

**Consumer Confidence Report
Certification Form**
(to be submitted with a copy of the CCR)

(To certify electronic delivery of the CCR, use the certification form on the State Board's website at http://www.swrcb.ca.gov/drinking_water/certlic/drinkingwater/CCR.shtml)

Water System Name: Marine Corps Logistics Base Nebo Annex

Water System Number: CA3610701

The water system named above hereby certifies that its Consumer Confidence Report was distributed on June 27, 2019 to customers (and appropriate notices of availability have been given). Further, the system certifies that the information contained in the report is correct and consistent with the compliance monitoring data previously submitted to the State Water Resources Control Board, Division of Drinking Water.

Certified by: Name: Jonathan P. Aunger
Signature: [Signature]
Title: Director, S-F Department
Phone Number: (760) 577- 6437 Date: July 1, 2019

To summarize report delivery used and good-faith efforts taken, please complete the below by checking all items that apply and fill-in where appropriate:

- ☐ CCR was distributed by mail or other direct delivery methods. Specify other direct delivery methods used:
- ☒ "Good faith" efforts were used to reach non-bill paying consumers. Those efforts included the following methods:
- ☒ Posting the CCR on the internet at:
www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR%20Nebo%202018.pdf
- ☐ Mailing the CCR to postal patrons within the service area (attach zip codes used)
- ☒ Advertising the availability of the CCR in news media (attach copy of press release)
- ☐ Publication of the CCR in a local newspaper of general circulation (attach a copy of the published notice, including name of newspaper and date published)
- ☐ Posted the CCR in public places (attach a list of locations)
- ☐ Delivery of multiple copies of CCR to single-billed addresses serving several persons, such as apartments, businesses, and schools
- ☐ Delivery to community organizations (attach a list of organizations)
- ☐ Other (attach a list of other methods used)
- ☐ For systems serving at least 100,000 persons: Posted CCR on a publicly-accessible internet site at the following address: www.
- ☐ For investor-owned utilities: Delivered the CCR to the California Public Utilities Commission

This form is provided as a convenience for use to meet the certification requirement of the California Code of Regulations, section 64483(c).

2018 Consumer Confidence Report

Water System Name: **Marine Corps Logistics Base
NEBO 3610701**

Report Date: June 2019

We test the drinking water quality for many constituents as required by state and federal regulations. This report shows the results of both GSWC and our monitoring programs for the period of January 1 - December 31, 2018 and may include earlier monitoring data.

Este informe contiene información muy importante sobre su agua potable. Tradúzcalo ó hable con alguien que lo entienda bien.

Type of water source(s) in use: NEBO Main Base: Supplied by Golden State Water Co., Barstow Ca.

Name & general location of source(s): NEBO Main Base: Supplied by Golden State Water Co., Barstow Ca

Drinking Water Source Assessment information: Wellhead Assessment March 2002 a copy can be attained at the
Environmental Division Building 196 Nebo Main Base

Time and place of regularly scheduled board meetings for public participation: Meetings on Water Quality issues will be held on request of the Commanding Officer. These meetings are mandatory for all employees. For emergency drinking water issues call the trouble desk at 760-577-6220.

For more information, contact: MCLB S-F Department
Environmental Division
Compliance Branch

Phone: (760) 577-6888

TERMS USED IN THIS REPORT

Maximum Contaminant Level (MCL): The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs (or MCLGs) as is economically and technologically feasible. Secondary MCLs are set to protect the odor, taste, and appearance of drinking water.

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the U.S. Environmental Protection Agency (USEPA).

Public Health Goal (PHG): The level of a contaminant in drinking water below which there is no known or expected risk to health. PHGs are set by the California Environmental Protection Agency.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Primary Drinking Water Standards (PDWS): MCLs and MRDLs for contaminants that affect health along with their monitoring and reporting requirements, and water treatment requirements.

Secondary Drinking Water Standards (SDWS): MCLs for contaminants that affect taste, odor, or appearance of the drinking water. Contaminants with SDWSs do not affect the health at the MCL levels.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.

Regulatory Action Level (AL): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

Variances and Exemptions: State Board permission to exceed an MCL or not comply with a treatment technique under certain conditions.

