

THE PROSPECTOR



Vol. 14, No. 13

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

July 12, 2024



USMC Firefighters
Dog Days of Summer
Back to School Brigade

Heat Safety

Flag Conditions

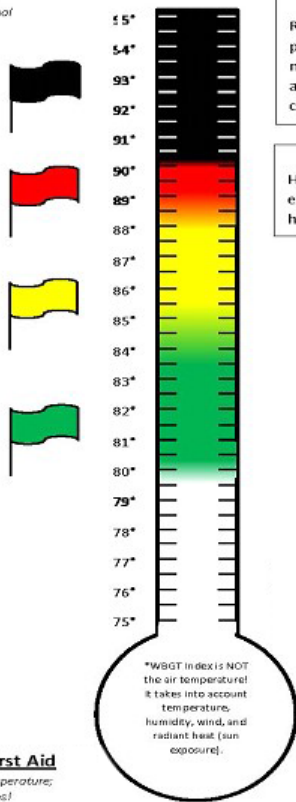
Determined by Wet Bulb Global Temperature (WBGT)*

More than 90° Physical training and non-mission essential strenuous exercise suspended for all personnel

88-89.9° Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.

85-87.9° Strenuous exercise and activity should be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure.

80-84.9° Discretion required in planning heavy exercise for unacclimatized personnel.



Injury Symptoms and First Aid

Heat injuries can happen at any temperature; know the signs and symptoms!

Heat Stroke is damage to the brain due to heat. If the person is not cooled immediately, the damage may worsen, become permanent, or lead to death. In addition to symptoms of heat exhaustion (below), may have altered mental status, be unresponsive, and have convulsions. Remove the person from heat, remove clothing, apply cool water or ice to head, neck, armpits, and groin. Arrange transport to the emergency room while continuing to cool the victim.

Heat Exhaustion occurs when a person can no longer effectively cool himself. Without cooling may progress to heat stroke. Symptoms can include headache, irritability, confusion, nausea, vomiting, weakness, dizziness, and thirst. Water, rest, and immediate cooling are critical. More severe cases can be recognized by elevated core body temperature, confusion, and lack of prompt response to water and rest. Emergently transport to medical care.

Rhabdomyolysis (muscle breakdown) may result from exertion in heat. Muscle pain, swelling, and dark urine should be evaluated emergently by a physician.

Heat Syncope or Fainting (includes light-headedness and dizziness). Sit or lie down in a cool area and drink water.

Heat Cramps are from strenuous work in a hot environment. Rest in a cool area and drink water.

Heat Rash or "Prickly Heat" (itchy, tiny red bumps around sweat ducts). Cool the person, especially the skin (i.e., apply a cool, wet washcloth).

Individual Risk Factors

Restrictive clothing, protective gear, physical exertion, dehydration, certain medications, recent illness, lack of acclimatization (new to area or recent change from cool to warm environment)

Environmental Risk Factors

Hot, humid weather, no breeze or wind, exposure to direct sun or other radiant heat sources.

COVER

Cover photo by: Kristyn Galvan

Richard Epke, veteran resident, lines up the cue ball during a game of 9-ball in the pool hall at the Barstow Veterans Home, California, July 9. In the background, Pat Hagler, secretary from the High Desert Marines, sits with other volunteers from HDM, American Cruisers Motorcycle Club Chapter 149 and Disabled American Veterans of California, District 2. The veterans home hosts a monthly pool tournament with residents and invites local volunteers to participate.



THE PROSPECTOR

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LINKS IN THIS PUBLICATION ARE INTERACTIVE
IN THE ONLINE VERSION

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

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

Instagram: [mclb_barstow_official](#)

X: [MCLB Barstow](#)

