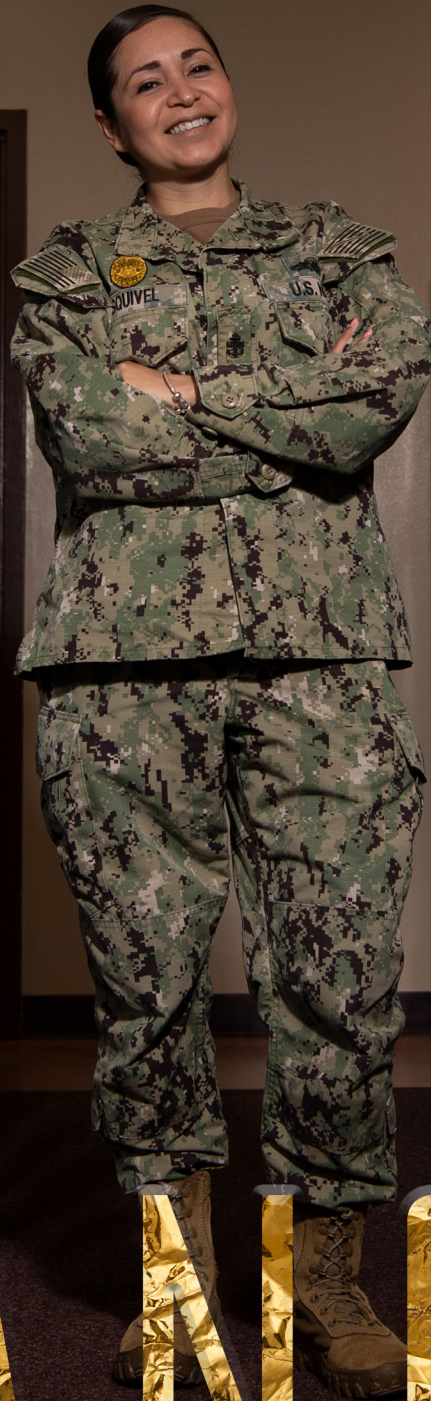


W T H N



R A N G E

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CHIEF MASTER-AT-ARMS KEYS TO SUCCESS.

Practicing good social distancing, we had a chat over email with Chief Esquivel and her keys to success. Check out what she had to share. (pg. 4)

FROM ANCHORS TO CREST.

We follow Chief Esquivel's story as she talks about her journey through her naval career and how she flourished to be a Chief and now an Ensign select. (pg. 5)



A HELPING HAND FROM AIR TO LAND.

Naval Air Crewman 2nd Class Giraldo steps up and jumps into action after coming across an accident right off the highway. (pg. 7)

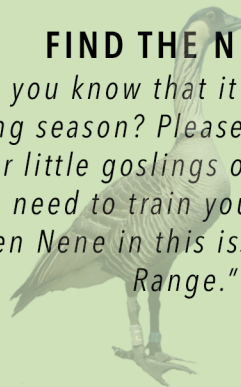
ALSO IN THIS ISSUE...

- A SALUTE TO SOME OF OUR WOMEN IN UNIFORM.
- COVID-19 PREVENTION TIPS
- #PMRFCARES. A VISUAL REPRESENTATION OF OUR VOLUNTEER PROGRAM.

FOR UPDATES AT PMRF AND AROUND THE NAVY
FOLLOW US ON FACEBOOK AT
[WWW.FACEBOOK.COM/PACIFICMISSILERANGEFACILITY](https://www.facebook.com/pacificmissilerangefacility)

FIND THE NENE!

Did you know that it is still 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."



PMRF TRIAD



Capt. Tim Young
Commanding Officer



Cmdr. Rich Schmaeling
Executive Officer



ACCS Ahamed Sheriff
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, MC2 Sara Trujillo



WOMENS HISTORY MONTH



THANK YOU FOR ALL THAT YOU DO.

MY PERSONAL KEYS TO SUCCESS ARE...

Earn my paycheck.

What am I being paid to do? Whatever the requirements are of my paygrade, are not a choice. I HAVE to because the Navy is paying me to. This extends from qualifications, GMT, Training requirements, medical readiness, etc.

