

THE PROSPECTOR



Vol. 9, No. 18

Serving the Corps for 75 Years
Marine Corps Logistics Base Barstow

September 24, 2020

Domestic Violence Prevention
National Preparedness
Fire Prevention



On The Cover:

Cover photo by: Jack Adamyk

Walter Easterling, heavy mobile equipment mechanic, removes bolts from a Light Armored Vehicle-25 steer housing during the rebuild process, at Production Plant Barstow, Marine Depot Maintenance Command, on the Yermo Annex, aboard Marine Corps Logistics Base Barstow, California, Sept. 23. The steering box will be reassembled and reinstalled to the LAV upon completion, along with the various other components requiring repair or rebuild. Once reassembled the completed LAV will return to the field, fully operational and in better-than-new condition.

National HISPANIC HERITAGE Month

September 15 to October 15, 2020

	Mexican	31,786,000	Hispanics make up just under 17% of the American population, both citizens and foreign residents, from 21 Hispanic countries. (2010 U.S. Census)		Salvadoran	1,649,000
	Puerto Rican	4,624,000			Dominican	1,415,000
	Cuban	1,786,000			Colombian	909,000

Outstanding contributions to the U.S. Military

- ❖ 3 American Civil War
 - ❖ 1 World War I
 - ❖ 15 The Korean War
- 

Medal of Honor

1 The War in Afghanistan (to present)
- ❖ 1 The Boxer Rebellion
 - ❖ 17 World War II
 - ❖ 22 The Vietnam War

Civil Rights leaders



Julio Cesar Chavez organized farmworkers into the United Farmworkers Union.



Dolores Huerta was a teacher from California who helped Cesar Chavez organize farmworkers into the UFW.

Nobel Peace Prize laureates

- Chemistry – 1995 México
Mario José Molina Pasquel Hernández
- Literature - 2010 Perú
Mario Vargas Llosa
- Medicine - 1984 Argentina
César Milstein
- Peace - 2016 Colombia
President Juan Manuel Santos



Marine Corps Logistics Base Barstow, California
Colonel Craig C. Clemans, commanding officer
Sgt. Maj. Edward C. Kretschmer, base sergeant major

Communication Strategy and Operations Office

CommStrat Officer: Rob L. Jackson
CommStrat Planner: Keith Hayes
CommStrat Chief: Laurie Pearson
Editorial Assistant: Vacant
Visual Information Chief: Jack Adamyk
Graphic Specialist: Vacant

The editorial content of this magazine is prepared, edited and provided by the Communication Strategy and Operations Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer, Attn: CommStrat Office, Box 110130, Barstow, CA 92311-5050. The CommStrat is located in Building 204. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

This magazine is an authorized publication for members of the Department of Defense. Contents of **THE PROSPECTOR** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps.

Got news?

Call us! (760) 577-6430

On the web

Links in this publication are interactive in the online version

Website: <http://www.mclbbarstow.marines.mil>

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

http://www.twitter.com/#!/MCLB_Barstow



GLOBAL HEALTH ALERT: COVID-19

You may have been exposed to COVID-19 while traveling. Watch your health for symptoms. Even with no symptoms, you can spread the virus to others.

PROTECT OTHERS FROM GETTING SICK:



Keep 6 ft/2 m apart from others.



Wear a mask.



Wash your hands often.

Close contact activities put you at risk for exposure to COVID-19.

If you think you may have been exposed while you traveled, take extra care for 14 days after travel:

- Stay home as much as possible.
- Avoid being around people, especially those at higher risk for severe illness from COVID-19.
- Consider getting tested for COVID-19.



CS 315649-AP July 14, 2020 10:07 AM

For more information: www.cdc.gov/COVIDtravel

Contents



CO's Forum

4



DV Proclamation

8



A message from Sergeant Major

5



Fire Prevention

9



DV Prevention

6-7



National Preparedness

10



Submitted by: Col. Craig C. Clemans
MCLB Barstow Commanding Officer

The long, hot summer has nearly ended with the first day of Autumn quickly approaching (22 Sept.).

In a normal year, children would be settling into school and summer vacations would be a recent, sweet memory. Although this year continues to be different ... I hope it's been good for you. I hope you don't look back on these days as ones you'd rather forget or days which were "wished away."