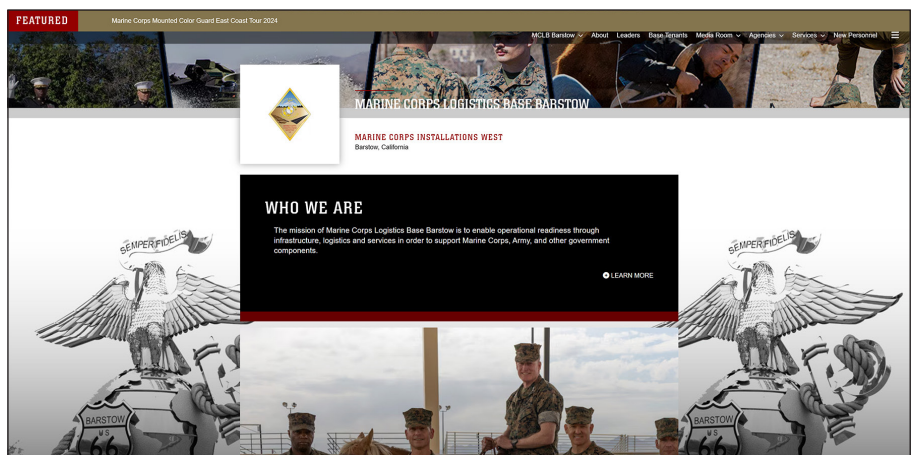




Photo by: Vanessa Schell

United States Marine Corps Walking Color Guard from Marine Corps Logistics Base Barstow, California, lead the parade for the American Legion Post 751, Newberry Springs, California, July 4. The parade started at The Barn, situated on historic Route 66 and traveled through

Newberry Springs, before ending at the nearby American Legion Post 751. Included in the parade procession were the American Legion Poppy Princesses and numerous classic cars.

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Chaplain's Corner

Submitted by: LTJG Bwabwa Tchombela
MCI-West MCB Pendleton Chaplain

The change of command in the US Marine Corps and other military branches of the United States Armed Forces is a structured process that ensures the smooth transition of leadership and promotes the overall effectiveness of the military organization. This process is connected to the spiritual fitness of the Marines in several ways.

Firstly, the change of command allows for the development and cultivation of strong leadership skills within the military. As leaders rotate in and out of command positions, it provides opportunities for new leaders to step up and gain valuable experience. This promotes a culture of continuous learning and growth, which is essential for spiritual fitness.

Secondly, the change of command fosters a sense of accountability and responsibility among the Marines. By witnessing the process of command change, Marines understand the importance of their roles and the impact they have on the overall mission. This understanding helps to cultivate a strong sense of purpose and a connection to something greater than

oneself, which is an important aspect of spiritual fitness.

Furthermore, the change of command is often accompanied by ceremonies and rituals that signify the passing of leadership from one individual to another. These ceremonies serve to honor the outgoing commander for their service and to welcome the incoming commander. They also provide an opportunity for reflection and renewal, which can contribute to the spiritual well-being of the Marines.

Overall, the change of command in the US Marine Corps and other military branches is a vital part of maintaining effective leadership and fostering spiritual fitness among the Marines. It promotes growth, accountability, and a sense of purpose, all of which are important for the overall success of the military organization.



Headquarters Company Change of Command

July 12, 2024



Photo by: Kristyn Galvan

United States Marine Corps Walking Color Guard during the Headquarters Company change of command ceremony at Marine Corps Logistics Base Barstow, California, July 12.



Photo by: Kristyn Galvan

Captain William A. Bomchill, outgoing Headquarters Company commander, passes the Marine Corps flag to Capt. Elizabeth A. Kemp, oncoming Headquarters Company commander, during the change of command ceremony at Marine Corps Logistics Base Barstow, California, July 12.

Back to School Brigade 2024

Story by: Vanessa Schell
CommStrat Specialist



really amazing, how much support we would get from distance communities,” said Diaz.

The vast majority of students from MCLB Barstow are at Silver Valley unified, or Barstow unified. There are occasionally a few outliers in Hesperia, or even Phelan, and the purpose of the event is to give families every opportunity to find a school that works best for them. Although the main focus of the event are the nearby elementary schools, middle schools and

high schools are also invited to the event. Families can enroll students on the same day as well.

“We are fortunate that the nearby schools are understanding of the transient nature of the military community and can adequately support military families as they come and go,” said Diaz.

It is also important to consider the impact that a military installation has on its nearby town. Public schools lose out on local tax revenue, some of which comes from the property taxes non-military residents pay, because federal property is not taxed. Schools may qualify for reimbursement from the federal government through programs such as Impact Aid, which gives out yearly grants based on schools meeting a threshold of students from active-duty military families. Per Military OneSource, on the Impact Aid program “military families have a shared responsibility to support the communities in which they live. Impact Aid for schools is one small way a military family can help ensure its school district has the necessary funds to provide high quality education to all students.”

