

# THE PROSPECTOR

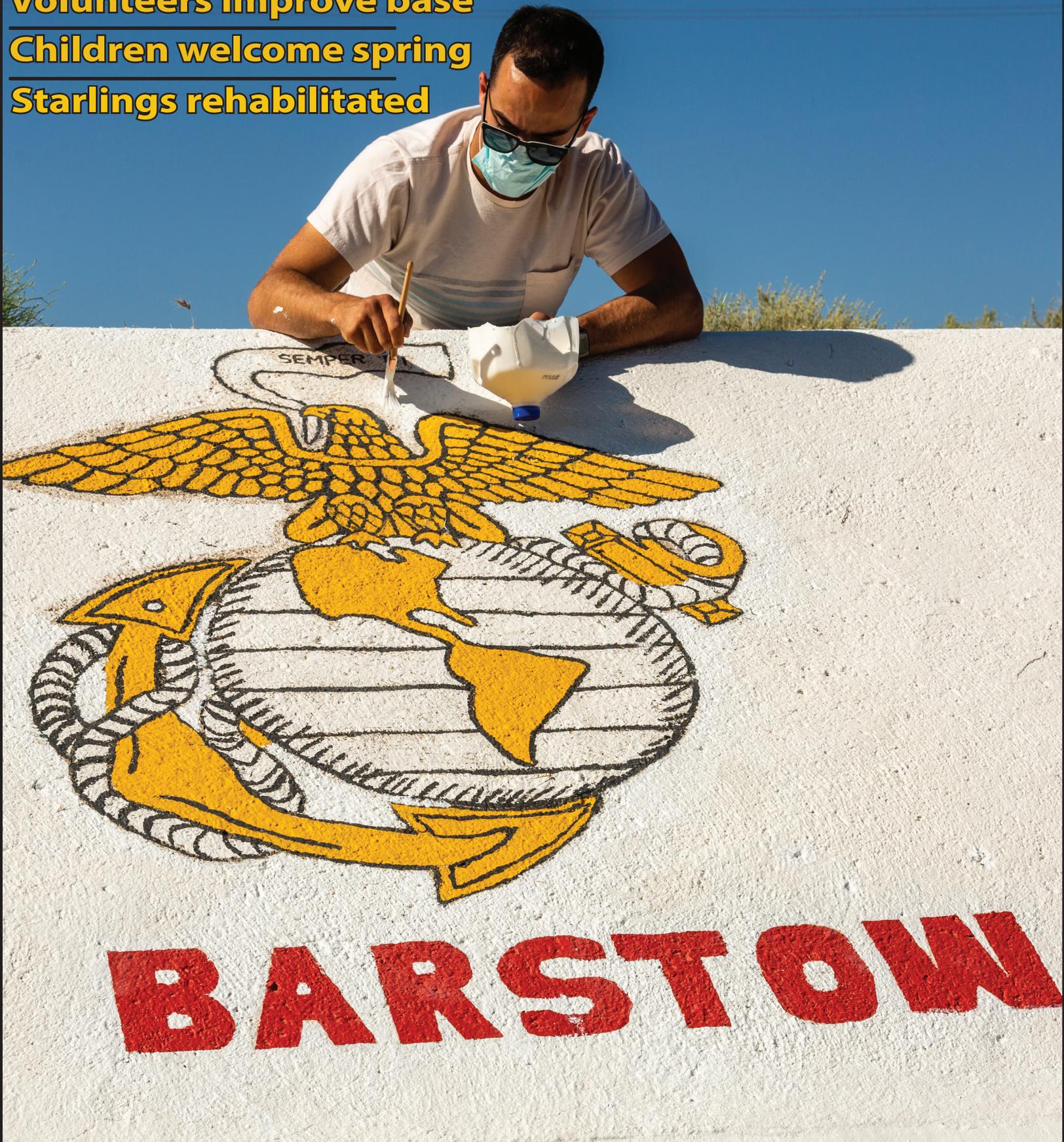


Vol. 9, No. 9

Serving the Corps for 75 Years  
Marine Corps Logistics Base Barstow

May 14, 2020

**Volunteers improve base**  
**Children welcome spring**  
**Starlings rehabilitated**



## On The Cover:

Front cover: Keith Hayes

Lance Corporal Noah Avila, S-6 communications data analyst, puts the finishing touches on the Eagle, Globe, and Anchor artwork during the May 2 volunteer cleanup event held aboard Marine Corps Logistics Base Barstow, California. Sergeant Maj. Edward Kretschmer continues to lead volunteer opportunities aboard base and in the local community, boosting camaraderie amongst the Marines and enhancing their skills in various capacities.



Photo by: Laurie Pearson

K9 Waffle, and his handler, Cpl. Christopher Dixon, with Marine Corps Police Department, search a barracks room as part of standard protocols during inspections held aboard Marine Corps Logistics Base Barstow, Calif., April 23. Among items found were the usual Marine Corps issued uniforms, equipment, and one stuffed unicorn which especially caught Waffle's eye, but it turned out to be just a stuffed unicorn, not a chew toy.



Marine Corps Logistics Base Barstow, California  
Colonel Craig C. Clemans, commanding officer  
Sgt. Maj. Edward C. Kretschmer, 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](http://www.twitter.com/#!/MCLB_Barstow)





Photo by: Laurie Pearson

Corporal Anna Santiago, Inspector General administrative technician, sorts swimsuits while other Marines move furniture, fixtures and other items in the Navy Marine Corps Relief Society Thrift Store's new location in Building 204, aboard Marine Corps Logistics Base Barstow, Calif., April 24. Ruth Clemans and Beth Graham have worked closely with Santiago and more than 20 other Marine volunteers in redesigning the Thrift Store with creative elements to inspire shoppers to repurpose used items. The grand opening event will be announced soon.

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# Information & Briefs

