

Within Range

A composite image featuring a man's face with a grid overlay, the Twin Towers, and an American flag. The man's face is on the right, with a grid pattern overlaid on it. The Twin Towers are on the left, and the American flag is on the right. The title 'Within Range' is at the top.

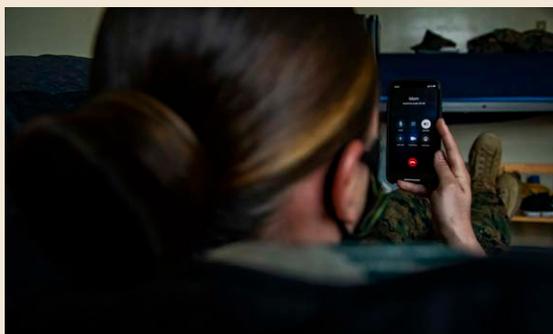


Green Sea Turtles Hatch
This is the second hatching of the year at PMRF, with an earlier event in late August.

Remembering 9/11
Join XO as he walks us through his remembrance of Sept. 11 and how it has changed the lives of many.



Shorten the Distance
The effects of COVID changed the world and way of living for many. The world has turned to technology to close the distance in situations where families are so close, yet so far.

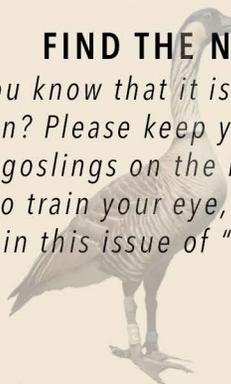


Also in this issue...

- National POW/MIA Recognition Day Poster
- National Preparedness Month
- ACT: Know the Warning Signs

FIND THE NENE!

Did you know that it is Nene breeding season? Please keep your eye out for little goslings on the road and if you need to train your eye, find the hidden Nene in this issue of "Within Range."



Capt. Tim Young
Commanding Officer



Cmdr. Rich Schmaeling
Executive Officer



CMDCS William Eickhoff
Senior Enlisted Leader

Pacific Missile Range Facility Barking Sands (PMRF) is the world's largest instrumented multi-environment range capable of supporting surface, subsurface, air, and space operations simultaneously. There are more than 1,100 square miles of instrumented underwater range, 42,000 square miles of controlled airspace and 21 million square miles of extended range when needed.



RELENTLESS PURSUIT



A DETERMINED NATION

NATIONAL ★ POW/MIA ★ RECOGNITION DAY

September 18, 2020

WWW.DPAA.MIL





WEEK
1

Week 1 September 1-5: Make A Plan

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

WEEK
2

Week 2 September 6-12: Build A Kit

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

WEEK
3

Week 3 September 13-19: Prepare for Disasters

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

WEEK
4

Week 4 September 20-26: Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.



