Employee of the Quarter Award winner
MCLB Barstow's own compete
Mandatory vaccinations
Help us to serve you better!

As the year comes to an end, COMMSTRAT is seeing a higher workload. Here's a few things to guarantee your needs are met and in a timely manner.

- Office hours are from 0700 - 1530
- Photos are by appointment only
- Projects require approved work request orders
- Submissions for The Prospector due NLT the 1st and 3rd Thursday of every month
- Walk-ins for emergencies only
- Engraving is currently unavailable

We appreciate your patience and understanding. Semper Fidelis.
It's almost that time again!

Members aboard MCLB Barstow are invited to this year’s Fall Festival!

Event starts on 15 Sep 2021 from 3 PM to 6 PM at the Base Library and Beer Garden

- Draft prizes for patrons with winners announced throughout event!
- Hayrides from 3:30 PM - 5:45 PM
- Pumpkin patch available between 3:30 PM - 6:00 PM
- Bounce houses, games food truck and more activities for the family!

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MARADMIN 404/21

FORTHCOMING CHANGES TO THE PHYSICAL FITNESS TEST

The purpose of this MARADMIN is to announce forthcoming changes in calendar year (CY) 2022 and CY 2023 to reference (a) for the plank event of the physical fitness test (PFT).

Reference (a): Marine Corps Order 6100.13A

Marine Corps human performance policies and standards are in a constant state of analysis, assessment, and modification, if necessary, to ensure that they best support the overall readiness of the force. As such, the Marine Corps adopted the plank in CY 2020 as an alternate to the abdominal crunch for the PFT as a means to measure core stability, strength, and endurance while reducing risk of injury. The plank's isometric hold requires constant muscle activation, engages almost twice as many muscles as the crunch, and is reliable in measuring midsection endurance required for military tasks and activities of daily living.

Starting 1 January 2022, the time required to achieve the maximum points will be 3 minutes, 45 seconds. Additionally, the time required to achieve the minimum points will be 1 minute, 10 seconds. Reference (a) will be revised to implement this change and provide the complete scoring table prior to 1 January 2022.

Effective 1 January 2023, the plank will be mandatory for the PFT and the abdominal crunch will no longer be an alternative to the plank. This MARADMIN serves as advance notice to ensure Marines have sufficient time to train and prepare for the plank event prior to the policy change in CY 2023.

Additional information and resources to include a plank training guide are available at https://www.fitness.marines.mil.

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Leave Share Program

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

Montez-Diaz, Steven
Goodwill, Francis

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

The Family Advocacy Program (Bldg 218) will hold its five week series “Married & Loving It.” Every Thursday through August 26th from 9-11 AM, partake in a marriage enrichment workshop where couples learn different relationship building skills to strengthen and enhance their relationship.

* Pre-Registration is required and can be done by calling: 760-577-6533
* Must complete the series to receive a certificate.
Secretary of Defense, Lloyd Austin released a message to the troops saying that after consultations with senior civilian and military officials, making vaccinations mandatory is the best way forward. More than 73 percent of active duty personnel have received at least one shot of the vaccines to date.

President Biden replied almost immediately. "I strongly support Secretary Austin's message to the force today on the Department of Defense's plan to add the COVID-19 vaccine to the list of required vaccinations for our service members not later than mid-September," Biden said in a message released by the White House. "Secretary Austin and I share an unshakable commitment to making sure our troops have every tool they need to do their jobs as safely as possible. These vaccines will save lives. Period. They are safe. They are effective. Over 350 million shots have been given in the United States alone. Being vaccinated will enable our service members to stay healthy, to better protect their families, and to ensure that our force is ready to operate anywhere in the world."

