

THE PROSPECTOR



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Serving the Corps for 75 Years
Marine Corps Logistics Base Barstow

July 25, 2019



Commander's Forum

Emergency preparedness

New 1st Fleet Storage Battalion CO

On The Cover:

Front cover by: Laurie Pearson

As a heatwave drives temperatures over 110 degrees Fahrenheit in the Mojave Desert, families enjoy cooling off at the Oasis Pool and Water Park aboard Marine Corps Logistics Base Barstow, Calif., July 19. See related story regarding heat related illnesses and safety precautions on page 10.



Marine Corps Logistics Base Barstow, California
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Sgt. Maj. Sergio Martinezruiz, base sergeant major

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BACK TO SCHOOL BRIGADE 2019

1 August 2019 - 2 to 4 p.m.
MajGen James L. Day Conference Center

School supplies and backpacks to school-aged children (PreK - 12) of service members assigned to, or living aboard, MCLB Barstow. Service Members receive backpacks and supplies for their children.

Join us for a bullying Presentation at 2:30 p.m.
Anyone may visit any of our vendors and presentation!



The Superintendents from Barstow Unified School District and Silver Valley Unified School District will be on-site to help register your child for school and answer any questions you may have. There will also be representatives from nearby schools as well as other MCLB programs.

Save time at the door by pre-registering online at:
btsb2019.eventbrite.com

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



Food
Vendors

After
Rodeo
Dance



NOW AN OPEN RODEO

September 20 & 21

MCLB Rodeo Grounds

Tickets online at MARINECORPSRODEO.COM or at MCLB ITT

Got news? Call us! (760) 577-6430

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News Briefs

MARAMDIN 401/19 2019 FEDS FEED FAMILIES FOOD DRIVE CAMPAIGN

In support of the annual "Feds Feed Families" (FFF) food drive, the Department of the Navy (DON) is encouraged to participate in the donation of non-perishable food items for distribution to nationwide food banks.

Marine Corps Installations Command (MCICOM) is designated as the Marine Corps lead organization and supported Command for this initiative. The FFF food drive initiated on 26 June 2019 and is scheduled to run through 9 August 2019. The FFF is an excellent opportunity for our Marines, Sailors and Civilian Marines to support their communities.

Concept of Operations:

a. Marine Corps Commands are to designate a FFF command representative to coordinate this initiative with their nearest installation Chaplain.

(c) Comments, concerns, requests for facilitation.

4. Please continue to give back by donating again this year. Additional details are available through the following link: <http://www.secnav.navy.mil/donaa/Pages/Campaigns.aspx>

Energy Tip

Avoid placing lamps or tv sets near your room air-conditioning thermostat. The thermostat senses the heat from these appliances, which can cause the air conditioner to run longer than necessary.

MARADMIN 339/19 TSP AND BLENDED RETIREMENT SYSTEM MATCHING

CONTRIBUTION FUND

Thrift Savings Plan is a significant part of the Blended Retirement System. For BRS participants, the retirement income received from their TSP account depends on the amount invested during their working years and the earnings accumulated.

Approximately 60 percent of the 103,000 Marines who enrolled in the BRS during calendar year 2018 are contributing at least 5 percent of their basic pay to their TSP account. These Marines are benefiting from the full value of government matching contributions to TSP (1 percent automatic plus 4 percent matching). They are maximizing the amount of "free money" from the government based on making their own contributions.

Marines can verify or change their TSP contribution percentages by accessing their DFAS Mypay account at <https://mypay.dfas.mil/>.

Installation Personal Financial Manager (PFM) or Command Financial Specialist (CFS) are available to help with guidance on TSP investment funds and retirement saving goals. PFM contact information is at <https://usmc-mccs.org/services/career/personal-financial-management/>. Also, visit the TSP website to find helpful planning tools and to develop a retirement savings plan at <https://www.tsp.gov/planningtools/Calculators/index.html>.

Leave Share Program

Individuals currently affected by medical emergencies and in need of leave donations.

Jones, Anna

Hernandez, Cindy

Costilla, Yvette

Mann, Charles

Anyone desiring to donate annual leave under the Leave Share Program should contact the Human Resources Office at 577-6915.

MARADMIN 218/19 TUITION ASSISTANCE GUIDELINES UPDATE

In conjunction with reference (a), this MARADMIN provides Tuition Assistance (TA) utilization requirements and procedures.

