

# Within Range



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**PMRF Earth Day Highlights  
Education, Partnerships and  
Conservation**

PMRF was excited to host a range of local schools for an Earth Day event on base. Come check out all the amazing projects and activities shared with these students!

**Buddhist Reverends Bless  
Historic Saki Mānā Japanese  
Cemetery**

The Saki Mānā Japanese Cemetery is one of the few remaining sites from the Mānā Camp plantation town. Members from Waimea Shingon Mission and Kauaʻi Buddhist Council came to PMRF to honor this site and those interred.



**The Road Towards  
Mental Health Crisis,  
Finding the Off-Ramp**

Mental health can often be a difficult topic to discuss. Thank you Lt. Sallinger for sharing your personal story and spreading awareness on the impacts of this prevalent subject.

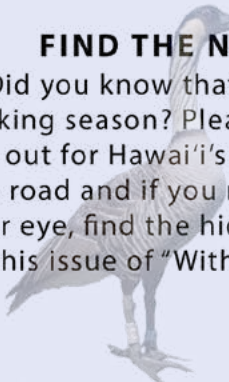


**Also in this issue...**

- Electrical Safety
- Electrical Safety Around Water
- In Case You Missed It...

**FIND THE NENE!**

Did you know that it is Nene flocking season? Please keep your eye out for Hawaiʻi's state bird on the road and if you need to train your eye, find the hidden Nene in this issue of "Within Range."



**PMRF TRIAD**



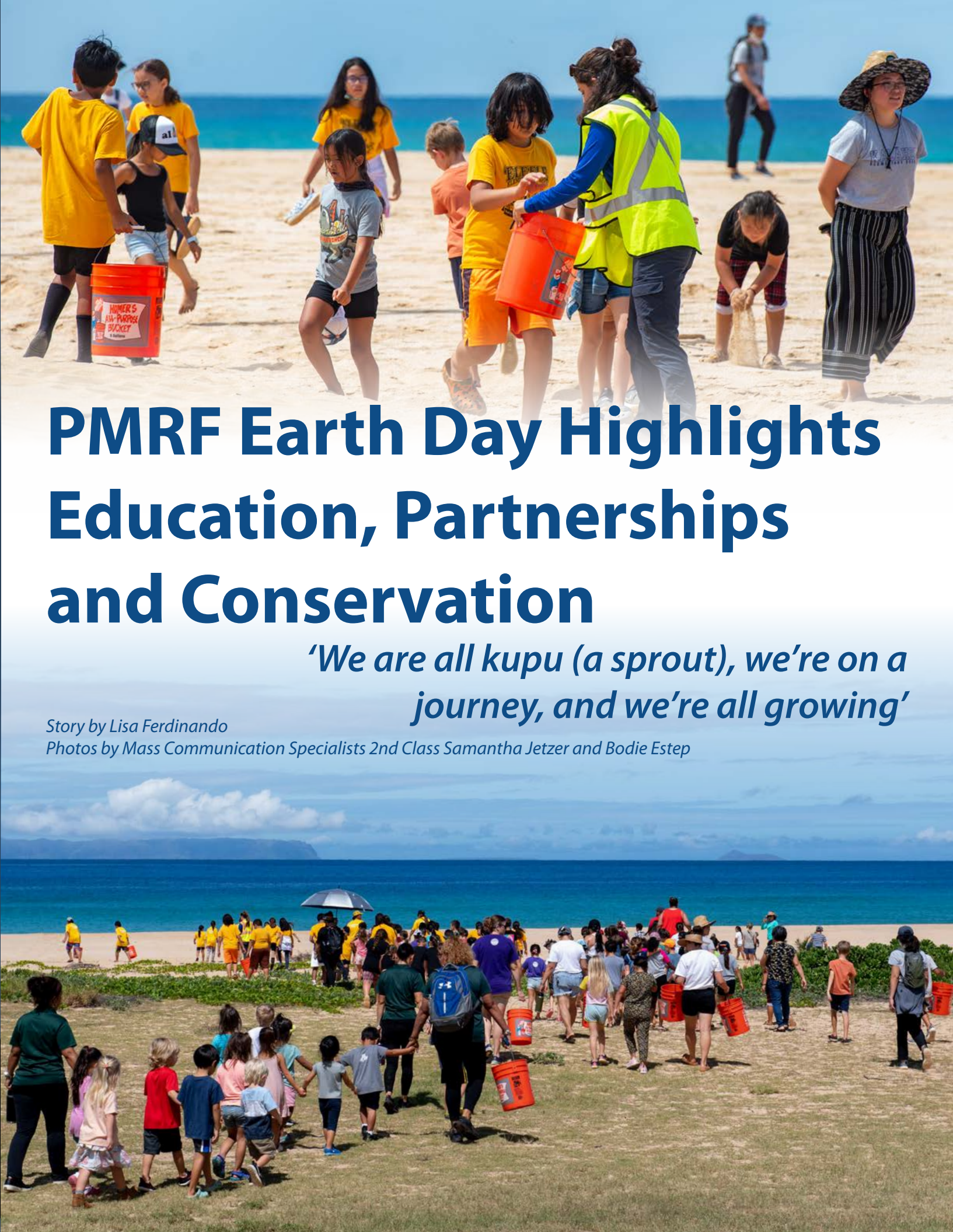
**Capt. Brett Stevenson**  
Commanding Officer



