

# Within Range



## Happy Holidays from PMRF

What are Sailors excited for  
during this holiday season?

## USS Saginaw

A look back at the events that took  
place 150 years ago



# CONTENTS



**Happy Holidays at PMRF**  
*A look into the tree lighting ceremony hosted by MWR that took place Dec. 1. Let us then take a look at what our PMRF family is looking forward to.*

## Gold Skates & Gold Anchors

*Join us to see what Chief Jennifer Banes' winter sport of choice is and her journey to where she is at now.*



## USS Saginaw

*150 years ago, this Navy crew was rescued because of devotion, gallantry and the involvement of Hawaii's king.*

## FIND THE NENE!

*Did you know that it is Nene nesting 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."*

*Also in this issue...*

- Care for Yourself Poster
- MyNavy Family Mobile Application

## PMRF TRIAD



**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.

PMRF Public Affairs: Tom Clements, MC1 Erickson Magno



# Care for yourself one small way each day



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies

Find new ways to safely connect with family and friends, get support, and share feelings



Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Treat yourself to healthy foods and get enough sleep



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# Happy Holidays at PMRF

**MWR hosts PMRF's  
drive-thru tree lighting  
ceremony.**





# Faces on Base

What are you looking forward to this holiday season?



"The thing I'm looking forward to the most this holiday season is going on leave. I get to visit my girlfriend and my girlfriends family in Nebraska. We have a lot of great things planned and we're going to have a great time!"

Naval Air Crewman (Operator) 2nd Class  
Tyler Moyer  
Air Operations

"I'm looking forward to spending some quality time with my family and then indulging in some desserts"

Boatswain's Mate 2nd Class  
Jacob Carpenter  
Seaborne Powered Targets



"It will be very different this year with all that's going on in the world. Being new here to PMRF, I'm excited to meet new people and try the new food on the island."

Information Systems Technician 2nd Class  
Enrique Murguia  
Security



"This year will be the first Christmas that my daughter, my wife and I will all be together. Last year, I was deployed so I'm looking forward to spending the holidays with them as a family."

Master-at-Arms 2nd Class  
Marcel Blocker  
Security



"With my wife being from Thailand, I'm very excited to see how different our celebrations are within our own cultures. I think diversity is so important and it's great that I get to share that with my family during this holiday season."

Master-at-Arms 3rd Class  
Nikolas Haniotakis  
Security





# Gold Skates & Gold Anchors

Story and Photos by MC1 Erickson Magno

"The air is crisp, it smells clean and fresh with the slightest rubbery undertones. I'm doing squats and active stretches to keep warm; practicing my jumps on the rubber mats that line the floors just outside the locker room. I am keenly aware not to step on them with my [John Wilson] Pattern 99 blades without covers, or my coaches will sharply correct me. Even the slightest piece of dirt or scratched metal can mean the difference between winning with a clean program, or taking a dive and wasting the day's energy. The anticipation is palpable. My heart beats faster and I'm in a cold sweat. I am ready and engaged. My ice dress is perfectly tailored and ready to be seen by the judges. Everything I've been working so hard for is about to manifest itself into a three minute program."

Chief Logistics Specialist Jennifer Banes grew up figure skating in her hometown of Port Huron, Michigan. She started figure skating when she was 9 years old but it wasn't her first choice of sport.

"Back then, I was absolutely obsessed with captain of the Detroit Red Wings, Steve Yzerman," said Banes. "My dream was to play hockey. Unfortunately, my parents weren't on board with it, because they had spent thousands of dollars on mouth aesthetics from lip bumpers to expanders, and braces--multiple times. My grill was pretty botched up as a kid and hockey was innately a rough sport [laughs]. My younger brother, Jeff, got to play, and I was enrolled in figure skating. As it turns out, I had a knack for it."

Her talent for ice skating took her all over the Midwest and even Canada. The thought of ice shows and skating brings forth many fond memories with family and the community.

"I missed the ice shows in our town," said Banes. "People would come see us skate with differently themed shows each year. I miss the connection and bonds it created with my brother and my dad, specifically seeing them there with me, supporting me, uplifting me and loving me no matter the outcome that day. It brought us together."

Podium finishes weren't uncommon for Banes and has 33 medals to prove it, 18 of which are gold. The support, and love from her family were factors in those wins.

