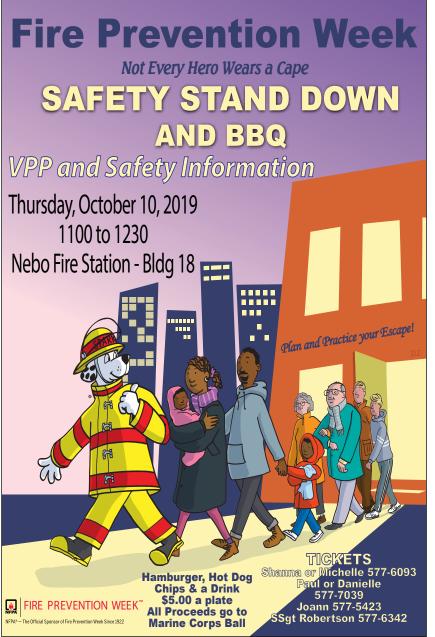




PPB Civilian Marine of the Quarter **MCLBB Fire Department CPR machine** Joint training exercise at the MCLBB pool



On The Cover:

Front cover by: Jack Adamyk

Headquarters Company Marines lower the flag of the United States of America to half mast during the posting of the colors at Marine Corps Logistics Base Barstow, Calif., Sept. 11. Patriots Day, September 11th, is dedicated to the remembrance of those who were injured and those who perished on that fateful day in 2001.



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

Communication Strategy and Operations Office

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On the web

Links in this publication are interactive in the online version

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

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

http://www.twitter.com/#!/MCLB Barstow







News Briefs

MARADMIN 444/19 SOLICITATION FOR NOMINEES FOR MARINE CORPS ENLISTED AIDE OF THE YEAR

This MARADMIN solicits nominees for Marine Enlisted Aide of the Year Award. The Marine Enlisted Aide of the Year Award is an integral part of the Veran's Support Network (VSN) Inter-Service Enlisted Aide of the Year Recognition Program. The Senior Enlisted Advisor of the Marine Corps Enlisted Aide Program (MCEAP) will convene a board of Senior Enlisted Staff Non commissioned Officers in October 2019. This board will review nominations and forward recommendations to the Deputy Commandant for Installations and Logistics for approval.

To recognize Marine Enlisted Aides that have shown exemplary service, exceptional management skills, community leadership involvement, and superior technical knowledge.

Nominee must be currently assigned to a General Officer working in the 3372 MOS capacity.

Nominee must be of the rank of Corporal to Gunnery Sergeant.

Nominee must not be a previous recipient of this award.

Nominee must set exemplary professional and personal standards.

Nominee must epitomize the Whole Marine Concept through performance achievements in basic warfighter skills as well as within the Marine Corps Enlisted Aide Program.

The award period encompasses only those in actions occurring within FY 19.

MARADMIN 447/19 SUBJ/FISCAL YEAR 2021 (FY21) HEADQUARTERS MARINE CORPS SPECIAL DUTY ASSIGNMENT

VOLUNTEER PERIOD

This message announces the Fiscal Year (FY) 2021 Headquarters Marine Corps (HQMC) Special Duty Assignment Volunteer Period (SDAVP) and provides coordinating instructions for requesting billets as Recruiter, Drill Instructor, and Marine Security Guard Detachment Commander. During the SDAVP, qualified volunteers will be given an opportunity to request first priority assignment to billets in FY21 Special Duty Assignment classes.

Background. A successful SDA tour is a hallmark for а competitive Marine and makes him or her exceptionally qualified for promotion. In addition to opportunities for SNCO meritorious promotions, financial incentives, and duty station preference, a SDA tour intellectually rewarding is and physically and mentally challenging. In order to allow volunteers to have the first available opportunity for FY21 SDA billets, HQMC conducting a volunteer is submission period, immediately preceding the involuntary screening and assignment period via the HQMC SDA Screening Team (HSST).

Marines who wish to volunteer for assignment to an SDA must submit a "SDA RELM" using the Total Force Retention System (TFRS) to HQMC with the assistance of the unit career planner.

Leave Share Program

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

Jones, Anna

Hernandez, Cindy

Costilla, Yvette

Saiz, Alexander

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 reference is listed in (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.

