

PMRF welcomes new Senior Enlisted Leader

Story by MC2 Mathew Diendorf.

The Pacific Missile Range Facility recently welcomed aboard Senior Chief Aviation Machinist's Mate Rolan E. Jiao as the new Senior Enlisted Advisor.

"I'm excited to be back living the 'island life,'" Jiao said. "It's been over 25 years since I've lived on an island and my family and I are happy to be a part of the PMRF family."

Senior Chief Jiao was born and raised in Pampanga, Philippines. In 1986 he immigrated to San Diego. He graduated from Montgomery High School in San Diego in 1991 and joined the U.S. Navy in April of 1992. Jiao attended basic training at Recruit Training Command in San Diego and then Aviation Machinist's Mate "A" school at Naval Air Technical Training Center in Millington, Tenn.

His first assignment was Tactical Electronic Warfare Squadron (VAQ) 34, the "Flashbacks," stationed at Naval Air Station Lemoore, California where he worked in the Line Division.

In April of 1993, Jiao transferred to Strike Fighter Squadron (VFA) 22, the "Fighting Redcocks," as a power plants technician and troubleshooter. While assigned to VFA 22, Jiao was advanced to Petty Officer Third Class and completed two Western Pacific deployments on board the USS Abraham Lincoln (CVN 72) that included the 1994 RIMPAC Exercise. In 1997, he



Photo by MC2 Mathew Diendorf

transferred to Naval Air Facility (NAF) Misawa, Japan. During his tour at NAF Misawa, Jiao qualified as a test cell operator, was awarded Sailor of the Quarter and in 1999 advanced to the rank of Petty Officer First Class.

In October 2003, Jiao reported to the "Golden Hawks" of Carrier

Early Airborne Warning (VAW) Squadron 112, and made a world cruise combat deployment on board the aircraft carrier USS Carl Vinson (CVN 74). During his tour with VAW 112, he worked as a power plants and quality assurance Leading Petty

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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 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.



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U.S. Navy Photo by MC2 Mathew Diendorf

Boatswain's Mate 1st Class Issac Burkhalter demonstrates the latest PFA exercise set to take the place of the 1.5 mile walk/run.

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 tom.clements@navy.mil or mathew.diendorf@navy.mil.

Commanding Officer: Capt. Nicholas Mongillo

Senior Enlisted Leader: ADCS Rolan E. Jiao

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Officer and in 2006, Jiao was selected to the rank of Chief Petty Officer. In March 2007, Jiao reported to Fleet Logistics Support Squadron (VRC) 30's, the "Providers," shore duty component in San Diego. Here Jiao served as an aircraft division Leading Chief Petty Officer,

maintenance control chief, and a safe for flight chief. Jiao was selected as a Senior Chief in 2009 and in March 2010 transferred to the sea component of VRC 30, where he completed two back-to-back deployments on board the aircraft carrier, USS Abraham Lincoln.

In April 2013, Jiao reported to

PMRF to serve as the Command Senior Enlisted Leader.

Senior Chief Jiao's personal awards include; Navy and Marine Corps Achievements Medals (eight awards), Navy Good Conduct Medal (six awards) and various unit awards.

PMRF Command Ombudsman aims for trust, communication and relationships with families during tenure

U.S. Navy Story by PMRF Public Affairs.

The newest Pacific Missile Range Facility (PMRF) command ombudsman will use her training and experience gained prior to becoming a Navy spouse to build relationships between the command and families.

Victoria Diendorf arrived at PMRF in June with her husband, Mass Communication Specialist 2nd Class Mathew Diendorf and their one year-old daughter, Kara.

An ombudsman is an official representative of the Commanding Officer, and provides a direct link between the command and its family members.

"The Ombudsman position is absolutely vital to a military organization," said PMRF commanding officer, Capt. Nicholas Mongillo. "The ombudsman provides direct communication from the military unit leadership to military spouses and dependents."

Victoria brings a wealth of knowledge from her civilian career as a trainer at a credit union. "My position at the credit union required a lot of trust, communication and relation-



PMRF Ombudsman, Victoria Diendorf, poses with her daughter Kara in front of Waimea Canyon. Photo courtesy of Victoria Diendorf.

ships with people," Diendorf said. "All of which are needed to be successful as an ombudsman."