The Food and Drug Administration is expected to give full approval to the vaccines, possibly by the end of the month, Kirby said. If that happens, Austin will immediately add the vaccines to the mandatory military list, Kirby said. The services have time to plan how they will implement the program, and they have been working on how they will vaccinate the rest of the active and reserve component. Kirby said there is no shortage of vaccine and the department does not think this will be a limiting factor. A full third of Austin's message to the force urged service members not to wait: To get the vaccine right away. "You can consider this memo, not just a warning order to the services, but to the troops themselves," Kirby said. "We certainly hope that they will take advantage of the opportunity to get the vaccines now that are available now to them on a voluntary basis. That's obviously the potential effect that we'd like to see achieved as a result of the secretary's message. But if they don't, eventually we're going to get to a mandatory sort of regimen and we'll take care of it then."
Lead Library Technician earned Employee of the Quarter for her efforts to educate, entertain and inspire military personnel, their families and civilians aboard Marine Corps Logistics Base Barstow, California, July 29.

Vanessa Tzorin-Stacy (formerly Garcia), an employee of MCLB Barstow for 15 years, was recognized during a ceremony held by the Personal and Professional Development Branch at the Library, located in McTureous Hall.

“Vanessa is the heart and soul of the MCLB Barstow Library, from planning and executing events, to being in touch with members of our small community,” said Robert Harris, Marine and Family Programs manager. “She is widely known for being personable and willing to help. Her impact on those we serve is evident in the friendships she has cultivated with patrons over the years.”

Harris pointed out that, during the month of June, Tzorin-Stacy provided valuable and much needed assistance when a co-chair for the week long Summer Camp Program was unable to be present. She stepped in to fill that role without hesitation.

“With extremely short notice Vanessa was able to formulate substitution workshops where needed,” he said. “Additionally, two of three co-chairs were not able to be present on 15 June, as a result Vanessa facilitated multiple projects at once while coordinating food pick up and distribution to Summer Camp participants.”

At the conclusion of the Summer Camp Program many parents and participants recognized Tzorin-Stacy for her hard work.

“Vanessa's willingness to step into an unfamiliar role and execute the duties therein, along with her ability to adjust under pressure in this situation, is commendable,” Harris said. “Without her assistance the Summer Camp Program would not have been nearly as successful. Her actions went above and beyond what was asked of her and reflected well on the Library Program as well as the Personal and Professional Development Branch.”

Having worked with the Library for eight years, Garcia has worked with Marine Corps Community Services on base for 15 years. Before the Library, she worked in the Youth Activities Program.
MCCS employee of the quarter

Center, School Age Care Program and the Child Development Center, all of which helped to hone her skills with children and families.

One of the things she enjoys doing is finding new ways to engage with visitors and get them to participate in library activities. Whether it's a reading program or a craft project, she patiently works alongside Library guests, to help or to teach them a new skill. Some of the Library's unique offerings include a 3D printer, which guests can use to print all sorts of things from action figures, to vehicles, or logos. They even have a Cricut and can help design and decorate T-shirts and a myriad other things, such as mugs, tumblers and notebooks.

“Vanessa is a very dutiful employee and is always willing to go the extra mile to ensure the success of the Library Program,” Harris said. “She frequently goes above and beyond in tasks assigned to her and is willing to provide assistance to other Personal and Professional Development Programs, as well as regularly works across different Branches to support the Marine and Family Programs mission.”

“Vanessa is the ultimate team player,” said Kelley Woolley, Library Program manager, Marine Corps Base Camp Pendleton, which oversees the MCLB Barstow Library, as well. “She takes on extra responsibility without hesitation and always ensures that the Library’s mission of serving (military personnel) and their dependents is her top priority. Vanessa is passionate about her job and is always advocating for her patrons at the Barstow library, ensuring that they have the resources and supplies needed to provide the best services and programming opportunities at MCLB Barstow. I rely on her knowledge of the Barstow community to ensure that our Library is providing the best possible services.”

It is those services and the local community here on base that fuel her passion to serve.

“My favorite part about my job is planning events for the families on base and giving them a party of their lifetime and something to remember us by!” Tzorin-Stacy said. “I love the Summer Reading Program and our Puppet Shows. I also love to collaborate with other programs to make it all happen!”

One thing she makes very clear, though, is that she could not do any of this alone.

“Reece (Dillingham) is the best!” she said. “He makes the Library fun! Without him, it wouldn't be fun or exciting. I love coming to work and telling each other jokes. We never have a dull moment. He's my brother at work and I know I can count on him. He is not just my coworker. He became my family, as well.”