The unique opportunity for personal development and growing closer to the ones you love still presents itself. With three vaccines currently in trial, COVID-19's days are numbered. Those not yet born will never understand or be able to relate to what they read about these strange days. When we retell our COVID days' experience to them, may our present actions and attitudes make it a positive retelling – reflecting with satisfaction and knowing we made the most out of a very difficult situation.

"Life is 10 percent what happens to you and 90 percent how you react to it." -- Charles R. Swindoll

Promotions:

Congratulations to our most recent promotions: Staff Sgt. Kersey Haynes, S-1, Sgt. Garrett Tindell, 1st Force Storage Battalion, and Lance Cpl. Andy Perea, S-1. Please give them each a "COVID version handshake" when you see them.

Staff Sergeant Alyssa Herron, 1st FSB, re-enlisted on 2 September ...

Ooh-rah to you Staff Sgt., and to your dog Lucille!

Awards:

On 1 September, Sgt. Alex Pacheco, 1st FSB, was awarded a second Navy Achievement Medal which followed him from his previous command.

Good Conduct Medals were awarded to Cpl. Cameron Newsome, S-4, and Lance Cpl. Jeremy Tom, S-4.

Lance Cpl. Christopher Garcia, S-6, was recognized with a Letter of Appreciation for his outstanding volunteer work aboard the Base – thank you again!

Welcome Aboard:

Welcome aboard to Lieutenant Elizabeth Bosch, new executive officer for 1st FSB, Master Sgt. Francisco Soto, S-6, Staff Sgt. Cordarro Holmes, HQCo, Lance Cpl. Jajuan Curry, S-6, and Pfc. Joseph McKenzie, 1st FSB. May you find your time in the land of Desert Rats productive and enjoyable!

Farewells:

Farewells to Sgt. Josue Lopezarenas, S-1, and Sgt. Jordan Smith, Mounted Color Guard, who were each awarded a NAM prior to Expiration of Active Service. Sergeant Jonathan Ochoa is undergoing a Permanent Change of Station to 29 Palms, and after more than 21 years of active duty, a retirement ceremony was held for Master Sgt. Everis Wallace, S-4 on 15 September with the presentation of a Navy and Marine Corps Commendation Medal. Thank you for all your contributions in Barstow and to the Marine Corps. Fair winds and following seas to you all!



Official USMC Photo

We're all in this together!

S/F,

Col. Craig C. Clemans
Commanding officer
MCLB Barstow, California





From the Bunker



Submitted by: Sgt.Maj. Edward Kretschmer
MCLB Barstow Base Sergeant Major

When doing the same tasks day in and day out you experience little or no variety. We see the same people in the same environment. If we are not training frequently we will never improve. One example is if we continue to do the same tasks daily we will never get out of our comfort zone, we will not have the opportunity to look outside of our comfort zone and we will never improve, we will be comfortable with our normal routine. As we seek out different opportunities for learning we will deal with different groups and different ways of training and thinking.

matter where you are stationed or what Military Occupational Specialty you are in. Marines need to be ready at all times, as we never know when or how the future will play out. We need to keep our spear sharp at all times. We need to commit to growth in everything that we do. Marines everywhere should continue to improve mentally, spiritually, and physically.

As leaders we do not only have to commit to growth for our leadership but we have to commit to training our juniors to take our place and instill confidence in them to succeed. If you are a good leader you are also a good follower. One way of doing this is to let our juniors lead and leaders turn into the coach, teacher, and mentor role. Be there to help your junior Marines when needed. Make sure that you give them advice when needed and continue to watch them grow into trained leaders.

Sometimes a one-on-one counseling is good and is needed. Although I would offer for your consideration next time that you see a Marine that needs guidance ask yourself, how can I turn this into a teaching moment. How can I help this Marine succeed?



Photo by: Bob Bailey

During the Battle of Okinawa, Pfc. Paul E. Ison, infantryman, 3rd Battalion, 5th Marine Regiment, 1st Marine Division, sprinted across an area known as "Death Valley," dodging heavy machine gun fire during the Battle of Okinawa, May 10, 1945. Ison was part of a four-man team with Lima Company which moved forward, one at a time, while under fire, with "resolute determination."