## MARADMIN 136/20 HQMC SEMPER FIT SEEKS APPLICATIONS FOR 2020 ALL-MARINE MEN'S AND WOMEN'S GOLF TEAM

Headquarters Marine Corps (HQMC) Semper Fit is seeking applications from Marines interested in participating on the 2020 All-Marine Men's and Women's Golf Team. The All-Marine Men's and Women's Golf Team consist of six men and three women and will be selected by trials held at Fort Belvoir, Va. from 6 – 12 September 2020. The team selected from the trial will compete at the Armed Forces Golf Championship 13 – 17 September 2020 at Fort Belvoir, Va.

Interested Marines must submit an online application to HQMC no later than July 27, 2020. The All-Marine online application system can be accessed from [www.usmc-mccs.org/services/fitness/all-marine-sports](http://www.usmc-mccs.org/services/fitness/all-marine-sports). Marines must create an account before accessing the application system. Applications must contain command endorsement. For any technical issues with the All-Marine online application system please contact the point of contact.

Golfers must have a handicap of 3 or less for men and 20 or less for women. Applications must include a copy of a valid United States Golf Association handicap card and all competitive results from the past two years to be considered.

To participate, Marines are required to have a valid Government Travel Charge Card, and an active  
4 Defense Travel System account.

## SECDEF MEMORANDUM DATED 20 APRIL 2020 MODIFICATION AND REISSUANCE OF DOD RESPONSE TO COVID-19

### TRAVEL RESTRICTIONS EXTENDED FOR DOD

The Coronavirus Disease 2019 (COVID-19) continues to present significant risk to our forces as the DD considers domestic and overseas personnel travel. These movements present the threat of spreading COVID-19 within our ranks and communities. My priorities remain - protecting our Service members, DoD civilians, and families; safeguarding our national security capabilities; and supporting the whole-of-nation response.

Effective immediately, this memorandum cancels references (a), (b), and (c) and reissues travel restriction guidance for DoD Components that will remain in effect until June 30, 2020.