The Back to School Brigade is “the one-stop shop for back-to-school readiness” that exemplifies the school liaison program’s commitment to serving the educational needs of MCLB Barstow. If you spend any amount of time speaking with Diaz about the education programs, it’s clear he has immense consideration and understanding of the trials of military children. “I really do care and I want to provide what’s best. It’s very difficult to move every three years. It’s rough, the things these kids endure. If I can help, that’s what I care about,” said Diaz. “I don’t know exactly where you’re coming from, but if you show up to the event, you will have all the supplies you need.”

Please join us for the Back to School Brigade, July 24 at 11AM in the McTureous Hall library classroom!



The Marine Corps School Liaison Program, in coordination with Marine Corps Community Services, and the United Service Organization invite military and civilian families to attend the Back to School Brigade event, held at the McTureous Hall library on July 24, at Marine Corps Logistics Base Barstow, California. During the event, families can pick up school supplies that are generously provided through sponsorship funds by the USO. These supplies are free to school-aged children, kindergarten through twelfth grade, as well as eligible adults who are enrolled at Barstow Community College.

The Back to School Brigade will also be an opportunity to meet and interact with the superintendents of Silver Valley unified and Barstow unified school districts, as well as representatives from other nearby schools. MCLB Barstow does not have an on-base school, so the event allows families to “shop” for schools.

“These representatives will be on-site to help register your child for school and to answer any questions you may have,” said Adam Diaz, school liaison officer and Exceptional Family Member case worker, who is also the lead organizer of the Back to School Brigade event at MCLB Barstow.

Held annually during the summer for over the past decade, the Back to School Brigade event was previously supported by Operation Homefront and retired Marines. Now, for the past few years it has been supported by the USO, which is based on Fort Irwin and USO staff routinely travel to MCLB Barstow to host various monthly events. The USO handles procurement of the school supplies and brings them to MCLB Barstow for the event, where they will host a table to distribute the supplies.

In the past, when the event was supported by Operation Homefront, school liaison program staff traveled into the valley areas of San Bernardino County to gather supplies from Dollar Trees. The experience was humbling. “It was

Fallen Firefighter Memorial

Submitted by: Ryan Tworek
Deputy Fire Chief



Photo courtesy: Chief Ryan Tworek

San Diego Union newspaper edition from October 3, 1943, detailing the events of the Hauser Canyon Fire.

If you have been to the National Fallen Firefighter Memorial, located in Frederick County, Maryland, you certainly know the bricks with the names of the fallen firefighters leading to the memorial. During this year's United States Marine Corps Fire and Emergency Services Working Group, I noticed ten names from the USMC, all of which had the same date (1/1/1943). My immediate response was embarrassment for having no idea what fire took the lives of 10 USMC firefighters on the same day. This finding led me to search and try to identify what happened. I eventually found that these Marines lost their lives in the Hauser Canyon Fire in October 1943 in East San Diego.

Hauser Canyon is located in the Cleveland National Forest, about 45 miles east of San Diego, California. During WWII, there were two military camps in the area. The Marines had Camp Pine Valley, and the Army had Camp Lockett. On October 2, 1943, at approximately 10:30 a.m., a fire was detected near the Cottonwood Creek. Initial firefighting efforts involved 6 Marines from Camp



Photo by: Faith Wilson, from flickr.com

A view of Hauser Canyon, which is near Campo, California, May 6, 2009. The Hauser Dam Trail is part of the Pacific Crest Trail, which runs from Mexico to Canada.

Pine Valley and soldiers from Camp Lockett, who had received basic fire training from the U.S. Forest Service. After a few hours at the fire, the Marines became trapped in Hauser Canyon. A wind shift sent fire up the canyon, and three Marines (Private First Class Ismael W. Wesson, Private Norman L. Shook Jr., and Private Ralph C. Peters) attempted to rush through flames to escape and were the first to die in Hauser Canyon. The remaining personnel trapped in the canyon found an area to take cover. The fire burned over the trapped Marines, resulting in injuries to over 70 Marines. After the burn over, the injured Marines were taken to the hospital; the next day (10/3/43), Private Wilbur V. Rossen died from injuries at 5:00 a.m. in the hospital. Followed by Corporal Elmer C. Winkleman, who died from injuries at 11:45 a.m. in the hospital, then Private First Class Lowell R. Whetsel died from injuries at 3:40 p.m. in the hospital, and Private Roger D. Kirkpatrick died from injuries at 9:31 p.m. in the hospital. That same day (October 3, 1943), a soldier: Corporal Leroy Carter from the Army's 10th Cavalry became separated from his platoon and was overtaken by fire and died. Throughout the first 24 hours of the fire, eight military members died, and 73 more were injured.