Marines can sometimes feel like they are in an occupation that is a nine to five job. This is far from the truth, it does not



Official USMC Photo

S/F,

Sgt.Maj. Edward C. Kretschmer
Base sergeant major
MCLB Barstow, California



Domestic Violence Preparedness

Story by: Laurie Pearson
COMMSTRAT Chief



This year, in light of the current conditions our world, country and our local communities are facing such as a pandemic and extended periods of isolation, Behavioral Health is reaching out throughout the month of October, to encourage military personnel and their families aboard Marine Corps Logistics Base Barstow, Calif.

"This year's Domestic Violence Prevention Month theme is 'United to End Abuse: The military community respects, defends and supports victims of domestic abuse,'" said Michelle Adams, Prevention and Education specialist, and victim advocate within the Behavioral Health Department aboard base. "Each year we focus attention on current trends we see to successfully address them in our communities. With this year focusing on being United, we are saying to any victims, survivors, their family members and anyone who needs help, that we all stand united in our efforts to recognize this issue and are here to offer support and resources to those in need."

Despite COVID-19 protocols, the show must go on! This year for DV Prevention Month, Behavioral Health staff have planned several events to take place throughout the month. One is the very popular, month-long Purple Ribbon Hunt. The staff hides large purple ribbons around the base each week and those who return them to BH win special prizes.

"We also have a Virtual Survivor 5k Walk/Run from 1-23 October," Adams said. "Anyone interested can register on Eventbrite at: [survivor5k.eventbrite.com](https://www.eventbrite.com). You can download an app of your choosing and complete the 5k, take a screenshot of your time and post it



Michelle Buckley and Aaron Tambour partnered up on a project to honor her sister Rea, who went missing when she was 14, as well as other Missing and Murdered Indigenous Women and Girls, Hay River, Northwest Territories, Canada. (Photo courtesy of Aaron Tambour).

on our Behavioral Health Facebook page or email it to: michelle.adams@usmc.mil. The first 50 to register will receive a Survivor Walk Bag which will be distributed at building 218 on October 28, from 10 a.m. – 12 p.m., along with the Winner Plaques and Trophies awarded to those with the three fastest times."

This year's guest speaker, Dominique Waltower will be a highlight during the month, as well.

"Mr. Waltower is a motivational speaker, domestic violence prevention specialist and advocate who will be speaking on his own history as a child around abuse, becoming an abuser himself, and his triumph in overcoming the cycle of abuse," Adams said. "He is now a speaker against domestic violence. His presentation will be uploaded to the MCLB Barstow, Marine Corps Community Services, and BH social media pages starting at 8:30 a.m. on October 8th, and will remain uploaded to social media through the month of October."

Also, if you want to show off

some purple gear, in support of Domestic Violence Prevention, you can wear your favorite purple fashions and accessories, take a selfie, then post it on October 16th using #UnitedToEndAbuse!

"Some additional ways military and civilian personnel and their families can support DV awareness is to be vigilant and recognize when someone is experiencing abuse and may need help," said James Maher, BH department head. "You might even ask them if they need help. Knowing what resources are available both on and off the base is also helpful, but even just warmly handing off someone to our 24/7 Support Line or to the Family Advocacy Office will help them greatly to get the help they need."

"If you know someone in an unhealthy relationship you can let them know that you are there to listen and offer ways to help," Adams added. "If you know someone who may be unsafe at home, you can let them know they are not alone and help them to reach out when they are ready. Or if they, themselves, are feeling alone, unsafe or need someone to talk to, know that you have options for getting help and that we are here for you 24/7."

Reporting of DV incidents changed with the onset of the pandemic, in surprising ways to BH staff. Recent trends show that across the Marine Corps, when the initial reports of COVID-19 hit, there was a decline in reporting during lockdown. However, reporting appears to be returning to the pre-stay-at-home order numbers Marine Corps wide.

National Statistics:

- 10 million adults experience DV annually
- 1 in 4 women and 1 in 10 men experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime
- On a typical day, DV hotlines nationwide receive over 19,000 calls

Domestic Violence Awareness Month: United to end abuse

- Reported teen physical dating violence affects 1 in 11 females and 1 in 15 males
- LGBTQ members also fall victim to DV at equal or even higher rates compared to their heterosexual counterparts

Domestic Violence does not discriminate. Each person, your friends, family, coworkers, and service members may experience some form of DV, or know someone who has. The effects from domestic violence can be detrimental to the mental, physical and emotional health to victims and those that are close to them, having long lasting harmful impacts.