Green Sea Turtles Hatch at PMRF

U.S. Navy story by Tom Clements

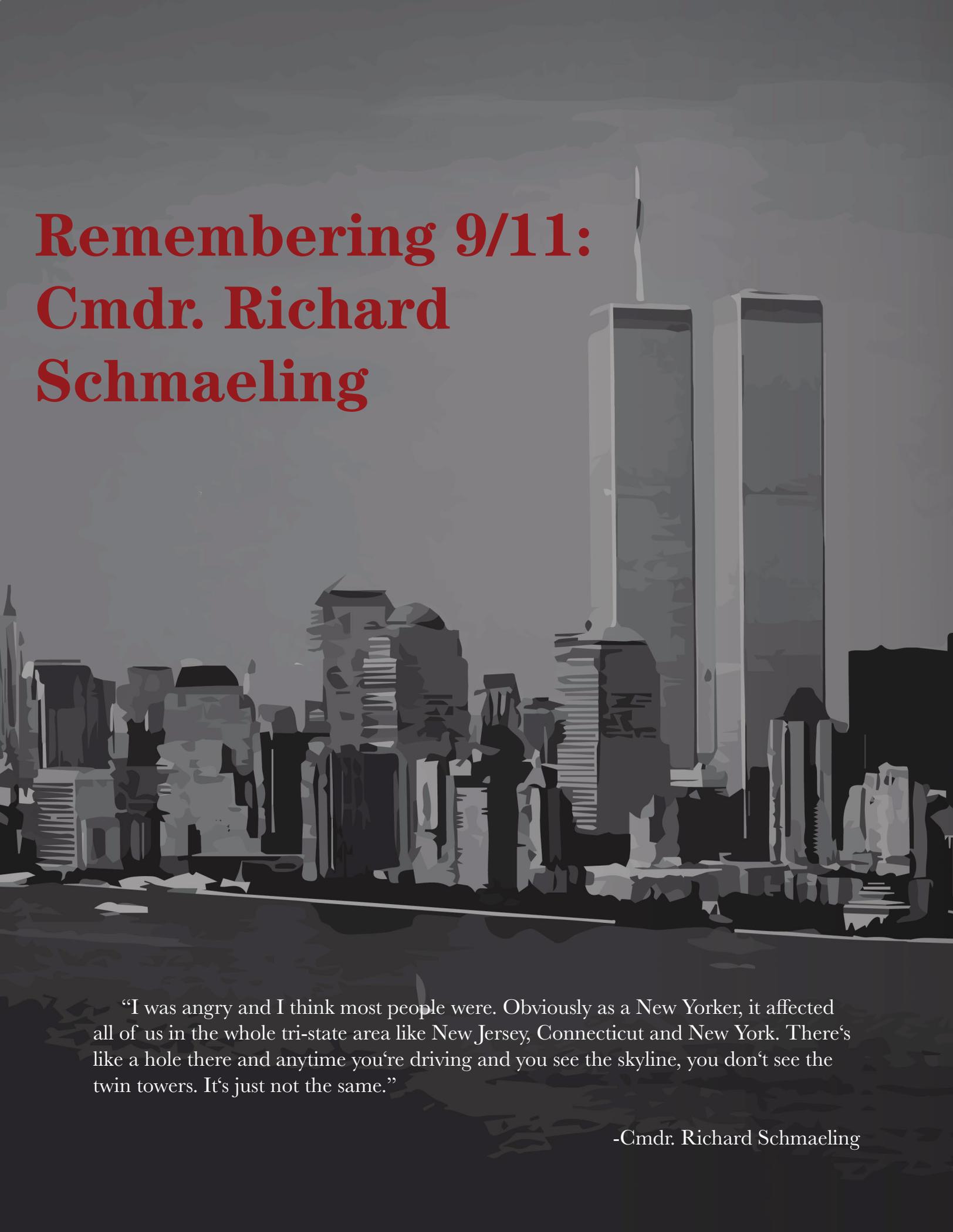
Photos by MCI Erickson B. Magno and Alyssa Piauwasdy

KEKAHA – Green sea turtles hatched from a nest on the shore fronting the Pacific Missile Range Facility (PMRF) on the evening of Sept. 2nd. Tracks were discovered leading from the nest to the ocean the next morning. This is the second hatching of the year at PMRF, with an earlier event in late August.

The nests were discovered in early July by USDA Wildlife Services staff on the shoreline near the southern end of the PMRF airfield. NOAA and Department of Aquatic Resources staff on Kauai were contacted.

These events are the first sea turtle hatchings at PMRF since 2016. Also in 2015, seven nests produced a total of 468 sea turtle hatchlings.

Turtles are frequently seen basking on PMRF at “Turtle Cove”, the outpouring of Nohili Ditch on the north side of the base, and can occasionally be seen at other areas on base as well. The shoreline at PMRF is an attractive location for nesting turtles with miles of intact, sandy beaches, relatively low vehicle traffic and lack of nighttime activity on the beach.



Remembering 9/11: Cmdr. Richard Schmaeling

“I was angry and I think most people were. Obviously as a New Yorker, it affected all of us in the whole tri-state area like New Jersey, Connecticut and New York. There’s like a hole there and anytime you’re driving and you see the skyline, you don’t see the twin towers. It’s just not the same.”

-Cmdr. Richard Schmaeling

It has been 19 years since smoke and dust filled the air, and terror struck New York City, along with the Pentagon and Pennsylvania. The events that changed the way we live in the U.S. have become a distant memory with many and to some, an event never experienced. Today, in the midst of a pandemic that will change the way we live and breathe for months and possibly years to come, a Pacific Missile Range Facility Sailor recalls the events on September 11, 2001.

PMRF's Executive Officer, Cmdr. Richard Schmaeling is a native of Long Island and had many close friends and family affected by the tragedy.