"Hard work, and seeing the results come to fruition on the medal podium always kept me motivated," said Banes. "As incredible a feeling it was to stand

on the podium after giving it everything I had, my most memorable moments were on a pond in front of our family home during rural-Michigan winters. My Dad would go out and shovel the snow, and even place fresh water on the pond to freeze and smooth over if it wasn't up to par. He always prepped it for my brother and I to skate. Oftentimes, I'd play hockey in my figure skates with just the two of them. Sometimes, I would make my brother pretend to figure skate with me even though he didn't have a toe-pick on his hockey skates. It seriously disadvantaged him when it came to scoring each other's moves [laughs]. He always complied with my silly requests."

Banes' family life would eventually take a turn which would slow her rise in the figure skating scene.

"My parents got divorced when I was 15. It was a pretty tumultuous time, and the sport required large amounts of money and dedication," said Banes. "I skated before and after school 5 days a week, and I had competitions all over Canada and the Midwest every few months. My mom eventually pulled me out, and I stopped competing in singles but was then asked to join my high school's skating team where I earned a varsity letter. I firmly believe each step of this journey has worked out for the best. Had I continued on the path of being a competitive figure skater, I would have never had the pleasure of becoming a Navy Chief."

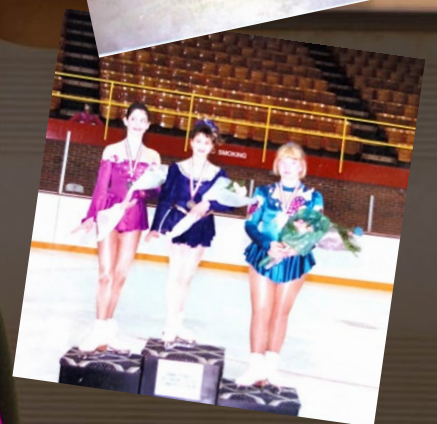
As Banes continued on as a Sailor, she had various duty stations and started to miss skating. She began finding a new avenue for expression especially after receiving tragic news.

"My brother overdosed in 2010, and Yin Yoga was introduced to me within a mere week of his passing," said Banes. "It provided me with mental and emotional tools to reclaim my own desire to live and move on in a way which honored his life. The determination and fire that skating birthed in me was rekindled when I found yoga. There is a similar and graceful strength of awareness cultivated and called on between the two."

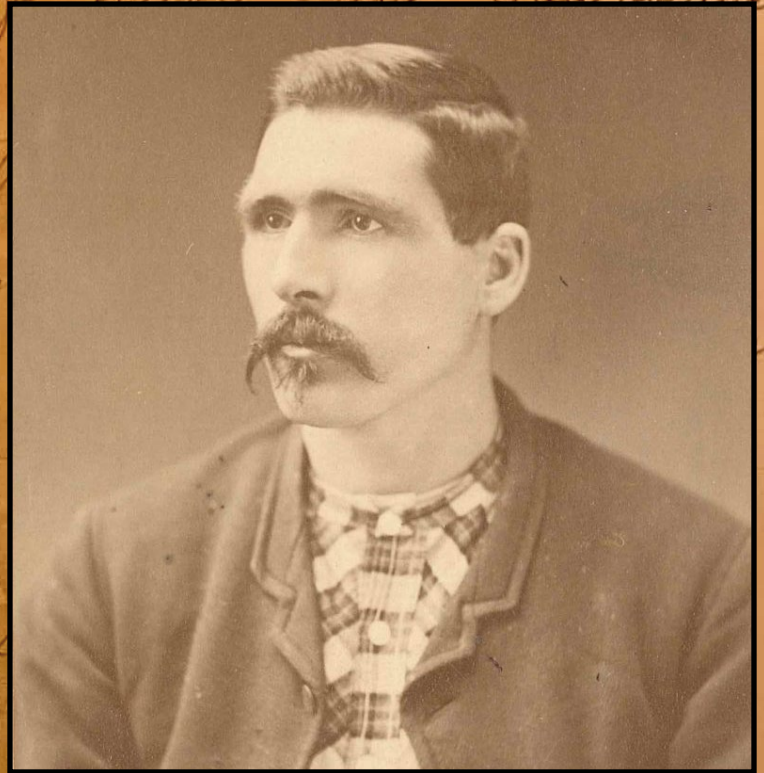
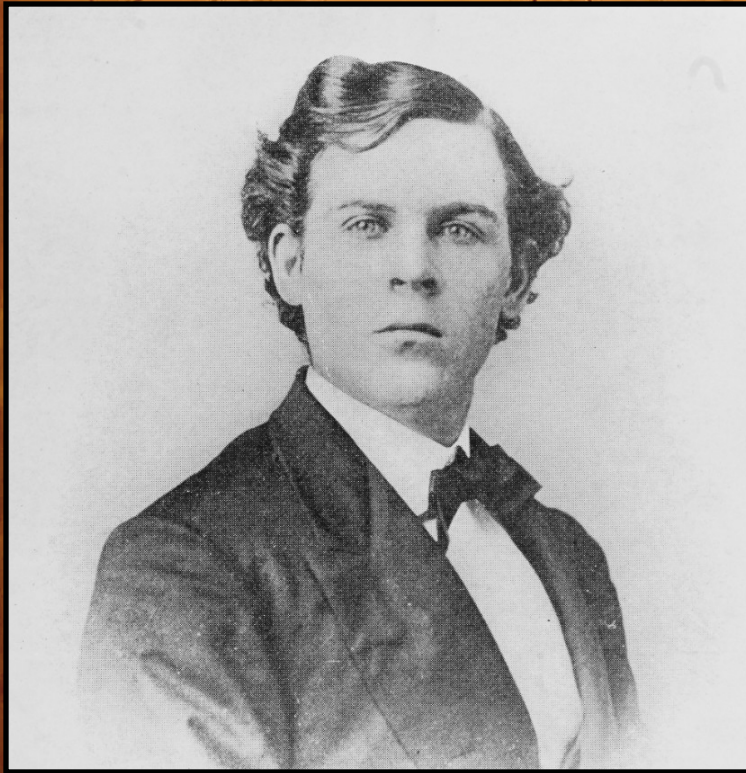
As Banes continues to learn and progress in her practice, she undoubtedly adapts that ability to learn within her own life and career.