“Together, with everyone doing their part in reporting abuse, seeking services, taking advantage of resources and becoming educated on this issue we can help break the cycle of violence in our community,” Adams said.

To help stop or prevent DV, it is important to know some of the red flags and warning signs:

- Extreme jealousy and possessiveness
- Unpredictability and a bad temper
- Cruelty to animals
- Verbal abuse
- Controlling behavior

- Forced sex with partners
- Victim blaming
- Preventing someone from attending work or school
- Accusatory language
- Demeaning the victim, embarrassment or humiliation
- Unable to handle stress appropriately – they may try to hold it in, then explode over something small and insignificant.

“It is important to note that there is no one set pattern or behavior,” Maher said. “If you are aware of or suspect violence against someone, you can save a life by reaching out and reporting it to your local FAP office or to a victim advocate by calling 760-577-6484. When we overhear or see something that doesn’t feel right, it can be hard to know how to react. If you are a witness to domestic violence, it’s important to take into account your own safety, as well as the victim’s or survivor’s.”

In an emergency situation, contact to the Marine Corps Police Department to keep all parties safe and anything recorded should be handed over to them in case there are charges pursued. The National Domestic Violence Hotline can be reached at 800-799-7233 or you can live chat with an advocate at thehotline.org.

“The local Desert Sanctuary DV Program has skilled staff and support groups that serve victims in the community,” Maher said. “One doesn’t have to be residing in their shelter to be eligible for their groups. The FAP works with the Desert Sanctuary to help them be aware of the needs of military families.”

Preventing abuse in the military community starts with promoting an understanding of what safe and healthy relationships look like. The BH staff offers several opportunities for education on relationships, providing ways for individuals to learn how to set healthy boundaries and how to seek help in stressful times.

“Knowing what support is available in a crisis can often help,” Adams said. “Let the victim know that help is always available for them to take advantage of when they are ready. There are so many resources on base to get familiar with and to take part in. Marine and Family Programs has a wide range of programs and workshops that have people waiting to welcome you with open arms.”

Some of those workshops offered by the FAP include:

- Prevention and Education
- Anger Management
- Married and Loving It
- Within My Reach
- Stress Management
- Parenting
- New Parent Support

There are many ways to participate, throughout the month of October and throughout the year. To stay current on BH events or to get additional information, call 760-577-6533, or check out our Facebook page and website at:

<https://www.facebook.com/MCCSBarstowBehavioralHealth>
www.mccsbarstow.com





Domestic Violence Prevention Month Proclamation

Domestic Violence has continued to be present in our military community despite its negative effects and the ongoing efforts to bring awareness, education, and training to our Marines and their families. This year we seek to promote the idea that preventing domestic abuse is a shared community responsibility, and one that starts with a message of support to victims.

We can bring awareness to our military families by supporting in simple, safe and effective ways. Family, friends, and concerned community members can all help individuals who are at risk for domestic abuse during this time of heightened isolation by letting them know they are not alone. Recognize the warning signs of a potentially abusive relationship and take a stand against domestic violence by reporting suspected abuse in our community.

Getting help for an abusive relationship is difficult, and during a global crisis it can be an even greater challenge. The public health measures designed to slow COVID-19 have created conditions of isolation and dependency that may contribute to domestic abuse. Stay-at-home orders increase risk factors for victims by keeping them in quarantine with their abuser and may cut them off from friends, relatives, and safe havens such as crisis shelters.

With everyone uniting and doing our part in becoming educated and aware, our Marine Corps is prepared to meet the mission of preventing domestic abuse and holding abusers accountable. Therefore, this year's message to the MCLB Barstow Community is:

United To End Abuse: The Military Community Respects, Defends, & Supports Victims of Domestic Abuse

When it comes to domestic abuse, everyone's situation is different. It can happen to anyone and it is not their fault. Whatever the circumstances, reach out to the Family Advocacy Program or a Victim Advocate for resources and support. Preventing abuse in the military community is everyone's responsibility and starts with promoting an understanding of what safe and healthy relationships look like. Do your part by modeling positive relationships, setting boundaries, seeking help in stressful times, and knowing what support is available in a crisis. If someone you know is experiencing domestic abuse, tell them you are there for them and that you can help them seek outside support when they are ready.