"In her short time as PMRF Ombudsman, Mrs Diendorf quickly earned her stripes as an articulate, caring, and forward leaning command representative," Mongillo said. "We are very fortunate to have her onboard."

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 PMRF Ombudsman can be contacted at 808-635-5364 or via email: pmrfoambudsman@yahoo.com.

PACOM supports China invite to RIMPAC 2014

Story by Gidget Fuentes, Navy Times.

The next iteration of the biannual Rim of the Pacific military exercises could include China's navy, a move the top U.S. commander in the Pacific said in March is "the right thing to do."

Defense Secretary Leon Panetta, traveling in China as part of a trip to Asia, told reporters in Beijing the Navy will invite China to send a ship to participate in RIMPAC 2014.

"Our fundamental goal is to build a U.S.-China military-to-military relationship that is healthy, stable, reliable, continuous and transparent," Panetta said at a joint press conference with Gen. Liang Guanglie, China's defense minister.

Adm. Sam Locklear, who heads U.S. Pacific Command in Hawaii, said he had recommended that Panetta invite China to RIMPAC, the world's largest multi-national maritime exercise.

"I hope that they bring a ship, and I hope that they bring a crew ready to learn and to be interoperable," said Locklear, speaking with reporters after a breakfast speech to the San Diego Military Affairs Council at Point Loma Naval Base. "I think they will be welcomed by the rest of the international community in the Asia-Pacific as a productive security partner."

Locklear oversaw the 2008 RIMPAC exercises while he commanded San Diego-based 3rd Fleet. "This had been a concern to the Chinese, that they had not been invited" for this year's exercise, he said. Twenty-two nations joined in the war games held off Hawaii — it



PACIFIC OCEAN (July 27, 2012) Ships and submarines participating in the Rim of the Pacific (RIMPAC) 2012 exercise are underway in close formation during the Rim of the Pacific (RIMPAC) 2012 exercise. Twenty-two nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in the biennial RIMPAC exercise from June 29 to Aug. 3, in and around the Hawaiian Islands. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2012 is the 23rd exercise in the series that began in 1971. (U.S. Navy photo by Chief Mass Communication Specialist Keith Devinney/Released)

was the largest RIMPAC so far — and the training exercises included a focus on humanitarian and disaster relief operations that have garnered much interest among Chinese officials.

Locklear said having China participate in any way is a good next step. Military officials long have complained about China's lack of transparency, particularly about their large defense force, even as it has become a major global economic power. "This is really a country of contradictions," he told the San Diego audience, describing its "walled-in society" from his travels there. "They are going to have to come out behind their walls."

"Their military has to reach out more to the militaries in the region. I think that they don't think they are not transparent," Locklear said, speaking with reporters. "So bringing them into the international security environment in a way that allows them to be comfortable to be operating with other partners and neighbors in the region ... will help them better understand what we mean about them being more transparent."

China's participation in a U.S.-China anti-piracy exercise, held in the Gulf of Aden earlier this month, is a "good step," he said, and he hopes that willingness to

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PMRF Awards at Quarters

Photos by MC2 Mathew Diendorf



BM1 Issac Burkhauler receives a Navy Achievement Medal and the Military Outstanding Volunteerism Service Medal



MA2 Class Clinton Reese receives a Good Conduct Medal.



AS2 Jonard Lopez receives a Good Conduct Medal.



AWW2 Molly Kelly receives a Good Conduct Medal.



HT2 Tiffani Carlin is authorized to wear the Small Craft insignia and awarded a Good Conduct Medal.



EN1 Zachary Davenport is named the PMRF Sailor of the Quarter.



BM2 Raymond Prevatt is named the PMRF Junior Sailor of the Quarter.



EM2 Sean Wickelgren is authorized to wear the Small Craft insignia.



EN2 Nicholas Milos is authorized to wear the Small Craft insignia.



(FROM LEFT) Denise Chun is presented with a pin for 25 years of Government Service. Lyle Ceballos is presented with a pin for 10 years of Government Service. Alan Chun and Faith Ryder were both presented with a Letter of Appreciation from Capt. Mongillo.

