Leadership lessons from Sgt. Maj.
FSB change of command
Summer camp
Heat Stress Conditions
For Marine Corps Training

<table>
<thead>
<tr>
<th>Flag Color</th>
<th>WBGT Range</th>
<th>Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>86°-84.9°</td>
<td>Heavy exercise for unacclimatized personnel should be conducted with close supervision.</td>
</tr>
<tr>
<td>Yellow</td>
<td>85°-87.9°</td>
<td>Outdoor chores in the sun are avoided. Strenuous exercise, to include marching, is suspended for unacclimatized personnel with less than three (3) weeks on station.</td>
</tr>
<tr>
<td>Red</td>
<td>88°-89.9°</td>
<td>Limited activity not to exceed six (6) hours per day for unacclimatized personnel. All physical training halts for personnel with less than 12 weeks on station.</td>
</tr>
<tr>
<td>Black</td>
<td>90° or above</td>
<td>All strenuous, nonessential outdoor physical activity will be halted for all units. Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden on personnel or resources, be excessively expensive, or significantly reduce a unit’s combat readiness. Essential outdoor physical activity will be conducted at a level that is commensurate with personnel acclimatization as determined by the unit’s commanding officer in coordination with the unit’s medical officer or medical personnel. All efforts should be made to reschedule these activities during cooler periods of the day.</td>
</tr>
</tbody>
</table>

- Drink lots of fluids. Avoid fluids that contain alcohol, caffeine, or sugar.
- Plan strenuous activities/games early or late in the day to avoid the hot, middle of day afternoon period.
- Some prescribed medications and sun don’t mix well. Check with your doctor and medicine labels. Use sun block and build up sun/heat tolerance gradually.
- At the first sign/symptom of heat stress, get out of the sun, rest, and slowly hydrate. When in doubt about the type of heat stress, seek medical help.
- The wearing of body armor/helmets or nuclear, biological, chemical (NBC) protective uniforms in effect adds 10 degrees Fahrenheit to the measured Wet Bulb Globe Temperature. Training must be adjusted appropriately.

On The Cover:
Cover photo by: Laurie Pearson

Jorge Rodriquez, air conditioning mechanic and John Kilmer, maintenance mechanic repair a Bard air conditioning unit that helps cool a radio server on Elephant Mountain, belonging to Marine Corps Logistics Base Barstow, California, June 4. As a result of the malfunctioning air conditioner, the radio server overheated and malfunctioned during the already scorching heat of the Mojave Desert with temperatures reached 110 degrees.

On the web
Links in this publication are interactive in the online version

Website: http://www.mclbbarstow.marines.mil
http://www.twitter.com/#!/MCLB_Barstow

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This magazine is an authorized publication for members of the Department of Defense. Contents of THE PROSPECTOR are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps.
The Marine Corps has gone through many changes over the years and we will continue to go through more adjustments as the world advances and evolves. We have seen continual modifications in our equipment and personnel, from tanks leaving the Corps to a shift in squad sizes. The most important thing in the Marine Corps has, and will always be, the Marines. Equipment will continue to be modernized but the fighting spirit of Marines will never change. This fighting spirit has been passed on from generation to generation. The top ranks pass this on to the junior ranks by setting the example. Regardless of what your job is in the Corps leaders setting the example and ethical leadership help form our Corps and keep us at the tip of the spear in the defense of our country and our allies.

There are many ways to set the example by ethical leadership. Serving others is one way that we can do this. Serving others extends beyond servant leadership, but servant leadership is key to any organization that wants to develop ethical leaders. A servant leader will serve their followers. When a Marine leader has unethical behavior he or she will lose the moral authority to lead. The Marine Corps takes pride in having junior leadership take charge and make decisions. We do this more than the other military branches. The Marine Corps has the ability to do this because leaders set the example and practice ethical leadership.

Being a leader is not easy, you have to be firm and fair to all Marines in your unit, platoon, battalion and Base. Many times there are decisions that need to be made that will affect the Marines in your charge. Leaders have been consumed with how to keep the moral and discipline in their section. Setting the example and ethical leadership play a big role in making the hard choices. Leaders must stick to what the institution has instructed us to do. A leader can lose the integrity of the organization if decisions are made for personal interest.