On October 6th, 1943, the fire was extinguished; 16,000 acres had burned, and 7 Marines and one soldier had died. Months later, two more Marines would die from their injuries at Hauser Canyon. Private Frank C. Rogers died from injuries on December 1, 1943, and Private First Class George F. Lehman died from injuries on March 3, 1944.



Photo courtesy: Chief Ryan Tworek

Bricks with the names of the fallen Marines at the National Fallen Firefighter Memorial, Emmitsburg, Maryland.

al Receives USMC Update

This fire remains among the deadliest on the Cleveland National Forest and in California.

With the help of Mike Pritchard and the National Fallen Firefighters Foundation, we are working to update the fallen Marine and Army firefighter memorial bricks with the correct dates of their deaths and placement together on the path. This article would not have been possible without the article by Jim Hinds, "When death stalked the mountains--the tragic Hauser Canyon brushfire" and the compilation of these articles by the Cleveland National Forest Heritage Program.



Photo from the San Diego Reader

Hauser Canyon fire memorial. The reason 113 Marines were called and 622 men fought the blaze: Hauser Canyon links Morena and Barret Reservoirs, which gave San Diego much of its water in 1943.



Photo courtesy: Chief Ryan Tworek

Bricks with the names of the fallen Marines at the National Fallen Firefighter Memorial, Emmitsburg, Maryland.

"I'd like to take a moment to recognize Chief Tworek as being that person who always goes above and beyond, never settling to be mediocre. Readers should understand that these bricks called the 'WALK OF HONOR' have been in place for 40 plus years at the National Firefighter Memorial and Chief Tworek is the one who recognized them and began to ask questions. He researched these 10 Marines that lost their lives in the line of duty. He took it on himself to find out what happened. Now these 10 Marines will have the correct story behind their sacrifice and their bricks will have corrected dates, and will be placed together at the Memorial. I truly believe there are only a small percentage of people who would have recognized this and then to researched it and taken steps to correct the information, tell their stories and honor their lives more properly. He was applauded by Fire and Emergency Services Marine Corps Installations Command and the National Firefighter Memorial group."

- Paul Purdy

Fire and Emergency Services Chief
Marine Corps Logistics Base Barstow



Photo by: Bill Koplitz

The National Fallen Firefighter Memorial, located in Emmitsburg, Maryland, June 1, 2005. The memorial's brick path has the names of all fallen firefighters in the nation. Whenever a firefighter dies on duty, staff at the memorial grounds fly the flags at half-mast and the firefighter's name is immediately added to the memorial. As of 2023, the first weekend in May is National Firefighters Memorial Weekend.

Dog Days & Summertime SAD

Story by: Vanessa Schell
CommStrat Specialist

The dog days are here! Starting July 3 to August 11, they are considered a particularly tumultuous time due to high temperatures, droughts, weather aberrations and poor health, with summer colds.

Often associated with summer weather, dog days are truly in reference to when Sirius, or the Dog Star, is visible in the early morning.

Dog days also occur during permanent change of station season. As families and personnel move in and out of the base, make travel plans and do their best to mitigate the effects of summer heat, such as ceasing outdoor activity during the hottest parts of the day, or ceasing certain activities altogether, they may experience huge shifts in various routines, which could have negative effects on their mental health.

For all the new Marines, families and personnel on base, Marine Corps Logistics Barstow's Behavioral Health and Family Advocacy Program staff are here to help: Michelle Adams, office manager, Prevention & Education specialist and victim advocate; Jennifer Grunwald, P&E specialist and victim advocate; Jessica Grow, FAP clinician and New Parent Support home visitor; and LaNell Mayberry, clinical specialist, leader of the Clinical Counseling Program and Substance Assessment and Counseling Program manager. Gunnery Sergeant Richard McGriff, as well as Adams, serve as Sexual Assault Prevention and Response VAs.

The BH and FAP host an information table every month at the Screens & Strikes event at Leatherneck Lanes, the base bowling alley.