"It was tough because at the time, I had a cousin and an uncle who were working there," said Schmaeling. "Like a lot of people, I was wondering if they were okay but communications were just shot."

Schmaeling at the time had a cousin who worked at the tower and an uncle who traded gold in the World Trade Center. His cousin was luckily on a train on the way to work during the attacks. It was a blessing that he was able to turn around and go home. His uncle on the other hand was inside the building.

"My uncle Michael was trading gold in World Trade Center 4 when someone came in and told them a plane had hit the building. Everyone else had kept trading. When my uncle looked outside he knew something wasn't right and when the second one hit they closed down and left. It was really hard for him because his dad, my grandfather, was killed in a fire when he was a baby."

Schmaeling comes from a family of firefighters. His grandfather was a firefighter who passed in the line of duty in 1952. His father was also a volunteer firefighter.

"The fire department, especially FDNY has always been close to our hearts," said Schmaeling. "My uncle recalls walking out and seeing the firefighters coming in with this blank stare in their eyes. It's like they knew they were going in and weren't coming back out. Especially knowing what kind of condition the structure was in, but they just kept going back in."

Not only did Schmaeling have family near the area but he had friends whose families were also struck by tragedy.

"A few of my friends from school lost their dads because they were New York City firefighters," said Schmaeling. "It hit really close to home for me."

"I talked to other people and for my grandparents, it was Pearl Harbor, and for my mother, it was the shooting

of JFK. For my generation, it was 9/11. It impacted our lives in ways that go far beyond buildings collapsing and people dying. Life changed after that point."

For Schmaeling, this was a defining moment for his career.

"It's crazy to think that I was just this young ensign at the time that was ready to fight for his country," said Schmaeling. "I didn't realize that we would be involved in the longest protracted event in the military that we've ever been in. We're still in Iraq. We're still in Afghanistan. Terrorism is still there and has evolved amongst other things. It's crazy that the events of 9/11 led to my entire military career being involved with all of that. Looking back, all of my past deployments have been to the Middle East."

When choosing to commit to a career in naval service, a lot of friends and family had questioned his decision. After Sept. 11, they understood what his intent was and understood why he had made the commitment.

"I grew up wanting to fly and be in the service," said Schmaeling. "I was right where I wanted to be and when everything happened, people saw what I was doing in a different light. They understood the fact that there is wickedness in this world and sometimes you need people to stand up and protect those who need to be protected. I have wanted to stand up since I was a kid. This gave me an avenue to do it with a bunch of other people who wanted to do the same thing."

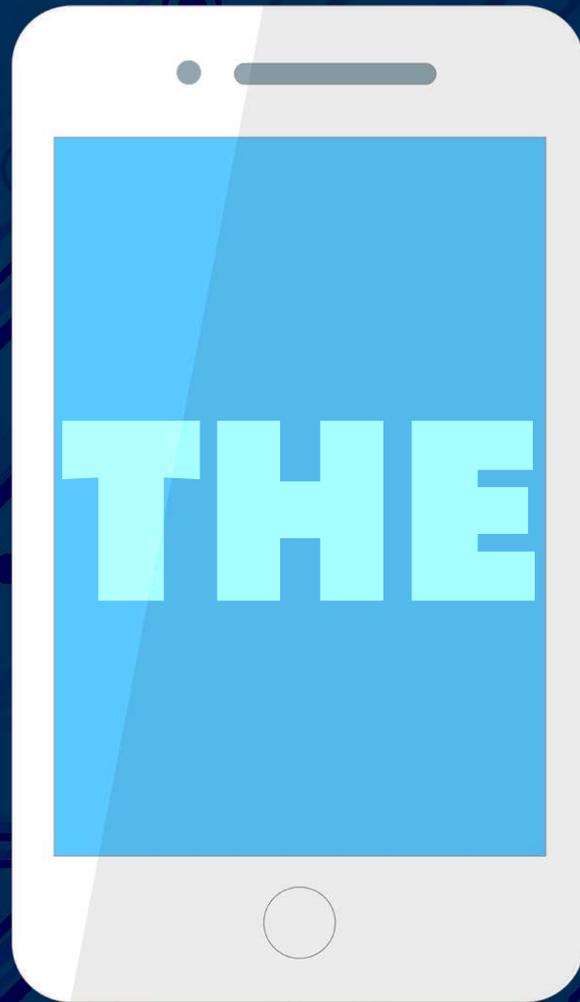
After 9/11, the country had endured a wake-up call that had everyone reacting and working together to help one another.