Therefore as Commanding Officer, in an effort to battle and eradicate domestic violence, I hereby proclaim October 2020 as "Domestic Violence Prevention Month" aboard Marine Corps Logistics Base, Barstow, California. I call upon all Marines, family members, and Civilian Marines to put forth a united effort in respecting, supporting, and defending victims of abuse to ensure our Marines and family members are kept safe and secure. For more information contact the Installation Family Advocacy Program at 760-577-6533.


CRAIG C. CLEMANS
Colonel, U.S. Marine Corps
Commanding Officer
Marine Corps Logistics Base Barstow,
California

Serve Up Fire Safety in the Kitchen!

Story by: Laurie Pearson
COMMSTRAT Chief

The Fire Prevention team is cooking up some excitement for Fire Prevention Week 2020,

themed "Serve Up Fire Safety in the Kitchen!" aboard Marine Corps Logistics Base Barstow, California Oct. 4 – 10.

The goal of Fire Prevention Week is to involve people, children and adults alike, to learn how to stay safe in case of a fire.

"Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires," Bledsoe said.

This year the focus is on preventable fires and injuries that happen while cooking in one's kitchen or while barbecuing in their yard.

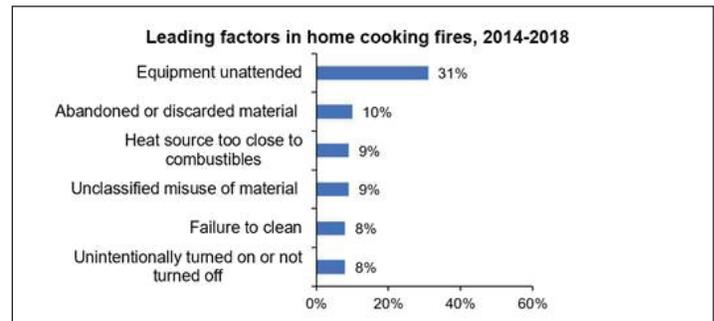
"During 2014 – 2018, local fire departments responded to approximately 172,900 home cooking fires per year," said Paul Aguilar, fire prevention officer aboard MCLB Barstow. "These fires caused an average of 550 civilian deaths; 4,820 civilian injuries; and \$1.2 billion in direct property damage annually. Cooking caused almost half of the reported home fires (49 percent) and home fire injuries (44 percent) and one in five home fire deaths (21 percent). Cooking was the leading cause of reported home fires and home fire injuries and the second leading cause of home fire deaths."

- In 2018, fire departments responded to an average of 470 home cooking fires per day.
- Ranges or cooktops were involved in the 61% of reported home cooking fires, 87% of cooking fire deaths and 78% of cooking fire injuries.

One of the things that makes cooking such a hazard is indeed the fire or hot surface itself. However, in many cases, it is human error, negligence or complacency which is the root cause of the disaster. So, it's important for families to learn and teach proper kitchen safety etiquette.

"One common cooking related injury is caused by introducing frozen foods to hot grease or oil," said Greg Kunkel, Emergency Medical Services chief on base. "Typically, when ice melts it turns to water then to a vapor. When frozen foods are dropped into the hot oil, it causes what is called 'sublimation,' which means it skips the water stage and goes straight from solid to vapor, suddenly and violently causing mini explosion. The expansion rate of the ice to gas is crazy! It expands at a factor of 1,600. So, those mini explosions the oil to

pop and spray, potentially burning the cook."
"Cooking is such a routine activity that it is easy to



forget that the high temperatures used can easily start a fire," said Nicholas Llewellyn, fire prevention officer aboard MCLB Barstow. "Sometimes people become complacent and leave items unattended. Sometimes, especially during holidays, sporting events, or other activities, it can be easy to get distracted. For example, home fires caused by cooking peak during Thanksgiving and Christmas when people may be cooking more than usual, but may also be distracted by visiting family members and friends. Always be attentive to what's cooking and never leave any items on the stove or oven unattended."

The type of clothing worn while cooking can also make the difference between slight discomfort, versus a full on 3rd degree burn.