**Cmdr. Kacee Jossis**  
Executive Officer



**CMDCM William Kalmbach**  
Command Master Chief



# PMRF Earth Day Highlights Education, Partnerships and Conservation

*'We are all kupu (a sprout), we're on a  
journey, and we're all growing'*

Story by Lisa Ferdinando

Photos by Mass Communication Specialists 2nd Class Samantha Jetzer and Bodie Estep

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 2.1 million square miles of extended range when needed.

PMRF Public Affairs: Lisa Ferdinando, MC2 Samantha Jetzer, MC2 Bodie Estep





The young eyes locked on Timothy Golden in eager anticipation of what was to come. A quiet fell over the crowd and then, **POPI!** a white plume suddenly appeared and delightful cheers erupted from the visiting schoolchildren. Golden, a meteorologist at Pacific Missile Range Facility, had made a cloud.

The crowd-pleasing science experiment was part of Earth Day celebrations by the beach at Waiokapua Bay that provided educational demonstrations and showcased efforts to conserve and protect the environment.

“As part of living in Kauai, the

Garden Island, we are surrounded by natural beauty all around us. These natural resources are part of what makes the installation so special,” said PMRF Environmental Director Jessi Behnke.

Personnel aboard PMRF take great pride in their role as caretakers of the cultural and natural resources they are entrusted with here, she said. This Earth Day celebration embodied that commitment, and highlighted the importance of working with partners, she noted. The topics centered on a shared desire to care for the land and invest in the planet, according to Behnke. It is important to educate and

engage the community, and share information on how each person can make a difference, she added.

“Mahalo to the schools, partner agencies, and PMRF sailors and civilian personnel who were a part of the event to support and protect our natural landscape,” she said.

Heading out to the beach, the participating sailors, civilian personnel, and more than 125 children from three area schools gleaned the coastline for debris and trash. In a friendly competition, the teams removed approximately 385 pounds of trash from the environment.

In another highlight of the day, the children watched in rapt attention as Kawehi Harris, a biological science technician with the U.S.



Department of Agriculture for PMRF, Barking Sands, used commands and demonstrated how Sweep, a bird hazing dog, safely removes birds from the airfield and other areas, to prevent bird strikes that could be dangerous to the bird and personnel.

Other events included PMRF demonstrations on protecting and conserving native plants and animals, and partner agencies sharing the work they do to safeguard the environment. Participants planted native Pōhuehue, or Morning Glory, in front of the Shenanigans beachfront restaurant, and recycled and composted waste from lunch.

“Earth Day to me and everyone on our team is every single day,” Tara del Fierro Duran, an archaeologist and the cultural resources manager at PMRF, noted about this special tribute day.

“On Earth Day I just want to recognize that we are all kupu (a sprout), we’re on a journey, and we’re all growing,” she told the children, adding, “Today we’re celebrating our journey here with our environment, with the land, and in journeys with each other in the communities we are with, and with many schools here.”