Additional TA eligibility criteria is listed in reference (a). Command approval of TA is contingent upon the command's anticipated mission requirements. TA is authorized only for Marines who meet the standards and eligibility criteria contained herein and in references (a) and (b). Initial usage of TA and continued usage of TA is at the Commanders discretion. Commanders shall ensure Marines meet all eligibility criteria.

TA requests can only be submitted within 60 days of the start date of the class.

COMMANDER'S FORUM

Family and friends of MCLB Barstow,

Recent earthquakes remind us, we live in a region where natural disasters not only have the potential to cause severe damage they are also very unpredictable. Storms and floods are forecasted days or weeks in advance, but earthquakes strike suddenly, so have a plan and resources in place at all times. If you have not already, visit <https://www.ready.marines.mil/Make-a-Plan/> and develop a personal emergency action plan!

In preparation for the upcoming school year, take full advantage of the services available on Base. We have a great team of dedicated MCCA personnel ready to assist. Contact our School Liaison Adam Diaz, if you have questions about our local schools, registration requirements, or start dates at 760-577-5854 or adam.diaz@usmc-mcca.mil. Also, please join us at the Day Center to receive (lots!) of free school supplies on August 8 at the Back to School Jubilee.



Col. Craig C. Clemans
Base Commander

Congratulations and well deserved to those recently promoted:

GySgt Pedro Villa, GySgt Neil Denton, Sgt Carlos Ramirez, LCpl Phillip Wiggins

To those who have just reported to MCLB Barstow, Welcome Aboard!

LtCol Micheal Graham from Logistics Modernization Team East - he had taken command of 1st Force Storage Battalion

GySgt Jessee Cudaback from MCAS Cherry Point - he is joining the MCCA team

Cpl Ashtyn Hammer from HMLA-369 - she becomes a member of the Mounted Color Guard

Cpl Jacob Iversen from 2nd Battalion, 6th Marine Regiment - he is assigned to the HQ Company staff

Pfc Zachary Gandiongco from Personnel Admin School MCCSSS - he joins the Base S-1 section

Farewell and THANK YOU to those getting set to depart this summer:

As Fleet Support Division stands up as 1st Force Storage Battalion, we bid farewell and following seas to LtCol Giersch, MSgt Baltazar, SSgt Austin, SSgt Borer, SSgt Fleming, Sgt Dugan, Sgt Huynh, Sgt Sanchez, Sgt Zavala, Cpl Black, Cpl Ruiz, LCpl Piatak, LCpl Garvin and LCpl Jacuinde. We also bid farewell to Sgt Rudy Hernandez III who is transitioning off of active duty after 4 years of faithful service. Thank you all for the hard work and dedication to our country and the Marine Corps.

Announcing the arrival of the newest Member of the Marine Family: Jaxon was born 4 July 2019 to Corporal Brendan McDowell and his spouse Kristina - congrats to both of you!

"Friendship is the crown of life and the school of virtue. Friendship multiplies joy and divides sorrow." C.S. Lewis
Continue to safely enjoy family and make friends this summer!

Semper fidelis!

Col Craig C. Clemans, USMC
Commanding Officer
MCLB Barstow, CA

Emergency preparedness

Story by: Laurie Pearson
CommStrat Chief

As highlighted by the recent earthquakes which struck in the Searles Valley area, disasters do not often come with visible warnings, so being prepared for potential hazards aboard Marine Corps Logistics Base Barstow, California is crucial.

“Disaster responses are high-risk events which threaten and impact communities and present unique challenges for responding personnel,” said Paul Purdy, fire chief with Fire and Emergency Services on base. “It is critical that we be prepared for disaster responses, as well as the recovery phases that inevitably follow.”

Being prepared for emergencies is one way to help mitigate damage and expedite the recovery processes.

“Threats that could affect MCLB Barstow and the surrounding area are of course earthquakes as seen recently in the Searles Valley area,” said Maj. Ernest Robinson, Headquarters Company commanding officer and base emergency manager. “Other threats include extreme heat, wildfires, and potential flash floods during the rainy season.”

