach and pumping salt water on them for nearly two months. "I have not yet calculated the hours, but I know they're a lot," De Motta said.

In addition to the south shore garden staff and the Sailors from PMRF, six staff members from the Limahuli Garden in Haena and over 100 volunteers came together to build the 20-foot by 30-foot Hale. Ke Kula Niihau O Kekaha and Kawaikini Public Charter Schools, Malama Koloa, Napali Coast Ohana are just a few of the organizations that helped on numerous days moving rocks, building the scaffold and tying the thatch palm tree



Photo by MC2 Matt Diendorf

Volunteers put the finishing touches on the thatch roof of a hale at NTBG's McBryde Garden in Poipu.

roof.

The techniques used in the construction were researched by Master Hale Builder, Francis Sinenci. "I started building Hales around 1994," said Sinenci. "A school where I was teaching a Hawaiian Studies Kupuna program requested that I build one." Since then Sinenci has built more than 100 hales. Not just in Hawaii, but also the mainland United States and on an island called Hainan Province, which is part of the People's Republic of China.

"It was a great experience learning the traditional techniques used by ancient Hawaiians," said Electronics Technician 1st Class Chad Morris. "Building the hale also taught us the importance of community and coming together to accomplish a goal."

"Just the sheer volume of people that came out to help shows how much it took the natives to build a hale," said Machinists Mate 2nd Class David Frederick. "Even using tools, like a chain saw to cut

the posts and excavators to move the lava rocks, took an enormous amount of man hours to complete the hale and we [PMRF] were only there on two separate days."

Traditionally Ohia wood would have been used for the posts and scaffold, "we didn't have access to tall enough Ohia forests that we could utilize," said De Motta, "we used eucalyptus and ironwood instead. Though modern tools were also used, the types of notches in the wood and lashings were traditional."

The scaffold is another impressive part of Native Hawaiian ingenuity; it was built on the inside of the main structure. After tying in the thatch roof, you could cut down the scaffold and bring it out through the bottom. The posts used for the scaffold were taken up to Limahuli Garden on Kauai's north shore and used in building their Hale.

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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 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.



PMRF
Snapshot

Master-At-Arms 2nd Class Randy Christensen stares down the pesky fly that was dive-bombing the awards ceremony at PMRF's Hangar Bay, Friday March 8th.

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NTBG volunteers pass rocks to build a stone pae-pae, which is a raised stone bed. Photo by MC2 Matt Diendorf



NTBG volunteers pass rocks to build a stone pae-pae, which is a raised stone bed. Photo by AS2 Hank Seeger



(FAR LEFT) volunteers carry a hale post to lift into place. (LEFT) NTBG hale with the scaffold complete. Photos by MC2 Matt Diendorf

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Military service members participate in Warrior Dash

By MC2 Daniel Baker NPASE
West Det. Hawaii

WAIALUA, Hawaii – More than 500 military service members from all branches of service participated alongside civilian contestants Feb. 23 in the 2013 Warrior Dash Hawaii.

The Warrior Dash event was a 5 kilometer (3.17 mile) run that involved 12 military training-style obstacles runners had to crawl, climb, jump or swim through, including water obstacles, cargo nets, barbed wire, fire and a mud pit, on the way to the finish line.

This is the second time the event has been held on the North Shore of Hawaii. In addition to the varying terrain and obstacles, periodic rain showers kept the course muddy and participants soaking wet.

“Two years in a row I got to run in the rain, makes the run that



Photo courtesy of Heather Fletcher.

Representing PMRF at the 2013 Warrior Dash Hawaii, (From Left) AWF2 Stephen Carter, Amy Carter, Heather Fletcher, LT Ely Fletcher, Heidi Oglesby, Chief Hospital Corpsman James Oglesby, Jennifer Baise, LCDR John Baise.

much better,” said Joey Iverson, a successful finisher of the event. There are 65 other locations throughout the U.S. scheduled to hold Warrior Dash this year, with an expected turn out of more than 1,000,000 participants.