Located on southwestern Kaua’i, PMRF protects and conserves

native Hawaiian plants and wildlife across the installation landscape. The diverse wildlife includes Hawaiian Nēnē geese that can be seen in families walking about the installation, and Hawaiian Monk seals and sea turtles that emerge from the deep blue to come to the beaches. Hawaiian Hoary Bats roost in trees, while protected seabirds nest on the coastline, and spinner dolphins and whales swim off the coast.

“It’s a wonderful opportunity to have you out here at PMRF at this beautiful beach,” PMRF Commanding Officer Capt. Brett Stevenson told the children. “We love our island home here and we want to make it as beautiful and as safe as we can. I’m so thrilled that all of you were able to come here today to help us out with that.”

The day was a huge success, according to the PMRF team, who recognize and thank the partners that participated in the Earth Day event: Save Our Shearwaters, Kauai Invasive Species Committee, DLNR Division of Forestry and Wildlife, DLNR Division of Aquatic Resources, the National Oceanic and Atmospheric Administration, UH Sea Grant, Zero Waste Kauai, USDA Wildlife Services, and The Nature Conservancy.







# Buddhist Reverends Bless Historic Saki Mānā Japanese Cemetery

Story and photos by Mass Communication Specialist Second Class Samantha Jetzer

The soft chime of bells ring out atop a small hill on the flat plain of Mānā. Incense swirls calmly through the air where some of the last remains lie of the Mānā Camp, the 19th century plantation town. Graves from the remaining Japanese cemetery are visited by members of Kaua'i's Buddhist community and Pacific Missile Range Facility (PMRF), Barking Sands, for a blessing ceremony.

Reverend Tomo Hojo, the president of the Kaua'i Buddhist Council, and Reverend Kohtoku Hirao, with Waimea Shingon Mission, conducted sanbujo (welcome chant), chanted sutras (scriptures and prayers to buddhas and bodhisattvas), and offered flowers, incense,

Hawaiian salt and blessed sand to the remaining spirits of the town during the ceremony. Following these blessings, the reverends and attendees concluded the ceremony by laying flowers at each remaining gravestone and sprinkling them with blessed sand to honor those interred.

Before commencing the ceremony, Reverend Hirao said a few words to welcome everyone to the event.

"Today, we are thinking of the ancestors of Mānā, all of their joys and difficulties, and the many who lived out their lives here. ...It is due to the spirit of our ancestors that we who have followed them enjoy peaceful lives...May the spirits of Mānā continue to watch over and

protect this land and may PMRF continue to be a safe place."

The cemetery lies within a stone's throw away from the aircraft hangar and has graves dating back to 1858. With the introduction of the sugar plantations, immigrants began to arrive on Kaua'i from Japan, Korea, China, Philippines, Portugal and elsewhere for job opportunities. On the west side of the island, this created what was once a thriving plantation town commonly known as the Town of Mānā or Mānā Camp. Most of the population on these plantations were segregated. Saki Mānā was known as the Japanese camp.