*For further details, see the full memorandum sent out via Widest Dissemination email 20 April 2020.*

## Summer Energy Conservation Message

Get an evaporative cooler tune-up! You should schedule this maintenance to be done every spring. During the tune-up, your technician will clean the system, perform preventative maintenance, replace pads, ensure proper water movement through the pads, and take other steps to optimize the energy efficiency of the unit, and prevent any sudden breakdowns.

## COVID-19 COMMUNITY DRIVE-THROUGH TESTING EVENTS

In efforts to provide more Novel Coronavirus 2019, COVID-19, testing opportunities for San Bernardino County residents, community drive-through testing events are being held throughout the county. At these drive-through testing events, samples are collected by public health professionals by inserting a nasal swab up the nostril. These samples are then sent to a laboratory for COVID-19 testing. All persons must meet criteria to be tested. Events are free of charge and do not require health insurance.

Additional events and event details will be announced as they are confirmed. Please remember, if you are showing symptoms of COVID-19, you can still call your doctor and they can determine if you need testing.

The next community drive through event, in Barstow, will take place at the following location:

### Barstow – Barstow Sports Park

2800 Mayor Katy Pkwy.,  
Barstow  
Wednesday, May 20  
10 a.m. to 2 p.m.

**Appointment only.**

**Details will be announced as they come available.**

# A message from Sergeant Major

Submitted by: Sgt. Maj. Edward Kretschmer  
MCLB Barstow base sergeant major

I would like to thank all the Marines and dependents who came out for the scheduled volunteer opportunities. We are improving the base, one Saturday at a time. Some projects have been completed, but there are still a lot of projects that need to be addressed. It is great to see all of the participation and the pride that we have on the base where we work and live.

I would also like to say congratulations to the Marines who graduated from the Lance Corporal Leadership and Ethics Seminar that was held on Marine Corps Logistics Base Barstow. In the past, we have sent lance corporals to Marine Corps Base Camp Pendleton to take this course. Due to COVID-19 restrictions, we held this seminar on Base. It was impressive to see instructors from the base coaching, mentoring, and teaching the students.

There have been some changes to required training due to the COVID -19 pandemic. One of the changes is addressed in MARADMIN 260/20. This message provides guidance on the Physical Fitness Testing. It is a requirement for Marines to complete a PFT between January and June.

All Marines whom have not conducted the PFT prior to publication of this MARADMIN will not conduct a PFT for the duration of Calendar Year 2020. This waiver is only for this semi-annual period, which means until further guidance comes out, the Combat Fitness Test will not change.

The exception to this policy is if a Marine needs to complete a PFT to complete their Command Screening Checklist. Command Screening Checklists need to be completed for all Special Duty Assignments and specified schools.

Regarding annual leave, Active Duty service members are granted 30 days of annual leave. At the end of each fiscal year they would normally lose any unused leave in excess of 60 days. Department of Defense has now authorized accrual leave of a balance up to 120 days for active duty service members. Marines are authorized to retain unused leave until September 30, 2023.



Official U.S.M.C. photo

Travel restrictions are another point of discussion. The Secretary of Defense issued updated travel restrictions. This guidance extends on-going travel restrictions governing foreign travel, permanent change of station, and temporary duty until June 30, 2020. Marines will continue to be authorized local leave and liberty while following all local guidelines on COVID-19 mitigation. This includes a limit on travel up to a 30-mile radius of the base.

Please keep in mind that there are plenty of things to do here on the base, to include several opportunities to volunteer your time to help with base projects and to assist within the local community. Volunteer opportunities will be listed in The Prospector. Volunteer opportunities

will also be posted at <https://www.mclbbarstow.marines.mil> and on the base's official Facebook page @MCLBBarstow.

Semper Fi,

SgtMaj E.C. Kretschmer



# MCLB Barstow's own "Giselle"

Story by: Laurie Pearson  
COMMSTRAT Chief

Photos Courtesy:  
Catherine, Caitlyn and Samantha Clemans



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Baby starlings are nursed back to health and taught to fly by Catherine Clemans, daughter of Col. Craig C. Clemans, base commanding officer, aboard Marine Corps Logistics Base Barstow, Calif.