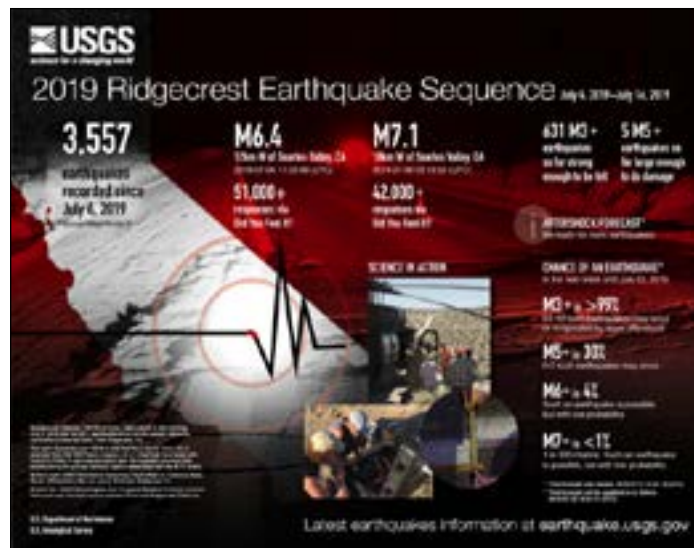
“According to the MCLB Barstow All-Hazard Threat Assessment conducted by Headquarters Marine Corps, the Barstow area may also be impacted by droughts and damaging winds,” said Lori Morgan, physical security manager.

There are myriad ways that individuals can prepare themselves and their loved ones for emergencies.

“Number one, stay informed,” Morgan said. “All MCLB personnel should enroll in Athoc. Athoc is a mass notification system that quickly and accurately informs MCLB personnel, in real-time, of any possible threats, and provides any necessary instructions in the event of an emergency. For Athoc registration information, please email BSTW_SECMGR@usmc.mil.”

Additionally, a well-stocked emergency preparedness kit can also help in surviving and then recovering from a crisis. Potable water is the most important thing to maintain in adequate amounts.

“People can survive without food or other things for extended periods of time,” said Greg Kunkel, Emergency Medical Services chief with FES. “However, no one can go long without water. We recommend a gallon per day of water, for every person, with enough on hand to last a few days. In emergencies, often services such as water, gas and electricity are cut off due to damages incurred during the crisis. For example, the city of Trona is still having issues with regard to water supplies



due to the recent earthquakes and people are having to transport water into them. This is a week after the initial earthquake. Who knows how long before their water services will be reinstated?”

Regardless of standard operating procedures, it’s important for people to take action for the safety of themselves and those around them if they are able to do so.

“Everyone should have an emergency action plan catered to their specific lifestyle, family size, workload, and abilities,” Robinson said. “All personnel should ensure they have a stockpile of water and food which should cover a few days, to a week, at a minimum.”

In fact, the Red Cross recently recommended having up to two weeks worth of supplies on hand due to how long it may take to reinstate the various services.

“Additionally, having filled gas cans on-hand would alleviate potential issues if gas stations are affected by a disaster,” Robinson explained.

Anyone on base should notify housing and maintenance of any issues, or potential issues, prior to or after an emergency.

“However, if there is a hazard during or after an emergency, such as gas lines leaking, electrical lines down, people should call 911 immediately,” said Jason Thompson, Environmental Division director.

Be sure to advise the 911 operators of your specific location, though, because those calls are not answered by base phone operators, but rather they are answered by California Highway Patrol and they may not be immediately aware that you are calling from a military base, Kunkel advised.

“Unfortunately, it is hard or even impossible to predict or forecast when an emergency, specifically an

ess: Update those kits!

earthquake, will affect the area,” Robinson said. “If an issue arises, notify base personnel immediately, and access your emergency preparedness kit. Those kits should be stocked with a variety of things, such as a first aid kit, batteries, flashlights, any necessary medication, a knife or multipurpose tool.”

There is a wealth of information on emergency planning for family members with special needs, children, and pets, Morgan pointed out. For information and recommendations, go to the “Ready Marine Corps” website at <https://www.ready.marines.mil/Make-a-Plan/>. The site can also be a good source for information on building a good emergency

preparedness kit at this link: <https://www.ready.marines.mil/Build-a-Kit/Basic-Emergency-Kit/>.

“A successful outcome from major emergencies and disasters necessitates having sufficient resources for managing the disaster response and recovery through a partnership among all levels being government - federal, state, and local agreements,” Purdy said.

A well-stocked emergency preparedness kit is another tool that can help increase the potential for successful outcomes.