Shigeo Luke Masukawa, event liaison for Waimea Shingon Mission,

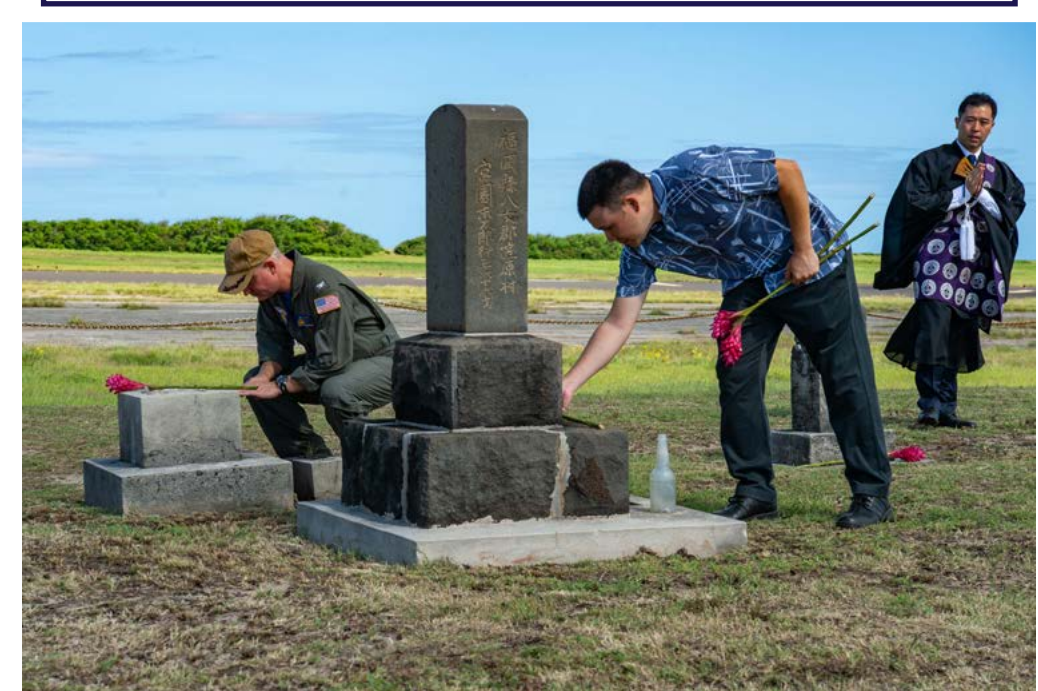
was in attendance at the ceremony and shared the meaning behind the event as well as some of the history of the area.

"We're honored to be here and for an event to be put together to pay some respect to the Japanese immigrants who are buried here," said Masukawa. "They weren't aware of it, but in their own way they helped contribute to what became a private airstrip, and then Bonham Air Force Base and then eventually PMRF as we know it today."

Masukawa discussed how he and his family tend their ancestor's gravesites across the island of Kaua'i. In an ongoing effort, he also assists Reverend Hirao with identifying Japanese burial sites, regardless of how well-known they are or difficult to access. Reverend Hirao is then able to travel to each one to conduct ceremonial blessings annually. Some of those buried no longer have any living descendants, so unless those graves are taken care of they may fall away. This is why it is common in Japanese culture and society to help upkeep graves even if they are not a person's own ancestors.

"I think it's good for everyone to recognize that in Japanese culture, tending graves is such an important thing," Masukawa emphasized. "Even if there aren't any living descendants, there are still people who care and tend the graves and show proper respect."

The town was eventually demolished in the 1980s following the economic decline of the sugar production on the island of Kaua'i and residents were moved to the nearby town of Kekaha. Masukawa explained how his grandparents and great grandparents were all Japanese immigrants who had come to Kaua'i. His grandfather had begun to farm watermelon in Mānā in the 1940s and later was recruited to head operations for Pioneer Hi-Bred International on Kaua'i. His





# Legible Tombstone Transcriptions

Names and other information translated from gravestones at Pacific Missile Range Facility courtesy of Alex Hazlett, PMRF Cultural Resources

**Name:** Tateyama family  
**Date of death:** March 14  
**Era of death:** Taisho 9  
**Prefecture:** Tamana Gun  
**Remarks:** Husband and wife

**Name:** Katsuji Mayekawa  
**Date of death:** April 26  
**Era of death:** Taisho 4

**Name:** Toyokichi Noda  
**Era of death:** Meiji 39  
**Prefecture:** Gunma  
Kawayo -- 2nd girl

**Name:** Sanjiro Hori  
**Date born:** 1861  
**Era of death:** Meiji 39  
**Prefecture:** Kumamoto  
**Remarks:** oldest daughter

**Name:** Jintaro Hayashi  
**Date of death:** March 23, 1867  
**Era of death:** Meiji 45  
**Prefecture:** Kumamoto

**Name:** Isohachi Shintani  
**Date of death:** 1859  
**Era of death:** Meiji 36  
**Prefecture:** Fukuoka

**Name:** Shizuo Kumagai  
Keitaro (father)  
**Date of death:** November 3rd  
**Era of death:** Taisho 8  
**Prefecture:** Fukuoka  
**Remarks:** Shizuo -- #2 son