Ethical leaders foster esprit de corps and cohesion. This is done by working under a common goal, such as Marines completing their formal schools. Another example of this would be working to make corrections on others around them, remember Marines do not know what they do not know. Some were never taught the right way. An ethical leader will look at their juniors and work to build them the correct way while making them feel they are part of the team.

Ethical leadership starts with showing genuine concern and respect and continues with serving others, ensuring justice and being honest with mutual respect and trust. An ethical leader will tell you that they have made many mistakes along their journey and will help others to not make the same mistakes. If their mistakes were made without violating any ethical, moral, or legal issues they will be respected and supported by their subordinates.

Semper Fi
SgtMaj Kretschmer
UPDATE TO 2021 PEAK MOVING SEASON

Marine Administrative Message (MARADMIN) 297/21 stresses the importance of immediate action by Marines, Civilian Marines, and their families executing a Permanent Change of Station move this year in accordance with guidance provided in reference (a). Effects of the on-going pandemic continue to challenge normal relocation processes especially in the area of moving household goods and other personal property (household goods, unaccompanied baggage, privately owned vehicles and mobile homes).

The moving industry is experiencing a significant reduction in the number of available packers, loaders and drivers, which is limiting the capacity that Department of Defense normally receives during the summer peak moving season. This, coupled with the national lumber shortage/cost increase, is creating a lead time of 6-8 weeks at certain locations to get a shipment picked up.

Marines in receipt of PCS orders, the time to book your household goods shipment is NOW. If you desire to execute a government arranged household goods or non-temporary storage shipment anytime between now and the end of September you must visit the Defense Personal Property System (DPS) at www.move.mil to complete the counseling module (also called Self-Counseling). Failure to take the appropriate actions now may result in the inability of your servicing DMO/Transportation Office to accommodate your requested dates for household goods transportation.

For Marines relocating their household within CONUS or between CONUS and Hawaii, another option that provides you more flexibility and allows you to manage the move yourself is the Personally Procured Move (PPM) program (formerly called Do It Yourself or DITY move). You decide how much of the move you want to do yourself. The DOD has made recent changes that help ensure Marines are properly compensated for executing a PPM. To learn more about the PPM Program, click on the following website: https://www.iandl.marines.mil/Portals/85/Docs/LPD/LPD-LPD-2%20Approved%20PPM%20Brief%203%20May%202021.pptx. See your local DMO/Transportation Office to obtain an estimated incentive.

Other actions include close and regular contact with Manpower Management and the MOS Monitor for modification to PCS Orders or possible delay of dependent travel if the Marine/Civilian Marine is unable to meet their no later than date due to a delay in HHG pick up or delivery. Additional coordination with the base/station military housing office may be required to make adjustments to check out dates as necessary.

Educational products, including Marine Minute videos, MARADMINs and Checklists for CONUS to Japan and CONUS to Hawaii can also be found at the following link: https://www.iandl.marines.mil/Divisions/Logistics-Plans-Policies-Strategic-Mobility-LP/Logistics-Distribution-Policy-Branch-LPD/PCS2/.

The incoming Lt. Col. McBride humbly deflects attention during the big day.

“This ceremony is an opportunity for Lt. Col. Graham to say goodbye and thank the command for all of their hard work. The attention should be on him, not me,” said McBride. “I’m the new guy that needs to come in, learn more about the unit, the people, and the mission and get to work!”

Meanwhile, he commends Lt. Col. Graham for all of the work he has done in standing up the new unit, and getting it running so quickly and efficiently.

“Lieutenant Colonel Graham has done a phenomenal job standing up the battalion and bringing forth innovative capabilities within the storage, maintenance and accountability realm,” McBride said. “I am walking into a very capable and synchronized unit and look forward to finding ways to enable the team.”

Coming from the MCLB Barstow Operations Division, McBride is fully versed in base processes and logistics.

“I am walking into a very capable and synchronized unit and look forward to finding ways to enable the team.”

“Lieutenant Colonel LaBarron McBride, introduces himself and his family as he assumes command of 1st Force Storage Battalion during the Change of Command ceremony held on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, June 8.