"There is an immense drive that comes from being a skater and an athlete in general," said Banes. "I will say that as I've grown in my yoga practice, I realize that there must be a balance and acceptance of where I am mentally, physically, spiritually, emotionally, geographically, etc. This is part of growing into who I am becoming and where I am going in life."



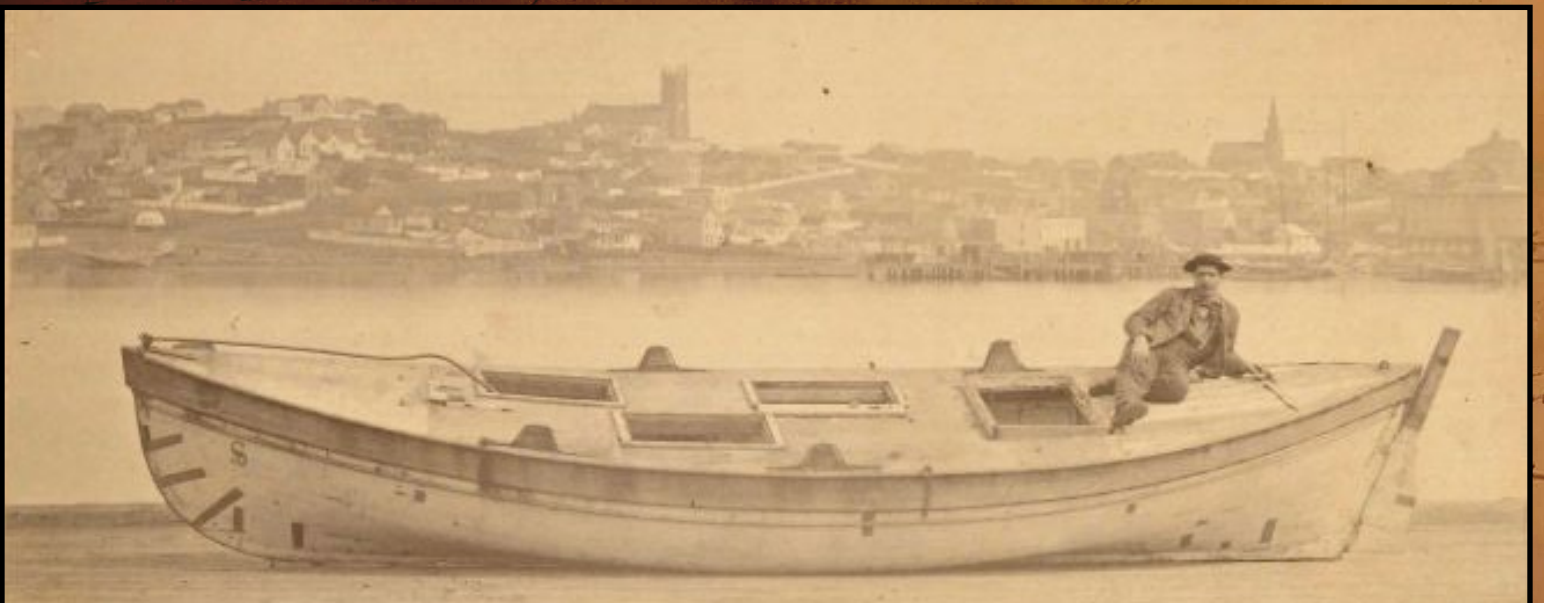




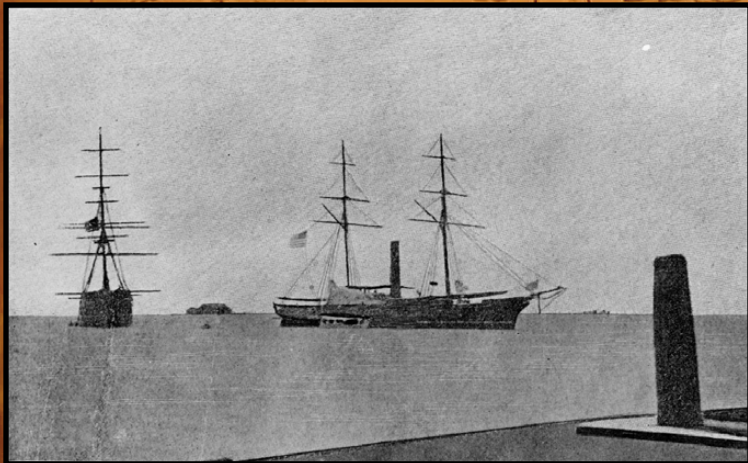


*You will assume command of the ship  
which has been kept at anchor for  
voyage to Honolulu.  
part you will visit the U.S. Consul & the  
regarding the sailing of a vessel to  
to such a port seems to you convenient*

USS Saginaw: 150 years ago, this  
Navy crew was rescued because  
of devotion, gallantry and the  
involvement of Hawaii's king







By Tom Clements, Pacific Missile Range Facility  
Public Affairs

KEKAHA, Hawaii – The USS Saginaw, a wooden side-wheeler powered by sails and steam engines, was the first naval vessel built on the West Coast. First launched in 1859, she saw service in the Pacific including China, Japan, Mexico, Central America, and Alaska. The vessel served its last deployment in 1870 in what is now Papahānaumokuʻkea Marine National Monument.

For six months, the vessel provided support for divers attempting to clear a channel into the lagoon at Midway Atoll. Following that effort, the ship set sail for Kure Atoll to look for stranded sailors. Instead, in the pre-dawn hours of October 29th, the USS Saginaw ran aground on the reef and the crew became stranded themselves on Kure. Quick actions by the captain and crew enabled provisions to be brought ashore before the ship broke up in the surf.