**Name:** Koide Fukuoka  
**Era of death:** Meiji 28  
**Remarks:** Child's grave

**Name:** Megumi Kumagai 'chogan'  
**Remarks:** Keitaro's eldest son  
**Prefecture:** Nagano

**Name:** Koike Kazusaku  
**Era of death:** Taisho 8  
**Prefecture:** Nagano P

**Name:** Kango Hamada  
**Prefecture:** Hiroshima Saekigun  
**Date of death:** April 2  
**Era of death:** Taisho 9  
**Names:** Ken Yamaguchi, Ine Yoshii, Magogiku

**Remarks:** #2 girl, Ine (mother), Magogiku (father)

**Name:** Sada or Jo  
**Date of death:** April 19  
**Era of death:** Taisho 23  
**Remarks:** 2-year-old

Japanese School  
Memorial of 30-year anniversary

**Name:** Suetaro Miyamoto  
**Date of death:** July 30th  
**Era of death:** Showa 5  
**Prefecture:** Yame Fukuoka  
**Remarks:** 66-year-old

**Name:** Bunjiro Doi  
**Date of death:** April 16  
**Era of death:** Meiji 42  
**Prefecture:** Torii? Miyagi?

**Name:** Bunji Shishido  
**Prefecture:** Miyagi

**Name:** Yaichi Yoshida  
**Date of death:** Feb. 6  
**Era of death:** Taisho 9  
**Prefecture:** Hiroshima  
**Remarks:** 63 years old (built by Mana Japanese community)

**Name:** Tsuruko Yamaguchi  
**Date of death:** March 3  
**Era of death:** Taisho 9  
**Prefecture:** Okayama

**Name:** Yame  
**Date of death:** May 21st  
**Era of death:** Meiji 45  
**Prefecture:** Fukuoka  
**Remarks:** Child girl's grave

**Name:** Shinano Suke Okayama  
**Date of death:** March 4  
**Era of death:** Taisho 9  
**Remarks:** 46 years old

**Name:** Nakamoto  
**Date of death:** March 10  
**Era of death:** Taisho 7  
**Prefecture:** Yamaguchi Ken  
**Remarks:** 52-year-old

**Name:** Tamiji Horiguchi  
**Prefecture:** Gunma  
Tanogun

**Name:** Mitsuga Tomita  
**Date of death:** Oct 2nd  
**Era of death:** Taisho 5  
**Prefecture:** Hiroshima -- Asa Gun -- Hara Village  
**Remarks:** Father Shichigowan Kichi -- boy's grave #2 boy

**Name:** Mitsugi Uemoto  
**Date of death:** December 8

**Name:** Seichi Oda  
**Date of death:** Dec 18  
**Era of death:** Taisho 10  
**Prefecture:** Hiroshima  
**Remarks:** 45 years old

**Name:** Nagotaro Numashime  
**Date of death:** Jan. 2, 1923  
**Prefecture:** Hiroshima ken  
**Remarks:** 61 years old

**Era of death:** Meiji 42  
**Prefecture:** Hiroshima Ken Asaguy Mitsukawa Village

**Name:** Chosaku Fukunaga  
**Era of death:** Meiji 1860's  
**Prefecture:** Kumamoto Tamana Gun

**Name:** Kyoiku Kai  
**Date of death:** 10 July  
**Era of death:** Showa 10  
**Remarks:** Ed. Assoc.

grandmother had been very active at the Waimea Shingon Mission, which is where he was inspired to continue to be a volunteer for the church. Masukawa's family would share stories with him in his youth of their time in Mānā Town and of his grandfather's farm before the final demolition of the town.

"We would pass through the area to get to the beach at Polihale," reflected Masukawa. "Also back then it was really easy to come onto base and go to Major's Bay and the surrounding area. I used to come with family and friends and we used to fish and play on the beach. We have a lot of history and a lot of memories on the west side of Kaua'i."

Alex Hazlett, a cultural resources technician with PMRF and a Secretary of the Interior archeologist with a doctorate in anthropology, remembers a time when Mānā Camp was a thriving plantation town.

"I grew up in small town Kaua'i and it just kind of made me sad that one of the small towns just disappeared on the island so quickly," said Hazlett. "Everything I've seen from research, looking at aerial photos and the documentation we have, says that the cemetery predates the airbase by decades or more, so it's like a little window to the past."