If I'm eligible for the next paygrade, then I need to be qualified to that next paygrade.

If I'm ready to test, then I'm also ready to be qualified. This has saved me time, because when I got promoted, I already had the requirements of that paygrade.

I am my biggest and only competition.

Everyone's goals are different. Everyone's care/concern and intentions are different.

Take care of those around.

Take care of peers up and down the Chain. Those around us are sometimes all we have.

Do everything to the best of my abilities.

Be flexible.

Be prepared for change because in the Navy, it is a part of our lives.

Trust but verify.

Information changes constantly. Trust, but it is ultimately my responsibility to verify.

In anything, there are always 3 sides:

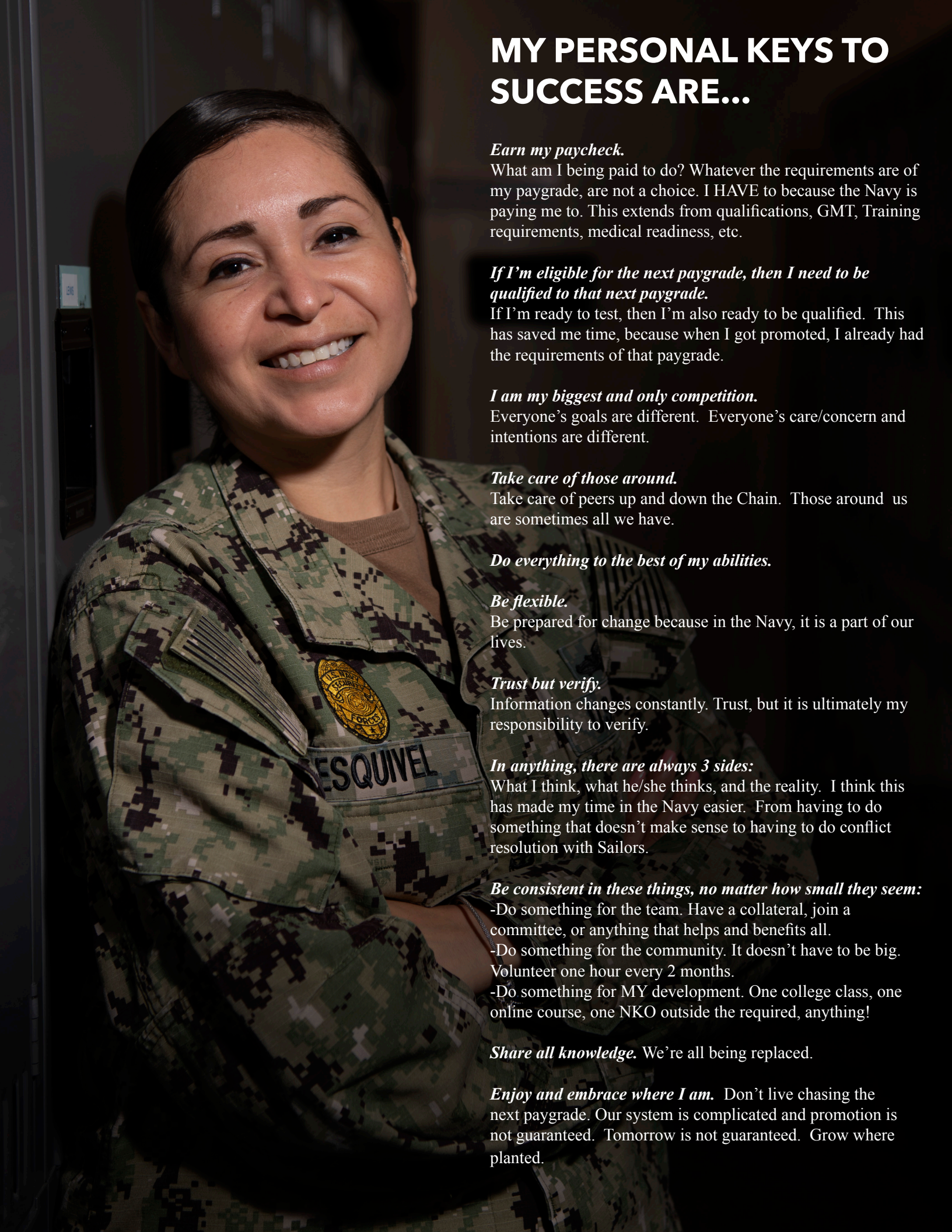
What I think, what he/she thinks, and the reality. I think this has made my time in the Navy easier. From having to do something that doesn't make sense to having to do conflict resolution with Sailors.