Hosted by Red Frog Events, Warrior Dash is also a partner with St. Jude Children’s Research Hospital and works with local organizations in exchange

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for them providing volunteers. By volunteering, local organizations such as athletic teams, nearby schools and non-profit organizations are able to help raise funds.

They also work with organizations that clean all the muddy shoes donated after the race by participants at each Warrior Dash. The shoes are then restored and delivered to charity

organizations.

Each finisher received a warrior medal as they crossed the finish line and then headed to water hoses to use as a cold shower. Participants also received a T-shirt with the event's logo and a Viking-horned hat.

Many participants wore costumes and/or face paint, and one team of Soldiers took turns carrying a U.S. Army flag. Individual times

were scored for all the finishing participants, or "warriors."

"Warrior Dash is excited to be celebrating its five-year anniversary of challenging participants to the craziest frickin' day of their lives," said Rachel Brinda, race director. "We will continue to create an experience warriors will never forget with our demanding obstacles and one-of-a-kind festival area."

Navy Gateway Inns and Suites saves you and the Navy money

Story By Commander, Navy Installations Command Public Affairs

WASHINGTON - Service members and DoD civilians can save money on official travel (i.e. permanent change of duty station, work-related) by staying at Navy Gateway Inns & Suites (NGIS).

With more than 24,000 guest beds at military installations worldwide, NGIS offers lodging services for individual and group temporary duty travelers, Department of Defense (DoD) civilians, Space Available (leisure) travelers, retirees, reservists and their sponsored guests.

NGIS offers affordable lodging rates that support the continuing reductions of command travel expenses. Average lodging rates range from \$32-\$77, with varying rates depending on location. Supporting NGIS ensures that travel funds provide the opportunity for improvements to Department of Defense (DoD) lodging operations and facilities for the warfighting community.

NGIS provides a professionally managed, business-based lodging program for all military and civilian travelers. NGIS contributes to and supports mission readiness with quality lodging services for a mobile military community.

"Every Navy traveler has a responsibility as a steward of taxpayer dollars to ensure that federal funds are used for purposes that are appropriate and cost effective," said Commander, Navy Installations Command, Vice Adm. William French. "While budget cuts and travel restrictions continue to be a challenge for everyone, there are many benefits to staying at Navy Gateway Inns and Suites for your official lodging needs. They offer value, convenience, great accommodations, service, and very affordable rates."

Those staying at NGIS can expect a business lodging environment; in-room amenities to include internet access, air conditioning, cable television with premium channels, DVD player, telephone service, microwave and refrigerator; business center, wi-fi, housekeeping services, vending machines, guest laundry facilities, handicapped access and all guest rooms are non-smoking. Free in-room coffee and newspapers as well as convenient on-base parking are also available.

"Staying at NGIS not only provides great lodging at great prices, but it also offers the convenience of other base amenities," said Tammy Davis, Navy Lodging program manager.

Active duty military, retirees

and family members can visit the Navy Exchange. Morale, Welfare and Recreation (MWR) offers discounted tickets to area attractions, swimming pools, golf courses, beaches, movie theaters, youth centers and other great MWR activities taking place on base

Reservations at Navy Gateway Inns and Suites are made on a first-come, first-serve basis without regard to rate or rank. Non-duty reservations may be made up to 30 days in advance for up to a seven night stay by calling 877-NAVY-BED (enter the first three letters of the base) or by making reservations at <http://dodlodging.net>. TDY reservations may be made at any time by phone or at the website as well. Group reservations ensure all group arrangements receive individual attention and all mission requirements are met.

NGIS partners with Navy Lodge to maximize on-base government lodging for TDY travelers and to ensure travelers have every opportunity to stay on base while performing training or meeting mission requirements. Reservations can be made at 800-NAVY-INN (800-628-9466) or www.Navy-Lodge.com.