There are currently 49 potential

grave markers still within the cemetery. These can range from a distinct burial stone made from local granite or sandstone to clustered rock piles or wooden posts. With one exception, all of the remaining gravestone markers are carved using the traditional Japanese reign name style, where the dates of the person's death are shown as the ruling year of the current Japanese emperor, and then the month and day of that year. Due to some of the markers being made of softer material, erosion and exposure has occurred on the writing which can make identification of the remaining markings more difficult to read and translate.

"We're looking at markers that had dates or names or locations," clarified Hazlett. "Those things are usually on the sides of the tombstones."

The development of the Mānā Plain began because traditionally the area was a wetland. There was so much water that native Hawaiians could carry their canoes from the coast of Polihale on the northwest side of the island inland to the swamp and paddle across to Nohili and Waimea. When more and more Westerners began arriving in the 1850s and 1860s, they began to try using the plain to grow various crops. Kekaha Sugar Company eventually arrived and developed a pump system to

drain excess water from the area to make it suitable to grow sugar. This pump system is still used today.

"We have copious water and we have this lush land," Hazlett illustrated. "If you water it and have lots of sun it's ideally suited for agriculture. So, the plantation set up their fields and expanded for decades into all the productive lands on the plain. The camps were set up to support that and the towns sort of coalesced around them."

Since the cemetery predates PMRF by decades, it is imperative to continue to conserve and protect the remains of this site. This area has historic value and ties to familial descendants in the local community. PMRF continues to support the local community to allow access to these areas for visitations like blessing ceremonies or to honor ancestors.

"For us, it's just part of stewardship," insisted Hazlett. "If somebody wants to come visit their relatives, they can do it because this is where they're buried."

If you are interested in visiting cultural sites on PMRF to pay your respects and honor the past, you can make a request with the public affairs office at [PMRFpublicaffairs@us.navy.mil](mailto:PMRFpublicaffairs@us.navy.mil). Inquiries for family descendants or the community about Mānā Town can also be made to [oldmanatown@gmail.com](mailto:oldmanatown@gmail.com).







# The Road Towards Mental Health Crisis,

## Finding the Off-Ramp

*Story and photo by Mass Communication Specialist Second Class Samantha Jetzer*

“One of the thoughts that I had was, ‘they’ll be happier or better off if I’m not here.’ I couldn’t think of one person who wanted me to be there.” Lt. Steven Sallinger, a pilot assigned to Pacific Missile Range Facility, Barking Sands, describes what he calls his journey down the road of mental health crisis while he was an enlisted Sailor working as a nuclear electrician’s mate on submarines.

“I want to say to that Sailor who’s having that mental crisis that I want you here. Even if you can’t think of anybody else, Lieutenant Sallinger, ‘Trash Panda’ (his call sign) extraordinaire, wants you here. I don’t care who you are. I’ll take the hit on readiness or take the hit on the maintenance program or the next inspection, it doesn’t matter to me. As long as you’re still around.”

Sallinger recalled a time where there weren’t mental health

programs available outside of chaplain services when he was an enlisted service member. But now there are more mental health and suicide prevention programs that have been initiated in the Navy. He wishes to inform his Sailors about the ways that they are able to seek help that he believes could have helped save him during his crisis.

“The culture that we used to have was one of if you’re having trouble, just grit it, bare it. No one really talked about their mental struggles.”

He explained how he and his fellow shipmates all began to head down this spiral towards suicidal ideations. They were working very long hours, often over 90 hours a week. It was difficult to find the necessary time for self care like exercise, sleep, or spending time with loved ones. The mentality at the time was if you can’t handle the

pressure, you’re not good enough. Since they were all going through the same experience, they began to feed into each other’s thoughts.

“The conversations at work got darker and darker. Eventually we got to the point where the jokes about how we would commit suicide were no longer jokes, we were starting to take passive actions.”

He began writing down a list explaining how he was going to take action. As a jokester by personality, he wanted it to be inventive. So, he needed lots of supplies and planning. He said he named the list “The Best Suicide Ever,” which he now realizes was a cry for help. The person who brought him out of his spiral was his wife at the time, who found the list in his uniform pocket while doing laundry. She had called the chaplain’s office, and didn’t confront him until a treatment plan had been formed.

