CO's Safety Awards and recognitions
"Smokeout" tobacco cessation class
Turkey fryer safety
Cover photo by: Jack Adamyk
1st Force Storage Battalion Marines present the colors during the 246th birthday cake cutting ceremony by Production Plant Barstow aboard Marine Corps Logistics Base Barstow, California, Nov. 16, 2021.

Marine Corps Logistics Base Barstow, California
Colonel Gregory B. Pace, commanding officer
Sgt. Maj. Edward C. Kretschmer, base sergeant major

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On the web
Links in this publication are interactive in the online version.
Website: http://www.mclbbarstow.marines.mil
http://www.twitter.com/#!/MCLB_Barstow

MCLB BARSTOW
1 OCT - 15 JAN 2022

Let’s ALL do our part and give a little back so a lot more can be given forward.

Follow the simple steps below to contribute.

1. Go to the following link below:
   https://givecfc.org/first
2. Click donate.
3. Use the code for Barstow "AW7KKE"

POC Major T. J. Herzog
(760) 577-6560
terry.herzog@usmc.mil

On The Cover:

Have you heard about...

TREES FOR TROOPS?

IN 2005: AN IDEA WAS BORN

In 2005, the Christmas SPIRIT Foundation began as a 501(c)(3) charitable organization to advance the spirit of Christmas year-round for kids, families and the environment. Plans were soon developed for a national Trees for Troops program, which provides Christmas spirit to military families one tree at a time.

FEDEX FREIGHT

FedEx Freight provides the shipping and logistics for the trees to be picked up and delivered to military installations throughout the U.S. FedEx has logged more than 965,149 miles for Trees for Troops over the past 16 years.

262,265 MILITARY FAMILIES

Since 2005, Trees for Troops has touched the lives of 262,265 military families at bases and installations in the U.S. and abroad.

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Mathematical expressions and technical terms have been translated naturally.
Turkey and peanut oil are not always a good mix, and Chief Kenneth Seymour, Fire Prevention chief aboard Marine Corps Logistics Base Barstow, explains why.

“Deep-fat turkey fryers are extremely dangerous because they run a high risk of spilling hot oil, tipping over, and overheating; all of which can lead to burns, fires, and other injuries,” Chief Seymour said. “An average of 1,700 cooking fires occur on Thanksgiving Day each year, more than three times the average number on any other day of the year.”

In 2020, fire departments responded to an estimated 1.4 million fires in the United States. “The most obvious dangers out there, during holidays, are in the kitchen,” he said. “Knives, hot oils, heated pans, and other possibly harmful items are out in the open.”

He has several recommendations to keep you, your family and friends, and your homes safe:

• Stay in the kitchen when you are cooking on the stovetop, so you can keep an eye on the food, pans, and other hazards.
• Stay in the home when cooking your turkey and check on it frequently.
• Keep children away from the stove. The stove will be hot and children should stay 3 feet away.
• Make sure children stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
• Keep the floor clear so you don’t trip over children, toys, pocketbooks or bags.
• Keep knives out of the reach of children, always.
• Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child or pets.
• Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
• Never leave children alone in a room with a lit candle.

Recipe for Preventing Turkey Fryer Fires

When you fry foods, you increase the risk of a cooking fire. Keep in mind the potential dangers of deep frying a turkey:

✓ Use your turkey fryer only outdoors on a sturdy, level surface well away from things that can burn.
✓ Check the temperature often with a cooking thermometer so the oil won’t overheat.
✓ Determine the correct amount of oil needed by first placing the turkey in the pot with water.
✓ Use long cooking gloves that protect hands and arms when you handle the pot, lid and handles of a turkey fryer.
✓ Make sure your turkey is completely thawed before you fry it.

For more information and free resources, visit usfa.fema.gov.

Great balls of turkey fire!

In addition to injuries, property damage can run as high as $21.9 billion in the United States, during a Thanksgiving weekend. “The aforementioned fires caused 3,500 civilian fire deaths and 15,200 reported civilian fire injuries,” Seymour said. “All family members can prevent accidents from happening.”

People who attend the holiday events, should keep an open eye and be aware of things happening around you and in the kitchen.

“Everyone at the holiday event is responsible to make sure that all of the family and friends are safe,” he said. “Fire and Emergency Services on base wishes everyone a safe and happy holiday season!”

If anyone has any questions please feel free to contact the Fire Prevention Staff at 760-577-6093, for Nebo, and 760-577-7039, for Yermo.
MCLB Barstow units earn CO's Safety Award

Left photo: MCLB Barstow Civilian Marines stand together as special staff offices received the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Awards on MCLB, California, Nov. 17, 2021.

Right photo: Col. Gregory Pace (middle-right), base commander, presents the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Awards to Maj. Terry Herzog, S-1 director, as Herzog accepted the award on behalf of manpower department on MCLB, California, Nov. 17, 2021.