ND: not detectable at testing limit

ppm: parts per million or milligrams per liter (mg/L)

ppb: parts per billion or micrograms per liter (µg/L)

ppt: parts per trillion or nanograms per liter (ng/L)

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

MFL: million fibers per liter

ppq: parts per quadrillion or picogram per liter (pg/L)

pCi/L: picocuries per liter (a measure of radiation)

uS/cm: one millionth of a Siemen per centimeter (a measure of conductivity)

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

- *Microbial contaminants*, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- *Inorganic contaminants*, such as salts and metals, that can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- *Pesticides and herbicides*, that may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
- *Organic chemical contaminants*, including synthetic and volatile organic chemicals, that are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, agricultural application, and septic systems.
- *Radioactive contaminants*, that can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the USEPA and the State Water Resources Control Board (State Board) prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. State Board regulations also establish limits for contaminants in bottled water that provide the same protection for public health.

Tables 1, 2, 3, 4, 5, 7, and 8 list all of the drinking water contaminants that were detected during the most recent sampling for the constituent. The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. The State Board allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of the data, though representative of the water quality, are more than one year old.

TABLE 1 – SAMPLING RESULTS SHOWING THE DETECTION OF COLIFORM BACTERIA

Microbiological Contaminants (complete if bacteria detected)	Highest No. of Detections	No. of months in violation	MCL	MCLG	Typical Source of Bacteria
Total Coliform Bacteria	(In a mo.) 0	0	More than 1 sample in a month with a detection	0	Naturally present in the environment
Fecal Coliform or <i>E. coli</i>	(In the year) 0	0	A routine sample and a repeat sample detect total coliform and either sample also detects fecal coliform or <i>E. coli</i>	0	Human and animal fecal waste

TABLE 2 – SAMPLING RESULTS SHOWING THE DETECTION OF LEAD AND COPPER

Lead and Copper (complete if lead or copper detected in the last sample set)	Sample Date	No. of samples collected	90 th percentile level detected	No. sites exceeding AL	AL	PHG	Typical Source of Contaminant
Lead (ppb)	2018	10	2.8	0	15	0.2	Internal corrosion of household water plumbing systems; discharges from industrial manufacturers; erosion of natural deposits
Copper (ppm)	2018	10	.083	0	1.3	0.3	Internal corrosion of household plumbing systems; erosion of natural

						deposits; leaching from wood preservatives
The 2017 amendment to domestic water supply permits require K-12 schools to be tested for lead. MCLB Nebo Annex does not contain K-12 schools, therefore does not require this testing.						
TABLE 3 – SAMPLING RESULTS FOR SODIUM AND HARDNESS						
Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	MCL	PHG (MCLG)	Typical Source of Contaminant
Sodium (ppm)	2018	71	68 - 73	none	none	Salt present in the water and is generally naturally occurring
Hardness (ppm)	2018	205	190 – 220	none	none	Sum of polyvalent cations present in the water, generally magnesium and calcium, and are usually naturally occurring

*Any violation of an MCL or AL is asterisked. Additional information regarding the violation is provided later in this report.

** Analytical results from GSWC

TABLE 4 – DETECTION OF CONTAMINANTS WITH A <u>PRIMARY</u> DRINKING WATER STANDARD						
Chemical or Constituent (and reporting units)	Sample Date	Average Level Detected	Range of Detections	MCL [MRDL]	PHG (MCLG) [MRDLG]	Typical Source of Contaminant
Uranium (pCi/L) **	2018	3.2	0 - 5.7	20	0.43	Erosion of Natural Deposits
Arsenic (ppb)	2018	2.8	2.5 – 3.0	10	0.004	Erosion of Natural Deposits; runoff from orchards; glass and electronics production wastes.
Chlorine [CL2] (ppm)	2018	1.27	0.95 – 1.45	[MRDL=4] (as Cl2)	[MRDL=4] (as Cl2)	Drinking water disinfectant added for treatment
Fluoride (ppm)	2018	0.46	0.42 - 0.49	2.0	1	Erosion of Natural Deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Haloacetic Acid (HAA5) (ppb)	2018	7.95	7.9 – 8.0	60	n/a	By-product of drinking water disinfection
Nitrate as Nitrogen (ppm)**	2018	4.1	2.1 – 9.3	10 (as N)	10 (as N)	Runoff and leaching from fertilizer use; leaching from septic tanks and sewage; erosion of natural deposits.
Total Trihalomethanes (TTHMs) (ppb)	2018	36.5	35.0 – 38.0	80	n/a	By-product of drinking water disinfection

TABLE 5 – DETECTION OF CONTAMINANTS WITH A <u>SECONDARY</u> DRINKING WATER STANDARD						
Chemical or Constituent (and reporting units)	Sample Date	Average Level Detected	Range of Detections	MCL	PHG (MCLG)	Typical Source of Contaminant
Alkalinity (ppm) **	2017	130	110 - 150	n/a	n/a	
Calcium (ppm) **	2017	60	43 - 81	n/a	n/a	
Chloride (ppm)	2018	78	75 - 81	500	n/a	Runoff/leaching from natural deposits; seawater influence
Color (units)	2018	1.25	0 – 5.0	15	n/a	Naturally-occurring organic materials
Magnesium (ppm) **	2017	11	7.9 – 15	n/a	n/a	
Odor – Threshold (units)	2018	0.78	0 – 1.5	3	n/a	Naturally-occurring organic materials
pH (pH units) **	2017	7.8	7.4 – 8.1	n/a	n/a	