Be consistent in these things, no matter how small they seem:

- Do something for the team. Have a collateral, join a committee, or anything that helps and benefits all.
- Do something for the community. It doesn't have to be big. Volunteer one hour every 2 months.
- Do something for MY development. One college class, one online course, one NKO outside the required, anything!

Share all knowledge. We're all being replaced.

Enjoy and embrace where I am. Don't live chasing the next paygrade. Our system is complicated and promotion is not guaranteed. Tomorrow is not guaranteed. Grow where planted.





Story and Photos by MC1 Erickson B. Magno

“Women and men are different, and that is what makes the Navy stronger and more diverse. We contribute different perspectives and different leadership styles.”

At the Pacific Missile Range Facility, Chief Master-at-Arms Julia Esquivel is a part of a few different groups such as being a chief, being a woman and being hispanic. Recently, she’s been chosen to join the ranks of mustangs--officers who were previously enlisted personnel.

Originally from Mexico, Esquivel moved to the United States at the age of 8.

“When I was 8 we moved to Warner Robins, Georgia,” said Esquivel. “I didn’t know english, so I remember having to learn it and trying to communicate using hand signals and drawings.”

Just four years after moving, Esquivel started working at the age of 12 after school as a hostess at a restaurant. In her last two years in high school she began a work-study program where she would spend half the day at school and the rest at the restaurant.

“I would finish work at 11 p.m. then do it all over again, with working full days on Saturdays and Sundays all day,” said Esquivel. “For years, I got to see the employees and the customers do the same routine. I just knew I wanted something different. I knew I wanted to travel, further my education, and leave Georgia.”

As Esquivel was about to finish high school, she knew she did not want to become another “statistic” so she went to a

recruiter to enlist in the United States Navy.

“I just wanted to leave as soon as possible and didn’t negotiate any specific rate,” said Esquivel. “I wanted whatever would ship me out the soonest, which was being undesignated. My recruiter talked me out of it and three months later Master-at-Arms came up.”

Coming up through the ranks, Esquivel used her diversity as a way to separate herself from others and a way to stand up.

“Working in a predominantly male rate, I’ve had to stand my ground,” said Esquivel. “I’m not a screamer nor do I have an ‘alpha’ type of personality, so it confuses people into believing that I’m a pushover. Therefore, it causes this element of surprise when I’ve had to respond, or push back when I don’t agree with something and voice it.”

Esquivel was promoted to the rank of chief petty officer in 2019. After 7 months of being a chief, she was selected to be a limited duty officer.

“We received the news almost 2 months ago,” said Esquivel. “I won’t be commissioning for another year so I’m saving my excitement until that day. I feel beyond blessed and extremely grateful for everyone who made this possible.”

While Esquivel was going through Chief season, she first did not apply. It wasn’t until the submission dates shifted when she decided to take the chance.

“Everyone kept messaging me about my application and encouraging me to apply, but I kept coming up with the excuse of not having enough time,” said Esquivel. “It wasn’t until I was working on my qualifications and had Lt. Gonsalves sign off on some of them. He was so persistent and gave me a speech about my future, my goals, and about trying. It was what he said and the way he said it that inspired me to do it. That night, my husband and I stayed up all night putting together my package. Lt. Lambrix set up my appraisal boards then I submitted my package. I had zero hope of getting selected because I had nothing new on my application but I knew I had to try because it was the last time I would be eligible.”

Esquivel’s career has been fueled by the time and effort that she has put into it. As a chief and next year an Ensign, she will be looked at as a role model for other female Sailors.

