

Within Range

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Honoring the Fallen

AZ1 Sherwood, PMRF's lead Honor Guard representative, is a prior member of the Navy's Ceremonial Guard. AZ1 served in Second Platoon as a Firing Party rifleman and shares his expertise with Sailors at PMRF to conduct funeral honors for the region.

Summer Solstice

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Makahiki Games

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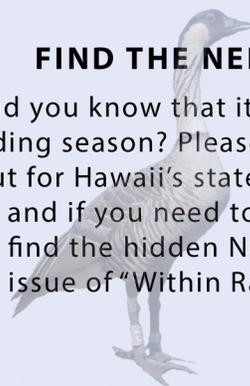


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- Fire Safety

FIND THE NENE!

Did you know that it is Nene breeding season? Please keep your eye out for Hawaii'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 Emanuel Bolton
Command Master Chief

Pacific Missile Range Facility Barking Sands (PMRF) is the world's largest instrumented multi-domain 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.



WELCOME ABOARD



CMDCS
NORMAN MINGO



ASC
PHILIP REEVE



LSI
JAMES KETTERER

SAFETY CORNER

with Floreen Johnson

PMRF Safety and Occupational Health Specialist

For the most part, we know what the right choice is when it comes to safety during a work task. The problem is there are many factors that affect whether we make the right decisions such as:

- Time pressure
- Lack of supervision
- Lack of enforcement of rules
- Mood

When there are other people around who are not making the right choices when it comes to safety, it becomes the "normal" thing to do despite not being the correct thing to do. When the norm is working unsafe, it makes it hard for the individuals who want to work safely to do so. Do not rely on a supervisor or safety person to tell you to do the right thing. Make the choice to do what is right despite what others may be doing.

Bottom line - Be the worker who follows the rules and helps reinforce a norm of adhering to safe work practices and procedures.

Mahalo for being safe!



Honoring the Fallen

Story and photos by Mass Communication Specialist 1st Class Louis Lea



Two Sailors stand impossibly still with each hand on a corner of the United States flag. In unison the Sailors move deliberately through each fold of the ensign ending with a perfect triangle, with the stars and blue field on display. Aviation Maintenance Administrationman First Class Deion Sherwood presents the flag to the spouse of a World War II veteran who had passed away and renders a salute in honor of the late sailor's service.

Sherwood, from Kissimmee, Florida, is the Honor Guard coordinator at Pacific Missile Range Facility (PMRF), Barking Sands, and one of the elite few who have served with the Navy Ceremonial Guard Firing Party at Arlington National Cemetery.

After arriving at Naval Training Command Great Lakes on the Navy's birthday, Oct. 13, 2015, Sherwood was approached by a member of the Ceremonial Guard and asked to attend the screening and interview process to join the unit. Out of a few hundred candidates, Sherwood was one of three Sailors who were selected to move forward with training after boot camp.

"Our training started the second we arrived at the airport," said Sherwood. "They showed us a couple of movements just one time and from that point forward we were expected to execute them perfectly every single time."

The initial training for Navy Ceremonial Guardsmen

is eight to nine weeks focused on marching and rifle drill, ceremonial uniform standards, M-1 rifle assembly and inspection, and requires Sailors to learn the history and purpose of the Ceremonial Guard.

"I felt an extreme sense of purpose at the Ceremonial Guard," said Sherwood. "Everything you do in a performance matters, from the way that you walk, down to the way that you breathe. It all has to be in sync with the six people next to you. Always striving towards perfection meant I always had something to work toward and that I could be proud of what I had already accomplished."

Upon graduation, Sherwood was selected to join the Ceremonial Guard's Second Platoon, the Firing Party. The Firing Party riflemen perform a final salute of three volleys at every Navy Funeral at Arlington National Cemetery. The Firing Party executes this salute in three precise volleys of seven rifles firing at the exact moment, as though three cannon rounds were fired.

"It's incredibly emotional, especially at the beginning, but the bond you have with the rest of the guard makes it easier; you go through it together," said Sherwood. "I didn't get many pictures from my time there but the memories and the brotherhood will be with me forever."

There is no point in a guardsman's career where they are finished training. Each day and each performance is an opportunity to be better than the one before. Guardsmen spend hours each day training to maintain their historic and exalted level of perfection.



"I think that a lot of my character, how I carry myself, the way I talk and how I handle my day to day job I can look back to my time in the Ceremonial Guard and pinpoint where I built that foundation," said Sherwood " It changes you for the better."