Energy Tip

Keep lint trap clean in your clothes dryer. An estimated 20,000 fires are caused by lint traps or dryer vents being clogged.

Civilian Marine of the Quarter for PPB

Story by: Keith Hayes CommStrat Planner

Forty-two years ago, the singing group Eagles charted their most iconic hit "Hotel California," the classic movie "Rocky" hit the big screen, Elvis Presley died at Graceland, and Ricardo J. Vallejo got married and also began working at Production Plant Barstow, Marine Depot Maintenance Command aboard the Yermo Annex of Marine Corps Logistics Base Barstow, California.

Vallejo was recently named Civilian Marine of the Quarter for the third quarter of 2019 by MDMC from among the artisans working at both MCLB Barstow and MCLB Albany, Georgia, highlighting his more

than four decades of service to the base.

Born and raised in Barstow, Vallejo spent his first 15 years at MCLB as a carpenter on the Nebo side and then as a General Equipment Mechanic at PPB for 27 years, among other jobs.

"I'm pretty versatile and I am able to perform in several different trades," Vallejo said. That is also the definition of a GEM, possessing the ability to work fluently in at least three different kinds of repair fields, he said.

One of the more notable changes at MCLB Barstow from when he began working in 1977 is workplace safety has taken front and center in the way things are done, Vallejo said.

"They emphasize safe practices, the wearing of the proper protective equipment for the job you're doing and they're constantly upgrading the

equipment to make it safer," he said.

As a member of the Maintenance Shop, Vallejo said he has a lot of knowledge about the largest freestanding structure in the Marine Corps, building 573, and that knowledge is tapped frequently by the artisans at PPB.

"It's funny because now we're removing some of the projects I built in the Plant 20 years ago because they need the workspace," he said.

Dennis Blackford, Production Equipment Maintenance Supervisor, echoed Vallejo's sentiments about the work he has done at the base and Plant during his tenure.

"A lot of the stuff in building 573 was built by

Official USMC Photo

Ricardo J. Vallejo chosen as Civilian Marine of the Quarter for the third quarter by Marine Depot Maintenance Command. Vallejo has worked for 41 years at Marine Corps Logistics Base Barstow, California. The last 27 years has been at Production Plant Barstow. His job as General Equipment Mechanic has him maintaining the heavily used equipment needed by others to do their jobs.

Rick," Blackford said. "Now we're tearing a lot of it out and we can see Rick's name written on the inside of the walls from decades ago."

Vallejo and the rest of the crew are constantly busy repairing the machinery and systems needed by others at the Plant to get their jobs done

"The steam racks and the blast cabinets that we work on are used very hard every day and the upkeep on those is a lot of work," he noted.

However, the maintenance he performs on heating and cooling systems is the biggest source of pride he gets from doing his job.

"It makes me feel good when someone says 'Thank you, we really appreciate what you're doing for us,' and that could be just from fixing the cooler for them

during the summer, or fixing the heater when they're outside in the winter because it's really cold," Vallejo explained.

Vallejo has some advice for those just coming to work at the Plant. "The key to doing a good job is to always try to do the right thing, be professional about your job and do it in a timely matter, because people are depending on you."

The artisans with whom he has worked are also on his list of "good people" making his life at the Plant better. "I've had a good working partner for many years, Mickey Flores, who is as good a General Equipment Mechanic as there is. We make a good team and I really respect him," Vallejo said. "Dennis Blackford is also a good man whom I've really enjoyed working with."

He loves that the nature of his job means doing different things every day, but that's not the most challenging aspect of working at the Plant.

"It's getting up in the morning at 4 o'clock to get to the plant about 6 o'clock," Vallejo said. "I've been doing this for years and I still have trouble with the early hours."

Blackford, Vallejo's supervisor, said he nominated Rick for the Civilian Marine of the Quarter recognition because of his work ethic.

"Rick is old school; he keeps on going until the job is done," Blackford said. "I'll be sorry to see him go in January"

Joint training exercise at

Story and photos by: Keith Hayes CommStrat Planner

A n Emergency Action Plan training exercise at the Oasis Pool aboard Marine Corps Logistics Base Barstow, California, drew together the lifeguard team and fire department personnel August 27 to practice their lifesaving skills and to ensure that the aquatics center remains accident and injury-free for all of its patrons.