“Looking back, I think I labeled it as, ‘Oh, I was just joking. I was kidding.’ It was my family who caught my passive actions and took them seriously, more seriously than I did. They forced me to get help. That’s when things flipped, like everything changed.”

Now it’s been over 10 years since his suicidal ideations. His experience has inspired him to want to do better in observing when the people around him are struggling, and to be there for his shipmates when they begin showing signs of mental health issues. He said that he’s been a bystander while he watched his fellow shipmates go down into these darker thoughts, thinking that it was fine. The old culture was all about work and getting the job done with little to no room for asking and receiving help when needed. His command used derogatory terms to refer to people who began to not feel themselves, saying that they went “sad panda” or needed to go “sad out.” He’s amazed by how much the culture has shifted today

into a direction which is much more understanding of the struggles that Sailors go through.

“Now, I’m able to say ‘not today.’ I take the time to take care of myself, take care of my family. Then I can take care of what the Navy needs me to take care of. And that kind of mentality is fostered in today’s Navy. It’s very inspiring. I just want every Sailor to understand there is so much help out there.”

While he was in flight school after being accepted into an officer program, Sallinger would consciously make sure to check up on the other pilots and to be present if they were going through hard times. He said he hadn’t experienced having to step up and take action from someone heading too far down the road until he was assigned to a fleet squadron.

“[This Sailor] had been on a silent spiral. He’s one of those like me, very jovial people, very outgoing. He hadn’t changed that facade at work, but at home, he was a different person. He had basically split his life in half.”

One of his other shipmates had noticed some warning signs and went over to this Sailor’s house to check up on him. He found that it was a mess, with whiskey bottles everywhere. This Sailor said that it was what made him get through the day. Sallinger got the call and was able to ensure that this Sailor made it to the emergency room. He informed the chain of command and activated aids that are now available through the Navy’s Suicide Prevention Program.

“The Navy is committed to getting you the help. If I’m not advertising it, then I’m not doing my job. The Navy is very, very focused on preventing loss of life via mental health and suicide. They want to get the Sailors the help they need when they need it.”

Something Sallinger wishes all Sailors knew about mental health in

the Navy is that it’s OK to seek help. In fact, it’s encouraged. Knowing that someone could be a danger to themselves or others shouldn’t be kept hidden, and the Navy has pledged to help Sailors seek the care they need. Fears such as losing a security clearance or a billeted slot at the command are not something that should prevent someone from seeking help.

“There’s no ‘I’m too far gone.’ It feels like you’re alone. It feels like you’re the only one fighting through this. It feels like you’re on a path and there’s only one exit. I know that feeling. You’re not alone. There’s tons of off-ramps. I’ll come grab you in the middle of the night. I don’t care what it takes. But I just want the Sailors to understand that they’re not the first person to have experienced this.”

Sallinger reiterates that there shouldn’t be any apprehension when declaring that someone needs help due to the job requirements or stigma about mental health from peers. He explains how the Navy’s not going anywhere. The job will be here when they come back, and the command will be better off that they gave someone the time they needed to address the issue. The shipmates a Sailor works with, as well as the rest of the command, would take a much bigger hit should the unthinkable happen and they lose a shipmate.

“I don’t care if you’re an E-1 and you want to come talk to me and kick down my door. I’m happy to chat. It’s always open. Even though I might not always be at work, I’m always available.”

If you or someone you know is in crisis, contact the Military Crisis Line by dialing **988** and **pressing 1**, or access the online chat by sending a text to **838255**. There are additional resources available at [www.militaryonesource.mil](http://www.militaryonesource.mil) or through your command’s suicide prevention program.



# Electrical Safety

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.



