Cover photo by: Laurie Pearson

Registered Nurse Michelle Wolfe, Occupational Health Barstow Detachment, administers the first of two doses of the Moderna COVID-19 vaccine to base personnel at Production Plant Barstow, Marine Depot Maintenance Command, on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, March 3. The base is receiving batches of 100 doses of the vaccine at a time and the Occupational Health personnel and base paramedics with Fire and Emergency Services are conducting vaccination events alternately between the Nebo side of the base and the Yermo Annex.

Marine Corps Logistics Base Barstow, California
Colonel Craig C. Clemans, commanding officer
Sgt. Maj. Edward C. Kretschmer, base sergeant major

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

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SPRING FORWARD
MARCH 14

Don’t forget to turn your clocks ahead this Sunday and reset any timers you may have set for lights and other electronics!

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MCLB Barstow earns Coveted Award

**Story by: Laurie Pearson**
**COMSTRAT Chief**

Marine Corps Logistics Base Barstow, California, has officially earned the Marine Corps Ground Safety Award from the Commandant of the Marine Corps Safety Division, for fiscal year 2020.

“The Ground Safety Awards program provides recognition to commands and individuals for significant contributions and accomplishments in the field of safety and mishap prevention,” said Sara Montez-Diaz, Safety & Occupational Health Specialist with Base Safety.

All Marine Corps commands are eligible to submit for the award.

“If there’s one award we should covet more than any other, it’s the Marine Corps Ground Safety Award,” said Col. Craig C. Clemans, base commanding officer. “It testifies to the fact that we value safety aboard MCLBB and that going home safely to our family and friends each night is a priority we do not compromise. The award means we do not take short cuts and each member of the MCLB team is a ‘Safety Officer,’ empowered to halt any unsafe activity he or she may observe. To our Safety Office and every VPP committee member, I’m especially grateful for the extra time and effort you put into collectively challenging us to continually foster a safety conscious culture. We’ve won this honor two years in a row – fantastic job Barstow!!”

The process for submitting and being awarded the recognition requires quick work on the part of Safety personnel.

“They do a Call for Nominations and they have strict guidelines regarding how the submission is written, what criteria they want to see, and what categories the base needs to fall into. We then have to get the Commander’s signature and approval, and then Commanding General’s endorsement.”

Once those approvals have been obtained, the Safety team submits the package to the Commandant of the Marine Corps Safety Division at Headquarters Marine Corps in the District of Columbia.

“The award is judged by the Marine Corps Ground Safety Awards Board with representatives from each of the Safety Division functional areas to review award nominations and make recommendations to the Assistant Commandant of the Marine Corps as to which locations they believe should win which award in each category,” Diaz said. “The award we received is given to the Command that has established the most outstanding safety program. They look at all sorts of areas including safety training, safety programs, safety budget, the size of our command, mishap rates, Risk management, Voluntary Protection Program and many other safety related programs here at the installation.”

When it comes to safety, it is the employees throughout the base that make these awards possible.

“I think the Base Safety Office staff always look at every award in the realm of safety and know that it’s the civilians and Marines at MCLB Barstow that make our safety program what it is... award worthy,” Diaz said. “This is the second year in a row that we won it, so to me it just is a little sweeter. This was a hard award to write this time. We had so many COVID restrictions that it took a lot of things away from us in 2020. This award shows that even though we had to go through a lot of changes, and restrictions, we found a way to still make safety a priority and to still continue to run our training and be safe no matter where the place of duty may be.”

Aboard MCLB Barstow, safety is everyone’s responsibility and with programs such as VPP, this installation shows how that can be done properly.

“I think it’s more important now than ever,” Diaz said. “Everyone’s contribution is not unnoticed in any way. We are proud of the programs and we are proud of the employees that follow this base’s safety protocols so we submit these awards to show appreciation. I have to add that this year it’s important to see that we can change and adapt and still run a stellar safety program.”

Depending on schedules, the Commanding General will present the award on behalf of the Commandant of the Marine Corps, later this year.
COVID Vaccines Underway

Story and photo by: Laurie Pearson
COMMSTRAT Chief

Administration of the vaccines for Novel Coronavirus 2019, more commonly known as COVID-19, are in full swing aboard Marine Corps Logistics Base Barstow, California, starting March 2.

Paramedics, Navy corpsmen, a nurse and organizers gathered documentation, reviewed medical questionnaires, and then administered the vaccinations to dozens of base personnel on the Yermo Annex.