"We train once a month on all aspects of our job as lifeguards, but this EAP training exercise was a first since I've been here also involving the fire department paramedics and rescue personnel," said Axel D. Rivera, Oasis Pool manager and supervising lifeguard.

If a drowning were to occur at the Oasis Pool, Rivera said, the lifeguards would contact 911 aboard base to set the EAP in motion.

"The EAP tells all involved parties, in this case, the lifeguards and fire department personnel, how to coordinate their efforts in the most effective way possible," he said.

"When we have a passive and unresponsive patient we initiate rescue efforts first by the primary lifeguard in the pool tower giving one long blast on their whistle to alert others in the team what is happening," Rivera said.

Another lifeguard calls 911 aboard base to set the EAP teams in motion. That whistle blast also sets a secondary lifeguard into action to get a rescue backboard to the pool's edge.



Francisco Cadillo, primary lifeguard, Oasis Pool, swims toward the passive and unresponsive drowning "victim" in preparation to pulling him to the surface and initiating lifesaving resuscitation efforts, August 27. The Emergency Action Plan training exercise involving elements of the Marine Corps Fire Department emergency rescue personnel was a first joint training exercise between the two entities. The goal was to insure all lifeguard personnel are trained

and ready to respond to a drowning should the need arise.

"Then the lifeguard that initiated the EAP phone call gets the oxygen canister and the Automatic External Defibrillator and positions that equipment on the pool deck," Rivera said.

The primary lifeguard who first saw the victim jumps into the water carrying a flotation device to bring the unresponsive patient to the surface.

"The lifeguard tube is then placed under the victim to keep them floating at the surface while the lifeguard brings them to the edge of the pool where the secondary lifeguard waits to help get them on to the rescue board," Rivera said.



Francisco Cadillo, primary lifeguard, Oasis Pool, has just recovered passive and unresponsive drowning "victim" Axel Rivera, lifeguard supervisor, from the bottom of the pool during an Emergency Action Plan training exercise August 27. Elements of the Marine Corps Fire Department also participated in this first ever special training exercise to ensure the Oasis Pool and fire department personnel remain trained and ready to go at a moment's notice to keep the MCLB Barstow aquatics center a safe place for pool patrons.

The board contains a special attachment that helps immobilize the head and neck of the victim to prevent aggravating any existing injury.

"Once the primary lifeguard is sure his partner has a solid hold of the victim's arms to keep them from slipping back into the pool, the lifeguard tube is placed under the foot of the board to help stabilize it in the water," Rivera said. "Then the primary lifeguard gets out of the pool to help pull the board containing the victim on to the pool deck."

Vital signs are immediately assessed to determine if the victim is breathing. If not, then cardiopulmonary resuscitation (CPR) efforts begin.

"The lifeguard team begins with two breaths into the victim's mouth followed by 30 chest compressions," Rivera said.

These compressions aren't like the one you see administered by TV actors on medical dramas.

"It doesn't seem like the actor EMTs are pressing

the MCLB Barstow pool



(Left) Primary lifeguard Francisco Cadillo ensures drowning "victim" Axel Rivera, lifeguard supervisor, is in place on the rescue backboard and one of Rivera's arms is held firmly by Sgt. Maxim Krymov, volunteer Marine lifeguard, while Cadillo gets out of the pool to help Krymov pull the backboard up on to the pool deck. The Oasis Pool lifeguards and rescue elements of the Marine Corps Fire Department participated in the Emergency Action Plan training exercise August 27.

very hard, but we constantly train to make sure that you press down hard enough to compress the heart, and that takes a lot of pressure," he said.

The cycle of two breaths and 30 compressions continue until the patient revives or until EMTs arrive and take over the lifesaving efforts.

"As part of this particular EAP training exercise, the paramedics from the Fire and Emergency Services Department responded with a stretcher, a rescue backboard of their own, and a device I've never seen in action before, an automatic CPR chest compressor," Rivera said.

The automatic chest compressor clamps firmly on to the rescue backboard, is positioned over the patient's heart and turned on to begin compressions by a plunger-like device to continue the CPR cycle.