"The nestlings were found behind the chapel on MCLB Barstow, in the hollowed-out log of a fallen tree," Catherine explained. "I was told that some of the ground workers were clearing out dead brush and removing some dead trees when the chicks were found. Four nestlings rolled out of a hole in one of the logs a worker had just cut."

The workers, concerned for the baby chicks because they appeared so young, quickly pondered what to do. Momma bird was nowhere in sight, and never appeared to return to the area for the babies.

"My dad eventually picked them up and placed them back in the nest in the hollow of the log and brought them home to my mom, hoping she might know what to do," Catherine said. "She didn't. None of us did, but mom remembered that I had raised three abandoned baby mice a couple years back and thought that if anyone could keep them alive, it would be me."

The young birds were lethargic and weak at first, but thankfully, none of them seemed injured by their fall and they quickly regained their strength.

"I was afraid the first two or three days of caring for them that, the little bird I named 'June,' would not live," Catherine said. "She was slower than the rest and always seemed one step behind in development but I was determined to fight for her. If she had been left in the care of her mother, I don't believe she would be alive today because the other three birds were so overpowering."

Catherine took responsibility for the baby birds and if she needed a break, then her sister, Samantha, would feed them on occasion.

"I am a nurturer and I love nature," she said, explaining why she was happy to care for the starling babies. "Some things were common sense for me, but most things I had to research online. I kept them in a shoebox filled with



# "rescues abandoned starlings

shredded paper for cushioning. My mom ran to the store to pick up a heat lamp, since they had to be kept between 95 and 98 degrees Fahrenheit until they were fully feathered. Mom also picked up puppy kibble, canned cat food, dry baby food, fruit, and syringes to feed them. Baby birds have very complex diets because they need a variety of different foods to develop correctly."

The babies looked to be approximately five or six days old when found April 16. They had to be fed every 30 minutes until they were more fully feathered. At that point, Catherine started taking them outside so that they could watch other birds fly and hunt.

"At 15 days old, they were ready to begin learning to fly," she said. "This was tricky, obviously, because I am not a bird. I obviously couldn't demonstrate for them, but because they saw me as their 'mother,' it was fairly easy to encourage them to jump down from a wall or tree into my hands."

After a couple of days in her care, and a bond had been formed, she named the four birds: April, June, August, and Tember.

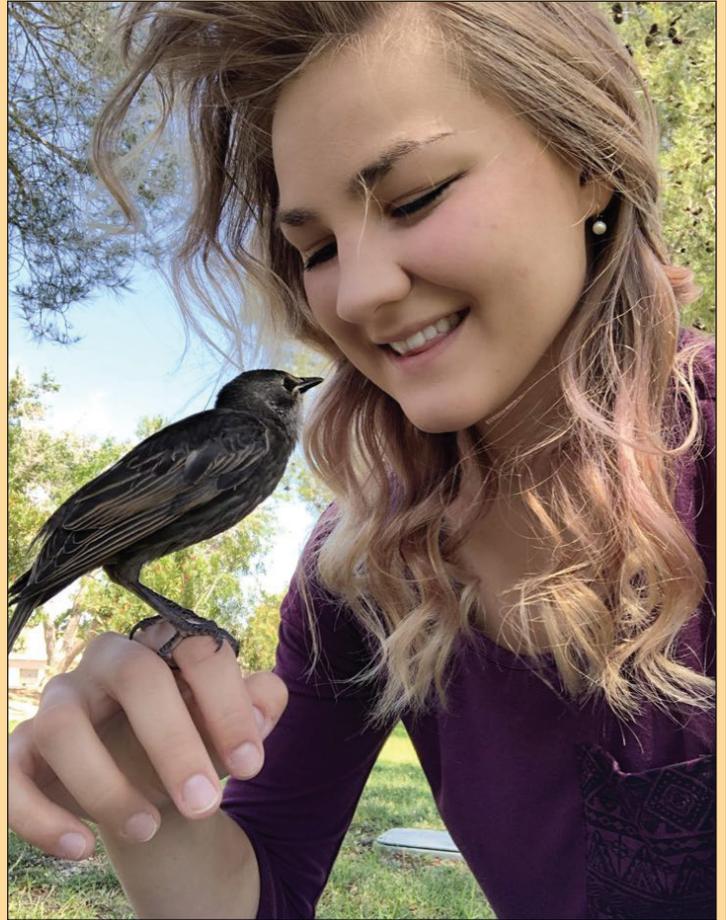
"I was the only one who could tell them apart because I spent the most time with them," she said. "They all have slightly different coloring around the eyes and they have different eating habits. Three of them have blue/grey eyes and one had brown eyes. Mainly, I can tell them apart because they each have different personalities and voices."