“So far we have received 100 vaccines to administer,” said Registered Nurse Michelle Wolfe, Occupational Health Detachment Barstow, who was overseeing the event and administering the bulk of the shots. “Lieutenant Colonel LaBarron McBride is organizing the vaccination process and the vaccines are coming in batches of 100. We are varying the location by the day, doing some on the Nebo side, then some on the Yermo Annex.”

McBride sent an email to directors and supervisors advising them of the process and providing the necessary documentation. Personnel are afforded the opportunity to either Opt In or Opt Out of the vaccination process.

“In preparation for receiving the vaccinations there are some administrative requirements regarding Opt In/Out and medical screening,” McBride stated. “The Opt In/Out requirement is two-fold.”

Personnel work with their supervisors to fill in the appropriate roster in order to track that everyone was afforded the opportunity to receive the vaccine. They then fill out the Defense Health Agency form to acknowledge receipt of the education material and Opt In or Out for the vaccine. Either way, forms are turned over to Nurse Wolfe and the Occupational Health staff.

“For those that Opt In, they hold their paperwork until their appointment day to receive the vaccine then turn it in to Occ Health staff,” McBride stated.

The documentation ensures that everyone has had the opportunity presented to them, and whether they got the vaccine or chose not to, as well as the type of vaccine administered.

“The vaccine we are giving today is the Moderna version which requires two shots,” Wolfe explained. “The first shot introduces your immune system to what is basically the hull or transportation device for COVID-19. It does not contain the actual virus. That part has been removed. This allows your body to prime your immune system. It’s not going to give you the virus, but it may make you tired and your arm may be sore for a couple of days.”

The second shot is administered approximately 28 days later.

“The second shot is basically like a dress rehearsal for your immune system,” she said. “Your immune system will recognize it, and it will respond to the second shot, as it should. You may experience a fever, body aches, feel exhausted, and just be miserable. It may feel like a miserable hangover, or feel like you’re coming down with the flu. For that reason, we are planning to do the second shot later in the appropriate week, so that you can have a longer weekend to recover from the vaccination. This is normal and nothing to be concerned about.”

There are two other versions of the vaccine available elsewhere, which are administered differently, as well.

“Johnson & Johnson has one that was recently approved by the FDA that is a single vaccine shot,” said Emergency Medical Services Chief Greg Kunkel with Fire and Emergency Services. “The Pfizer vaccine, which was approved at the same time as the Moderna vaccine, is very similar in that it has a two shot series, as well.”

One of the reasons that the base is using the Moderna vaccine is the specific storage requirements for Pfizer.

“We do not have capability to properly store Pfizer vaccine here,” Wolfe said. “It requires special freezers that hold temps down at -80 degrees Celsius (-112 Fahrenheit) and we don’t have them. The Johnson and Johnson vaccine is not out where we can access it yet. It is just beginning to be released and we have already begun with Moderna, so we will be staying with Moderna. Vaccines given at Fort Irwin are also Moderna. So, if anyone received a first dose at Fort Irwin and needs a second dose, we will be able to supply those here at some point soon.”

One of the unique aspects of this vaccine is that it covers more than immunity gained from actually

Vaccine, cont. on page 11
Lance Corporal’s (from left to right) Hailey McPherson, operations clerk, Sole Ibarra, military working dog handler, Joe, Marine K9, Anya Hunter, patrol officer, and Sgt. Ana Santiago, provost marshal’s office noncommissioned officer in charge, pose for a photo opportunity at Sorensen Field aboard Marine Corps Logistics Base Barstow, Calif., March 4.

1st Lieutenant Elizabeth Bush, organic supply officer, 1st Force Storage Battalion, worked on administrative duties aboard Marine Corps Logistics Base Barstow, Calif., March 10.

Lance Corporal Paola Verdugo, supply clerk, sits at the computer working in the issue point aboard Marine Corps Logistics Base Barstow, Calif., March 9.
Snapshots of Women’s History in the Marine Corps

Lance Corporal Kimberly Mendez, fuel clerk, operates the fuel flow trigger to fill an Army fuel rig with gasoline at the fueling station aboard Marine Corps Logistics Base Barstow, Calif., March 3.

Registered Nurse Michelle Wolfe, Occupational Health Detachment Barstow, administers the first dose of the Moderna COVID-19 vaccine to base personnel with support from Navy Hospital Corpsman Bianca Naranjo, at Production Plant Barstow, Marine Depot Maintenance Command, on the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif., March 3.