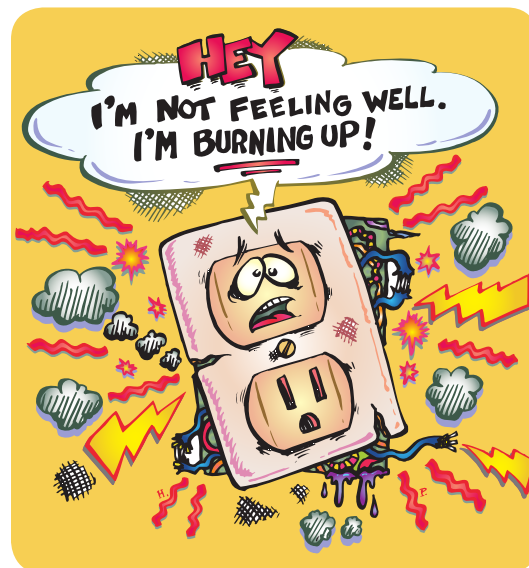
## SAFETY TIPS

- Have all electrical work done by a qualified electrician.
- When you are buying or remodeling a home, have it inspected by a qualified private inspector or in accordance with local requirements.
- Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- Arc-fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Consider having them installed in your home.
- Use ground-fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test AFCIs and GFCIs once a month according to the manufacturer's recommendations. You do not need a flame to start a fire. Fires can start when heat builds up near things that burn, such as cloth or paper, or a cord has been placed under a carpet.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.

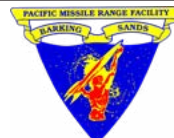
## IMPORTANT REMINDER

Call a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



# Electrical Safety



For many of us, water activities equal fun. But it's important to be aware of electrical hazards while enjoying the water. Know how to be safe around swimming pools, hot tubs, and spas.

- If you are putting in a new pool, hot tub, or spa, be sure the wiring is performed by an electrician experienced in the special safety requirements for these types of installations.
- Outdoor receptacles must have covers that keep them dry even when appliances are plugged into them.
- Ground-fault circuit interrupters (GFCIs) are special devices designed to protect against electric shock and electrocution. They are required for most pool, spa, or hot tub equipment. They may be in the form of an outlet or a circuit breaker. Test the GFCIs monthly according to the manufacturer's instructions.
- Electrical appliances, equipment, and cords should be kept at least 6 feet away from the water. When possible, use battery operated appliances and equipment, such as televisions, radios, and stereos.
- Avoid handling electrical devices when you are wet.
- Make sure that any overhead lines maintain the proper distance over a pool and other structures, such as a diving board. If unsure, contact a qualified electrician or your local utility company to make sure power lines are a safe distance away.
- Do not swim during a thunderstorm.
- Have a qualified electrician periodically inspect and—where necessary—replace or upgrade the electrical devices or equipment that keep your pool, spa, or hot tub electrically safe.
- Have a qualified electrician show you how to turn off all power in case of an emergency.

## KNOW THE RISKS!

Electrocution is death by an electrical shock. Be aware when skin is wet or when surrounding surfaces, such as the grass or pool deck, are wet. Wet skin or wet surfaces can greatly increase the chance of electrocution when electricity is present.

There are several signs of electrical shock. Swimmers may feel a tingling sensation. They may experience muscle cramps. They may not be able to move. They may feel as if something is holding them in place.

If you think someone in the water is being shocked, turn off all power, but do not attempt to go in the water. Use a fiberglass or other kind of rescue hook that doesn't conduct electricity to help the swimmer. Have someone call **9-1-1**.

If you think you are being shocked while in the water move away from the source of the shock. Get out of the water.

## FACT

The U.S. Consumer Product Safety Commission has reports of 14 deaths related to electrocutions in swimming pools from 2003 to 2014. Hot tubs and spas may present the same hazard as swimming pools.



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The leading information and knowledge resource on fire, electrical and related hazards







1



2



3



4



5



## Just in case you missed it...

1. Service members from PMRF and Hawaii Air National Guard 293rd Space Electromagnetic Warfare Squadron Headquarters Detachment 1 read books to children at the Child Development Center in support of Month of the Military Child.

2. SEPTAR Sailors participated in Koloa Elementary School's STEM Night.

3. Waimea High School visited PMRF for a Career Day with some of our technical specialists.

4. Assistant Secretary of the Navy for Energy, Installations and Environment (EI&E) and Chief Sustainability Officer Meredith Berger toured PMRF during her assessment of Department of the Navy and the EI&E's work in Hawaii.

5. PMRF Sailors and personnel volunteered with Team Rubicon