If you have questions about events, programs, or DIY and crafts available at the Library, feel free to call 760-577-6838 or 760-577-6395.

Photo by: Rob Jackson

Vanessa Tzorin-Stacy, base librarian, uses puppets during her monthly Story Time to entertain the children aboard Marine Corps Logistics Base Barstow, California.
Lawing and Seifert head to World Championships

Story by: Laurie Pearson
COMMSTRAT Chief

As the Olympics wind down, one base athlete prepares for a World Championship powerlifting competition, after beating personal records during the all-female powerlifting meet, Rise of the Valkyrie, in Vista, California, July 31.

When athletes set their sights on gold, whether for Olympic Games or World Championships, they have several things in common: Intensive workouts; strict dietary regimens; mental strength and agility. There are critical elements for coaches to take into account as they guide their athletes.

“The bigger the meet, or event, the more time is needed for preparation,” said James Seifert, Certified Personal Trainer, Sports Nutritionist and United States Powerlifting Certified Coach & National Referee. Seifert also works as an engineer at Production Plant Barstow, Marine Depot Maintenance Command.

“For the Olympics, the coach will have a four-year plan with the end result being to peak at the Olympics and then work backwards from there,” Seifert explained. “For us, we focus on the World Championships in November and work back from there. We wouldn’t do a competition too close to the meet or if we do, then it may be at a lower intensity leading up to the main meet. The same goes for training intensity. We start now with lighter weights, but focus on more volume, building more muscle and improving form. As we get closer, we move to a strength phase and finish off with a power and peaking phase. It’s like building a house. We need a strong foundation in the muscle-building phase on which we can build as we peak.”

Nutrition is always of concern for Seifert and his team of athletes. However, as they move closer to the World Championships, they focus on nutrition that helps build muscles.

“We need proper nutrients for that and as intensity increases we need to ensure we are feeding the muscles enough nutrients for recovery,” he said.

Athletes like Michelle Lawing, the Sexual Assault Response Coordinator for Marine Corps Logistics Base Barstow, push their limits, challenge expectations, and demand their personal best.

During the Rise of the Valkyrie meet, hosted at Iron Monger’s Gym, in Vista, California, Lawing competed along with teammate Brooke Verrill.

“During this event, Michelle lifted more than she has ever lifted,” Seifert bragged.

Lawing, has been training in powerlifting for three years, to date. She has broken world records in her age and weight class and is aiming to do so again.

“I increased my totals, by increasing all of my lifts, and now I am a Master Lifter,” Lawing said. “I did full power raw (knee sleeves). My teammate, Brooke, did full power classic raw (knee wraps).”

“Michelle and Brooke, who works at Stater Bros, both competed very well.” Seifert said. “They both took first in their age and weight class and had totals greater than many of the younger females competing.”

As their coach and handler, Seifert oversees all aspects of the fitness and nutrition, as well as guiding them through the competition processes, often a year or more in advance.

“Even though we’re preparing for this year’s World Championships, I’m also looking at the 2022 calendar to see how everything will fit in the big picture,” Seifert said. “I want the athletes to focus on what’s coming up, while I look at a longer range plan.”

With regard to the mental health and agility, there is no question that athletes exercise this aspect of their training, just as they do their muscles they’re building.

“It’s a mental challenge at first because the competition is so good,” Seifert said. “Literally, the best competitors from around the world are there! But Powerlifting is a very supportive group and event. It’s great to meet and talk with all the athletes.”

Weightlifting continues on page 9
For Lawing, mental and physical fitness complement and aid one another.

"Being strong mentally helps with becoming stronger physically and vice versa," she said. "If you tell yourself you can, then you will, if you keep consistent and work hard. Mentality plays so much into powerlifting. When you’re under that weight, you don’t want to doubt yourself. It is hard too, especially when training isn’t going as you’d planned. That’s when you have to be patient and keep going, knowing that if you don’t give up, then you will get there. If you continue believing you can, you will, and in the process you will physically become stronger and mentally become stronger, because if you can do this you are strong enough to do other things in different areas of your life."