Today, as PMRF's Honor Guard coordinator, Sherwood is responsible for training Sailors to conduct military funeral honors and coordinating with families to provide funeral honors on the Hawaiian island of Kauai where he is stationed.

"Even after I left the guard, I never really walked away from that community," said Sherwood. "I've helped with a lot of the color guard events at every command I've been at since. It's a part of me and I am glad I can still have a piece of that everywhere I go."



My Most Sacred Kuleana:

PMRF, Lineal Descendants Honor Ancestral Native Hawaiians at Annual Summer Solstice Ceremony

Story and photos by Public Affairs Officer Lisa Ferdinando

Hula dancers with the Halau Ka Pa Hula O Hinano shared graceful movements as the sounds of traditional drumming filled the space around the Lua Kupapa'u O Nohili (crypt) at Pacific Missile Range Facility.

During this first day of summer, lineal descendants of Western Kaua'i gathered at this sacred space, the crypt, joining PMRF personnel for traditional protocols and tributes to honor the ancestors who had inhabited these lands on the Mānā Plain.

In this rural, remote Navy installation, iwi kūpuna (ancestral remains) buried generations ago reveal themselves through a changing natural landscape, whether from shifting sands along the seven miles of coastline, climate change, erosion or other means.

When these remains are discovered, cultural resource experts take meticulous care to ensure they are processed in accordance with Native Hawaiian traditions and customs and in consultation with the lineal descendants.

At this Summer Solstice, or Ka Māuiki'iki'i o ke Kauwela, ceremony, PMRF Commanding Officer Capt. Brett Stevenson highlighted the importance of the care and protection of these ancient remains. Honoring the ancestral Hawaiians is a sacred duty here, he said.

"We have our military mission to protect the homeland and protect our island home. Side by side, we have a collective kuleana (responsibility) to this place and to make sure that it endures forever. That's what this is all about. That's what the meaning is here," Stevenson said.

The ceremony included traditional protocols and tributes, pule (prayer), oli (chant), ho'okupu (ceremonial presentation of gifts) and mele (chants, songs).

"I want you to think about your ancestors or your family, your kūpuna (elders, ancestors), friends, brothers and sisters," PMRF Archeologist and Cultural Resources Manager Tara del Fierro said before the ho'okupu presentation.

"Just think about them just for a moment, cherish this memory," del Fierro said, continuing, "By sharing this time together and to be present here now, you have become one of our 'Ohana here, and let us all be 'Ohana and join in, in honoring our iwi kūpuna."

In a quiet procession, participants made their way to the crypt to present offerings of lei and native plants. The crypt is in the vicinity of the rolling and majestic Nohili Dunes, a wahi pana, a legendary and sacred space, revered as a traditional gathering area and ancient burial ground.

"Answering the call of Nohili. That's why we're here," Stevenson said. "That's my most sacred kuleana to make sure that this place endures and thrives."

He continued, "Days like today are a reminder to all of us of how important our purpose is and so as we continue to take steps on this journey that we're all on, you're all part of that."

The crypt, built in 2019 to preserve and protect the iwi kūpuna, was permanently sealed after the interment of remains on the eve of last year's summer solstice. In partnership with Hawaiian practitioners, an additional crypt area is currently being designed.

Stevenson recalled visiting the crypt after taking command of PMRF, the world's largest instrumented multi-domain training and testing range, in June 2022. That moment with Deputy Public Works Director and cultural expert Thomas Nizo left a lasting impression, he said.

"Two years ago when I came here, this was one of the first places that Thomas brought me to," Stevenson said. "It moved me. It will always be part of what's inside of me."

As the ceremony came to a close, participants encircled the crypt for the closing oli and mele. Holding hands and swaying to gentle ukulele strumming, participants united in song, sending the soothing sounds of Hawai'i Aloha wafting through the air.



Makahiki Games

Congratulations to the Blue Team! Great job in earning the bragging rights for another year as the reigning champions of the 2024 Makahiki Games!

The Makahiki Games are a traditional Hawaiian competition consisting of multiple games meant to test contestants' mental and physical capabilities. Sailors faced off in Blue vs. Khaki Teams, with the Blue Team, or E-6 and below, emerging victorious in the hard-fought battle!

It was competitive and challenging, with the overarching theme that we are one team, one fight. This was exemplified in the fine sportsmanship and great camaraderie, as well as in the batons used in the games, separate and distinct pieces that were carved from a single piece of wood.



Command Luau

Mahalo to everyone who joined us for the PMRF Command Luau!