Potassium (ppm) **	2017	2.5	2.0 – 3.0	n/a	n/a	
Specific Conductance (uS/cm) **	2017	740	510 - 1000	1600	n/a	Substances that form ions when in water; seawater influence
Sulfate (ppm)	2018	55	0 - 110	500	n/a	Runoff/leaching from natural deposits; industrial wastes
Total Dissolved Solids (TDS) (ppm)	2018	425	420 - 430	1000	n/a	Runoff/leaching from natural deposits
Turbidity (units)	2018	0.51	0.11 – 3.1	5	n/a	Soil runoff

TABLE 6 – DETECTION OF UNREGULATED CONTAMINANTS

Chemical or Constituent (and reporting units)	Sample Date	Average Level Detected	Range of Detections	Notification Level	Health Effects Language
Boron (ppm)	2018	.22	.19 – .26	1	The babies of some pregnant women who drink water containing boron in excess of the notification level may have an increased risk of developmental effects, based on studies in laboratory animals
Vanadium (ppb)	2018	4.7	4.4 – 4.9	50	The babies of some pregnant women who drink water containing vanadium in excess of the notification level may have an increased risk of developmental effects, based on studies in laboratory animals
Hexavalent Chromium (ppb)	2018	.27	0 - 0.54	NA	There is no immediate health threat. In excess of the MCL over many years people may have an increased risk of getting cancer.

*Any violation of an MCL, MRDL, or TT is asterisked. Additional information regarding the violation is provided later in this report.

** Analytical results from GSWC

Additional General Information on Drinking Water

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the USEPA's Safe Drinking Water Hotline (1-800-426-4791).

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. USEPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Nitrate in drinking water at levels above 10 mg/L is a health risk for infants of less than six months of age. Such nitrate levels in drinking water can interfere with the capacity of the infant's blood to carry oxygen, resulting in a serious illness; symptoms include shortness of breath and blueness of the skin. Nitrate levels above 10 mg/L may also affect the ability of the blood to carry oxygen in other individuals, such as pregnant women and those with certain specific enzyme deficiencies. If you are caring for an infant, or you are pregnant, you should ask advice from your health care provider

Lead-Specific Language for Community Water Systems: If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and

components associated with service lines and home plumbing. Golden State Water Company is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

**Summary Information for Violation of a MCL, MRDL, AL, TT,
or Monitoring and Reporting Requirement**

VIOLATION OF A MCL, MRDL, AL, TT, OR MONITORING AND REPORTING REQUIREMENT				
Violation	Explanation	Duration	Actions Taken to Correct the Violation	Health Effects Language

THE PROSPECTOR



Vol. 8, No. 12

Serving the Corps for 75 Years
Marine Corps Logistics Base Barstow

June 27, 2019



RailOps training courses offer critical experience

1st Force Storage Battalion

Shooting competition promotes bonding over bullets



Presents

Freedom Festival

Featuring

Open to the Public! American Patriot Band

FREE Admission



MCLB Barstow July 7, 2019



A patriotic themed show aimed at Honoring our Military.



**5 to 9 p.m. on Sorensen Field
Festival at 5 p.m. - Band starts at 6 p.m.
Bring lawn chair or blanket!**

For more information call 760-577-5821

*** All bags and ice coolers are subject to inspection *
* no glass containers are allowed, only cans and plastic ***

On The Cover:

Front cover by: Laurie Pearson

Lieutenant Colonel Micheal Graham, commanding officer, and Gunnery Sgt. Osvaldo Zaragoza, senior enlisted advisor, salute the colors, as Marines stand at attention as a sign of respect, during the activation ceremony for the 1st Force Storage Battalion on the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif., June 26.



THE
PROSPECTOR

Marine Corps Logistics Base Barstow, California
Colonel Craig C. Clemans, commanding officer
Sgt. Maj. Sergio Martinezruiz, 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.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

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



2018 Consumer Confidence Report

Drinking water at MCLB Barstow is tested continually throughout the year, and the results are reported to the State Water Resources Control Board on a monthly basis. Information on drinking water is available on request at any time, and once a year the Environmental Division prepares a Consumer Confidence Report which summarizes the properties of your drinking water for the previous calendar year. The 2018 Consumer Confidence Report shows that drinking water at Nebo and Yermo has met all Federal and State water quality guidelines, and is available on the MCLB Barstow public website at

Nebo URL:

www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR%20Nebo%202018.pdf

and Yermo at URL:

www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR%20Yermo%202018.pdf



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

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News Briefs

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>.