“There are a lot less women than there are men so there might be pressure at times but never forget that we are needed and wanted in the Navy,” said Esquivel. “If there are two who don’t support you, right next to them are 200 that do support you. You are the only one who can limit yourself.”



COVID-19 Prevention Tips

Wash Hands Regularly

Wash with soap and warm water for at least 20 seconds before and after handling food, using the restroom, caring for someone who is sick, handling pet food, disposing of garbage, blowing your nose, coughing or sneezing.



Avoid Touching Eyes, Nose and Mouth

These parts of the body are highly susceptible to the spread of bacteria due to the accessibility germs have to take up residence in the mucous membranes.



For more info, visit:
CORONAVIRUS.GOV

Practice "Social Distancing"



Maintain a distance of at least 6 feet between you and other people. Avoid public transportation whenever possible, limit nonessential travel, avoid gatherings of more than 10 people. Avoid eating and drinking at bars, restaurants and food courts.

Cover Coughs and Sneezes



Cover coughs and sneezes with a tissue, so as not to spread the bacteria to others. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

A HELPING HAND FROM AIR TO LAND

PHOTOS AND STORY BY: MC1 ERICKSON B. MAGNO

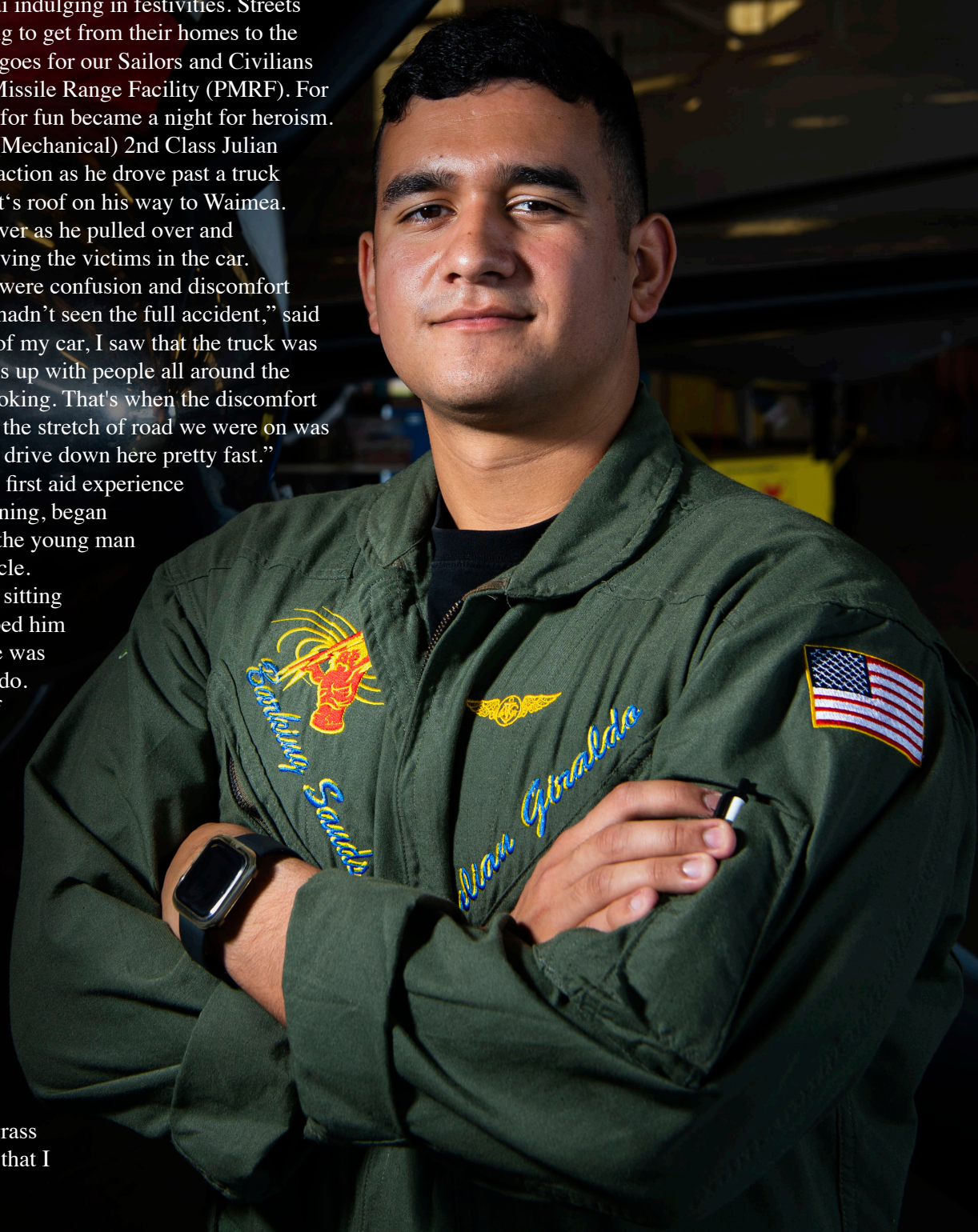
KEKAHA, Hawaii -- The Waimea Town Celebration had the west side of Kauai indulging in festivities. Streets were filled with cars trying to get from their homes to the celebration and the same goes for our Sailors and Civilians who work at the Pacific Missile Range Facility (PMRF). For one Sailor, a night meant for fun became a night for heroism.