We hope you enjoyed this memorable event filled with terrific music, beautiful hula, great food and the wonderful spirit of aloha! A huge thank you to PMRF Morale, Welfare, and Recreation for this incredible Operation MWR event!!

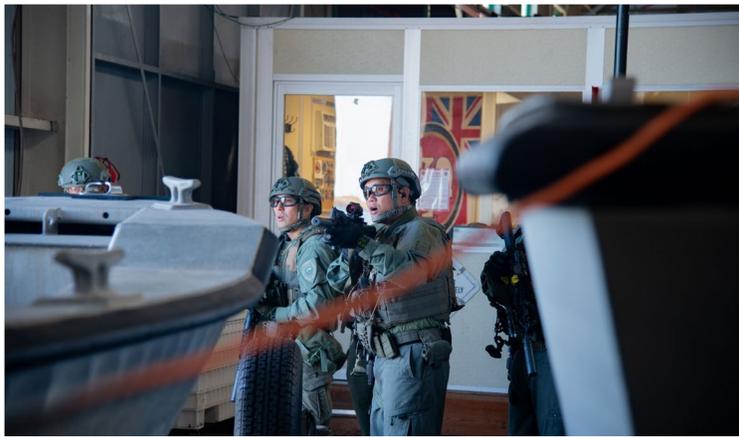


INTER-AGENCY TRAINING

PMRF emergency services personnel participated in joint agency training at Port Allen with the Kauai Police Department Special Response Team, Kauai Fire Department, Coast Guard, and the Hawaii National Guard 93rd Civil Support Team.

The full-scale weapons of mass destruction exercise gave responders hands-on experience with a simulated high risk environment. Emergency services personnel identified and responded to simulated bombs, drug operations and chemical attacks. The Coast Guard and PMRF's Spill Response Team worked together to establish a barrier in the harbor to practice containing hazardous materials.





Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

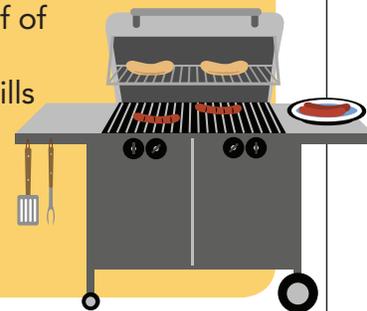
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



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

Campfire Safety

Sitting under the stars by a crackling fire has its appeal. It's where stories are told, sing-a-longs happen, and meals are cooked over an open flame. Campfires bring family and friends together. But campfire mishaps can cause injuries. With a few safety tips, you can prevent these accidents.

SAFETY AROUND THE FIRE

- Before setting up a campfire, be sure it is permitted. Check with your local fire department.
- If campfires are permitted, they need to be at least 25 feet away from any structure and anything that can burn.
- Clear away dry leaves and sticks, overhanging low branches and shrubs.
- Avoid burning on windy, dry days. It is easier for open burning to spread out of control when it is windy and dry.
- Watch children while the fire is burning. Never let children or pets play or stand too close to the fire.
- Attend to the campfire at all times. A campfire left alone for only a few minutes can grow into a damaging fire.
- Keep a campfire small which is easier to control.
- Never use gasoline or other flammable or combustible liquids.
- Always have a hose, bucket of water, or shovel and dirt or sand nearby to put out the fire. Make sure to put it completely out before leaving the site.
- If your clothes catch fire, stop, drop, and roll. Stop, drop to the ground and cover your face with your hands. Roll over and over or back and forth until the fire is out.
- Treat a burn right away. Cool the burn with cool water for 3 to 5 minutes. Cover with a clean, dry cloth. Get medical help if needed.



ROAST WITH CARE

If roasting marshmallows, help young children. Never shake a roasting marshmallow. It can turn into a flying, flaming ball. A heated metal skewer can cause burns.

FACT

Campfire accidents send thousands of people to emergency rooms with burn injuries every year.



NATIONAL FIRE PROTECTION ASSOCIATION

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



Members of Ohio Air National Guard's 200th RED HORSE construct a pavilion at PMRF.

Members of Ohio Air National Guard's 200th RED HORSE construct a pavilion at PMRF.

PMRF Sailors pose for a group photo after MM1 Espinoza receives his end of tour award.

BM2 Fabien plays "Taps" during funeral honors for a Navy Veteran.

PMRF personnel pose for a group photo with Capt. Stevenson after their Leadership Kauai graduation.

Who do you want to see featured?

Email us your suggestions!

PMRFPublicAffairs@us.navy.mil