MCLB Barstow Shared Drive Cleanup

**Monday
July 1st**

S-6 Cyber security team will be conducting a cleanup of the MCLB Barstow shared drive sometimes referred to as the “Z:” drive. The cleanup will consist of archiving and removing files older than 3 years to external hard disk media as well as duplicate files. This action is being taken to reduce our current storage use that is nearing our allotted capacity. Every effort will be made to keep files organized in the same manner they were placed on the share.

Departments will have the opportunity and are encouraged to conduct their own archiving prior to this using CDs/DVDs, or other authorized removable media such as validated external hard drives. The S-6 help desk is available to assist in backing up files should there be any difficulties.

Once the Cyber security team begins the process of backing up and removing files from the shared drive, departments will receive copies of their removed data via DVD. If there are working files older than 3 years that need to be retained on the shared drive please communicate this information with the Cyber security team at <mclbb_cnd@usmc.mil> for exemption of those files.

Energy Tip

Avoid idling your vehicle. Ten seconds of idling uses more fuel than restarting your vehicle.

Leave Share Program

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

Jones, Anna

Hernandez, Cindy

Costilla, Yvette

Davis, Johnny, Jr.

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.

Competition promotes bonding over bullets

Story by: Keith Hayes
CommStrat Planner

Directors from every department aboard Marine Corps Logistics Base Barstow, Calif., had a bonding session blasting away at targets in the first ever Commander's Executive Pistol Challenge, June 20.

"The purpose of this event is to foster executive camaraderie among all of the department heads," Col. Craig C. Clemans, commanding officer, Marine Corps Logistics Base Barstow, said.

Nine department directors and deputy directors joined Col. Clemans at the range armed with the standard issue 9 millimeter semi-automatic handgun issued by the range master.

Staff Sgt. Nicholas Hensley, the Range Officer in Charge, said the event was a basic fire-for-time course involving shooting various distances from the target.

By the end of the two-hour challenge, 500 rounds of ammunition had been fired down range, camaraderie had been fostered, and marksmanship improved.

"I think this was a good idea," Erin Foster with the Comptroller's Office said. "I had a lot of fun."

It also emerged that Lt. Col. Silkowski, the base executive officer, was one of the better shots.

"I'm a pretty good shot with a revolver, but the automatic and semiautomatic takes a little more practice," he said. "My first double-action shot is usually right on target because that's the way I was trained. I think this is a good camaraderie builder and it's a pretty good skill-set to develop."

The CO also gave a shout out to Staff Sgt. Hensley and Range Safety Officer Sgt. Kenneth Mullins.

"The help and expertise of the range personnel was awesome. The way they set us up was truly appreciated," Clemans said.



Photo by: Keith Hayes

Directors from all departments aboard Marine Corps Logistics Base Barstow, California, fire away from the five yard line at silhouette targets during the Commander's Executive Pistol Challenge, June 20. Range Safety Officer Sgt. Kenneth Mullins keeps a watchful eye on the shooters.



Photo by: Keith Hayes

Staff Sgt. Nicholas Hensley, range officer in charge, scores Base Executive Officer Lt. Col. Timothy Silkowski's target during the Commander's Executive Pistol Challenge, June 20. Silkowski ended the competition as the best shot in the group.

1st Force Storage Battalion activated at



Photo by: Laurie Pearson

Marines led by Staff Sgt. Steven Wright, heavy equipment mechanic, bow their heads for an opening prayer during the activation ceremony for 1st Force Storage Battalion on the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif., June 26. The 1st FSB is replacing Fleet Support Division, bringing more than 100 Marines to the base to continue repair, maintenance and storage of Marine Corps equipment in support of Corps missions and priorities.



Photo by: Keith Hayes

Under the looming presence of a 777 howitzer, the Marines forming the 1st Force Storage Battalion await the uncasing of the unit flag carried by the color guard. The color guard is composed of Cpl. Ronniejoe Ojeda, Sgt. Alissa Herron, Cpl. Carlos Ramirez, and PFC Phillip Wiggins.

Story by: Keith Hayes
CommStrat Planner

The 1st Force Storage Battalion was formally activated by Marine Force Storage Command in a ceremony at warehouse 406 aboard the Yermo Annex of Marine Corps Logistics Base Barstow, California, June 26.

