

THE PROSPECTOR



Vol. 5 No. 13

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

July 14, 2016



MCG at 93rd Cody Stampede

New fitness classes

MCLBB legal leaves for D.C.

On The Cover:

Front Cover: Carlos Guerra

The Marine Corps' Mounted Color Guard, led by Col. Sekou Karega, base commander of Marine Corps Logistics Base Barstow, and Sgt. Maj. Sergio MartinezRuiz, base sergeant major, leads the 93rd Cody Stampede Parade in Cody, WY, July 4.

Back Cover: Laurie Pearson

Army Chief Warrant Officer 2 Bryan Crumpler catches his daughter, Quinn, age 2, as she leaps from the edge of the pool during the Marine Corps Community Services All American BBQ at the Oasis Pool and Water Park aboard Marine Corps Logistics Base Barstow, Calif., July 4. Attendees enjoyed games, food and prizes with their families and friends.



Marine Corps Logistics Base Barstow, California
Colonel Sekou S. Karega, commanding officer
Sgt. Maj. Sergio Martinezruiz, base sergeant major

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The editorial content of this magazine is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer, Attn: Public Affairs, Box 110130, Barstow, CA 92311-5050. The Public Affairs Office is located in Building 204. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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MARINE & Family

BACK TO SCHOOL BRIGADE

JUL 27
10AM-2PM

MAJOR GEN JAMES L. DAY CONFERENCE CENTER

SCHOOL SUPPLY GIVEAWAY

FOR ALL ACTIVE DUTY AND THEIR FAMILIES

BRIEFS OPEN TO ALL MCLB PATRONS
1100 COMMON CORE BRIEF
1300 HOMESCHOOL OPTIONS BRIEF

FOR MORE INFORMATION
PLEASE CALL (760)577-5854 OR VISIT

MCCS **MCCSBarstow.com**

On the web

Links in this publication are interactive in the online version

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

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

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



Marine Corps Logistics Base Barstow
Barstow, California

SOCIAL MEDIA

RESOURCES

- School L
- EFMP
- FOIA
- Sexual A
- Voting A

COMMANDA

Base Traffic Violations

Submitted by: Dep. Chief William Atkinson
Marine Corps Police Department

If at any time you are issued an ARMED FORCES TRAFFIC CITATION, DD FORM 1408, by a Police Officer aboard Marine Corps Logistics Base Barstow, the following steps should be taken:

Within three working days you are required to either:

- 1) Contact the Base Traffic Court Clerk at 577-6204 or
- 2) Visit the Traffic Court Clerk Office, located in the east end of Building 236, Nebo Annex.

All DD 1408 Citations can be adjudicated in one of two ways:

- 1) The defendant can plead guilty, and be assessed points accordingly per BO 5530.13B.
- 2) The defendant can choose to go to Base Traffic Court and have their case heard before the Base Magistrate. The court date will be scheduled by the Traffic Court Clerk.

Anyone who receives a DD 1408 citation and fails to call or report to the Traffic Court Clerk Office within 3 working days will automatically be scheduled for a Traffic Court Hearing.

Anyone who fails to appear for their scheduled Traffic Court Hearing will have their base driving privileges automatically suspended. Driving privileges will not be reinstated until the individual has their case heard before the Base Magistrate.

If you have further questions regarding DD1408 citations, please contact the installation's subject matter expert and Traffic Court Clerk, Mr. Isaac M. Padilla, at 577-6204 or 577-6513. Also, this information is addressed in the Basic Traffic Violation Procedures section of BO 5530.13B.

ARMED FORCES TRAFFIC TICKET		WARNING	
The driver named below committed traffic violation on both of the time and location, and on date shown, and was issued this traffic ticket.			
1. NAME (Last, first, middle initial)			
Laford, Mark N.			
2. MARK GRADE	3. DATE OF BIRTH	4. SOCIAL SECURITY NO.	
SSgt/E-5	26 Aug 70	123-45-6789	
5. REGISTRATION OF VEHICLE			
8354th SFS, Hurlburt Fld., FL			
6. DRIVER LICENSE NUMBER			
M500-506-388-0			
7. DRIVER AUTHORITY (State or Territory)			
Florida			
8. MAKE OR TYPE OF VEHICLE			
Ford F-150			
9. VEHICLE REGISTRATION NO.			
FSU-930/Florida			
10. DATE (month/year)			
13 Dec 98			
11. LOCATION			
Forest Pass St.			
12. TIME			
1615			
13. TYPE OF VIOLATION			
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News Briefs

Leave Share Program

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

Jacqueline Griffin

Nicole Arguellas

Stephan Martin

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

Self Defense Class

Weds. Aug. 24

6 - 8 p.m.