Recommended Items to Include in a Basic Emergency Supply Kit:



- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three day supply of non-perishable food
- ☐ Battery powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local Maps

New Marine battalion led by MCLBB returnee

Story by: Keith Hayes
CommStrat Planner

Lieutenant Colonel Micheal R. Graham officially took command of the 1st Force Storage Battalion in a ceremony at the site of the former Fleet Support Division aboard the Yermo Annex of Marine Corps Logistics Base Barstow, California, June 26.

1st FSB executes Marine Force Storage Command's mission to provide storage, stock readiness, and maintenance management of Marine Corps ground equipment and associated collateral materiel held in assigned inventory at MCLB Barstow, the new battalion commander explained.

If Graham's name seems familiar, it's because he was the former director of Fleet Support Division with the rank of major at the same location in Warehouse 406 from May 2010 to June 2013.

"I was the last major to fill the position at FSD," Graham explained. "When the Marine Depot Maintenance Command went to the one depot two locations mode (MCLB Barstow and MCLB Albany, Georgia) and there was no longer a colonel at MDMC; Headquarters Marine Corps determined the FSD slot needed to be filled by a lieutenant colonel from then on."

Graham describes the advantages of making FSD into the military command of the 1st FSB.

"There are a couple of the key benefits to making this a command rather than a directorship. One is it makes the approving authority (control of the budget) of my position greater," he said.

"Another is that it gives us more accountability and oversight over the military equipment we store and maintain to ensure it's ready when the Corps needs it."

Graham pointed out that before becoming a military command, the former FSD had little control over its accounts and



Lieutenant Colonel Micheal R. Graham addresses the audience at the activation ceremony for the 1st Force Storage Battalion June 26. Graham was a major when he first served as director of the former Fleet Support Division from 2010 to 2013. FSD is now 1st FSB.

its director had to submit any significant monetary adjustments that had to be made to the Logistics Command commanding general for a signature.

The Marine Force Storage Command was activated in April 2019, with the 1st and 2nd Force Storage Battalions under its direct control. The activation of MFSC and 1st FSB also increases the logistics significance of MCLB Barstow and the base's importance to the Marine Corps.

"The authorities tied to being a command rather than division are a little bit different as well," Graham continued. "The administrative authorities, rewarding authorities, and punitive authorities also change, number one because of the rank and also because it's now a slated military command."

The various branches of the former FSD that were led by GS-12 civilians now become three military companies; support, supply, and maintenance; and some of the former branch heads become company commanders, the lieutenant colonel said.

"Martin Durette went from a GS-12 to a 13, Vince Boaz went from a 12 to a 13, Neil Pinchefs stays a 13, but he goes from the deputy director of FSD to company commander of the Supply Company, which he has vast experience in," Graham said.

"The position of deputy director

is going to be filled by Anthony Almeida, a retired Army lieutenant colonel who spent 30 years in the service," he said. "He's going to be installed July 22nd."

The three company commanders will also be writing the fitness reports for those personnel under their command rather than being the director's responsibility as it was when the command was FSD, Graham said.

Military tradition, customs and courtesies will be part of the new command.

"The 1st FSB has its own colors and guidon," the battalion commander said. "Any honors earned by FSD in the past will become battle streamers that can be added to 1st FSB colors, so that's something that wasn't there before when it was a division as opposed to a military command."

"The signs out front that say Logistics Command are going to change to 1st Force Storage Battalion, and members of the 1st FSB will also participate in designing a challenge coin for the command," Graham added.

"Whatever position I've taken in the Marine Corps, my personal philosophy is to make it better. 'It' being the people, the area, the process, the building, everything. Just make it better. If at the end of the day you can say I made it better, then you have an accomplishment you can be happy with. If everybody does that then it's going to be hard for that organization to fail," he said.

Graham knows that changing the culture in an organization at any level is sometimes difficult.

"However, I am extremely confident with the people I've talked to and in the enthusiasm that the Barstow people have shown. With what they bring to the table, that change will happen. Yes, I'm sure there's going to be some bumps in the road, but I'm really happy with their attitude towards it right now," he said.

Newest MCG member no stranger to the saddle

Story by: Keith Hayes
CommStrat Planner

Corporal Ashtyn Hammer is one of the newest members of an exclusive group in the Marine Corps: The last remaining Mounted Color Guard headquartered at Marine Corps Logistics Base Barstow, California.

Hammer arrived aboard MCLBB in late June from Marine Corps Base Camp Pendleton, where she had been assigned to Marine Light Attack Helicopter Squadron 369, 3rd Marine Aircraft Wing.