What's next for this avian adventure? Catherine will wean the babies completely, and submerge them in feathered society.

"But they will always know they are my babies," she said.

"Catherine sings like Giselle in the movie *Enchanted* and the babies fly right to her!" said Catherine's mother, Ruth Clemans. "It's really quite a sight, and inspiring to see. Her videos really capture the whole experience, too."

To follow their adventures and see videos highlighting the whole process, check out her YouTube channel by searching for Catherine Clemans there. 🐦

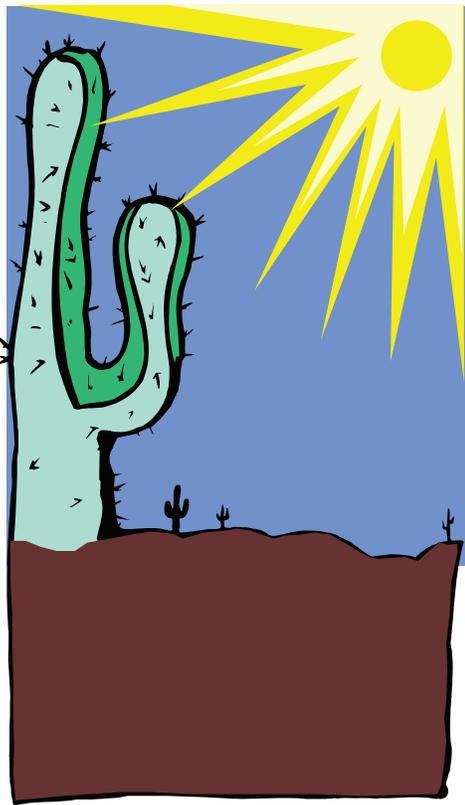


# Precautionary safety measures

Story and photos by: Keith Hayes  
COMMSTRAT Planner

The beginning of the hot season in the Mojave Desert presents its own unique challenges added to the restrictions already underway for coping with novel Coronavirus, a.k.a. COVID-19.

“The hot season in the higher desert lasts from May to September,” said Mark Reeves, health and safety specialist with the Safety Department aboard Marine Corps Logistics Base Barstow. “That means an average daily high temperature above 93 degrees Fahrenheit. Generally the hottest day of the year is in July, with an average high of 102 F and low of 73 F.”



He noted that California, Arizona, and Texas accounted for 43 percent of the 8,081 heat-related deaths reported in the United States in the 11-year period between 1999 and 2010.

“The major condition all three of the states have in common are  
**8** large desert areas, where

temperatures can soar to well above 100 degrees during the summer months,” he said.

Overheating, known medically as hyperthermia, can cause health afflictions to include:

## **HEAT EXHAUSTION**

- Muscle cramping
- Fatigue
- Headache
- Nausea or vomiting
- Dizziness or fainting

“A patient with heat exhaustion may have cool, clammy skin to the touch, indicating their cooling system is working,” Reeves said, “but the patient’s pulse rate is fast and weak, and breathing is rapid and shallow.”

## **HEAT STROKE**

If untreated, heat exhaustion may progress to heat stroke. Heat stroke is a serious, life-threatening condition characterized by the following symptoms:

- A body temperature greater than 103 F
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Heat condition flags are posted at the front gates of both the Nebo and Yermo sides of MCLB Barstow. The color of the flags inform employees and Marines aboard the base of any special instructions needed to stay cool and safe.