“It was a great opportunity to work as the Operations Director for the installation prior to moving to 1st Force Storage Battalion,” he said. “Colonel Clemans and the team truly care about the quality of service for tenant commands and the families aboard the installation. The knowledge gained and the relationships built over the last 10 months will be extremely beneficial in my new role. You can’t underestimate the value of knowing the other person on the line when you need external support.”
In his remarks to his Marines and civilians alike, Graham expressed his gratitude for coming together, not just as a team, but also as the 1st FSB family. “To the Marines… the base Marines and my Marines, this could not happen without you. So, a special thanks to you. This, what we do here every day, we do for you. So, thank you for being here,” said Graham. “To the 1st FSB family, I cannot say enough. I came here, and I was over confident. We had been here before, so I knew the area. I knew a lot of the people, and we already have relationships, so ‘I’ve got this!’ This goes back to General Shrader’s comments when we did the assumption of command. ‘You are building the airplane as you fly.’ When I went to the Cornerstone Conference, they said this command was going to be a two-year sprint. I still came in confident. It has been a two-year sprint and we are building that airplane. But this plane is flying, and it’s flying soundly, because of each and every one of you. We have a lot of great experience in here. I know that I could expect as just about anything of you, and you’d be good at it.”

He joked about going home at night and sometimes being grumpy, but in the end, he said he always went home proud of what they were accomplishing. “When I go home at night, I know that I’m blessed. I have a great team. I have a great 1st FSB family,” he said. “Three or four years ago, an inventory would take us about three years to complete and we would have about 40 percent accuracy. Now it takes us three to four months. The lowest rating we’ve had is 98.5. That’s bragging rights to each and every one of you. That’s how far each and every one of you has brought this battalion, because of the great things you have done. You guys have embodied this organization. You’ve grabbed onto innovation. You’ve come together as a team. You’ve come together as a family. And I cannot thank you enough.”
Summer camp launches June 14

Story by: Laurie Pearson
COMMSTRAT Chief

Sign up for the first ever Summer Camp of its type at McTureous Hall aboard Marine Corps Logistics Base Barstow, California, which starts June 14.

Several departments on base have joined together to create an action-packed, multi-functional program together for military families on base.

“RadKids is the anchor program for the Summer Camp, and other program offerings will continue after the session has concluded,” said Robert Harris, Marine and Family Program Manager, Personal and Professional Development division.

“Marine Corps Family Team Building will be offering RadKids training, Monday through Thursday, and L.I.N.K.S. (Lifestyle Insights, Networking, Knowledge, Skills) for kids on Friday. The Library will be offering reading sessions, as well as Arts and Crafts projects throughout the week. Behavioral Health will offer 2 classes that focus on emotional regulation and identifying emotions. Exceptional Family Member Program will host Yard Pong throughout the week.”

In addition, the New Parent Support Group along with Families OverComing Under Stress Project staff will be creating calming jars with participants, and the Single Marine Program will be hosting a Hot Wheels race.

“The participants will be able to keep the car provided to them,” Harris said. “There will also be a cannonball contest at the Oasis Pool and Water Park, Wednesday, June 16, starting at 10:30 a.m.”

“On Friday, kids will experience a PCS Around the World tour, and learn about the history, traditions, and etiquette of the Marine Corps, as well as the cultures of duty stations around the world like Okinawa, Hawaii, Camp Lejeune, and MCLB Barstow,” said Beth Simpson, Marine and Family Programs trainer.

A PCS is a Permanent Change of Station, which Marines and their families experience approximately every three years of their active duty enlistment. This particular part of the Summer Camp events exposes the participants to a bit of what they can expect as they transition from one location to the next.

Personal and Professional Development will host a different board game each day, with a twist to focus on personal development skills.

“All of the activities and class sessions will be held at building 218, McTureous Hall, which also houses the library, sans the cannonball contest which is at the pool,” Harris explained. “We are welcoming all authorized patrons of all ages to the Summer Camp. Children under 10 must be accompanied by a parent unless otherwise registered. RadKids will have an age requirement of 5-12 years.”