PMRF Awards at Quarters Congratulations to the Awardees.



CDR Tom Mays receives a Navy Commendation Award.



LT Paul Morgan receives a Navy Commendation Medal.



AWF1 Scott Barrow receives a Navy Achievement Medal and a Military Outstanding Volunteer Service Medal.



AWF2 Pedro Mizcles receives a Navy Achievement Medal and a Military Outstanding Volunteer Service Medal.



AWF2 Stephen Carter receives a Navy Achievement Medal and a Military Outstanding Volunteer Service Medal.



MA2 Randy Christensen receives a Navy Achievement Medal.



MA3 Brad Outhet receives a Good Conduct Medal.



MC2 Matt Diendorf receives a Flag Letter of Commendation.



Phyllis Okada is presented a pin for 30 years of service.

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"I cannot thank the volunteers enough," De Motta said, "they were all instrumental in getting this hale completed on time."

McBryde Garden is the site of the first garden of the NTBG, the Lawai Valley was chosen for its diversity of climate, soils, and topography. The area affords a variety of distinct micro-environments which are cool, hot, wet, dry, lake, cliff or meadow. National headquarters for NTBG, with major research and education facilities, are also located at the McBryde Garden.

Limahuli Garden, situated on the north shore of Kauai, was selected by the American Horticultural Society as the best natural botanical garden in the United States, having demonstrated the best sound environmental practices of water, soil, and rare plant conservation in an overall garden design.



(TOP) Engineman 1st Class Zachary Davenport holds a post in place while Electronics Technician 1st Class Kristen Fries lashed it to the hale. (BOT-TOM) Master Hale Builder Francis Sinenci (right) puts the finishing touches on the thatch roof of the hale.



NI'HAU SWIM CHALLENGE



Through APRIL 01, 2013 Niihau Swim Challenge

MWR wants to encourage patrons to get in the pool, stay in shape and give more incentive to do some cross-training. Plus participants will earn a nice hoodie/sweatshirt for their effort.

This challenge will be demanding but is

still attainable and participants will reap the benefits of cross-training by adding a full body, non impact activity to their routine.

Participants will have until April 1 to complete the distance of 17 miles, which is 749 laps. MWR will also allow use of the rower in the gym (using the rower will require more distance).

Additional pool hours: To help achieve this challenge MWR will open the pool on Tue, Wed, and Thu, mornings from 7 to 8 a.m. for Niihau Challenge participants.

Sign up now at the Fitness Center @ 335-4379

Safety Corner - Better support for Motorcycle Safety Reps



Photo courteous of Corbis.

Naval Safety Center is collaborating with CNIC to enhance ESAMS, improving data collection and reporting capabilities. One goal is to improve the accuracy of data about rider population and training compliance. This will give us a better handle on the “training gap.” Other changes support commands and their designated Motorcycle Safety Representatives (MSRs) in managing the motorcycle program.

Another goal is to develop quarterly training status reports for Echelon-2 and -3 commands. New features will include:

- Allowing command-level MSRs Navy-wide to disenroll students from classes.
- A “Deployment” button that allows an MSR to “suspend” overdue training-data reports for deployed personnel who require training.
- Automatically notifying MSRs about training cancellations, failures and no-shows.
- Having the MSR Report reflect parent-command assignment for subordinate UICs if a command MSR is not assigned.

- Customized, auto-send, quarterly reports to Echelon-2 and -3 commands about training status.

Naval Safety Center recently conducted a series of traffic safety and motorcycle symposiums at numerous Navy and Marine Corps locations in major regional areas to increase awareness, clarify program responsibilities, provide tools for commands and their MSRs, and seek feedback to better support their efforts. Again working with CNIC, we’re developing more robust training for the MSRs. We envision a combination of a computer based and face-to-face training. The computer-based portion will focus on ESAMS use, setting up a motorcycle program and important mentorship techniques. The face-to-face portion will be provided by volunteer MSRs at the installations on a quarterly basis, possibly in conjunction with the monthly/quarterly installation Traffic and Motorcycle Safety Council meetings.