The ceremony, held at the Fleet Support Division warehouse, formally changed FSD to 1st Force Storage Battalion as the new unit flag signifying the change was officially unveiled by its commanding officer, Lt. Col. Micheal R. Graham.

Major General Joseph F. Shrader, commanding general, Marine Corps Logistics Command, and Col. Kipp A. Wahlgren, commanding officer, Marine Force Storage Command were among the VIPs present for the event.

Wahlgren pointed out that standing up 1st FSB immediately improves inventory control of military equipment and ancillary components in Marine Corps Logistic Command's possession. It also improves oversight and execution of care of supplies in storage and increases the service level readiness of in-stores equipment.

The colonel also said the activation of the 1st FSB increases the importance of MCLB Barstow as a logistics power



Colonel Craig Clemans, base commanding officer, Col. Command, Sgt. Maj. Michael Rowan, Logistics Command, Corps Logistics Command, Col. Kipp Wahlgren, commanding officer, 1st Force Storage Battalion commanding officer, pose for a portrait after the activation ceremony for 1st Logistics Base Barstow, Calif., June 26. The 1st FSB off Corps equipment, providing crucial support for the overall

t Marine Corps Logistics Base Barstow

projection platform for the Marine Corps.

This new command reports to MFSC located in Albany, Georgia, and increases Marine Corps Logistics Command's focus on storage, physical inventory control, and stock readiness operations supporting the Marine Corps on a global scale.

Marines and civilians currently assigned to Fleet Support Division will transition to 1st FSB.

Wahlgren explained that the new command warehouses, cares for supplies in storage, and performs limited field level maintenance for Marine Corps ground equipment. The 2nd Force Storage Battalion was stood up in Albany, Georgia, earlier this month. The two commands under MFSC are responsible for 25 percent of the Corps' total equipment, which is 300,000 pieces of equipment valued at nearly \$7-billion.

Wahlgren then introduced Lt. Col. Graham as the new commanding officer of 1st FSB. Graham thanked the military and civilian dignitaries gathered for the unit stand-up. He then thanked the Marines of 1st FSB for their dedication to maintaining and keeping ready the equipment and material that allows the Marine Corps Logistic Command to support the Corps worldwide.

This is the second time Graham has served at the helm of the organization responsible for maintaining and storing military equipment for the Marine Corps. He was the director of FSD in 2010 as a major, then returned to MCLB Barstow to assume command of the newly activated 1st FSB.



Photo by: Laurie Pearson

The Marine Corps Walking Color Guard presents colors during the activation ceremony for 1st Force Storage Battalion on the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif., June 26.



Photo by: Laurie Pearson

Eric Livingston, commanding officer of Marine Depot Maintenance sergeant major; Maj. Gen. Joseph Shrader, commanding general Marine Command; Lt. Col. Micheal Coleman, assistant chief of staff G-3 Logistics Command, 1st Force Storage Battalion on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, does not reflect its importance to the American military mission.



Photo by: Keith Hayes

Sergeant Major Michael J. Rowan, Marine Corps Logistics Command; talks with the Marines of the newly activated 1st Force Storage Battalion, June 26. He assured the Marines that the work they do for FSB is vital for the Marine Corps and that the relatively small size of Marine Corps Logistics Base Barstow, California, does not reflect its importance to the American military mission.

RailOps' training offers critical experience, knowledge

Story by: Laurie Pearson
CommStrat Chief

The two-week Railhead Operations Group Training Course offered by the Railway Operations School provides extensive classroom and hands-on experience on the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif.

"Out of the 14-day training, the first two days are in-classroom instruction," said Chad Hildebrandt, Railway Operations supervisor. "The remaining days are spent in the field, supporting real-world operations."

The only training of its kind is offered several times throughout the year. Class sizes have ranged from as many as 110 to as few as six students with a typical class size holding approximately 45 students. The courses are administered by four instructors.

"Upon checking in with the staff, students are assigned a barracks room, and given course materials to include radios and hardhats," Hildebrandt said. "Throughout their training, all students are required to stay in the RailOps training barracks located within building 582."

Due to the lack of a chow hall, all students are placed on Per Diem during the course, he explained.

"There are limited microwaves for the students to utilize here in the building," Hildebrandt said. "In an effort to support our students better, oftentimes we coordinate the use of the Expeditionary Field Kitchens that are established and manned by the rotational units. The students are allowed to eat hot chow for breakfast and dinner and they are on their own for lunch, which takes place during the natural ebbs and flows of daily operations."

Transportation is also taken into consideration during their stay. The class provides two General Services Administration (GSA) vans for students to utilize while attending the course.