Each program is offering something according to their division's specialty. For instance, RadKids will focus on personal empowerment and safety education. Behavioral Health will be helping children identify and regulate their emotions. The P&PD staff is offering activities that reinforce personal development skills. The EFMP staff will be using activities to monitor fine motor skills.

“Lunch will be provided daily to the participants, and an ice-cream social will held on Thursday,” Harris said. “This is MCLB Barstow’s first summer camp of its type and we hope to continue the program next year with different offerings. We hope, with this year’s event, that we can bring back a sense of a return to normalcy for our local community, especially to the kids of whom the pandemic has impacted.”

Throughout the Summer Camp week of events, families will be encouraged to also register for the annual Summer Reading Program which began on June 7 and will last all summer.

“There are registration prizes for children ages one to 12, teens ages 13 to 17, and adults 18 and over,” Harris explained. “Participants can register their reading minutes online to receive additional prizes and can pick up their prizes throughout the event. We will have weekly take-home art projects that can be picked-up at the library. In addition, every Tuesday at 2 p.m. there will be a ‘Meet the Artist’ Facebook Live event. Throughout the program there will be special workshops and giveaways. So, check out the calendar of events at mccsbarstow.com/library, or stop by the library for more details.”
Commissary's dairy savings for on-the-go lifestyles

Story by: Rick Brink
DeCA public affairs specialist

FORT LEE, Va. – June is National Dairy Month and if you’re into dairy, your commissary has you covered with a fantastic variety of chilled dairy products as the days of summer grow hotter.

“Commissaries worldwide have the quality dairy products people expect in a full service grocery store, and we go further because we’re priced to save our patrons significant money on their purchases,” said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director.

The variety includes milk (from whole to skim), yogurt (from fat to non-fat, plain to flavored with fruit added), butter, margarine, cream, half-and-half, and all kinds of cheeses sliced, shredded or in blocks. The products come in varied sizes or amounts and some are packaged in individual serving containers to match on-the-go lifestyles.

“It’s fair to say that the commissary offers an incredibly varied lineup in our dairy sections that includes lactose free and non-dairy options to fit just about any diet,” said Jessica Stables, DeCA’s dairy category manager. “We have many organic offerings and even have our own organic commissary store brand, Full Circle, in cheese, eggs and butter.”

Customers can find plant-based products in dairy to include non-dairy milks (almond, soy, oat, coconut), yogurts (almond, soy, coconut) and plant-based butters just to name a few. The commissary also offers its own store brand of lactose-free milk.

Stables reminds customers to periodically look around for new items in the dairy department. There’s a new pudding dessert featuring name-brand chocolate or cookie pieces and it’s sold in individual serving containers. Speaking of convenience, a major cheese producer has combined name-brand crackers with cheese in snack-sized packages.

“Really anytime is a good time to shop for dairy products in the commissary, and during the month of June customers will see special promotions all across our department,” Stables said.

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Summer Salads workshop! Part of Spouse Self-Care Saturday.

Overcome barriers to healthy eating in a SNAP!

Please register early so we have enough supplies for everyone. Tell your friends!

Saturday, June 12th
9-11am
Building 126

R.S.V.P.
https://spousesaturday2021.eventbrite.com

Brought to you by L.I.N.K.S. & F.O.C.U.S.

For more info
760-577-6675
Beth.Simpson@usmc-mccs.org

Take Time For Yourself! Spouse Self-Care Saturday

Open to Active Duty Spouses
9-11am at the LINKS Bldg 126 James L. Day St.
Quarterly reoccurring events with alternating topics. Learn new skills, make new friends, and become the best version of yourself!
A U.S. Marine participates in a dynamic display on Military Camp of Canjuers, France, June 1.

A U.S. Marine provides suppressive fire on Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., May 7.

Visitors gather during a ceremony at Aisne-Marne American Cemetery in Belleau, France, May 30.

An Australian Army Engineer and U.S. Marine build a barbed wire fence during exercise Crocodile Response at Point Fawcett, NT, Australia, May 25.