It will focus on how to administer a command motorcycle safety program, how to be an effective mentor, and how to use ESAMS to support the command program through face-to-face interaction and mentoring.

New Materials for Motorcycle Safety Representatives

As we keep working to close the gap on motorcycle training, we’ve created several new resources for unit Motorcycle Safety Representatives (MSRs), who play such an important role at the command level.

The “MSR Dashboard Playbook” is a 6-page reference that guides MSRs through highpriority

tasks, using the ESAMS dashboard, in a question-and-answer format. It spells out such things as monthly and quarterly duties, what training riders must complete, and how to keep track of rider status.

Also available is a tri-fold hand-out, “MSR Quick Tips,” with recommendations for MSRs, gouge for reports and records management, and useful points of contact. It also lists duties and provides guidance for getting started.

A third pamphlet, the “Navy Motorcycle Leadership Guide,” includes best practices, keys to success, and succinct information about MSR requirements, the Enterprise Safety Management System (ESAMS), and motorcycle-training rules.

You can download copies at: http://www.public.navy.mil/navsafecen/Pages/ashore/motor_vehicle/Motorcycle.aspx.

And for all riders, the 2012 edition of the Naval Safety Center’s premiere motorcycle safety publication is now available. The magazine features interviews with champion racers, technical tips, and information for both sport bike and cruiser riders. It includes several articles written by Sailors about their two-wheel experiences. You’ll also find the “MSR Dashboard Playbook” mentioned above as a center-spread pull-out.

View the online version at <http://www.public.navy.mil/navsafecen/Documents/media/seashore/smartride/SmartRide2012.pdf>.

PMRF’s MSR, Chief Ryan Gillig, can be reached at X4028

Wish you were here - Photos from the Fleet



(LEFT) U.S. 5TH FLEET AREA OF RESPONSIBILITY (March 3, 2013) MH-60S Sea Hawk helicopters assigned to the Wildcards of Helicopter Sea Combat Squadron (HSC) 23 take turns transporting cargo during a replenishment-at-sea aboard the amphibious assault ship USS Peleliu (LHA 5). Peleliu is the flagship for the Peleliu Amphibious Ready Group and, with the embarked 15th Marine Expeditionary Unit, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Michael Duran/Released)

(RIGHT) DULLES, Va. (March 7, 2013) Members of the U.S. Navy Ceremonial Guard conduct a dignified transfer of remains ceremony at Washington Dulles International Airport for one of two Sailors recovered from the ironclad USS Monitor. Monitor sank off Cape Hatteras, N.C., in 1862. The two Sailors will be interred with full military honors at Arlington National Cemetery. (U.S. Navy photo Lt. Lauryn Dempsey/Released)



(LEFT) VIRGINIA BEACH, Va. (Feb. 28, 2013) Master-at-Arms 1st Class David Gutierrez, acts as an aggressor during training with military working dog, Zach, during a K-9 unit patrol exercise at Joint Expeditionary Base Little Creek-Fort Story. The routine exercise is performed to keep the K-9 unit mission ready. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tamekia L. Perdue/Released)

(RIGHT) SAN DIEGO (March 1, 2013) Gunner's Mate 1st Class Michael Davis spends time with his daughter aboard the littoral combat ship USS Freedom (LCS 1) before his departure on a deployment to the Asia-Pacific region. Freedom will demonstrate her operational capabilities and allow the Navy to evaluate crew rotation and maintenance plans. LCS platforms are designed to employ modular mission packages that can be configured for three separate purposes: surface warfare, anti-submarine warfare or mine countermeasures. (U.S. Navy photo by Mass Communication Specialist 3rd Class John Grandin/Released)