Staff Sergeant Alyssa Herron, operations chief, 1st Force Storage Battalion, pulls a piece of tape that was used to mask a line for a new physical training running route aboard Marine Corps Logistics Base Barstow, Calif., March 10.

Lance Corporal Kimberly Mendez, fuel clerk, operates the fuel flow trigger to fill an Army fuel rig with gasoline at the fueling station aboard Marine Corps Logistics Base Barstow, Calif., March 3.
1. The great majority of Marines today live our core values on a daily basis and exhibit the true warfighting culture of our Corps. A few do not. This memorandum concerns them.

2. Americans are justly proud of their Marine Corps – not simply because of our battlefield successes, but because of the values our individual Marines embody: Honor, Courage, and Commitment. Living up to our reputation requires constant vigilance.

3. Sexism and racism continue to exist within our ranks in unacceptable “sub-cultures”, resulting in corrosive behaviors, attitudes, and crimes, all of which degrade our ability to fight. Also, despite years of enlisted leader development and attempts to fully professionalize our enlisted leader ranks, we have failed to completely eliminate those from within our force who wrongly conclude physical abuse creates better or stronger Marines. Those willing to abuse the special trust and confidence that has been placed in them by encouraging or condoning sexism, racism, or hazing must be removed. There is no room in our Corps for Marines whose behavior, attitudes, or actions are inconsistent with our core values. I am not so naïve as to believe we can eradicate these attitudes completely or overnight, but as the Commandant has already said - I do believe we can do more.

4. It begins at recruit training and officer candidate school. The young men and women who join our Corps arrive with values based on their life experiences, and for the majority, their personal values align with our institutional core values. However, some arrive with mindsets and biases that are wholly inconsistent with our way of thinking. We must speak plainly and forcefully with our recruits and candidates from day one, and tell them that racists, sexists, bigots, homophobes, and bullies are not welcome. It is impossible to be both a good Marine, and be any one of those things at the same time.

5. Changing a mindset that allows corrosive or criminal behaviors to exist in our ranks is a varsity-level leadership challenge, yet one that our NCOs and SNCOs are prepared to conquer. Introducing an individual to our core values and explaining how they work in practice during entry level training is important. In fact, it is critical if we are to establish uniform expectations for every Marine. However, it is also insufficient. The battle to change a person’s mindset takes time and consistent effort. An individual enters the Marine Corps with at least 17 years of life experience and potential biases that establish a foundation for that individual’s mindset about race and ethnicity, gender and sexual identity, and the use of coercive power over subordinates. Thirteen weeks of recruit training has an impact on changing and overcoming potential flaws with these mindsets, but we need more effort to sustain the transformation.

6. We must recognize the type of effort it takes to make sure every Marine aligns with our expectations in these areas. Stand downs featuring lectures and presentations about our values and what is expected of every Marine have their place, but their impact on a person’s mindset is limited. More important is the role of enlisted leaders in setting the example, indicating by their words and deeds that they adhere to a positive vision of what it means to be a Marine who values the service of every individual.

7. I expect leaders who see any sexism, racism, or other destructive attitudes in the ranks to step in immediately and intervene, just like you would to stop an impending safety mishap. In those instances when leaders see indicators of these “sub-cultures” they should address the problem head-on by engaging directly with individuals and small groups, reinforcing the teacher-scholar/senior-subordinate relationship advocated by our 13th Commandant, Major General LeJeune. I believe that through discussion, teaching, and mentorship, leaders can help replace destructive attitudes with a more positive vision encapsulated in the Marine Corps’ core values and tradition, more in line with a true culture of recognizing the intrinsic value found in every Marine. Those Marines unwilling to accept our core values should be separated.
8. Our Hallmarks as Marines are discipline and spirit. We have been known for our willingness to hold leaders accountable for the malign actions of the individual. It is time for us to embrace this mentality once again; and hold ourselves accountable for failing to identify and hold responsible those to our left or right that are failing to adhere to our core values.

9. If you are the senior enlisted leader of a unit and the “sub-cultures” of racism, sexism, extremism, or hazing exists within that unit, then I am looking to you to create the appropriate climate and to communicate your rejection of these attitudes and behaviors which are clearly incompatible with our core values. Failure is not defeat, and you can take the necessary steps to remedy the situation. This is your obligation... to treat all Marines with firmness, fairness, dignity and compassion.