Naval Air Crewman (Mechanical) 2nd Class Julian Giraldo had jumped into action as he drove past a truck that was flipped up onto its roof on his way to Waimea. Giraldo's instincts took over as he pulled over and immediately started removing the victims in the car.

"My initial reactions were confusion and discomfort because of the fact that I hadn't seen the full accident," said Giraldo. "Once I got out of my car, I saw that the truck was on its roof with the wheels up with people all around the truck just standing and looking. That's when the discomfort kicked in because I knew the stretch of road we were on was a highway and many cars drive down here pretty fast."

Giraldo, having basic first aid experience from his Aircrewman training, began administering first aid to the young man who was driving the vehicle.

"I saw the driver was sitting close to the road so I helped him move onto the grass so he was out of danger," said Giraldo. "I asked him what hurt, if he had any back or neck pain, and if he could move all his fingers and toes. He had cuts on his knees, muscle soreness and numbness on his left thigh, and blood coming from his right ear. I put on my gloves and I cleaned the cuts with a little alcohol wipe, but it caused too much stinging for the driver so opted to use water to get the dirt and grass out of the cut. Once I did that I





applied a sterile pad and bandage gauze to wrap it. I could tell he was going into shock from the moment I got there so I made sure to keep talking to him letting him know he was okay and help was on the way. I just wanted him to try and stay calm and relax.”

Naval Aircrewman are constantly in the air ready to take action in any emergency. There is no room for hesitation and Aircrewman must maintain their composure in a high stress situation such as the one that faced Giraldo.

“My adrenaline was definitely pumping through my body,” said Giraldo. “I was amazed as well because looking at the crash and at the drivers injuries, I could see it was a miracle. All I thought about during this situation is that if anything like this happened to me, I would want someone there to help me and comfort me in any way possible. This is how I was able to keep my emotions in check.”

After a moment, emergency rescue services arrived and relieved Giraldo. The victims of the accident were attended to and were taken to the nearest healthcare facility.

“After emergency medical showed up and took over, I felt like I had done exactly what I was expected to do as a person, Sailor, and American,” said Giraldo. “We help those in need no

"I felt like I had done exactly what I was expected to do as a person, Sailor and American"

matter what. That’s why I joined, to help those in need, protect those who I love and those who can’t protect themselves. I was happy to help, and I wish that if something like this happens to me or someone I love, there will be someone who will do what I did and help in any way possible.”