"Be careful not to wear long, loosely fitting sleeves, for instance, which can catch fire over an open flame," Kunkel warned. "Also be diligent when young children are around the kitchen. Keep children at least three feet away from the cook top where food may be boiling, and they can pull those pots on themselves causing severe burns. This is also why it is a good habit to turn the pot and pan handles away from the edge of the cooktop, so kids don't have something to grab onto."

They stress the importance of keeping other combustible materials away from the cooking surface, such as loose mail, pot holders, paper towels, and maybe even a wayward tortilla.

"Keep an ABC Fire Extinguisher in the kitchen, as



National Preparedness Month:

Be prepared for any emergency

Submitted by:

Mission Assurance Division

MCLB Barstow

While still dealing with the COVID-19 pandemic, our nation is also faced with another record-setting fire season, unprecedented hurricane activity and earthquakes, highlighting the need for September's focus on National Preparedness.

This focus on being prepared for emergencies is not only timely, but crucial for military members and their families, as well as civilian personnel aboard Marine Corps Logistics Base Barstow, California. The following information was disseminated by the Mission Assurance Division on September 11, 2020:

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved. The 2020 NPM theme is: "Disasters Don't Wait. Make Your Plan Today."



Teach children what to do in an emergency if they are at home or away.

Make A Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

10



Step 1:

Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?
- Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.
- Get masks (for everyone over 2 years old), disinfectants, and check my sheltering plan.

Step 2:

Consider specific needs in your household. As you prepare your plan tailor it and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs

- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3:

Fill out a Family Emergency Plan! Go to <https://www.ready.gov> to download and fill out a family emergency plan or use it as a guide to create your own.

Step 4:

Practice your plan with your family/household. The following guides and plans can be found at: <https://www.ready.gov/plan>

- Family Emergency Communication Guide (PDF)
- Family Communication Plan Fillable Card
- Emergency Plan for Families or
- Emergency Plan for Kids or
- Emergency Plan for Commuters
- Pet Owners
- Family Emergency Communication Planning Document
- Family Emergency Communication Plan Wallet Cards
- Know Your Alerts and Warnings
- Protect Critical Documents and Valuables
- Document and Insure Your Property
- Emergency Financial First Aid Kit
- Consumer Financial Protection Bureau Disaster Checklist
- Make a Plan

Questions or concerns, please contact MCLB Barstow Mission Assurance at:

mclbb_ma@usmc.mil
or 760-577-5838/6422.



well as the garage area,” Llewellyn said. “These areas have high hazards. ABC Extinguishers are all purpose extinguishers (ordinary combustibles, flammable liquids, electrical).”

It’s also important to know what to do in the event of a fire. Different fires require different responses.

“If you have a grease fire, cover the flame with a metal lid or cooking sheet,” Aguilar said. “Turn off the heat source. You can also pour baking soda on the flames to smother the fire. The last resort is a Class B Fire Extinguisher. In no instance should you use a water based extinguisher for a grease fire. Water spreads the grease fire and adds to the fuel.”

If the fire is a small one caused by a paper towel or pot holder catching fire, you can dunk the item in water safely to extinguish it. However, the experts recommend extreme caution to prevent personal injury. If you are unable to quickly and easily extinguish the flames, then they recommend that you exit the home and immediately call 911 for assistance from the local fire department.

“Some of the most common injuries during a home fire are burns and smoke inhalation,” Bledsoe said. “Some burns can be treated with an in-home first aid kit: For 1st degree burns, run cool water over affected area or immerse until pain subsides. Use a

cool compress if water is not available. For 2nd degree burns, immerse in water for 10-15 minutes. Do not break any blisters if present. If there are 3rd degree burns, immediately call 911. Cover loosely with sterile non-adhesive bandage. Do not soak in water or apply any ointments or it can cause infection.”

“Since 1922, the National Fire Prevention Association has sponsored the public observance of Fire Prevention Week,” said Michelle Bledsoe, fire prevention officer on base. “However, it was in 1925 that President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country.”

The events are held during the week of October 9 each year in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This massive fire killed more than 250 people, left 100,000 people homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.

To learn more about research at NFPA, visit nfpa.org/research and fpw.org.