Semper Fit Gym

All ages and skill levels are welcome to attend this free class. Even if you don't want to participate you can watch and learn how to be your own personal safety advocate. Registration is recommended at selfdefenseaugust2016.eventbrite.com. For more information call 760-577-6533 or visit www.mccsbarstow.com/prevention-education/.

NMCRS is Seeking Volunteers

Navy Marine Corps Relief Society Barstow is seeking volunteers for the following: Chairman of Volunteers to manage volunteer operations; Director and Thrift Store Contributors/Volunteers. The COV position is highly regarded within the society and will contribute greatly towards job training and experience. If you have a passion for retail, the NMCRS Thrift Store is for you! We are seeking people with energy, passion and creativity to help sort, display and market various donations. NMCRS offers mileage and childcare reimbursement. Interested candidates, email retna.shaw@nmcrs.org.

4

RUN THE NUMBERS: Never leave a child or pet in a car on a warm day!

Vehicle Temperature

Outside	Inside	Time to reach
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

Prevent Child Abuse Indiana pcain.org

Burn Your Own Steak Night

Sugar Loaf Bar

James L. Day Conf. Center

Fri. July 15

4 - 10 p.m.

Come to Burn Your Own Steak Night! The \$14.50 per person fee includes 8 oz., ribeye steak, salad, corn on the cob and baked potato. The grill is open from 4-7 pm. Happy hour drink specials from 4-6pm plus DJ music. Call 577-6264 for more information.

Summer Camp

Now through Aug. 8

SAC bldg. 64

Children are welcome to join the summer time fun! Some camp activities include trips to the library, pool, bowling center, and planned field trips. To request care first visit militarychildcare.com. Once your request is completed online see Stacey Korves for the rest of the registration packet which consists of emergency contact information, medical records to include vaccination details, and so forth. For more information call 577-6287.

Desert Lanes Summer Camps

Fri. July 22

12 -2 p.m.

Join the fun with trips to Desert Lanes this summer. Open to school age children ages 5-18. Cost is \$8 per child and includes two hours of bowling, shoe rental and popcorn. A final bowling tournament will be held on July 22 with prizes, giveaways, and pizza. For more information call 577-6264 or visit www.mccsbarstow.com/bowling.

Baby Boot Camp

Desert Housing

Community Center

Weds. July 20

10 a.m. - 2 p.m.

Join the New Parent Support Program for expecting moms and moms of children ages 0-18 months for fun and entertainment. Children are welcome! For more information call 577-6533.

Oasis Pool

Summer Hours

Tues. - Sun.

The Oasis Pool and Water Park is now open full-time Tuesday through Friday LAP SWIM 11 a.m. to 1 p.m. and OPEN SWIM 1 p.m. - 7 p.m. Saturday and Sunday 11 a.m. - 7 p.m. OPEN SWIM. For more information call 577-6898 or visit www.mccsbarstow.com/pool/.

Protect Yourself

Remember to wear sunglasses that offer Ultra Violet protection.

Both adults and children should be protected against the harmful rays.

Reapply sunscreen as often as the bottle recommends.

New tattoo regulations



Story by: Laurie Pearson
Public Affairs Specialist

Changes to the tattoo policy for the Marine Corps are outlined in a 32-page booklet which was released June 2.

The prior tattoo policy, MarAdmin 198/07, was published in 2007, and had loopholes leaving too much open to interpretation, said 1st Sgt. Neil Roselli, first sergeant of Headquarters Battalion aboard Marine Corps Logistics Base Barstow. Subsequent updates were published in 2008 and 2010 to address some of the open issues, but in creating the newest update, Marine Corps Bulletin 1020, Commandant Gen. Robert Neller took input from the Marines into account.

"I believe the Marine Corps has done a great job with this policy by meeting Marines half way on what is allowed,"

Roselli said, "and what is expected of Marines by the general public."