"The reaction after 9/11 was amazing because that was the most united I've ever seen our country in my lifetime," said Schmaeling. "People were united and people were back in New York. Someone hurt our family and everyone came together which is pretty amazing. It was a heavy price to pay but I still remember everyone wearing flags and finding different ways to help out."

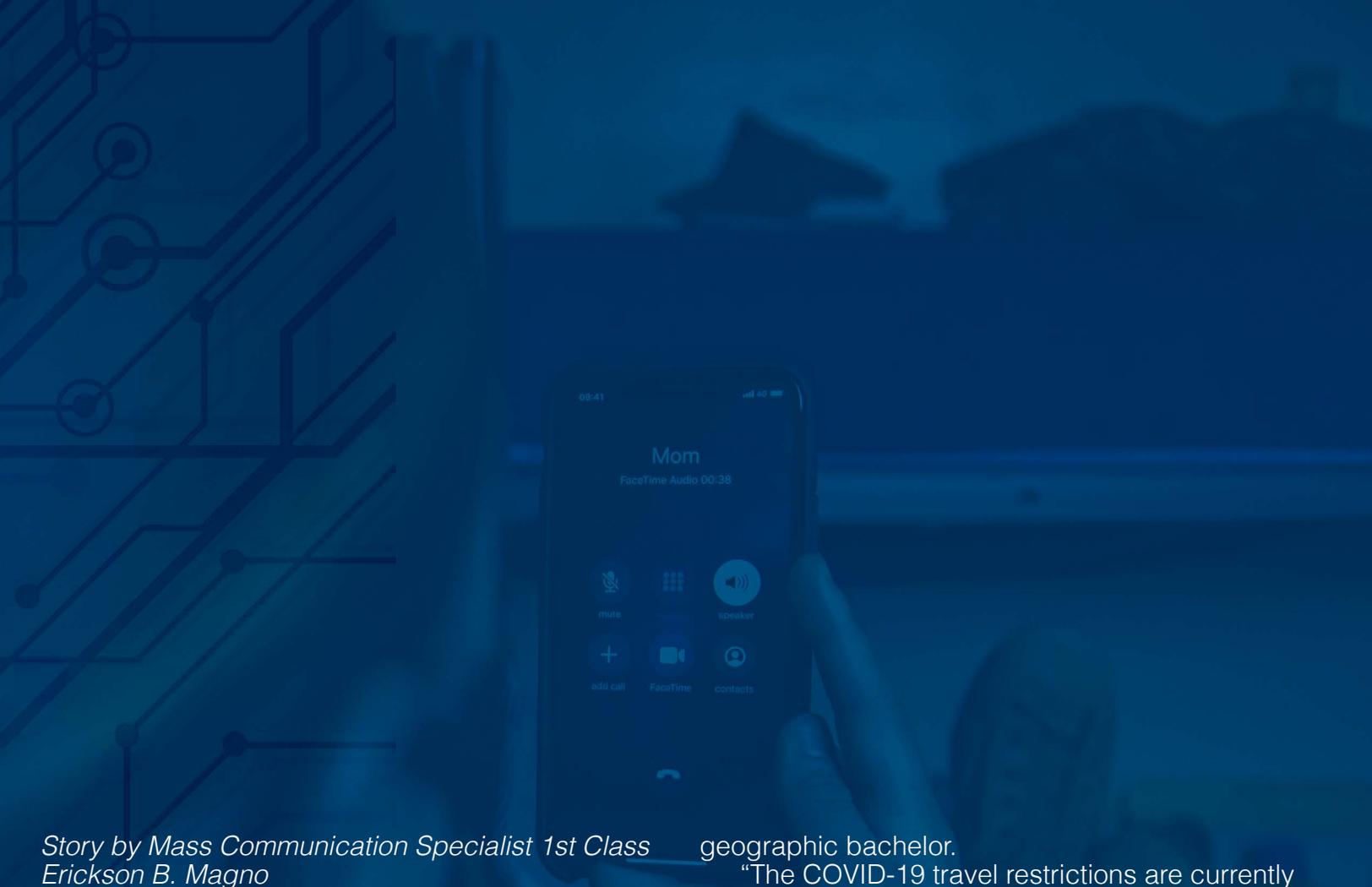
For those who witnessed 9/11, every year on Sept. 11 can be a day to reflect on the events that changed the lives of many. Today, there are members of the military that weren't even born when the events of Sept. 11 took place, but they can learn and prepare themselves for what could be a life-altering moment--especially in the wake of COVID-19.