10. I expect enlisted leaders and Marines at all levels to support one another as we collectively combat racism, sexism, extremism, and hazing. Enough is enough, help each other exercise the moral courage to look for signs of these negative behaviors and to intervene when necessary. We must eliminate the “sub-cultures” that give these behaviors life. Our Marines look to us for this positive leadership. They deserve nothing less.

Mission First, Marines Always!

Semper Fidelis,

TROY E. BLACK
19th Sergeant Major of the Marine Corps

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**MCX Earns Mojave Green Award**

*Story by: Laurie Pearson*  
COMMSTRAT Chief

The Marine Corps Exchange has earned the Mojave Green Award for environmentally friendly efforts aboard Marine Corps Logistics Base Barstow, California.

“Mr. Keith Varney and his MCX team continue to impress with their attention to detail and friendliness over a sustained period of time,” said Col. Craig C. Clemans, base commanding officer. “I appreciate how MCCS has invested in MCLB’s gas station, to make it environmentally friendly and safety complaint as measured on a world class scale. We can all be justifiably proud of them for deservedly receiving this prestigious recognition!”

“I was notified on February 24 by Michael Fernandez, Air Program manager with the Environmental Division on base,” said Keith Varney, Marine Mart manager. “The award will be presented on March 11 at 9:30 a.m. here at the Nebo MCX.”

The Mojave Green Award is presented to gas stations that are identified as an environmentally responsible establishment, which has earned the privilege of being recognized by the Mojave Desert Air Quality Management District for its Green efforts. Many improvements have been made to the MCX locations on base to meet and exceed environmental standards.

“We have installed and properly maintain only certified equipment,” Varney said. “A station must pass a permit inspection deficiency free and have no air quality-related violations on record for a minimum of three years. We must also be compliant with all permit conditions and applicable district rules and regulations.”

The MCX on MCLB Barstow currently has 14 employees with 10 on Nebo and four at both Yermo Annex locations.

“My team, along with Camp Pendleton support from Mike Woodbury service station specialist, work to maintain all records and work quickly to resolve any and all issues.”
FORT LEE, Va. – The lifestyle of a young service member can be beyond hectic with ongoing deployments and constant training rotations. To help these busy service members access quick, nutritious meals and snacks, the Defense Commissary Agency launched the first phase of its dietitian-approved fueling station program at 22 commissaries in February. More stores will be added later this month in phase two of the roll out.

The stations offer service members nutritious fueling foods they can use to build a meal or enjoy a before- or after-work out snack items they can take on missions or stock in their barracks, said Bill Moore, DeCA director and CEO. “Our fueling stations help show young service members that their commissary is a great destination for dietitian-approved, quick meals and snacks that are tasty and won’t require them to spend their time frequenting fast food establishments,” Moore said. “We hope to further our footprint of being their meal-time location to help maximize their performance and their health.”

The following commissaries have fueling stations: in Virginia – Fort Belvoir, Marine Corps Base Quantico, Fort Myer, Langley Air Force Base, Naval Station Norfolk, Fort Lee and Naval Air Station Oceana; in Maryland – Naval Air Station Patuxent River and Andrews Air Force Base; in Florida – Naval Air Station Jacksonville and MacDill Air Force Base; in Oklahoma – Fort Sill and Tinker Air Force Base; Fort Bragg South, North Carolina; Fort Benning, Georgia; Schofield Barracks, Hawaii; McChord Air Force Base, Washington; Fort Carson, Colorado; Fort Sam Houston, Texas; Fort Rucker, Alabama; Fort Riley, Kansas and Columbus Air Force Base, Mississippi.

The fueling stations vary in size, space and makeup by store based on available space. All items for the stations are approved by Deborah Harris, registered dietitian and DeCA health and wellness program manager, MPH, RD, CDE.*

“Our fueling stations target young service members who may not be cooking their own meals nor be in the habit of a weekly shopping pattern,” she added. “Our ready-to-eat program can save customers’ time and money while raising the nutritional focus of our younger shoppers by giving them a quick meal and snack option besides fast food.”

The refueling station launch follows the commissaries’ release of the new Dietitian-Approved Thumb program (DAT) which uses DeCA-designed software to analyze and identify products in most of the commissary food categories based on up to 86 of the FDA-defined health attributes. The attributes analyzed identify dietitian-approved foods that limit added sugar, sodium and unhealthy fat while offering whole grains, healthy fats, fiber or lean protein.