In addition to size and type of content allowed in any given tattoo, the new regulation outlines that a Marine may not have their head, neck, elbows, hands and kneecaps tattooed.

"Marines have more leniencies in the new policy as to the amount and location that tattoos may be placed on the body," Roselli explained.

According to the policy, generally objectionable tattoos would include anything sexist, racist, obscene or extremist which fall outside of the Marine Corps' guidelines for conduct in all areas of behavior and personal expression.

Although waivers are possible, there are no guarantees that they will be approved.

"Marines who already have

a tattoo which is outside of the policy have 120 days to document it with a page 11 entry," Roselli said. "Even though the Marine documents the tattoo which is not in accordance with the policy he or she may not be allowed to complete a special duty assignment or reenlist after his or her current contract expires unless given approval by deputy commandant, Manpower, and Reserve Affairs via director, Manpower Management Division."

"All Marines will continue to be personally interviewed by myself until we have documented all tattoos which are not in compliance with the MCBul 1020 (new tattoo policy)," said Roselli.

If you have any questions about the policy, request a copy of the handbook and discuss your existing or future tattoos with your chain-of-command.



Mounted Color Guard participates in

Photos by: Carlos Guerra



Members of the Marine Corps' last remaining Mounted Color Guard joined the festivities at the 93rd Buffalo Bill Cody Stampede Rodeo over the 4th of July weekend. Led by Col. Sekou S. Karega, commanding officer, Marine Corps Logistics Base Barstow, and Sgt. Maj. Sergio MartinezRuiz, base sergeant major, the MCG included Gunnery Sgt. Antonio Flores, Sgt. Terry Barker, Sgt. Moises Machuca, Sgt. Miguel Felix and Sgt. Monica Hilpisch. In addition to leading the parade, the MCG greeted visitors, encouraged future Marines and displayed the Nations colors at the beginning of the rodeo.



Buffalo Bill Cody Stampede Rodeo



Culture of safety earns MCLB Barstow another award

Story and photo by: Keith Hayes
Public Affairs Specialist

Marine Corps Logistics Base Barstow has won the 2015 Commandant of the Marine Corps' Warrior Preservation Award for the second consecutive year.

Ray Aguilar, MCLB Barstow safety officer, said the award is the top safety award presented by the Marine Corps. It is also the sixth time in the past eight years that the base has achieved the honor.

Marine Administrative Message 346/16 states the Warrior Preservation Award is presented to the Marine Corps installation worldwide that has made significant contributions and accomplishments in the field of safety and mishap prevention.

Aguilar said the award comes with bragging rights, a trophy and wall plaque, and a signed certificate from the Commandant of the Marine Corps Gen. Robert B. Neller.

"We've got five of those plaques in various spots around the base," Aguilar said. "The original award was a bronze bust of Marine Corps Lieutenant General Chesty Puller, but has now been modernized."

The base is no stranger to being recognized for its success in reducing accidents and mishaps.

"We were the first base in the entire Marine Corps to achieve (the Occupational Safety and Health Administration) Voluntary Protection Program Star status," Aguilar said. "That was back in April of 2008. The commandant (then Gen. James T. Conway) presented us with the award during a visit."

He said it takes some time to develop the culture of safety necessary to consistently win the Warrior Preservation Award and to achieve VPP Star status as MCLB Barstow has done.

"You're talking anywhere from two to five years to see a turnaround to getting VPP status," Aguilar noted. "That's from a program that needs a lot of work to a quality program that wins awards."

"We have always had programs to ensure safe operation of machinery and other safety aspects at work," Aguilar continued.

"We've improved on all of those programs and then gone above and beyond by implementing the OSHA ten-hour general industry safety course," he said. "The course was implemented to empower all of our personnel to be responsible for their safety and that of

their coworker."

The base has not kept the secret of its success to itself. The safety office has sent out teams of Special Government Employees (SGE) to other Military installations worldwide to assist them in achieving VPP status.

"Thanks to our efforts and mentoring other commands on safety issues, MCLB Albany, Ga., Marine Corps Support Facility Blount Island, Fla., and Marine Corps Air Station Beaufort, S.C., have all achieved VPP Star status," he said. "We're proud of their success because we played a large part in helping them achieve it."

Other services have also consulted with MCLBB for safety advice.