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join with the U.S. will continue. "Our alternatives are, if we don't do it, we would potentially allow them to isolate themselves in ways that wouldn't be good for the security environment," he said.

The Pacific Command is looking at expanding engagement and exchanges with other countries, including India and Indonesia, which comes as the U.S. turns more attention to the Asia-Pacific region in a major rebalancing of its military forces shifting from wars in Iraq and Afghanistan.

The rebalancing is "not just a military rebalance," Locklear said. "We are going to revitalize the alliances that we have in the Asia-Pacific," home to five major treaty partners, and "grow additional partnerships."

"We are going to seek a long-term strategic partnership with India," he said. "And I think there are good possibilities that we will move towards a partnership arrangement with China as well. I think that is in the best interest of the global security environment."

U.S. officials have insisted the rebalancing of forces, which includes new deployments and rotations of troops overseas to Australia, is not directed to counter China's rise, and they say it won't include new foreign permanent bases.

"We are not really looking for additional bases anywhere in the Asia-Pacific," Locklear said. "We are looking for opportunities to partner with our friends and allies in ways that allow a certain level of burden sharing. We both have mutual interests,

if we can agree to operate from their bases, with their forces, in increasing multilateral forums than what you have seen in the past."

The initial deployment to Australia began this spring with 250 Hawaii-based Marines, who trained with Australian troops from an army base in Darwin. The next unit is expected to rotate next spring, spending about six months in Australia training with local forces.

Locklear said he expects the U.S. rotational force, which will grow to about 2,500 in a Marine air-ground task force, won't just stay in Australia but will do other operations in the Asia-Pacific. "Now that's the plan," he said, adding, "there won't be any permanent basing of Marines in Australia. It'll be a rotational, in-and-out, participating in training, bilateral and multilateral training in the region."

FRIDAY, MAY 3RD



10:45am - 2:00pm Shenanigans will have a limited lunch menu.

The deck tables are for Shenanigans dining only.

Kalua Pork Plate, Teriyaki Chicken Sandwich w/fries, Pizza by the slice, Side Salad, soda and bottled water.

11:00am - till closing Shenanigans Bar will be open.

11:00am - 4:00pm MSO will be selling BBQ.

Burgers, Hot Dogs, Chips and water.

12:30pm: Acoustic performance by Toby Keith.

No autograph session. Open seating on the lawn. Bring your beach chairs/blankets. NO umbrellas.

1:30pm: Red Solo Cup Olympics! Get your teams together and get ready for some fun and challenging "Survivor" like games!!

Participants must be 15yrs and older.

2:30pm: Stick around for another fantastic live concert.

60's & 70's rock band Jett Stream.

All events are free.

Open to all PMRF eligible patrons and MWR Guest Card Holders.

For more information call 335-4346

Safety Corner - SCUBA Diving Safety

Courtesy of Naval Safety Center



Several scuba-certifying agencies offer training for divers, from beginners to experts. Three agencies that offer certification courses are the Professional Association of Diving Instructors (PADI), the National Association of Underwater Instructors (NAUI) and Scuba Schools International (SSI). Basic courses involve classroom instruction, training pools and open-water settings. Diving certification, which allows you to rent equipment, request tanks to be re-filled and dive without supervision, can be attained in as little as five open-water dives. Most scuba-certifying agencies highly recommend you dive in a "buddy system" (a group of 2 or 3 divers).

The most common medical problems are simple middle ear "squeezes." Squeezes cause pain in your ears. The pain is caused by the difference in pressure between the air spaces of your ears and mask and higher water pressure as you go deeper into the water. Squeezes that affect the inner ear or sinuses are less common.

Cuts, scrapes and other injuries to the arms and legs can be caused by contact with fish and other marine animals, certain species of coral and hazards such as exposed sharp metal on wrecks or fishing line.

Medical conditions associated with diving.

- Inner ear barotrauma-This condition may occur if you have trouble clearing during a dive. The result is severe dizziness and hearing loss.

- Pulmonary barotrauma-This condition is the result of improper breathing during the ascent to the surface or, occasionally, from diving with a respiratory tract infection. Symptoms include chest pain, shortness of breath and hoarseness.