"The automatic chest compressor is a very helpful tool," explained Assistant Fire Chief Greg Kunkel, who arrived with the fire crew as part of the EAP training. "It keeps on going no matter what and ensures that the victim gets consistent chest compressions to keep the oxygen in his blood circulating. It's also safer for the EMT because they can strap themselves in in the ambulance rather than have to stand unrestrained in a moving vehicle to do the chest compressions."

"This EAP training exercise is going to eventually become a quarterly training opportunity which helps keep emergency response crews and the lifeguards up to date and ready to respond," Rivera said. There are several different aspects to the lifeguard's job, and all require training.

"We change the kind of training we do so it's not just one thing. One day we'll do CPR, another day (Automatic External Defibrillator), another day we'll do oxygen administration, and another day we'll do bloodborne pathogens," he said.

The regular and consistent training the lifeguard team participates in gives them confidence in their ability to perform in an emergency situation.

"We prevent accidents and injuries from happening because we stress to the pool going public they must obey the regulations that are in place to save their lives," Rivera said.

"Adhere to the safety policies and listen to the lifeguards," he concluded. "We're here to keep you from doing something that would cause us to have to save their lives.





(Left) Francisco Cadillo, primary lifeguard, has delivered two breaths to a breath tube apparatus to the mouth of the drowning victim, in this case a resuscitation training manikin, as Sgt. Maxim Krymov, volunteer Marine lifeguard, delivers 30 chest compressions to the victim during an Emergency Action Plan training exercise in conjunction with rescue elements of the Marine Corps Fire Department. The two breaths and 30 - compression cycle continues until the victim is revived or fire department personnel arrive to take over the rescue effort.

Fire Department CPR machine saves lives

Story by: Keith Hayes CommStrat Planner

An automatic chest compression device currently in Ause by the Marine Corps Fire Department aboard Marine Corps Logistics Base Barstow, California, is a lifesaver, not just for the patient but for the paramedic or emergency medical technician using it.

At an Emergency Action Plan joint training exercise August 27 at the Oasis Pool aboard the base, the Lucas 2 device stole the show because of its capabilities to automatically deliver the 110 chest compressions a minute needed to perform cardiopulmonary resuscitation on a heart patient.

Assistant Fire Chief Greg Kunkel is the man who oversees the department's 12 paramedics and their training.

"The Lucas 2 straps on to the backboard or gurney the patient is on," Kunkel explained. "Then the piston mechanism is place over the sternum of the patient. A button is then pressed to start the piston to deliver the 110 compressions a minute.



Photo by: Keith Hayes

Francisco Cadillo, primary lifeguard, Oasis Pool, watches as an automatic chest compressor is attached to the rescue board containing an unresponsive drowning victim and positioned over the chest before being turned on to deliver textbook perfect compressions, pausing long enough to allow rescuer to deliver two breaths before resuming the process again. The ACC allows the proper rescue compressions to be administered in moving ambulance so the paramedic can remain constrained in the seat for safety.

"It also will warn after 30 compressions that it is going to stop long enough for the attending paramedic to deliver two breaths to the patient before it resumes its compressions," he said.

8 Axel Rivera, Oasis Pool manager and

supervising lifeguard, had never seen the Lucas 2 in action.

"I was mesmerized by that machine," Rivera said. "Sergeant (Maxim) Krymov (volunteer lifeguard) was administering the chest compressions, and after five or six rounds of that you can get pretty tired, even if you switch off duties with the other lifeguard."

"Using the automatic chest compressor improves the quality of the CPR and it never gets tired," Rivera concluded.

Kunkel said the Lucas device was introduced into the world of lifesaving technology in the late 1970s and was operated pneumatically by attaching it to the compressed air bottle carried by every ambulance.

"The problem with that is that it was a pneumatic device and depended on a maze of tubes to keep it connected to the oxygen bottle and the Lucas itself," Kunkel said. "Those tubes were prone to developing leaks."

That changed when the Lucas 2 device was introduced the chief explained. It operated on a rechargeable lithium ion battery that electronically activated the chest plunger.

"That meant with the electrical inverter built in to all ambulances now, once the patient is secured, the Lucas 2 could be connected to the ambulance power for a much longer use time," the chief said.