"I was an avionics technician working on Hueys (UH-1Y Venom) and Cobras (AH-1Z Viper) attack helicopters with '369 when I first started applying to be assigned to the Mounted Color Guard," Hammer said.

Thanks to the main function of the MCG as a recruitment tool for the Marine Corps, Hammer first heard about them when she was a civilian.

"I saw them at the Colorado Professional Rodeo Association Finals in Grand Junction a few years ago and I thought that was the coolest thing ever," she explained. "Once I joined the Marine Corps I remembered the MCG and was determined to become a member. I just kept calling people trying to get here until they just accepted me."

While it is not unusual for Marines assigned to the MCG to come from a diverse background of Military Occupational Specialties, it is unusual for them to have horse riding experience. Usually, they have to be taught how to ride. That goes for privates all the way up to the colonels who serve as commanding officers of MCLBB.

Such is not the case with Hammer.

"I grew up on horseback, basically. I sat on a horse before I could sit up," she said. "My dad's a horse trainer. My dad and grandmother have been in rodeos doing barrel racing and team roping."

Hammer said she also got her Colorado Professional Rodeo Association card right out of high school and has numerous awards for her barrel racing skills.

The native of Fruita, Colo., said she originally attended college to become a math teacher.

"I still want to be a math teacher but there's quite a bit of politics in teaching these days and I'm not sure I want to follow suit," Hammer said.

She also has hobbies besides horseback riding and barrel racing.

"I like to dance. I have been dancing since I was little. I was on a competitive dance team up until high school when I became a part of the Varsity Poms team. I like the two-step, line dancing and swing. I was also big into ballet for a long time," Hammer said.

"I'm really big into learning leadership skills, so



Photo courtesy of: Ashtyn Hammer

A then 18-year-old Ashtyn Hammer rounds the third barrel and gets ready to head for home at the Rim Rock Rodeo in Fruita, Colorado, 2013.

any leadership conference that comes up I try and go. I was also a member and officer of the Future Farmers of America," she said.

As with most other Marines, Hammer said she was surprised to find that there was a Marine Base in Barstow. "I've driven by a few times, but I didn't know it was a Marine base until I joined the Marine Corps."

Now that she's stationed at MCLB Barstow, she wants to make people more aware of the last Mounted Color Guard in the Corps. "I just want to help broaden the MCG's horizon, get it more known," she said. "I think the MCG has a lot more potential than what it's being used for."

"I think that a lot of people don't know about it," Hammer explained. "The Air Wing I was assigned to had no idea that the Mounted Color Guard even existed when I started looking in to getting over here."

Making a career of the Marines is something she might consider, but her love of competitive riding is at war with that.

"I want to rodeo again professionally, hopefully, but that's really hard to do in the Marine Corps and being stationed in one spot," she said.

Hammer said there are still challenges for her as a woman in the Marine Corps, but she also likes the team aspect of the Corps.

"I like the camaraderie and the networking of the Corps. I love meeting new people and making connections; that's one of my biggest things. I think this world is more who you know than what you know, so building connections is one of the coolest things I can do," she said.

But it's a dry heat: Dangerous

Story by: Laurie Pearson
CommStrat Chief

The death of ex-NFL player, Mitch Petrus, by heatstroke, serves as a grim reminder of the serious threats posed by the heatwaves currently sweeping across the United States, including here aboard Marine Corps Logistics Base Barstow, California.

The ongoing joke is “but it’s a dry heat” when discussing the heatwaves with people from various parts of the country. People debate who is more miserable, those living with humidity, or those living in drier climates. What many people may not realize, however, is that as the Mojave Desert heats increase, the relative humidity dips to dangerously low levels, creating extreme and dangerous conditions.

Your body’s sweat is your natural swamp cooler, so to speak.

“To maintain the normal body temperature of 98.6, the body will cool itself by sweating,” said Shelley Lamey, Semper Fit Gym director. “Sweating causes loss of fluid and electrolytes. Electrolyte drinks are scientifically designed to replenish minerals lost through sweating.”

For the High Desert heat and lack of humidity, Michelle Wolfe, Occupational Health nurse on base, recommends 128 ounces (one gallon) of water per day.

“The recommended water to electrolyte beverage ratio is 3:1,” Wolfe said. “Have three bottles of water to one sports drink to ensure that your electrolytes aren’t depleted throughout the day because that can cause a whole other set of issues.”