- Arterial gas embolism (AGE)-This is a type of barotrauma in which bubbles enter the blood

stream and travel to the brain. Symptoms such as numbness or tingling of the skin, weakness, paralysis or loss of consciousness may occur. This is a serious diving injury.

- Decompression sickness ("the bends")-This condition occurs during ascent and on the surface of the water. Nitrogen gas that is stored in body tissues and blood comes out of solution and forms bubbles in the blood. The bubbles can injure various body tissues and block blood vessels. The most common signs of severe decompression sickness are dysfunction of the spinal cord, brain and lungs.

Remember: If you should develop any of the symptoms on this list during or after a dive, seek medical care immediately.

Fortunately, serious medical problems are not common in recreational scuba divers. While there are millions of dives each year in the United States, only about 90 deaths are reported each year worldwide. In addition, fewer than 1,000 divers worldwide require recompression therapy to treat severe dive-related health problems.

Most severe dive-related injuries and deaths happen to beginner divers. To be safe, always dive within the limits of your experience and level of training. Good rules to follow for safe diving include:

1. Never try a dive you're not comfortable with. During descent, you should gently equalize your ears and mask. At depth, never dive outside the parameters of the dive tables or your dive computer.

2. Never hold your breath while ascending. You should always ascend slowly while breathing normally.

3. Become familiar with the underwater area and its dangers. Learn which fish, coral and other hazards to avoid so injuries do not occur. Be aware of local tides and currents.

4. Never panic under water. If you become confused or afraid

during a dive, stop, try to relax and think the problem through. You can also get help from your dive buddy or dive master.

5. Never dive without a buddy.

6. Always plan your dive; then always dive your plan.

7. Be sure that your diving equipment can handle the dive you have planned and that the equipment is working well.

8. Don't drink alcohol before diving.

9. Never dive while taking medicine unless your doctor tells you it's safe.

10. Diving can be dangerous if you have certain medical problems. Ask your doctor how diving may affect your health.

11. Cave diving is dangerous and should only be attempted by divers with proper training and equipment.

12. If you don't feel good or if you are in pain after diving, go to the nearest emergency room immediately.

13. Don't fly for 12 hours after a no-decompression dive, even in a pressurized airplane. If your dive required decompression stops, don't fly for at least 24 hours.

If you or one of your dive buddies has an accident while diving, call the Divers Alert Network (DAN) emergency number (919-684-4326). If needed, they will direct you to the nearest hyperbaric chamber or other appropriate medical facility. If you would like to discuss a potential diving-related health problem, contact the non-emergency Divers Alert Network telephone line (800-326-3822).

A hyperbaric chamber is a facility where you are placed under increased pressure. It's similar to being underwater. This can often help injury from arterial gas embolism or decompression sickness by shrinking bubbles and allowing them to pass through your blood vessels.

Wish you were here - Photos from the Fleet



(LEFT) PEARL HARBOR (April 21, 2013) Family members of Air Traffic Controlman 2nd Class Stephen Travis Jr., stationed aboard the aircraft carrier USS John C. Stennis (CVN 74), wait pierside as the carrier arrives to Joint Base Pearl Harbor-Hickam. The John C. Stennis Carrier Strike Group is returning from an eight-month deployment conducting operations in the U.S. 5th and 7th Fleet areas of responsibility. (U.S. Navy Photograph by Mass Communication Specialist 3rd Class Diana Quinlan/Released)



(TOP-RIGHT) POLARIS POINT, Guam (April 3, 2013) Sailors aboard the Los Angeles-class attack submarine USS San Francisco (SSN 711) secure mooring lines in Apra Harbor as San Francisco arrives to conduct liberty and maintenance. (U.S. Navy photo by Mass Communication Specialist 1st Class Jeffrey Jay Price/Released)



WASHINGTON (April 1, 2013) The U.S. Navy chief's mess celebrates 120 years of the chief petty officer rank during a ceremony at the U.S. Navy Memorial. Chiefs have been charged with leading sailors since the creation of the rank in 1893. (U.S. Navy photo by Mass Communication Specialist 2nd Class Todd Frantom/Released)