How to Make 0.1% Chlorine Solution to Disinfect Surfaces in Healthcare Settings

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/make-chlorine-solution.html>

Use 0.1% (1,000ppm) chlorine solution to disinfect frequently touched surfaces and items. **Make new 0.1% chlorine solution every day.** Throw away any leftover solution from the day before.

Proceed with **only one** of the following: **2a** or **2b** or **2c**



1 Make sure to wear required PPE.

From Liquid Bleach (5%)	OR	From HTH (70%)	OR	From Chlorine Powder (35%)
<p>2a</p>		<p>2b</p>		<p>2c</p>

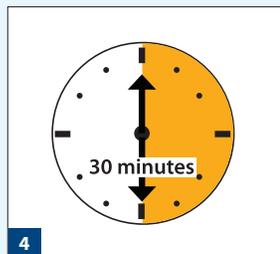
Pour 400mL of liquid bleach into a 20L bucket, then fill with water to 20L mark (or pour 1 part liquid bleach and 49 parts water for any volume).

Add TWO tablespoons (30g) of high-test hypochlorite (HTH) (70%) to 20 liters of water in a bucket.

Add FOUR tablespoons (60g) of chlorine powder (35%) to 20 liters of water in a bucket.



3 Stir well for 10 seconds, or until chlorine powder/granules have dissolved.



4 Wait 30 minutes before use.



5 Label bucket “0.1% Chlorine Solution - Disinfecting.”



6 Cover bucket with lid. Do not store in direct sunlight.

Supplies Needed

- Tablespoon
- Measuring cup or 1-liter bottle
- Bucket with lid and spigot
- Water
- 5% Liquid bleach OR 70% HTH OR 35% chlorine powder
- Stick for stirring
- Label

WARNING

- Do NOT mix chlorine solution with other cleaning products.
- Do NOT put chlorine solution in mouth or eyes.



Marine Corps Logistics Base Barstow

To preserve the health and welfare of base employees
and to help limit the spread of COVID-19

the following are changes to base activities and areas of function.

Postponed or Closed

- Self-Defense Classes
- Spin Classes
- Pass & ID Nebo 101 & Yermo 40
- Swim Lessons
- Play Mornings
- Wellness Series

MFP Virtual Events

For a list of MFP virtual events, dates, times and links contact Beth Simpson, MFP coordinator, 760-577-6675, or visit <https://www.facebook.com/MCFTBBarstow/>

Modified Hours and Services

Leatherneck Lanes Bowling Alley open w/modifications (kitchen open):

- Call for details and hours which vary by the day - 760-577-6264

Marine Memorial Golf Course open w/modifications:

- Call for details - 760-577-6431

Semper Fit Gym:

- Unmanned hours for all permanently assigned DOD employees on base begin Sept 16. Call 760-577-6812 to make appointment to register CAC ahead of time.
- Combat room CLOSED.

SMP/Rec Center:

- Single Marines only, no guests - Mon - Fri 11 a.m. - 1 p.m. and 3 p.m. - 7:30 p.m.
- Closed Thursday nights, as well as Sat & Sun during COVID restrictions

Oasis Pool:

- Open Tues - Sun 11 a.m. - 7 p.m.

Route 66 Cafe:

- Open for dine-in service. Can also orders in ahead at 760-577-6428.

Commissary:

- Open every Tues 9 a.m. -9:30 a.m. for active duty and spouses only
- Open Tues - Fri 9:30 a.m. - 6 p.m. and Sat 8:30 a.m. - 5 p.m. NOTE: IDs will be verified.

Base Library:

- As of Monday, Sept 14, hours will be Mon - Fri 7:30 a.m. - 5 p.m.

Personal & Professional Development:

- Open Mon - Fri 7:30 a.m. - 4 p.m.

Behavioral Health:

- Open Mon - Fri 7:30 a.m. - 4:30 p.m.
- To set an appointment call 760-577-6533.

Auto Skills:

- Open every other weekend, Sat 8 a.m. - 5 p.m. and Sun 10 a.m. - 6 p.m.
- Aug 8 & 9, 22 & 23; Sept 5 & 6, 19 & 20.
- Call Bruce for further information: 760-577-6260, or cell at 760-267-1075

ITT: Opening Monday, Sept 14 - Mon & Thurs 11 a.m. - 1 p.m.

Pass & ID 236: Appointment only - 760-577-6969