Maj. Gen. Tracy King, U.S. Marine Corps Forces Europe and Africa commander, and Brig. Gen. Michael Podzus, German Army, look at their wreaths during a ceremony at the Iron Mike statue near Belleau, France.
FEARLESS FIGHTERS
BLOOD DRIVE

You can now donate Plasma or Double Red Cells at our blood drive! Sign up now!

PROUDLY HOSTED BY

Barstow MCLB

James L. Day Center, Building 38
Wednesday, June 16 from 11 AM to 4 PM in the conference room.

For appointments contact Summer Crank at 760.577.6478 or at summer.daems@usmc.mil

Blood donations (min. 56 days apart per donor) are tested for COVID-19 antibodies. These results may provide valuable insight into a donor’s potential past exposure to this coronavirus or an immune response developed after receiving a COVID-19 vaccine. For an explanation of your results, visit LStream.org/antibodytestresults/.

Donate and receive a special edition Fearless Fighters shirt, while supplies last.

To all the members of our community who are First Responders, LifeStream thanks and salutes you.

To maintain social distancing, appointments are strongly recommended. Walk-ins are welcome, but wait times may be lengthy. Face coverings are required. Please be sure to drink plenty of fluids. Only donate if you feel healthy and well. Bring photo ID with proof of age. Donors under the age of 17 must bring a signed LifeStream parental consent form.

LifeStream
Blood Bank
GIVE HOPE | GIVE LIFE | GIVE BLOOD
800.879.4484 | LSTREAM.ORG
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

**Postponed or closed**
- Self defense
- Spin
- Pass & ID Nebo 101
- Pass & ID Yermo 406
- Swim lessons
- Play mornings
- Wellness series

**MFP Virtual Events**
For a list of MFP virtual events, dates, times and links, contact Beth Simpson, MFP coordinator, 760-577-6675, or visit https://www.facebook.com/MCFTBBarstow/

**Modified hours and services**

**Leatherneck Lanes Bowling Center & kitchen open w/modifications:**
- Call 760-577-6264 for hours, reservations (recommended) and to place a food order.

**Marine Memorial Golf Course open w/modifications:**
- Call for details 760-577-6431

**Semper Fit Gym:**
- Unmanned hours for all permanently assigned DOD employees on base begin Sept. 16. Call 760-577-6812 to make an appointment to register your CAC ahead of time.
- Combat room CLOSED.

**SMP/Rec. Center:**
- Single Marines only, no guests - Mon. - Fri. 11 a.m. - 1 p.m. and 3 p.m. - 7:30 p.m.
- Closed Thursday nights, as well as Sat. & Sun. during COVID restrictions.

**Oasis Pool and Water Park:** CLOSED FOR THE SEASON

**Route 66 Cafe:**
- Open for dine-in and take out. Can also call orders in ahead at 760-577-6428.

**Commissary:**
- Open every Tues. 9 - 9:30 a.m. for active duty and spouses only.
- Open Tues. - Fri. 9:30 a.m. - 6:30 p.m. and Sat. 8:30 a.m. - 5 p.m.
- NOTE: IDs are mandatory and will be verified.

**Base Library:**
- Open Mon. - Fri. 8 - 11 a.m. Starting Feb. 16, hours will change to Mon. - Fri. 7:30 a.m. - 4 p.m.

**Personal & Professional Development:**
- Available via Telework

**Behavioral Health:**
- Telehealth services available
- To set an appointment, call 760-577-6533

**Auto Skills Shop:**
- Open every other weekend, Sat. 8 a.m. - 5 p.m. and Sun. 10 a.m. - 6 p.m.
- Call Bruce for further information, 760-577-6260, 760-267-1075

**ITT:**
- Open Mon. and Thurs. 11 a.m. - 1 p.m.

**Pass & ID 236:**
- Appointment only, 760-577-6969

**Thrift Store:**
- Open Tuesdays and Thursdays 9:30 a.m. - 12:30 p.m. and the first Saturday of each month 1 - 4 p.m.
- Closed November 24 and 26 for Thanksgiving holiday.

For additional information about the base, go to https://mclbbarstow.marines.mil
For a complete list of MCCS hours and services impacted by COVID-19, go to https://mccsbarstow.com/impact/