“We use the WBGTI, Wet-Bulb Globe Temperature Index, to indicate the level of heat expected for the day,” Reeves said.

Heat flag colors and their associated conditions:

**GREEN FLAG =  
80 F to 84.9 F**

Heavy exercise for un-acclimatized personnel will be conducted with caution and under constant supervision.

**YELLOW FLAG =  
85 F to 87.9 F**

Strenuous exercise, such as marching at standard cadence, will be suspended for un-acclimatized personnel in their first two or three weeks. Outdoor classes in the sun are to be avoided.

**RED FLAG =  
88 F to 89.9 F**

All physical training will be halted for those personnel who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Personnel who are thoroughly acclimatized may carry on limited activities not to exceed six hours per day.

**BLACK FLAG =  
90 F and above**

All nonessential physical activity will be halted for all personnel.

The old saying that it may be hot, but it’s a dry heat, has validity when comparison is made between the relative humidity in the desert and a person’s ability to sweat freely to cool themselves off, Reeves pointed out. The higher the humidity in the air, the hotter it feels because sweat cannot evaporate as quickly.

“Unlike temperature, which can drop a lot between night and day, the humidity in the air changes much more slowly,” he said. “A good rule of thumb is if the temperature during the day is hot and muggy, then the night will also be hot and muggy, even though the actual ambient temperature has dropped.”

Higher temperatures also means loss of body fluids. Losing too much fluid causes dehydration, which is why it’s important to keep water on hand and drink frequently to keep yourself hydrated.

“The person experiencing dehydration and hyperthermia may not even realize it until their body begins to shut down critical functions to try and cool off,” Reeves said.

Dehydration can occur very quickly in hot, dry conditions, so it’s

# es during extreme desert heat

## WBGTI and Heat Condition Flag Warning System



**Green Flag (WBGTI of 80 to 84.9 degrees F):** Heavy exercises, for unacclimatized personnel, will be conducted with caution and under constant supervision.



**Yellow Flag (WBGTI of 85 to 87.9 degrees F):** Strenuous exercises or physical labor will be curtailed for unacclimatized, newly assigned Marine and Civilian Marines in their first 3 weeks. Avoid outdoor classes or work in the sun.



**Red Flag (WBGTI of 88 to 89 degrees F):** All PT or very strenuous work will be curtailed for those not thoroughly acclimatized by at least 12 weeks. Personnel thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.



**Black Flag (WBGTI of 90 and above degrees F):** All strenuous outdoor physical activity that is nonessential to mission accomplishment (including organized and unorganized PT) shall be halted.

important to know the signs of fluid loss in all age groups.

“The first sign of dehydration a person may think of is thirst, but that is not as reliable an indicator as you may think,” Reeves said. “Older adults in particular don’t feel thirsty until they’re already dehydrated.”

### ***Dehydration symptoms in an infant or a young child:***

- Dry mouth and tongue
- No tears when crying
- No wet diapers for three hours
- Sunken eyes, cheeks
- Sunken soft spot on top of skull
- Listlessness or irritability

### ***Dehydration symptoms in adults:***

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

Lowering the core body temperature is critical to survival when a person becomes overheated.

“If it’s a hot day and you’re not sweating, then you’re not cooling your core body temperature and

hyperthermia kicks in,” Reeves said.

Reeves said even with the restrictions on outdoor movement imposed due to the heat conditions and COVID-19 mitigation practices, there are still some recreational activities that do not violate social distancing requirements.

“Go for a walk or run, or bicycle, or you can play a round of golf or tennis,” he said. “Just do them during the very early morning or late evening hours when temperatures are cooler.”

These activities do not require the wearing of a face mask, but Reeves urges people to have one handy just in case social distancing requirements can’t be maintained.

Look out for yourself and each other, he said, particularly those with underlying conditions that could make them more susceptible to heat-related health problems.

- Elderly, disabled or homebound people should be checked on frequently.
- Never leave children alone in cars.
- Limit sun exposure during midday hours.
- Drink plenty of nonalcoholic fluids, and replace the body’s

salts and minerals.