"Most of our roles within FAP are dual, reflecting the close-knit nature of MCLB Barstow," said Grunwald. "The purpose of the FAP information table is to provide a wide range of resources to the families and dependents that reside on base. These resources include stress management classes, educational training, workshops and information about our various programs, along with other clinical resources located off base. By hosting the information table, we aim to inform service members and their dependents about the services FAP provides and to help build a rapport within the military community."

These information tables can also be found in other locations throughout the year, including at headquarters building during Sexual Assault and Prevention Awareness Month in April, at the Marine Corps Exchange during Mental Health Awareness Month in May, at the School Age Care and Child Development Center buildings, and at various events on base and in the surrounding communities.

"We hope to break the stigma associated with seeking services



CLASSES & TRAINING INFORMATION TABLE

Fri, Aug 9 • 5pm-7pm
Leatherneck Lanes

Learn valuable skills and enhance your overall health with educational classes.



barstow.usmc-mccs.org

within behavioral health,” said Grunwald.

The dog days may have just started, but Associated Press News reports that for millions across the country, an ongoing record-breaking heat wave is disrupting lives as they are forced to adjust to the extreme heat. Although these high temperatures are not new to the High Desert and Barstow specifically, it is still very important to be aware of the risks and the impacts it can have on physical and mental health. Especially to those who are not acclimated to such temperatures.

“With any change there is an adjustment period and the more resilient we are, the easier it is to adapt to changes. For some, the summer might have a positive impact on mental health since people take vacations, which is a form of self-care,” Adams said. “There is also a boost of vitamin D from being outdoors and more active. For others, it might mean a change in schedule or routine with kids out of school, or change in sleeping or eating habits because of the heat. Just like people get the winter blues, people can experience Seasonal Affective Disorder in the summertime, too. If you think this is happening to you, please reach out for help and talk to a clinician, chaplain, or a trusted friend that can get you the right resources.”

Summertime SAD is not as widely studied or understood as its more well-known winter variety, but can hit people just as hard, especially as temperatures rise. Self-care is not just a buzz word, it is an important practice for maintaining mental health.

“Some steps to manage mental health with high temperatures is to start with self-care making sure you stay hydrated, stay in cool environments or near cooling stations and do activities in the early morning or late hours when it is cooler. Extreme heat could affect a person’s mental health making them feel more tired than usual. Try to maintain healthy sleep and eating schedules, stay active, keep a good support system and know the resources so you can reach out for help if you need it,” said Adams.

As with any branch of modern medicine, behavioral health continues to evolve. Feedback is critical for staff to continue to assess program efficacy and implement improvements.

“Our FAP manager and staff go over the feedback forms to ensure we are interpreting the information correctly and addressing concerns directly. Then we develop action plans to address any issues or concerns, and we regularly review these plans to ensure we are making progress and meeting the needs of our community,” said Grunwald.

“If anyone is in a crisis, please talk to a professional and expert in the mental health field. We have a no wrong door policy at Behavioral Health, people can call to talk to a clinician and we also provide resources, referrals, and care management,” said Adams.

GOT YOUR BACK

8 WEEK SERIES

Tue, Aug 6 | 1pm-3pm
Bldg 218

Join the Family Advocacy Program for their Got Your Back 8-week series. This series aims to help participants improve their decision-making skills, increase resiliency, and achieve their goals in various relationships. Whether it’s with friends, workmates, family members, dating/partners, or co-parenting their children, this series will provide valuable insights and strategies.

To register, please call (760) 577-6533



MARINE & Family | Family Advocacy Program

barstow.usmc-mccs.org

Please do not hesitate to reach out to MCLB Barstow’s BH staff with any concerns or questions.

For Stress Management Classes, please call FAP P & E: 760-577-6533

To schedule an appointment with a clinician: 760-577-6533

After hours Sexual Assault Hotline: 760-577-6036

After hours Domestic and Child Abuse Hotline: 760-577-6484

24/7 Suicide & Crisis support line: 988

Emergency line: 911



CreateSpace Classes, All Year Long!

Photos by: Kristyn Galvan
Multimedia Specialist

Janet Rocha-Diaz, Personal & Professional Development technician for Marine Corps Community Services, teaches and runs CreateSpace craft classes for adults and children, every Tuesday and Wednesday. Also stepping in to teach are Birdie Rubio, lead library technician, and volunteer guest teacher, Lisa Painter.

The CreateSpace is located in the McTureous Hall library, on base. Check out the back cover for the calendar of CreateSpace classes and events!