Given that the base is located in the Mojave Desert, proper preparations for extreme weather conditions is crucial.

"Winter temperatures average around 45 to 55 degrees," said Master Sgt. Patrick Grabowski, Railway Operations chief. "Summer averages around 110 to 120 degrees throughout the day. In order to prevent heat casualties in the summer, it is important to maintain proper hydration, nutrition and fitness standards. Most of the time, our guys drink more than a gallon of water per day, plus sports drinks that include electrolytes which are important for proper body functioning. We also mandate cooling breaks in the shade periodically throughout the work days."

"Throughout the course, students spend on average 10 to 12 hours a day out in the field conducting training and operations," Hildebrandt said.

8 "Students are required to have a water



Photo by: Laurie Pearson

Soldiers with the Idaho National Guard upload tracked equipment such as the M60 AVLB, the M-109 and the M0992 onto railcars for transportation during training exercises, as part of their mission aboard Marine Corps Logistics Base Barstow, Calif., June 21.

source on their body at all times and hydration is stressed throughout the day. There are Medics, Navy Corpsman, strategically placed throughout the railhead also for added support."

In the past six years of operating, the schoolhouse has suffered zero heat casualties to students. This is a track record they intend to maintain, Hildebrandt explained.

There are three primary courses offered at this time:

- Railhead Operations Group Training Course – Certificate of Completion - 14 Days
- Railhead Operations Group Instructor Course – Certified Instructor - 90 Days
- Special Forces Training Course - N/A – Varies

Any DoD personnel can attend the course to include Active Duty military personnel, Reservists, National Guard units, or civilians.

"At this time we do not allow DoD contractors to attend the course," Hildebrandt said, though things could change.

Though things can change, depending on the demands of the real-time operations, on average, a day-in-the-life of a RailOps student goes as follows:

- Wake-Up – 0530
- Barracks Clean-up - 0530-0600
- Morning Meeting - 0600-0630
- Mandatory Daily Safety Brief - 0630-0645
- Begin Operations - 0645-1800
- Evening Meeting - 1800-1830
- Turn-to for personal time, homework, laundry.

"Or, if mission dictates, students, return to the railhead for operations," Hildebrandt said.

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FES promotions draw family, friends together

Story submitted by: Paul Purdy
Fire Chief

On June 17, 2019, MCLB Barstow Fire and Emergency Services held a badge pinning ceremony marking the promotion of three of our members: Craig Posey (Operations Chief), Timothy Yonta (Fire Captain), and Ryan Hanify (Fire Captain).

It was a very special day for the MCLB Barstow FES as well as for these individuals who are moving up. All went through an extensive hiring process and those selected are great leaders and will make positive impact to our organization.

Their families, friends, outside agencies, colleagues, Col. Craig C. Clemans, commanding officer, MCLBB; Lt. Col. Timothy Silkowski, executive officer, MCLBB; Danny Strand, director, Security and Emergency Services; and even former fire Chief Thomas Thompson attended to congratulate them on their promotions and participated in the pinning of the new badges.

To embrace the ceremony of the “badge pinning” there was a very special step: the member being promoted invites a special person (s) to assist in pinning of the badge. The individual might be a spouse, child, a family member, a friend, or a mentor. It’s a big day for family as well as for the member being promoted.



Photo by: Laurie Pearson

After fiancée Elissa Thompson removed Craig Posey's old badge, Tammy Anderson, Posey's sister, pins his new Operations chief badge on his uniform shirt during a promotion ceremony aboard Marine Corps Logistics Base Barstow, Calif., June 17.



Photo by: Laurie Pearson

Ryan Hanify is flanked by his son Daniel and daughter Alice after the ceremony promoting him to fire captain aboard Marine Corps Logistics Base Barstow, June 17.



Photo by: Laurie Pearson

Timothy Yonta poses with his children, Michael, Camille and Grace after Yonta's promotion to captain during a ceremony held June 17 at the fire station aboard Marine Corps Logistics Base Barstow, Calif., June 17.

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“This changes, but can range from 1800 to 2300 hours. Night training does occur if mission allows though.”

Throughout the course, students are tested in three areas. The first is based on in-class exams and homework assignments. They are also tested on field proficiencies. Upon completion of the course, a final written examination is administered.

“Students must score an 85 percent or better in all testing areas to gain mastery of the course and graduate,” he said. “Although students are allowed to engage in physical training if they choose to do so,

most choose not to after working a 14 hour day in the blazing sun.”

To inquire about the courses, contact Chad Hildebrandt or Master Sgt. Patrick Grabowski at 760-577-7781.