"We've done a lot of work with Hill Air Force Base, Utah, over the past five years," Aguilar said. "They recently got their VPP Star."

"I've also been to Hawaii personally to advise the National Guard there on safety matters," he added. "And SGEs have been to Guam, to mentor commands there on how to achieve VPP Star status."

The secret to success is not really a secret, Aguilar explained.

"You need to develop a safety culture. People have to talk with each other about safety and work with each other to develop that safety culture," he said. "It makes

your job easier; you become more efficient, and you start saving money."

The base is also in the hunt, again, for the Secretary of the Navy's Safety Excellence Award coming up this year.

"Headquarters Marine Corps nominates installations for that award," Aguilar said. "They'll likely nominate us for that since we did so well this year."

The Department of Defense, for the first time, is sponsoring their version of the VPP award.

"The DoD has been pushing VPP for years, and now they want to recognize those commands that are doing a good job at it," Aguilar said. "We're doing a good job at it, so we've been nominated for that award. I don't know if we'll get it because there is a lot of competition."

"You've got to do more than just want the award, you have to work hard and be persistent," Aguilar noted. "The everyday employee has to see unsafe conditions and give us a call or take corrective action themselves to make the culture of safety a reality. The payoff is by speaking up you could save someone's life." 🏆



In a room filled with plaques, trophies and scrolls for safety, Marine Corps Logistics Base Barstow safety officer Ray Aguilar points out the first of six "Warrior Preservation Awards" the base has won under his leadership. The most current one for 2015 has not arrive yet. On the wall directly behind Aguilar is a "Secretary of the Navy Safety Excellence Award."

Fitness classes offer fun and function

Story by: Laurie Pearson
Public Affairs Specialist

With a revitalized focus on drawing in busy individuals on base for a quick workout, Semper Fit Gym is now offering a series of 30-minute exercise classes to make it easier for people to join in the fun during their lunch break.

"If they take their lunch (break) to do these workouts it will re-energize them," said Shelley Lamey, director of Semper Fit.

Mondays and Wednesdays, they offer a Spin and Core class which focuses on cardiovascular endurance and core strengthening. Tuesdays' Zumba class offers a fun Latin dance alternative to the usual exercise regimen. Then, on Thursdays, the Rebounding class uses a mini trampoline to increase cardiovascular and muscular endurance.

All classes are offered from 11:30 a.m. until 12 p.m. except for the Spin and Core classes which go until 12:15 p.m. However, if someone is pressed for time, they can skip the abdominal portion of the workout in order to stick to their allowed time frame, explained Lamey.

"These are all high intensity, low impact classes," said Lamey, "meaning you get your heart rate (and) breathing capacity up, but (won't experience) trauma to the joints. This is a key factor when you consider other traditional training formats that impact the body with pounding force on the knees, ankles, feet, hips (and) back, such as: running, repetitive plyometrics, etc. You also can control your own personal (exercise) levels by giving as much effort as you feel like on that particular day. Sometimes we want to go at it hard, other days we don't have as much energy."

Each of these classes is a mixture of biomechanical movements that address various training protocols and needs, she said, explaining that you will achieve benefits no matter the level at which you are training.

For example, the Spin class, which is conducted on a stationary bicycle, allows individuals to just focus on your breathing and cycling revolution techniques without added variables, she explained. During the Zumba classes, people can focus on the basics of free movement, without limitations.

"(With Zumba) you don't need to stick to a set count or beats per minute," said Lamey. "Just move around, twirl your hips, raise your arms, smile and let go of the stresses of the day. Listening to music

and engaging in free-flowing, dynamic movements that are functional in nature (can) get (us) back to how we moved as children. We didn't just go forward and backwards, side to side. We jumped, spun around, and (shook) our hips and shoulders.

The particular movements used for Zumba, said Lamey, can open up the kinetic chain in the body and enhance the blood flow in locked areas such as hips. This generates oxygen and circulation which promote healing.

Rebounding has been used for years in physical therapy regimens for health



Photo by: Nathaniel Lopez

Shelley Lamey, Semper Fit Gym director, encourages her team to stay fit.

issues including osteoporosis, back pain, lymph node drainage, and stimulation, said Lamey. The movements include jumping up and down on a flexible, buoyant-giving surface that allows for low impact on your body which is very healing.