Another option for electrolytes is to obtain the packets that contain 1000mg of Vitamin C and approximately 20 other vitamins and minerals, explained Lamey. This would also give your body and mind the additional support it needs when taxed with so much heat stress. People can mix contents of the packet with a bottle of water to gain the nutrients, and also add flavor to their water, which makes it easier for some people to drink a greater volume of water.

“The body can lose up to 1 quart of water an hour,” Lamey said. “When working in heat, schedule fluid breaks every 15 minutes even if you’re not thirsty. Better yet, have your cold beverage next to you to drink continuously throughout the day. Drink approximately 5-7 ounces of liquid every 15-20 minutes.”

“As the temperatures spike and the humidity plummets, moisture evaporates, just like an evaporative cooler or swamp cooler in your home,” said Greg Kunkel, Emergency Medical Services chief with Fire and Emergency Services. “Add in winds and the body can just lose the ability to regulate and maintain hydration, causing malfunctions in the body’s electrical impulses. This can cause serious impairments in a person’s ability to function normally.”

Additional prevention measures:

- Purchasing and carry body ice packs – these are used on the back of the neck, chest, under arms and are very useful in keeping the body’s core temperature down.
- Having portable coolers, ice chests and lunch boxes containing ice or ice packs on hand.
- Use wet cloth to wipe down the back of your neck, face, under arms, chest.
- Use sunscreen with SPF of 50 or greater to protect the body from UVA and UVB rays.
- Avoid alcoholic beverages – they are especially harmful in extreme heat and accelerate water loss.
- Avoid hot heavy meals – they add heat to the body and restrict its cooling capacity.

“The brain is affected with the heating up of our core temperature and we can begin to feel lethargic, nauseous and light-headed, all of which are symptoms of heat exhaustion and heat stroke,” Lamey said.

One sign of heat-related illness, also known as hyperthermia, is sunburned skin.

“Skin can blister as the sunburn progresses to a 2nd-degree burn,” Kunkel said. “Heat cramps occur as the body loses electrolytes through sweating. It’s the larger muscle groups that are usually effected, such as the abdominal, leg, and arm muscles. Heat cramps will advance to heat exhaustion. During heat exhaustion, the victim will sweat heavily, may have nausea and vomiting, appear extremely fatigued or weak, will have a headache or be dizzy, and may faint.”

The final progression of heat illness is heatstroke, which is a true emergency, he explained.

“During heat stroke, the body no longer has the fluid to sweat in an attempt to cool itself,” Kunkel said. “The body temperature of the victim can be 103 degrees or higher; they will have hot and dry skin; they may be confused before losing consciousness, and they may get disoriented, make inappropriate choices for the conditions, and experience irrational thinking. This can often lead to meandering off of a designated trail or path, and can be life-threatening.”

Taking active prevention measures can be key to avoiding heat illnesses and injuries.

“Wear appropriate clothing such as light-weight, light-colored loose-fitting clothing,” Kunkel advised. “Stay cool indoors with air conditioning, if able. If your house does not have air conditioning, go to a shopping mall or public library. If you have to work outside, adjust your work/rest cycles to rest more and work less. And last but not least, stay hydrated. Drink plenty of water interspersed with a sports drinks.”

“Being physically fit can help your body cope with high heat, but do not exercise outside in this heat if possible,” Lamey said. “Good cardiovascular systems

heatwave strikes Mojave Desert

respond better to exertion. Establish a regular exercise program if you don't already have one. Regular is 5-7 days of moderate to vigorous exercise a week now specified by the American College of Sports Medicine."

In some cases, such as with the police, firefighters and paramedics, and even railway operations crews, staying out of the heat may not be an option.

"In the railyard, we work to meet operational requirements, no matter the flag conditions," said Chad Hildebrandt, Railway Operations supervisor. "It's hot! All personnel are required to carry a water source on them at all times. They are observed by Medics/Corpsmen and CLS's on a regular basis. Shade breaks are not scheduled, but due to the natural flow of operations, there are ebbs and flows that allow for time in shaded areas, if there are any shaded areas. The temperatures are higher on the railyard because it's all sand, concrete and metal which reflect and radiate that heat, compounding the issue. We work together and keep an eye on one another and make sure we make it home safely."

If you encounter someone experiencing some degree of heat illness or injury, there are levels of care you can

provide to assist them, and perhaps even save their lives.