Far right photo: Col. Gregory Pace (right), base commander, presents the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Award to Erin Foster, base comptroller, as Foster accepted the award on behalf of comptroller department on MCLB, California, Nov. 17, 2021.

Left photo: Col. Gregory Pace, base commander, presents the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Awards to U.S. Navy Lt. Cmdr. Samuel Webb, Public Works officer, as Webb accepted the award on behalf of Facilities Department on MCLB, California, Nov. 17, 2021.

Right photo: Col. Gregory Pace (right), base commander, presents the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Awards to Capt. Adam Medford, Headquarters Battalion commander, as Medford accepted the award on behalf of Headquarters Battalion on MCLB, California, Nov. 17, 2021.

Far left photo: Col. Gregory Pace (right), base commander, presents the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Awards to Lt. Col. Arturo Manzanedo, Headquarters Battalion commander, as Manzanedo accepted the award on behalf of operations department on MCLB, California, Nov. 17, 2021.

Right photo: Marines stand together as the communications department received the Marine Corps Logistics Base Commanding Officer’s Safety Excellence and Special Recognition Awards on MCLB, California, Nov. 17, 2021.
In a cold turkey luncheon as part of the Great American Smokeout held aboard Marine Corps Logistics Base Barstow, California, Nov. 18.

The intent is to encourage Marines to stop smoking, and to go “cold turkey” for 24 hours. It was kicked off by a working lunch that included cold turkey sandwiches.

“I did a tobacco presentation at the barracks,” said Shelley Lamey, Health and Fitness Director, and Human Performance and Resiliency Specialist with Semper Fit Gymnasium on base. “It coincided with the national campaign for the Great American Smoke Out to Quit Tobacco.”

Nearly 50 Marines joined the luncheon, to include enlisted personnel and officers. Part of what encouraged them to join the event was the promise of a Panera box lunch that had cold turkey sandwiches, cookies, chips and bottled water.

“They arrived and then ate their lunch while I conducted a Tobacco Presentation they could use towards a Professional Marine Education,” she said. “Lieutenant Colonel John Bilas, base executive officer, spoke to the Marines after my presentation to encourage them to quit tobacco, as well.”

One of the concerns that tobacco presents is the health and overall wellness of the Marines.

“Tobacco can cause gum disease, lung disease, various cancers, impotence, sleep impairment, less oxygen circulating in the body, vision damage, impaired taste buds, high blood pressure, increased potential for Chronic Artery Disease, just to name a few,” she said.

Operation Tobacco Free Marine is an evidence-based program offered by Shelley Lamey at Semper Fit, who, in addition to her other roles, is also a Certified Tobacco Cessation Specialist.

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Operation Tobacco Free Marine is an evidence-based program offered by Shelley Lamey at Semper Fit, who, in addition to her other roles, is also a Certified Tobacco Cessation Specialist.

“All the tools and resources available there,” Lamey said. “One Marine joined my program six weeks ago and has been tobacco free since October 31st. This program works!”

### Active Duty Smoking Rates by Service

<table>
<thead>
<tr>
<th>Group</th>
<th>Any Smoking</th>
<th>Heavy Smoking (one or more packs/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marine Corps</td>
<td>30.8%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Army</td>
<td>25.7%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Navy</td>
<td>24.4%</td>
<td>3.4%</td>
</tr>
<tr>
<td>Coast Guard</td>
<td>19.9%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Air Force</td>
<td>16.7%</td>
<td>1.65%</td>
</tr>
</tbody>
</table>

### Disease Deaths
- Lip, mouth and throat cancer: 4,868
- Cancer of the stomach, esophagus and pancreas: 17,319
- Chronic airway obstruction: 75,074
- Heart disease: 107,744
- Lung cancer, cancer of the tracea or bronchus: 123,836
- All diseases and conditions caused by smoking: 437,902
MCLB Barstow

Toys for Tots Tuesday

Look who's here in the "St. Nick of time, with the longest list ever... and he's asking for help!

This year Santa needs our help more than ever. In the High Desert, many children face the prospect of finding nothing under the tree this year. Your donation of a new unwrapped toy can bring a more joyful Christmas to an underprivileged child.

Drop your toys off at the front gate when you come to work!

MCLB Fire Department personnel will be at the front gate of Nebo, and both Yermo gates on Tuesday November 30, and December 7, 14, & 21 from 0545 to 0730 to collect the toys.

Sponsored by the Barstow Communities. Coordinated at MCLB by the MCLB Fire and Police Departments.

Monetary Donations can be given at the gate or you can go to http://barstow-ca.toysfortots.org. Select Donate Online

TTF Coordinator: GtSc Sebastian Guzman 577-6866

For more information call: MCLB Fire Department at 577-7320, 577-6866 or 577-6865.