Realizing these provisions were limited, and that timely rescue was unlikely, the ship's gig was customized for ocean navigation and a crew of five brave volunteers set out on Nov. 18th for a 1,400 mile journey to Honolulu. Surviving storms and dwindling provisions, executive officer Lieutenant John Talbot finally made sight of Kaula Island 25 days later and changed course for Kauai. On the evening of Dec. 18, the gig was in rough waters outside of Hanalei



and drifting eastward.

The crew, weakened by the ordeal, saw only one survive the difficult landing in rough surf at Kalihikai. Coxswain William Halford awoke on the sand and was eventually assisted by Peter Nowleins, and Mrs. Julia Bindt.

On Christmas Eve, Halford arrived in Honolulu and sought assistance from Henry A. Peirce, the U.S. Representative to the Sandwich Islands. The same day, the schooner Kona Packet set sail for Kure Atoll. At the insistence of His Royal Highness Kamehameha V, the royal steamer Kilauea also set out on the rescue voyage on Christmas Day. The Kilauea reached Kure on Jan. 4th, and the Kona Packet the following day, both aiding in the rescue of the 88 still stranded.

Lieutenant Commander Montgomery Sicard, the commanding officer of the USS Saginaw, in writing to the Secretary of the Navy regarding the men who gave their lives on the gig, "I don't know that I sufficiently express my deep sense of their devotion and gallantry; words seem to fail me in doing justice to my feelings in that respect."