Lifting is also stress reliever and can help release endorphins which boost moods. When asked what she looks forward to the most about the upcoming World Championships, Lawing reflecting on the excitement and challenge of the event.

"Being in that hyped up atmosphere, is awesome," she said. "Being around all these really strong people who are there to reach their own goals, but also cheer everyone else on to reach theirs is great. The Powerlifting community is so supportive. Everyone wants to see everyone else succeed. They’re all so welcoming. I love to watch others hitting their lifts and I enjoy making new friends. We just having a great time in general."

When finished with the lifts, and she knows she’s given her all, there’s a sense of accomplishment and that, she says, is an amazing feeling.

"Especially when you’ve accomplished all the goals you set out to for yourself," Lawing added. "If you don’t reach those goals, though, then you know what you have to work on and go from there."

Seifert and Lawing agree that Powerlifting competitions are a constant and ongoing process of self-improvement, setting goals, and then crushing them. Track their progress on social media at #GiantKillerFitness.
FORT LEE, Va. – The commissary brings greater savings on healthy breakfasts, lunches, after school snacks and more during the month of August to help families with their back to school efforts.

“The commissary and industry are teaming up to provide greater savings for families as their children return to the classroom,” said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the agency director. “In August, our customers can expect to see special back to school promotions on meals, snacks and other school-related items.”

On Commissaries.com, customers can download the latest sales flyer. The flyer is filled with great savings and includes nutritious eating tips and preparing affordable meals using the commissary online recipe book. They may also visit the savings center to take advantage of more savings, like the Your Everyday Savings (YES!) program, the Commissary Rewards Card’s digital coupons and current promotions.

Even greater savings come from purchasing any of our commissary store brands – Freedom’s Choice, Homebase, TopCare, Tippy Toes, Full Circle, Flock’s Finest, Wide Awake Coffee, Crav’n and Pure Harmony.

As a reminder, OCONUS stores may have substitute events for certain promotional programs. Here are a number of sales specials to consider for August commissary savings:

- **Come Home to Savings:** Aug. 14, stateside commissaries will host a “Come Home to Savings Excitement Day,” offering product sampling and instant giveaways such as commissary gift cards and high-value coupons while supplies last.

- **MyMilitarySavings.com “Back to School” Sweepstakes.** Enter for a chance to win one of five $500 commissary gift cards. Shoppers can find code to enter by text in-store or can enter at MMSGiveaways.com. Additionally, a charitable donation will be given to the Chaplains Fund. No purchase necessary. This promotion runs from Aug. 1 - Sept. 26.

Return to School Shopping Spree: Throughout August, authorized patrons worldwide will have the opportunity to enter to win a $500 shopping spree (www.militarycontests.com). The winners will be awarded their prize in commissary gift cards at the beginning of September.

- **National Chocolate Chip Cookie Day:** With Aug. 4 being National Chocolate Chip Cookie Day and children going back to school, celebrate both with a package of fresh baked chocolate chip cookies from the in-store bakery department Aug. 1-5.

- **Meat and cheese lovers:** Aug. 26-31, save $1 per pound on Boar’s Head Maple Honey Turkey and American Cheese. While supplies last.

- **Quick meal preparation:** Aug. 2-15, save 40 percent on Old El Paso Taco dinner kits, 39 percent on Betty Crocker Pasta Salad, 37 percent on Kraft Mac-n-Cheese, 36 percent on Progresso soups, 35 percent on Betty Crocker Hamburger Helper and Pasta Fettuccine Alfredo, 33 percent on Old El Paso Mexican Refried Beans and Betty Crocker Helper Mac-n-Cheese. Aug. 16-29, save 36 percent on Progresso soups, 31 percent on Barilla Spaghetti, Pasta and Macaroni, and from 23 to 29 percent on assorted Bumblebee tuna. Aug. 30 - Sept. 12, save 37 percent on Kraft Mac-n-Cheese dinners, from 26 to 33 percent on assorted Annie’s Mac-n-Cheese and Pasta, 32 percent on assorted Betty Crocker Hamburger Helper meals.