- Dress infants and children in cool, loose clothing and shade them from the sun.
- Never leave pets alone in cars, provide plenty of fresh water for pets, and leave the water in a shady area.

“If we continue to look out for ourselves and others by following commonsense safety procedures to keep from overheating, there is no reason we shouldn’t be able to safely enjoy the outdoors even during the hot months and during the time of COVID-19 restrictions,” Reeves concluded.



# CDC and SAC welcome spring

Story and photos by: Laurie Pearson  
COMMSTRAT Chief

Children and staff at the Child Development Center Care “Welcoming Spring” with a bulletin board decorating contest held aboard Marine Corps Logistics Base Barstow, Calif., during the first full week of May.

“We wanted to have some fun with the staff and children because, well, why not have fun at work?” said Kristi Baker, trainer and curriculum specialist at the Marine Corps Community Services’ CDC facility on base. “Every class including (School Aged Care) were tasked to come up with a Spring Bulletin Board and then the staff decided to turn it into a fun contest.”



Using construction paper, tissue paper, glue, tape, fishing line, staplers and more, the staff worked closely with children to design trees, flowers, butterflies and rainbows, decorating their designated areas. Some of the children even made bugs out of construction paper, and matched the theme to nursery rhymes. Each classroom participated to include:

- Infant classroom (6 weeks to 12 months)
- Pre-toddler classroom (1 year olds)
- Toddler classroom (2 year olds)
- Pre-school classroom (3-5 year olds)
- SAC (5-12 year olds)

When asked what they like making the best, these were some of the responses from the children:

“The butterflies, because they fly,” said 2-year-old Aiden.

“The rainbow!” said 4-year-old Lily.

“One of the lead teachers came and gave Starbucks cards to all of us for doing awesome,” said Sheriaka, lead program assistant.



At the CDC, one room displays a wall-sized board containing a tree towering over 7 feet tall, with a sun and over-arching rainbow, flowers and

bugs, calling it “Spring Things.” In another, they created a tree adorned with flowers and a white picket fence, butterflies and ladybugs. One board had a 3-Dimensional effect, with leaves that reached out from the wall, and a small pond for the bugs and flowers to enjoy. In the Infant Room, the entrance is decorated with flowers displaying hand-prints, butterflies, and other critters announcing that they are “Buggin’ for Spring-time.”



The judges were Evan Schmidt, pest control technician, Angelica Benavidez, MCCS operations officer, Veronica Reveles, MCCS operations assistant, and James Rogers, MCCS computer technician.

“They were given a paper with all of the bulletin boards listed and they picked the one that they liked the most,” Kristi Baker said. “Then we had a barbeque for everyone because they are all winners! All of the boards were awesome. First place classroom children and staff were given a ‘29 minute award’ from Kimberley Ragnone, CDC director. This means that they can leave 29 minutes early if they like on a given day.”



# PPB back to full swing

Story and photos by: Keith Hayes  
COMMSTRAT Planner

The work shift was returned to pretty much normal staffing at Production Plant Barstow, Marine Depot Maintenance Command aboard the Yermo Annex of Marine Corps Logistics Base Barstow, California, following the easing of COVID-19 restrictions May 4.



Debbie Brobst, heavy mobile equipment mechanic, works on a turret for an Amphibious Assault Vehicle, at Production Plant Barstow, Marine Depot Maintenance Command, aboard the Yermo Annex of Marine Corps Logistics Base Barstow, May 8.

“We are now back at full strength for our ‘touch-labor’ workforce and the supporting staff,” said Robert “Chip” Schwartz, Plant manager.

Prior to May 4, Schwartz said they had divided the work force into thirds, with a third working at any one time and the other two thirds either on two-week “weather and safety” leave or teleworking if their jobs permitted.

“We put a lot of employees on ‘situational’ teleworking status,” he explained. “That means jobs that ordinarily didn’t qualify for teleworking, such as hands on jobs where you have to be physically present to inspect the work of others, were done from home using a company computer to the maximum extent possible.”