The gig is currently being conserved in the Naval History and Heritage Command's Conservation Management Facility in Richmond, VA.

For photos and more information on the USS Saginaw, please visit [www.history.navy.mil/browse-by-topic/ships/ships-of-steam/saginaw.html](http://www.history.navy.mil/browse-by-topic/ships/ships-of-steam/saginaw.html).







# MyNavy Family Mobile Application

Updated 2020



An official U.S. Navy mobile application produced by the PMW 240 Program

## What is the MyNavy Family app?

The MyNavy Family application is for Navy spouses and Sailors' families, combines authoritative information from a wide range of websites into a single, convenient application. New resources and links continue to be added, like those for the COVID-19 pandemic.

Popular features of this app include those listed below.

### Military Installation Search

Find information about every military installation around the world with contact information, base map, programs, and services, plus an overview of its mission.

### MyNavy Career Center

Get help and information from this 24/7 resource with an in-app ability to call or send an email to a customer service representative.

### Emergency Contacts

Access websites and phone numbers for immediate support from a range of organizations, such as National Suicide Prevention Lifeline, Sexual Assault Crisis Support, National Domestic Violence Hotline, and others.

### My Military OneSource

Access the wealth of relevant benefits and services offered by the new My Military OneSource app.

### Calendar

Add dates and events to calendars associated with a user's mobile devices.

### Content Sharing

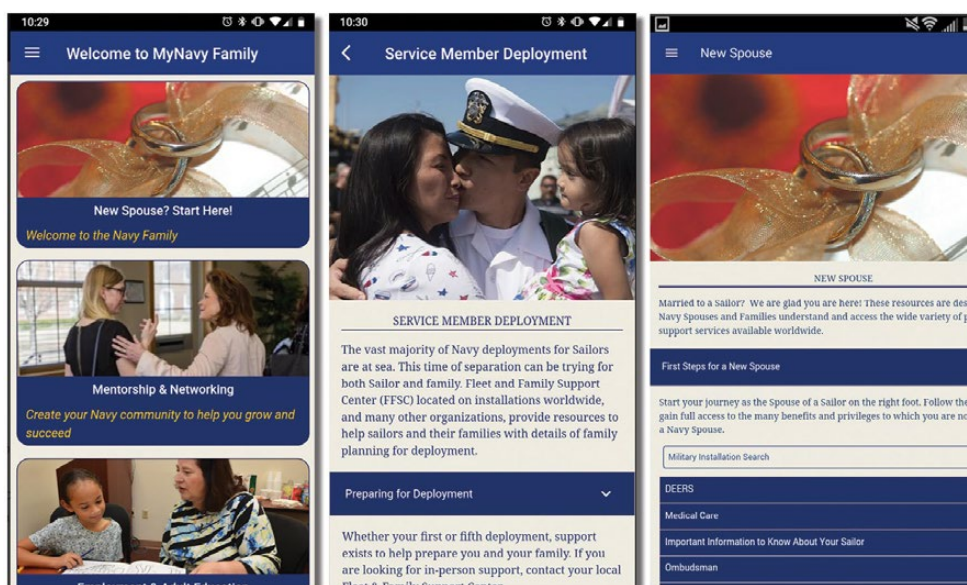
Share information by using other mobile device applications, such as email, SMS text, and iMessage.

### TOPICS OF INTEREST

Available information and resources cover a wide variety of topics within the following categories:

- ✓ New Spouse
  - My Military OneSource
- ✓ Mentorship & Networking
- ✓ Family Financial Planning
- ✓ Parenthood
- ✓ Moving & Relocation
- ✓ Service Member Deployment
- ✓ Transition & Retirement
- ✓ Survivors Resources
- ✓ Emotional Support Services
  - Chaplain's Religious Enrichment Development Operation (CREDO)
- ✓ Recreation, Lodging, Shopping & Travel
- ✓ Parents & Family Members of Sailors
- ✓ Family Emergencies
  - Pandemic Resources
- ✓ Employment & Adult Education
- ✓ Special Needs Family Support
  - Exceptional Family Member Program (EFMP) & Me
  - EFMP Smartphone App
  - Partners in PROMISE

*Topics in blue are the most recent releases.*



Google Play App Store: Click [HERE](#) to download app.

Apple iTunes App Store: Click [HERE](#) to download app.

Learn more & download the app here: [applocker.navy.mil](https://applocker.navy.mil)