Each Lucas 2 device costs \$15,000 and the department has five of them. Chief Kunkel said the lifesavings benefits of the Lucas 2 far outweigh the cost.

"We've been using the Lucas 2 for the past seven years because of a tragic accident involving a paramedic in the mid-1990s," the chief said. "Paramedics with the (civilian) fire department there responded to an accident in Lucerne Valley. The paramedic in the back of the ambulance was standing up holding on to what we call the subway bar with one hand and administering chest compressions with the other. The ambulance was on the way to the hospital when the driver lost control and hit a tree, killing the unrestrained paramedic."

Kunkel said the MCLB Fire Department often leads the way in new technology to "up the game" of the firefighters and paramedics, and the Lucas 2 is a prime example of that forward thinking. "As far as I know the Marine Corps Fire Department at the base is the only fire department in the high desert that has the Lucas 2," he said.

"First and foremost, this piece of equipment is for the safety of our crew; secondly, the quality of the CPR delivered by the Lucas 2 never diminishes. The Lucas 2 has taken our CPR techniques to the next level," Kunkel said.



Around the Corps

WADI SHADIYA, Jordan (Sept. 4, 2019) U.S. Marines with Alpha Battery, Battalion Landing Team 3/5, 11th Marine Expeditionary Unit, fire an M777 towed 155mm howitzer during exercise Eager Lion 2019. Eager Lion, U.S. Central Command's largest and most complex exercise, is an opportunity to integrate forces in a multilateral environment, operate in realistic terrain and strengthen military-to-military relationships.

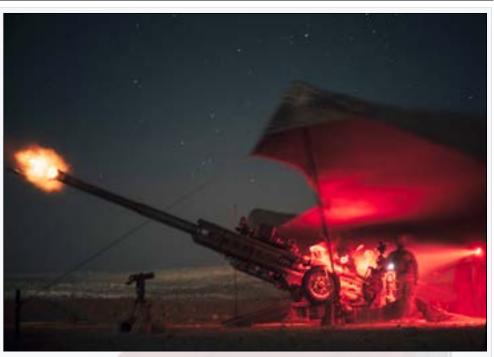
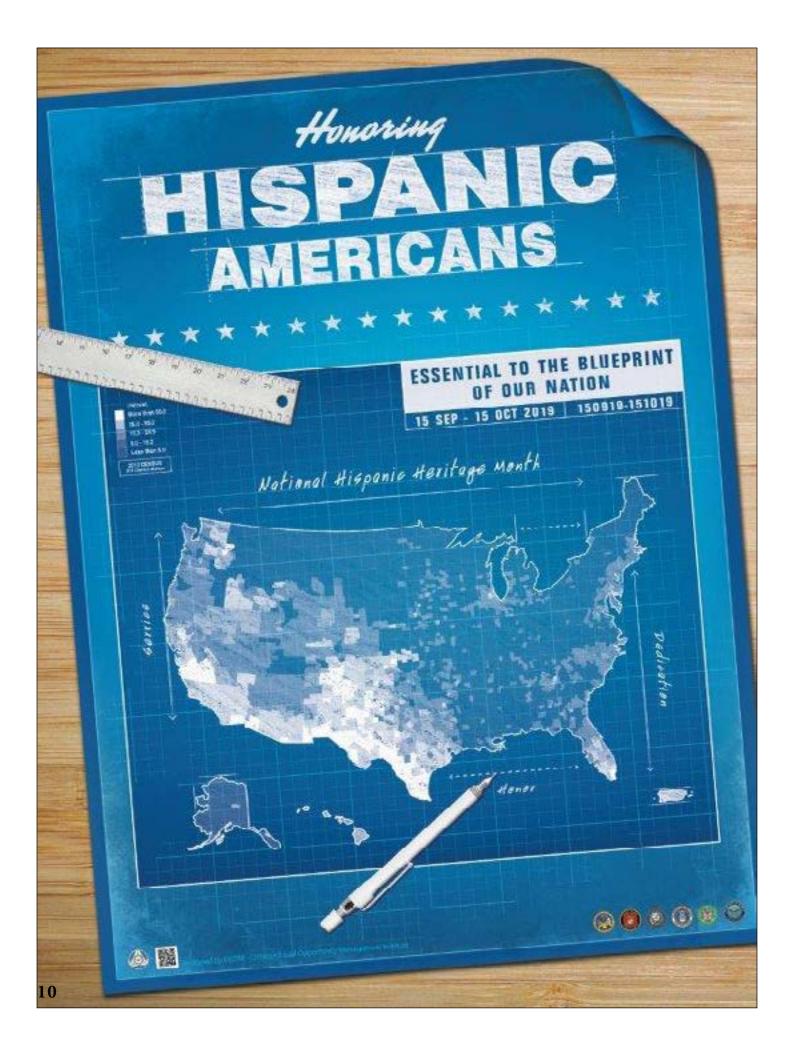