"You can experience benefits immediately such as increased balance, coordination, agility, athleticism, circulation," said Lamey, "not to mention aiding in back pain and stimulating the synovial fluid in our spine (our spinal cord's lubrication such as oil in a car), which again aids in delivering oxygenated blood and promotes healing."

A healthy lymphatic system is key to our immune system explained Lamey. However, above all, to the people who just want to exercise, with these classes, there is no need to over think things. There's no complicated choreography. Attendees jump around in various modes and finish with some abdominal exercises and stretching on the rebounds; all in 30 minutes.

One significant benefit to each of these classes is that they also offer a caloric expenditure of 300-500 calories if you work hard, said Lamey.

"That's a fantastic weight loss goal or cardiovascular improvement goal in itself without any trauma or damage to the bio-mechanics of the body!" she said.

With regard to the summer heat, Lamey offers these words of wisdom:

- Add extra colors on your plate. These are essential for ensuring a wide variety of vitamins and minerals are consumed.
 - Eat lots of fresh fruit, and salads with everything and anything in them to promote energy.
 - Drink fruit and vegetable smoothies and "green" drinks.
 - Our bodies are depleted not only of nutrients when we perspire but also our skin; eyes and hair can get damaged significantly without sunscreen, sunglasses, and conditioners.
 - Add extra electrolytes to your water to counter salt depletion and energy loss.
 - Drink water, not just when you are thirsty. Get into the habit of always having a bottle of water with you wherever you go and sipping on it to replenish you and keep your body, skin and organs hydrated.
 - Proper hydration is also necessary for flushing toxins out of our bodies. If you are not a water drinker, then add lemon, lime, cucumber, orange slices, and mint and freshen it up. These extra ingredients can also act as a body cleanser.
 - Minimum water intake is approximately 10 eight ounce glasses of water per day. This can include fluids from Gatorade, herbal teas, etc. Soda is not a healthy thirst quencher.
 - Don't exercise outside after certain temperatures are reached. This is crucial, and the base posts the flag conditions with warnings daily.
 - Even in the pool, sunstroke can creep up quickly.
 - Breathing can be compromised and sunburns cause rises in temperature, heart rate and even blood pressure. These are sure danger warnings.
- Leading a sedentary lifestyle is nearly as bad for one's health as tobacco use, said Lamey.
- "Death rates in America from these diseases and others are at their all-time highest," she said. "Exercise is medicine plain and simple."
- With these classes, Lamey assures attendees that they will not only benefit physically, but they will have fun doing so!

MCLBB general counsel leaves for D.C.

Story and photos by:
Keith Hayes
Public Affairs Specialist

The man who has provided legal advice to the commanders of Marine Corps Logistics Base Barstow for 13 years is leaving.

Donald Jonathon "DJ" Thornley is leaving to go back to work in the Washington, D.C. area.

The native of Manhasset, N.Y., said he has worked as legal counsel for the base during two different times, once from 2000 to 2003 then 2006 to the present time.

During his absence from 2003 to 2006 Thornley worked in Washington, D.C., but it is MCLB Barstow that has provided the most unique opportunities.

"I do some work that normally might be done by the (Staff Judge Advocate)," Thornley said, "because they've stripped the SJA out of this command.

"Most large bases have their own counsel," he continued, "the difference here is that I'm serving two major commands; Marine Corps Installations West and Marine Corps Logistics Command."

Thornley started his career with the Department of Defense



"DJ" Thornley, legal counsel, MCLB Barstow, talks to the group at his going away party June 23 in the courtroom of the Staff Judge Advocate's office. Thornley left for Washington, D.C. to work in the Beltway after spending a combined 13 years in two tours aboard the base.



As "DJ" Thornley unwraps a gift of framed quotes from famous people, Danny Strand, director, Security and Emergency Services aboard MCLB Barstow, gives words of wisdom to the departing legal counsel.

as a Marine second lieutenant assigned to Marine Corps Air Ground Combat Center, Twentynine Palms.

"From there, I went to Okinawa, Japan; Fort Sill, Oklahoma; Richmond, Virginia, and (Marine Corps Air Station) Cherry Point, North Carolina. After that I was at the Command Staff College at (Marine Corps Base) Camp Pendleton, the Beltway (Washington, D.C.), Japan, then here," Thornley said.