"The events of 9/11 will be with me because it was a time that defined my adulthood," said Schmaeling. "It set what my life and everyone in our country's lives were going to look like for those who were alive when it happened."

SHORTEN



DISTANCE



*Story by Mass Communication Specialist 1st Class
Erickson B. Magno*

Since striking the world late last year, the effects of COVID have changed the way of living for many. Terms such as face coverings, social distancing and contact tracing have turned into normal vocabulary. The world has turned to technology to close the distance in situations where families are split apart.

For some Pacific Missile Range Facility (PMRF) Sailors, the distance from their loved ones is so close, but travel restrictions make the perceived distance even further.

PMRF's Senior Enlisted Leader, Command Senior Chief William Eickhoff's wife lives on Oahu where she works as a teacher. The recent re-implementation of required quarantine for interisland travelers has added an extra challenge when planning to visit one another.

"When given the short-fused orders to report to PMRF in the middle of a pandemic, the idea was palatable due to the close proximity and cheap airfare of interisland travel," said Eickhoff. "We thought we would be able to see each other at least once a month if not more pending our work schedules. This is just not possible due to a two-week quarantine each time one of us travels."

Naval Air Crewman (Avionics) 1st Class Guillermo Lopez has similar troubles as both his children have been accepted into private schools on Oahu--leading him to the decision of being a

geographic bachelor.

"The COVID-19 travel restrictions are currently preventing me from leaving Kauai to visit my family and vice versa," said Lopez. "Sometimes it feels like I'm deployed because of the travel restrictions."

During this time, Lopez mentioned that his family takes advantage of video conferencing apps, doing their best to connect every day to share and spend time with one another. These times challenge people to find alternative ways of being together while being physically apart.

The effects of COVID can be a long list but not all are bad. For some, it's a chance to dive into new ventures.

"Though it has impacted every aspect of our lives much like everyone else's, we try hard not to look at all the negative situations and focus more on the positive," said Eickhoff. "We are spending much more time at home together, picking up hobbies, getting crafty, fixing things around the house and doing a lot of catching up on recommended shows from friends and family."

Making an effort to stay connected and staying positive are key aspects that seem to appear during these times where social distancing is heavily emphasized.

"My advice is make the effort to connect with positive people in your life in any way possible," said Eickhoff. "The more you surround you and your family with positivity, the less overwhelming things will seem."

Are you or someone you know on a path to suicide?

Know the **WARNING SIGNS!**



	I	I deation	Thoughts of suicide (expressed, threatened, written).
	S	S ubstance Abuse	Increased or excessive alcohol or drug use.
	P	P urposelessness	Seeing no reason for living, having no sense of meaning or purpose in life.
	A	A nxiety	Anxiousness, agitation, nightmares, inability to sleep or excessive sleeping.
	T	T rapped	Feeling as though there is no way out of current circumstances.
	H	H opelessness	Feeling hopeless about oneself, others or the future.
	W	W ithdrawal	Isolating from friends, family, usual activities, society.
	A	A nger	Feelings of rage or uncontrollable anger, seeking revenge for perceived wrongs.
	R	R ecklessness	Acting without regard for consequences, excessively risky behavior.
	M	M ood Change	Dramatic changes in mood, unstable mood.

What to do:

ASK
Ask your shipmate questions that will help you get help: "Are you thinking about killing yourself? Do you have a plan to kill yourself?"

CARE
Tell your shipmate that you are concerned about him or her. Without judgment, express why you're concerned. They may not show it, but they likely appreciate that someone cared enough to say something.

TREAT
Take your shipmate to get help immediately by seeking a Navy chaplain, medical professional or trusted leader. Call 911 if danger is imminent.



You don't have to see every sign to ACT.

Help is always available through the Military Crisis Line.
Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net