*Harris has a Masters of Public Health degree, and is a registered dietitian and certified diabetes educator. Our fueling stations offer service members nutritious fueling foods they can use to build a meal or enjoy a before- or after-work out snack items they can take on missions or stock in their barracks, said Bill Moore, DeCA director and CEO. “Our fueling stations help show young service members that their commissary is a great destination for dietitian-approved, quick meals and snacks that are tasty and won’t require them to spend their time frequenting fast food establishments,” Moore said. “We hope to further our footprint of being their meal-time location to help maximize their performance and their health.”

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The fueling stations vary in size, space and makeup by store based on available space. All items for the stations are approved by Deborah Harris, registered dietitian and DeCA health and wellness program manager, MPH, RD, CDE.*
Whether it’s fueling stations or the DAT nutrition guide, DeCA is engaged in identifying the commissary as one of several DOD focal points for health and wellness in the following ways:

- Targeted messaging such as “Cook More Meals at Home,” “Dietitian-Approved,” “We did the Work for You,” and “Fuel with Us,” to connect young troops with the nutritious items in their stores
- Increasing stock lists of dietitian-approved and ready-to-eat, single serving and ethnic frozen entrees
- Working with industry partners to promote “Better for You” products and incorporating past military leaders as brand ambassadors to reinforce to service members that the commissary is their top option as a fueling source
- Raising the ante with installation health advisors, branch dietitians, wellness center staffs, morale-welfare-recreation (MWR) outlets and liaisons with enlisted troops to help educate younger customers about nutrition and healthy eating patterns

“The commissary scores the highest on the installation per the Military Nutrition Environment Assessment Tool and this further reinforces that we are the place to access nutritious foods to include ready-to-eat meals,” Moore said. “We should be considered by our military community as a key asset in achieving health and wellness goals, as well as supporting their individual readiness.

“We want our service members, especially those on the go performing their missions, to know our commissary is a safe, quick and easy option to meet their fueling needs,” he added. “Although this effort was launched with our busy service members in mind, we hope that busy families use it, too.”

Vaccine, cont. from page 5

having the disease.

“When you contract COVID, once you recover, you develop an immunity to that particular strain of the disease,” Wolfe said. “Like the flu, if you’re then exposed later to another strain, you can contract that strain, too. With this vaccine, it vaccinates against the outer delivery system of the virus, the shell, the hull or the transporting device, thereby causing immunity to multiple strains in one set of shots.”

She also allayed concerns about the quick creation of the vaccine.

“There are two watchdog organizations overseeing the creation of this vaccine, and both are saying that the methods used, and the quality of the product are the best they’ve ever seen. No shortcuts were used to create this vaccine,” Wolfe said. “Instead, they just had so much money invested in this, and people, experts in virology, who worked tirelessly to make this happen.”

People with pre-existing health conditions, immunity disorders, or may be pregnant or breast feeding are instructed to work closely with their healthcare providers and to follow their guidance regarding the Moderna vaccination. Also talk to the nurse at the vaccine administration event.

“Pregnant and breastfeeding moms can get the vaccine,” Wolfe said. “Please talk to me to discuss this before receiving the vaccine. There is more information that needs to be given before those moms receive the COVID vaccine.”

Another thing to keep in mind is that the efficacy of the vaccine is still being studied. The University of California, Davis’ Health Department released the following statement: Coronavirus vaccines are still so new that more time is needed to study how long immunity lasts. Studies currently available show that people who were vaccinated had a very strong immunity to COVID-19. It looks like immunity will last a while, but researchers need to follow immune levels over time. At this point, we’re not sure if immunity will last a year or 10 years, or if there will be a need for a booster shot at some point.

Although the base has begun receiving sets of 100 and administering COVID vaccinations at a time, it is uncertain when the doses will arrive, or how much the base will receive, as a whole. Caution is still strongly urged.

“Our command has advocated strongly for the people of this base and I am confident that we will be able to vaccinate everyone who wants the vaccine fairly soon,” Wolfe said. “We ask for patience with the process and for everyone to keep checking with your supervisors and OCC health to stay informed about the latest releases of vaccine. In the interim, please use the tools you currently have to stay safe like appropriate social distancing and mask wearing. We are not on safe ground yet.”
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 760-677-6812 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 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.

**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:mcllbarstow.marines.mil
For a complete list of MCCS hours and services impacted by COVID-19, go to http://mccsbarstow.com/Impact/