- **Snacking for all occasions:** Aug. 2-15, save 46 percent on Betty Crocker and Motts fruit snacks, from 38 to 46 percent on Chex snack mix, 36 percent on Keebler crackers, 31 percent on Fiber One brownie bars, 28 percent on Snickers, Milky Way, and 3 Musketeers candy, 27 percent on Nature Valley and Annie’s granola bars. Aug. 16-29, save 32 percent on Kellogg’s fruit snacks, 31 percent on Chex snack mix, 28 percent on Quaker granola bars, and 16 percent on Planters nuts. Aug. 30 - Sept. 12, save 26 percent on Dole fruit cups and bowls and 24 percent on Pepperidge Farm cookies.

- **Cereal, pastry and coffee:** Aug. 2-15, save from 31 to 42 percent on General Mills cereals and breakfast bars and 25 percent on Kellogg’s pastry pop tarts. Aug. 16-29, save 48 percent on Kellogg’s cereals and 29 percent on Nutri Grain breakfast bars and pastry pop tarts, 26 percent on Community coffee, and Aunt Jemima pancake mixes. Aug. 30 - Sept. 12, save from 39 to 46 percent on General Mills cereals, 37 percent on Folgers ground coffee classic and 28 percent on assorted K-cup, 28 percent on Bustelo coffee and 26 percent on Back to Nature granola cereals.
Parents get more for less

- Pets are not forgotten: Aug. 2-15, save 30 percent on Hills Science dog food, 25 percent on Cardinal Pet dog treats and 24 percent on Tidy Cats cat litter. Aug. 16-29, save 33 percent on Purina dog food – beef stew and roasted chicken. Aug. 30 - Sept. 12, save 29 percent on a Yestertime classic scented or unscented cat litter.
- Everyday oral and body hygiene: Aug. 2-15, save 29 percent on Colgate Minions children’s toothpaste. Aug. 16-29, save 50 percent on select Dial body wash, up to 32 percent on select Pantene shampoo and conditioner, 31 percent on Crest whitening therapy toothpaste and 21 percent on Listerine mouthwash. Aug. 30 - Sept. 12, save up to 21 percent on Softsoap hand soap.
- Getting hydrated: Aug. 2-15, save 20 percent on Sunny D Orange Juices and Punch. Aug. 16-29, save 32 percent on Caprisun juices and 21 percent on V8 juices and drinks. Aug. 30 - Sept. 12, save 58 percent on Santa Cruz Mango and Strawberry lemonade, 22 percent on V8 juices and 13 percent on Yoo-hoo children’s drinks.

Feeding Reading Program: Kellogg’s is teaming up with Penguin Random House to get more books in more hands – one box equals one free book that you can keep or donate to a school of your choice. Kellogg’s will donate a small amount per package, up to $80,000 total, for participating products scanned July 16 - Aug. 31.

- AXE “Back to School” sweepstakes: Unilever and Advantage Sales are partnering in a sweepstakes Aug. 16-31 for customers worldwide to enter for a chance to win prizes including DeCA Gift Cards, Apple MacBooks, iPads, iPods and Apple Gift Cards.

Unilever Degree “Tears of Joy Cares” Program: Through Aug. 15, authorized commissary and exchange customers can participate to win one of 200 DeCA Gift Cards through the Degree “Tears of Joy DeCA/Exchange Cares” Program sweepstakes. To enter, customers can go to www.operationintouch.com. Unilever will donate $10,000 to Adopt-A-Soldier Platoon.

Kraft Heinz Art of the Burger auction: Aug. 1-29, Heinz is encouraging shoppers to unleash their “inner burger artist” by treating every burger as a work of art. Shoppers can build their burger masterpieces, submit their recipe to the virtual auction house at www.heinzartoftheburger.com. At the end of the auction, the top burger recipe will be “purchased” by Heinz for a real cash prize.

“I cannot stress enough how much you save – about 25 percent annually – by using your commissary benefit,” Saucedo said. “For our patrons who have not shopped their commissary, we welcome you to come experience a great shopping atmosphere and to take advantage of savings that you’ve earned.”
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