Electrical Safety

around swimming pools, hot tubs, and spas

For many of us, water activities equal fun. But it's important to be aware of electrical hazards while enjoying the water. Know how to be safe around swimming pools, hot tubs, and spas.

- If you are putting in a new pool, hot tub, or spa, be sure the wiring is performed by an electrician experienced in the special safety requirements for these types of installations.
- Outdoor receptacles must have covers that keep them dry even when appliances are plugged into them.
- Ground-fault circuit interrupters (GFCIs) are special devices designed to protect against electric shock and electrocution. They are required for most pool, spa, or hot tub equipment. They may be in the form of an outlet or a circuit breaker. Test the GFCIs monthly according to the manufacturer's instructions.
- Electrical appliances, equipment, and cords should be kept at least 6 feet away from the water. When possible, use battery operated appliances and equipment, such as televisions, radios, and stereos.
- Avoid handling electrical devices when you are wet.
- Make sure that any overhead lines maintain the proper distance over a pool and other structures, such as a diving board. If unsure, contact a qualified electrician or your local utility company to make sure power lines are a safe distance away.
- Do not swim during a thunderstorm.
- Have a qualified electrician periodically inspect and—where necessary—replace or upgrade the electrical devices or equipment that keep your pool, spa, or hot tub electrically safe.
- Have a qualified electrician show you how to turn off all power in case of an emergency.

KNOW THE RISKS!

Electrocution is death by an electrical shock. Be aware when skin is wet or when surrounding surfaces, such as the grass or pool deck, are wet. Wet skin or wet surfaces can greatly increase the chance of electrocution when electricity is present.

There are several signs of electrical shock. Swimmers may feel a tingling sensation. They may experience muscle cramps. They may not be able to move. They may feel as if something is holding them in place.

If you think someone in the water is being shocked, turn off all power, but do not attempt to go in the water. Use a fiberglass or other kind of rescue hook that doesn't conduct electricity to help the swimmer. Have someone call **9-1-1**.

If you think you are being shocked while in the water move away from the source of the shock. Get out of the water.

FACT

The U.S. Consumer Product Safety Commission has reports of 14 deaths related to electrocutions in swimming pools from 2003 to 2014. Hot tubs and spas may present the same hazard as swimming pools.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource
on fire, electrical and related hazards



JULY 2024

Barstow CreateSpace | Bldg. 218 | (760) 577-6018



ADULT CLASSES

Journaling, Organizing & Gratitude
Spend an hour learning to journal, organize and show gratitude for the things in your life.

Crafts & Coffee
Enjoy coffee or tea and all that the CreateSpace has to offer. Bring the long-forgotten craft in your house!

Beginners Crochet/Stitching/Quilting
Maybe you already know how to do it or want to learn! Stop in and go over the basics with us!

KIDS CLASSES

Celebrate our Summer Reading Program with us!

Week 2: DIY Terrarium
Week 3: Recycled CD Spinning Tops
Week 4: Homemade Wind Chimes

HOMESCHOOL HUB

Reserve the CreateSpace for your homeschooling needs. Reservations are available for two hour increments, from 8am-10am and then 10am-12pm. First come first serve for homeschooling families / groups only.

Contact Janet Rocha-Diaz at Janet.rocha-diaz@usmc-mccs.org 760-577-6018

DROP IN HOUR

What is it?
Weekly drop-in hour where you can explore the CreateSpace's technology, tools, software, & equipment!

MON	TUE	WED	THU	FRI
15 Closed	16 Beginners Crochet 11am-11:30am	17 Week 2 Class: 2pm-3pm Drop In: 3pm-4pm	18 Homeschool Hub 8am-10am & 10am-12pm	19 Closed
22 Closed	23 Beginners Stitching 11am-11:30am	24 Week 3 Class: 2pm-3pm Drop In: 3pm-4pm	25 Homeschool Hub 8am-10am & 10am-12pm	26 Closed
29 Closed	30 Beginners Quilting 11am-11:30am	31 Week 4 Class: 2pm-3pm Drop In: 3pm-4pm		

AUGUST 2024

Barstow CreateSpace | Bldg. 218 | (760) 577-6018



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Spend an hour learning to journal, organize and show gratitude for the things in your life.

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Celebrate 'Back to School' with us!

Week 1: Name Plate for School
Week 2: DIY Pencil Cup Holder

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