"First and foremost get the person out of the hot environment," Kunkel said. "In the milder cases of heat illness, this may be sufficient. Also, cool beverages such as water or sports drinks will offer relief. Wet cloths placed on the body, against bare skin will help to convectively cool the victim. In the advanced stages, such as heat stroke, continue with the cooling measures, but it is imperative that 911 be activated as this is a true medical emergency. If the patient is unconscious or semi-conscious, nothing orally should be given to them due to the choking hazard."

It is also important to note that if one is dialing 911 via a cell phone on base, the call will go off base to the California Highway Patrol emergency dispatch. They may not know where you are located and that you are specifically on a military base.

"It is important to be specific about the location of the patient, and callers should assume that the dispatcher does not know the base streets and buildings as well as base employees and residents might," Kunkel said.



	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none">ConfusionFaintingSeizuresExcessive sweating or red, hot, dry skinVery high body temperature	<ul style="list-style-type: none">Call 911Place worker in shady, cool areaLoosen clothing, remove outer clothingFan air on worker; cold packs in armpitsWet worker with cool water; apply ice packs, cool compresses, or ice if availableProvide fluids (preferably water) as soon as possibleStay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none">Cool, moist skinHeavy sweatingHeadacheNausea or vomitingDizzinessLight headednessWeaknessThirstIrritabilityFast heart beat	<ul style="list-style-type: none">Have worker sit or lie down in a cool, shady areaGive worker plenty of water or other cool beverages to drinkCool worker with cold compresses/ice packsTake to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.Do not return to work that day
Heat cramps	<ul style="list-style-type: none">Muscle spasmsPainUsually in abdomen, arms, or legs	<ul style="list-style-type: none">Have worker rest in shady, cool areaWorker should drink water or other cool beveragesWait a few hours before allowing worker to return to strenuous workHave worker seek medical attention if cramps don't go away
Heat rash	<ul style="list-style-type: none">Clusters of red bumps on skinOften appears on neck, upper chest, folds of skin	<ul style="list-style-type: none">Try to work in a cooler, less humid environment when possibleKeep the affected area dry
* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.		



August 2019



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 10 a.m.-6 p.m. @ bldg. 375 Auto Hobby Shop Open	5 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone 4:30 - 5:30 p.m. @ 17 Beginners Meditation Series	6 1 - 2:30 p.m. @ TBD Anger Management 4:30 p.m. @ Community center Teen Building	7 9 - 10 a.m. @ Comm Center Infant Massage 6 - 7 p.m. KIDS 7 - 8 p.m. ADULTS@ Semper Fit Gym Self-defense class	1 10-11 a.m. @ McTureous Hall HOBN PME 2 - 4 p.m. @ JLD Back to School Brigade 4 - 6 p.m. @ pool Back to School Pool Party	2 10 - 11 a.m. @ Library End of Summer Reading Program 4-9 p.m. @ JLD Sugar Loaf Social	3 8 a.m.-5 p.m. @ bldg. 375 Auto Hobby Shop Open
11	12 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone 4:30 - 5:30 p.m. @ 17 Beginners Meditation Series	13 10 - 11 a.m. @ Library Family Board Games Day	14 8 a.m. - 12 p.m. @ McTureous Hall p.m. Personal Readiness Seminar 11 a.m. - 12 p.m. @ McTureous Hall Civilian Resume Workshop	15 4 - 8 p.m. @ JLD Burn Your Own Steak	16 9 - 11 a.m. @ Desert View Comm. Center Play Morning	17 8 a.m.-5 p.m. @ bldg. 375 Auto Hobby Shop Open
18 10 a.m.-6 p.m. @ bldg. 375 Auto Hobby Shop Open	19 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone 4:30 - 5:30 p.m. @ 17 Beginners Meditation Series	20 10 - 11 a.m. @ Library Preschool Story Time with Puppets	21 5 - 6 p.m. @ Desert View Comm. Center Family Game Night 6 - 7 p.m. KIDS 7 - 8 p.m. ADULTS@ Semper Fit Gym Self-defense class	22	23 9 - 11 a.m. @ Desert View Comm. Center Play Morning	24
25	26 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone 4:30 - 5:30 p.m. @ 17 Beginners Meditation Series	27	28 6 - 7 p.m. KIDS 7 - 8 p.m. ADULTS@ Semper Fit Gym Self-defense class	29 9 - 11 a.m. @ bldg. 126 L.I.N.K.S.	30	31

For more information visit: <https://www.mclbarstow.marines.mil/MCLB-Barstow/Events/>