His legal education was financed by the Corps.

"After two and a half tours as an artillery instructor for Fort Sill," Thornley said, "the Marine Corps' Funded Law Program paid for my legal schooling at the University of Richmond, Va., which has about a \$60,000 a year tuition."

Retiring as a lieutenant colonel from the Marine Corps, Thornley put his legal education to use at MCLB Barstow.

"I do things such as installation law which might be such things as tort claims; it may be debarments; or "request to enter" agreements, which are agreements between the base and the city, the county, or other military organizations," Thornley explained.

"I do a lot of civilian personnel law, such as discipline, commendations, pay, and

benefits. I do labor relations which has to do with union matters. I do contracting, environmental law, information law, (Freedom of Information Act) law, and privacy act litigation requests," he said.

Thornley has worked with many different commanders over the years at MCLBB.

"Some are easier to work with than others, but they all bring their unique perspectives," Thornley said, then expanded the statement to cover the High Desert population aboard the base.

"I cannot say enough about the quality of people here. Many people in the Beltway underestimate Barstow, and they figure ... 'Oh, people who go to Barstow are hiding' but that's not the case. You have a lot of very high quality people here," Thornley concluded.

Of all the places he has been stationed or worked at, he said he is going to miss the desert the most.

"I've been with the Army and I've been with the Navy, but there's just something about the Marine family that is truly different.

"I'm going to miss the desert and I'm going to miss Barstow as a true home." 🍹

New changes to the fitness test

Last November we began a comprehensive review of physical fitness and body composition standards. Subsequent efforts focused on developing a physical fitness program that incentivizes behavior toward an end state of a healthy and fit force able to better answer the call in any clime and place. The review was a collaborative effort that drew from fitness experts and Marines, and provided wide-ranging options for consideration.

As a result, a number of PFT and CFT changes are being implemented that ensure standards are relevant, challenging, and also allow for greater distinction between Marines of different fitness levels and age groups. There are significant adjustments to the PFT and CFT scoring tables, requiring most Marines to demonstrate greater performance to meet the new minimum and maximum standards. A major change to the PFT is the elimination of the Flexed Arm Hang for females and incorporation of a push-up / pull-up hybrid event for all Marines, recruits, and officer candidates. Push-ups become an option on the PFT, but Marines are incentivized toward pull-ups, as these are a better test of functional, dynamic upper body strength and correlate stronger to physically demanding tasks. Push-ups are also a valid exercise and good test; however maximum points can only be earned by executing pull-ups. **These changes go into effect 1 Jan 2017.**

Performance on the PFT and CFT will also be a consideration in BCP decisions. Marines scoring 285 and higher on both the PFT and CFT will be exempt from weight and body fat (BF) limits. Marines scoring 250

and higher on both the PFT and CFT will be afforded an additional 1 percent BF. However, all Marines are still subject to the requirements of the Military Appearance Program. These changes also go into effect **1 Jan 2017.**

Other changes to BCP include modifying the maximum allowable weight limits for female Marines, use of more precise tape measuring devices and de-centralizing BCP waiver granting authority from Manpower and Reserve Affairs (Manpower Management) to the first General Officer in a Marine's chain of command. **These BCP changes go into effect immediately.**

Additional details, including the new PFT/CFT scoring tables, physical fitness training recommendations, and BCP adjustments are available at: <https://fitness.usmc.mil>. Follow-on MARADMINS will further address administrative details and the associated Marine Corps Orders will be updated accordingly.

America expects its Marine Corps to be the most ready when the Nation is least ready. Collectively, these are the biggest changes to the PFT since 1972 and CFT since 2009. We will monitor the effects of these adjustments for two years and then adjust if required to ensure our standards continue to contribute to the effectiveness of our force and enhance our ability to respond when our Nation calls. 🇺🇸

Robert B. Neller,
General, U.S. Marine Corps,
Commandant of the Marine Corps

Railway Operations move UAE tanks



Photo by: Carlos Guerra

Sgt. Daniella Carrizales, railway operations noncommissioned officer, chains a tank from the United Arab Emirates to a railcar in preparation for transport, July 12. Soldiers from the UAE

were using the tanks during joint forces training at Marine Corps Air Ground Combat Center 29 Palms, after which the tanks are being transported back to their home base.