Photo by: Staff Sgt. Donald Holbert



Photo by: Lance Cpl. Joseph Atiyeh

U.S. Marines with 1st Battalion, 8th Marines, Marine Rotational Force–Europe 19.2 and Swedish Marines from 1st Marine Regiment, display their equipment and weapon systems in Berga Naval Base, Sweden, Aug. 19, 2019. Archipelago Endeavor 19 is an annual bilateral integrated field-training exercise, conducted to promote interoperability, strengthen partnerships, and enhance strategic and tactical cooperation between U.S. and Swedish Marines.



Marine Corps Logistics Base Barstow, California and

High Desert Marines



244th Marine Corps Ball

2 November 2019 Cora Harper Community Center 841 Barstow Road - Barstow, CA 92311

Tickets are on sale now! \$50 per person Purchase at HQBN, Bldg. 17D 760-577-6700





Sequence of Events

1700-1745	Cocktails
1800-1845	Ceremony
1845-1930	Dinner
1930-2400	Dancing

Uniform

Military	Dress Blue Alpha	
Civilian	Formal Attire	11

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***	For me	28 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone	21 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone	14 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art for Everyone	 9 - 11 a.m. & 3 - 5 p.m. @ bldg, 126 Art for Everyone 4:15 - 5:45 p.m. radKIDS@ Semper fit gym (Oct. 7-10) 	Domestic Violence Awareness Month	Monday	Y
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***	ttps//www.mclbbarstov	30 11:30 a.m 12:30 p.m. Yoga @ Semper Fit gym 6 - 7 p.m. KIDS 7 - 8 p.m. ADULTS@ Semper Fit Gym Self-defense class	23 2:30 - 4:30 p.m. @ JLD SURVIVOR WALK 1 - 2 p.m. @ Library Family Movie Day	16 p.m. Yoga @ Semper Fit gym 1 - 2 p.m. @ library Make it	 9 11 a.m 12 p.m. Civilian Resume Work Shop @ McTureous Hall 1 - 2 p.m. Teen Scene @ Library 	2 6 - 7 p.m. KIDS 7 - 8 p.m. ADULTS@ Semper Fit Gym Self-defense class	Wednesday	ctober 2
****	For more information visit: https//www.mclbbarstow.marines.mil/MCLB-Barstow/Events/	31 TBD @ Parade Deck Tunnel Trunk or Treat & Haunted Tunnel	24 9 - 11 a.m. @ bldg. 126 L.I.N.K.S. for Spouses 6 - 9 p.m. @JLD USMC History & Etiquette	17 ¹ -3 p.m. @ McTureous Hall Disabled American Veterans 5 - 7 p.m. @ bldg. 126 Date Night: 4 Lenses for Couples	10 11a.m12:30 p.m. Safety Stand Down and BBQ @ Nebo Fire Station - Bldg. 18	3 10 a.m 1 p.m. Career & Education Expo @ Barstow Community College 6 - 7 p.m. @ bldg. 126 L.I.N.K.S. for Spouses	Thursday	2019
***	3arstow/Events/		25 7 a.m 3 p.m. @ Langworthy Field Jane Wayne Day	18 9 a.m 12 p.m. @ Barstow Community College Effective Communication for Families	11	4 6 - 9 p.m. Ball Gown Exchange @ Community Center	Friday	<u>Print</u>
***	**	**	26	19 8 a.m5 p.m. @ bidg. 375 Auto Hobby Shop	12	5 8 a.m5 p.m. @ bildg. 375 Auto Hobby Shop Open	Saturday	