Operation Tobacco

Story by: Laurie Pearson
CommStrat Chief



With successful results, Operation Tobacco Free Marine gains momentum aboard Marine Corps Logistics Base Barstow, Calif.

“Two Marines recently quit,” said Shelley Lamey, Semper Fit Gym director. “It’s been six months now. One used chewing tobacco and the other was a smoker. Both were very heavy tobacco users and heavily addicted. We went through the program together on their time.”

One of the first steps they took was to undergo a carbon monoxide test during every class session.

“This is a serious scare to people,” Lamey said. “People get to see what little oxygen is in their body and how high the percentage of cancer-causing toxins are. That is often the biggest reality check and motivator to quit.”

Operation Tobacco Free Marine is a Headquarters Marine Corps sponsored tobacco cessation program designed to help members of the Marine Corps quit tobacco completely. Written and designed by former tobacco users, the program helps those who want to become former tobacco users, themselves.

“The curriculum is an evidence-based intervention program, with collaborations from Florida State University’s College of Medicine Tobacco Treatment Specialist Program and the Smoking Cessation Clinic for the Tampa Veterans’ Affairs Medical Center,” Lamey said. “The commitment is intended to help people quit tobacco and to positively impact the health and well-being of military families. This is done with technical assistance and a goal to ease the burden of illness, death and economic costs associated with Marines’ tobacco use.”

Marine Corps were given intense certifications by the University of Florida whereby they have become licensed practitioners as Tobacco Treatment Specialists.

“We were educated on the entire evidence-based program and went through the curriculum ourselves,” she said. “The program includes various nicotine replacement therapies. There are facilitator and student handbooks with exercises, ready-to-use tools, coaching, interacting, resources, problem-solving, home assignments, carbon monoxide testing and follow-up, regular contact via phone and texts from me throughout the program. It is very interactive and powerful.”

The program can be used based on the participant’s schedule. They can practice various parts of the program anytime, any day, anywhere. Lamey has slotted times on her calendar for Mondays, but has done it during fluctuating hours in order to accommodate the Marines’ schedules.

“For the two Marines I recently helped, they came to my Human Performance Office, where we did the class work and exercises,” Lamey said. “I also had them both do nicotine replacement therapy, using medication, patches and gum or lozenges, which help the nicotine withdrawals. They also help people come down off the cravings in order to stay tobacco free. We did other things, as well, with app resources, calls and things to occupy your hands, or typical patterns associated with tobacco use. I am so proud of both of them and they still have never had a slip yet!”

One of the tools she recommends in helping to combat tobacco addiction is maintaining a physically active lifestyle. An active lifestyle is a healthy way to control weight and take people’s minds off of tobacco.

“Exercise increases your energy, promotes self-confidence, releases endorphins that manage stress, improves body composition, improves your circulation, lung capacity, heart strength and cellular repair with newly oxygenated blood,” she explained. “People also notice improved sleep patterns, increased metabolic expenditure, just to name a few benefits.”

In addition, while smoking raises blood pressure, exercise, on the other hand, helps bring blood pressure down. Smoking also increases plaque which clogs arteries, but exercise slows that process down, Lamey explained.

“Exercise also helps to heal your body once you quit tobacco use,” she said. “Diet is equally important. Eating foods high in vitamins and minerals, whole grains, lean meats, green leafy vegetables, low-fat dairy products, fruits that are high in antioxidants, all help to keep you energized, satisfied and help to

Tobacco Free Marine

manage weight while giving much-needed nutrients to the body.”

Lamey focuses on stress-management techniques, nutritional counseling and guidance, various work out exercise ideas for home and work. She also covers the barriers that keep some people from quitting. In addition, the program is designed to address family support, financial stresses, nicotine withdrawal strategies, tracking cravings, relapse and coping strategies.

“Tobacco use is the single greatest cause of preventable diseases and deaths in the United States,” Lamey said. “In fact, one in every five deaths that occur each year in the United States is a result of smoking. Most of the diseases and deaths directly attributable to tobacco use are related to cancers, lung diseases, and cardiovascular diseases.”

Tobacco use also has a direct and immediate impact on the military and Department of Defense.

“Tobacco use has a detrimental effect on military readiness and effectiveness,” she said. “It has a significant impact on physical fitness and endurance. Tobacco use leads to higher rates of absenteeism and reductions in productivity. It can also lead to millions of dollars in healthcare expenses which could have been prevented. Annually, DOD spends more than \$1.6 billion on tobacco-related medical care, hospitalization and lost work days.”