The COVID-19 restrictions put in place by Maj. Gen. Joseph F.

Shrader, Commanding General, Marine Corps Logistics Command and Col. Wilfred Rivera, Commander, Marine Depot Maintenance Command, fortunately coincided with the period where supervisors had to do performance evaluation of the artisans. So, the supervisors could complete those reports at home, and many were also able to complete their yearly training requirements, Schwartz said.

The decision to reopen the plant to a near-full capacity shift was based on a consultation between Maj. Gen. Schrader and Col. Rivera, and was based on the local conditions in Barstow and the surrounding commuting area.

“The Barstow area in San Bernardino County had had a tiny fraction of the COVID cases that Dougherty County in Georgia was experiencing,” Schwartz said. “MCLB Albany will be back up to full strength workforce by May 18 as local conditions there continue to improve.”

Approximately thirty of the Plant’s employees remain on telework status because their work is “mostly administrative or analytical in nature and does not require them to be on-hand at the Plant every day to perform,” Schwartz said.

The artisans who went back to full shift work at PPB, to a person, said they were happy to be back at work, but each had a variation to add to their reactions.

“I think the staggered shift was very wise,” Everett Arnold, heavy mobile equipment mechanic, said as he worked on an Amphibious Assault Vehicle, May 8. “It gave

people the distance they needed to prevent the spread of the Coronavirus. With the number of people who work here, that gave everybody some breathing room.”

Fifteen-year veteran HMEM Joseph Lopez, said he appreciated the staggered shifts “... but I also love being back at work. I think the measures taken to protect us from COVID were well thought out.”

“It’s OK to be back at work, but it’s still scary,” Debbie Brobst, HMEM said. “As long as people stay away and wear their masks, it’s OK.”

“I got a wonderful taste of retirement and how it’s going to be,” Ladawn McClain, general equipment mechanic, said. “I got bored a couple of times but I got to hang out with my family, so it was all good. It was good to be back though. I’m blessed to have this job.”



Ladawn McClain, general equipment mechanic, works on a cupola for an M-88 HERCULES tank retriever at Production Plant Barstow, Marine Depot Maintenance Command aboard the Yermo Annex of Marine Corps Logistics Base Barstow, Calif., May 8.



## Marine Corps Logistics Base Barstow

To preserve the health and welfare of base employees  
and to help limit the spread of COVID-19  
the following are changes to base activities and areas of function.

### Postponed or Closed

#### Postponed:

- Self-Defense Classes
- Spin Classes
- Spring Festival
- Art For Everyone
- LINKS Coffee Chats
- Wellness Series
- Play Mornings
- Swim Lessons

#### Closed:

- Bowling Alley
- ITT
- Pass & ID Nebo 101, Yermo 406

### Modified Hours and Services

#### Marine Memorial Golf Course open with conditions:

- Call for details - 760-577-6431

#### Semper Fit Gym:

- Open to active duty personnel, their dependents & permanent base employees, 5a.m.-6p.m.
- Combat room open 24/7 for AD, police and fire only.

#### SMP/Rec Center:

- Single Marines only, no guests
- M-F 11a.m.-1p.m. and 3p.m.-7:30p.m.
- Sat & Sun 11a.m.-5p.m.

#### Oasis Pool:

- M-F 7a.m.-3p.m. Active duty and dependents only
- 7a.m.-8a.m. & 11a.m.-noon reserved for AD PT only

#### Library:

- Open 8a.m.-11a.m.

#### Route 66 Cafe:

- Grab n' Go orders only. Call orders in ahead at 760-577-6428.

#### Entrance Gates:

- Gate guards will not handle your CAC when entering base, but should still scan it

#### Pass & ID 236:

- Appointment only

#### Commissary:

- Open every Tuesday 9a.m.-9:30a.m. for active duty and spouses only

For additional information about the base go to: <https://www.mclbbarstow.marines.mil>

For a complete list of MCCA hours and services impacted go to: <http://mccsbarstow.com/Impact/>