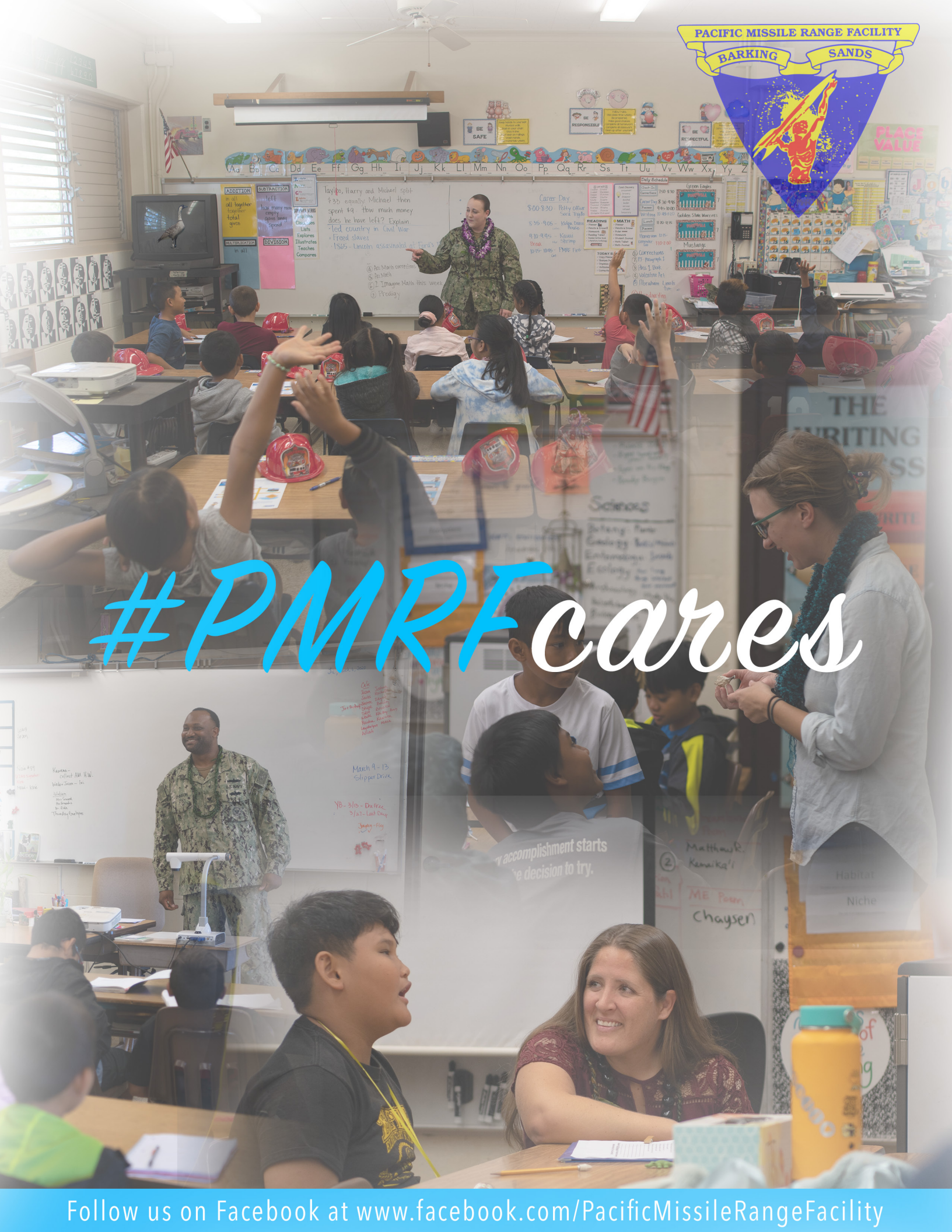
On March 18th, 2020, Giraldo was acknowledged by the families of those who were affected by the accident.

“Our family feels that AWF2 Giraldo’s professional response and

actions above and beyond the call of duty are deserving of commendation,” said the Martin and Courtney families. “He is an apparent sterling example of the Navy’s finest, and an exemplary human being.”

Giraldo’s actions were a reflection of his integrity and honor.

"I am extremely proud of Petty Officer Giraldo and his actions," said Capt. Tim Young, commanding officer of PMRF. "He showed tremendous courage by reacting expeditiously and professionally. Petty Officer Giraldo embodies the spirit of PMRF by helping those in need, and his selfless actions set the example for all of us."



#PMRFcares

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We Can Do It...

and She

DID

WOMEN'S HISTORY MONTH



**HONORING THE PAST,
SECURING THE FUTURE!**