Some impacts of tobacco use include:

- **Adverse effects on the body, such as inflammation and impairing immune function.**

- **Avoidable public health tragedy: Since 1964 over 20 million premature deaths can be attributed to smoking.**

- **Causally linked to diseases of nearly all organs of the body and diminished health status.**

- **Harm to unborn children.**

- **Risks from smoking for women are now equal to those for men.**

- **Gum disease, destruction of the bone sockets around teeth, and tooth loss.**

“Of the branches of military service, the use of smokeless tobacco products is highest among Marines at 21.3 percent,” Lamey said. “The rate of smoking is highest with deployment 27 percent. More than 80

percent of military personnel reported using tobacco products to ‘relax or calm down’ and 81.5 percent use it to ‘help relieve stress’.”

The bottom line is, tobacco use is a proven addiction, and one of the reasons people continue to use any addictive substance, is out of avoidance of the withdrawal symptoms, explained Dawn Dialon, Substance Abuse Program counselor aboard MCLB Barstow.

“Nicotine withdrawal is very real,” Dialon said. “It’s why so many smokers try many times before they finally quit for good. Nicotine affects all areas of your body, from your heart and blood vessels to your hormones, metabolism, and brain. When you don’t have it anymore, you go through physical withdrawal. You’ll physically crave that nicotine hit and become irritable if you can’t have it. While physical withdrawal usually lasts only a month or so, you could be fighting the mental battle against tobacco for a long time. Nicotine withdrawal involves physical, mental, and emotional symptoms. The first week, especially days 3 through 5, is always the worst. That’s when the nicotine has finally cleared out of your body and you’ll start getting headaches, cravings, and insomnia. When you get over that hump, the physical symptoms will start to go away, then you may still be dealing with mental and emotional challenges such as anxiety, depression, and irritability. Those will also taper off after a few weeks.”

“With the help of this credible and successful program, I am here to help those who want to quit using tobacco permanently,” Lamey said. “I will go anywhere on base, whenever they need me, to help conduct these classes and to get them the help and support they need to get through the withdrawals, and on the right path to living a healthier lifestyle.”

Take that first step, and call Shelley Lamey at 760-577-6817. The help you need to quit tobacco for good is literally one phone call away.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 a.m. - 5 p.m. @ bldg. 126 Art in the Afternoon	2 Session 2 Swim Lessons @ Oasis Pool	3 1 - 2 p.m. @ Library 3D Printer Orientation 6 - 8 p.m. @ Semper Fit Gym Self-defense	4 7 - 9 a.m. @ Nebo MCX Fuel Station Early Bird Gas	5	6 8 a.m.-5 p.m. @ bldg. 375 Auto Hobby Shop Open
7 10 a.m.-6 p.m. @ bldg. 375 Auto Hobby Shop Open	8 9 - 11 a.m. & 3 - 5 p.m. @ bldg. 126 Art in the Afternoon	9 8:30 - 9 a.m. @ Library Baby Story time 10 - 11 a.m. @ Library Game Day	10 1 p.m. @ Library Teen Scene 6 - 8 p.m. @ Semper Fit Gym Self-defense	11 HQBN PME: @ Library 10-11a.m/ job analysis/degree planning/budget	12 All day Leatherneck Lanes Screens and Strikes 4-9 p.m. @ JLD Sugar Loaf Social	13
14	15 9 - 11 a.m. 3 - 5 p.m. @ bldg. 126 Art in the Afternoon	16 Session 3 Swim Lessons @ Oasis Pool 10 a.m. @ Library Preschool story time with puppets	17 11-12 @ McTureous Hall College Alternative Series (1/3) certifications/ credentials	18 8 a.m. - 12 p.m. Personal Readiness Seminar 7:30 - 10 p.m. Summer nights @ Oasis Pool	19 5 - 7 p.m. @ bldg. 126 Sushi Night Workshop	20 8 a.m.-5 p.m. @ bldg. 375 Auto Hobby Shop Open
21 10 a.m.-6 p.m. @ bldg. 375 Auto Hobby Shop Open	22 9 - 11 a.m. 3 - 5 p.m. @ bldg. 126 Art in the Afternoon	23 8:30 - 9 a.m. @ Library Baby Story time 10 - 11 a.m. @ Li- brary Game Day	24 6 - 8 p.m. @ Semper Fit Gym Self-defense 7 - 9 p.m. @ Library Outdoor Movie	25 8:30-10:30 a.m. @ bldg. 126 Links for Spouses	26 9 - 11 a.m. @ Community Center Play Morning	27
28	29 9 - 11 a.m. 3 - 5 p.m. @ bldg. 126 Art in the Afternoon	30	31 6 - 8 p.m. @ Semper Fit Gym Self- defense			

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