MCLB Barstow celebrates USMC's 246th
MCLB Barstow FES helps save lives
New PMO workout program
On The Cover:
Cover photo by: Laurie Pearson
Marines with the Mounted Color Guard present colors during the 246th United States Marine Corps birthday celebration held aboard Marine Corps Logistics Base Barstow, California, Nov. 10. Behind them is the statue of the newly trademarked Eagle Globe and Anchor with Route 66

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MARADMIN 601/21
MANPOWER MODERNIZATION CHALLENGE: RETENTION

This message serves as an announcement for the Deputy Commandant Manpower and Reserve Affairs Manpower Modernization Challenge. The purpose of this challenge is to solicit original ideas from Marines, and government civilians from across the Marine Corps in order to find innovative ways to retain Marines. Each command is encouraged to maximize participation by disseminating this Manpower Modernization Challenge.

This Manpower Modernization Challenge will focus on reenlistment incentives. This message provides the challenge question, schedule, and instructions for submitting ideas. The challenge winner or winning team will have the opportunity to meet and partner with Manpower and Reserve Affairs for further concept development and implementation into the Human Resource Development Process.

Context for the Challenge: The Commandant’s Planning Guidance encourages the exploration of an incentives-based model capable of targeting incentives to specific individuals the Service wants to retain. Moreover, to maintain a competitive advantage needed to fight and win in the future operating environment, the Marine Corps must effectively attract, develop, and retain military and civilian talent by competing with tools and incentives available in the civilian market. Manpower and Reserve Affairs currently offers monetary incentives and considers duty station preferences during reenlistment campaigns. However, other incentives may better meet the needs of our most talented Marines.

The Challenge: What non-monetary reenlistment incentives should the Marine Corps consider incorporating in order to retain the right Marine with the right skills?

Ideas can be submitted from 25 October through 30 November 2021. Any submission received after midnight on 30 November will be ineligible. A panel of judges led by Manpower and Reserve Affairs will review submissions. The author(s) of the winning submission will be notified no later than 4 January 2022.

MARADMIN 621/21
INFUENZAE VACCINE GUIDANCE FOR ACTIVE AND RESERVE COMPONENTS

Seasonal influenza is a highly contagious disease that has the potential to significantly impact force health and mission readiness. A timely, comprehensive vaccination program will mitigate risk to force and mission readiness. Maximum vaccination of the force reduces transmission of disease, and reduces severity of disease in personnel who become infected. This effort remains critically important during the 2021-2022 influenza season in order to minimize amplifying impact to readiness during the ongoing COVID-19 Pandemic.

The Department of Defense goal for Northern Hemisphere (NH) vaccination is 90 percent of required personnel vaccinated no later than 15 Jan 22. However, the Marine Corps active component shall vaccinate at least 90 percent of personnel with the seasonal (NH) influenza vaccine no later than 15 Dec 21. The Marine Corps reserve component shall vaccinate at least 90 percent of required personnel no later than the DoD goal of 15 Jan 22.

Operational forces and training commands are prioritized for receipt of influenza vaccine by the Department of the Navy. Marine Corps component commanders and surgeons shall coordinate with supporting Military Treatment Facilities (MTFs) to ensure operational forces and training commands receive priority administration from influenza vaccine shipments. Commanders should prioritize vaccination of deploying forces, recruits and instructors at recruit depots, and healthcare providers assigned to Marine Corps units.

MARADMIN 619/21
2021 NATIONAL NATIVE AMERICAN HERITAGE MONTH

National Native American Heritage Month is celebrated each year in the month of November. The 2021 Observance Theme is “Resilient and Enduring: We Are Native People.”

In November 1990, Congress issued a joint resolution authorizing the President to proclaim annually the month of November as the “National Native American Heritage Month.” Since 1988, Presidents have issued proclamations, executive orders, and other guiding statements on National Native American Heritage Month and the policies to honor the achievements of Native Americans. More information can be found in the Public Laws section of www.congress.gov.

During the month of November, we honor the cultures that represent the robust Native American heritage of our Nation. As business owners, artists, teachers, writers, courageous members of our Armed Forces, and so many more, their contributions to our society are cause for celebration and appreciation by all Americans.

The Marine Corps is committed to living the values we defend and treating everyone with dignity and respect. As such, the Marine Corps takes pride in building strength through diversity and is dedicated to promoting a professional environment free from personal, social, or institutional barriers that prevent Marines from reaching their full potential.

Leaveshare Program

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

Montez-Diaz, Steven
Goodwell, Francis

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

A MESSAGE FROM THE COMMANDANT OF THE MARINE CORPS

On 10 November 1990, Commandant Chaney challenged all Marines, active and retired, young and old, deployed or recently returned from combat, “not to look back, but ahead, so link to the future.” He instilled in us that we celebrate our anniversary “not as an end of almost two centuries of dedicated service, but as preparation for new service, new dedication, and new achievements.” Those words resonate across these 246 years as they were 51 years ago.

Our Corps builds the future that we live in, the future without which we cannot know our past. Rather, we must know our past in order to preserve it. In the past, we have fought in France, Afghanistan, and Iraq. In the present, we are fighting in the COVID-19 Pandemic.

The character of Marines, our improving, engaged, and relentless pursuit of excellence, remains unchanged from that of past generations, even as the character of warfare is ever-changing. These changes will require us to think differently but remain constant to our institutions and traditions. Marines are the foundation that America’s military is built upon, and the future we expect to inherit.

On this November 10th, we observe Marine Corps birthday. This day in 1775, under the Commandantship of Col. JohnDashwood, the first troop of Marines was raised and trained by a special committee under the direction of the Continental Congress. The Marine’s first battle was on the beaches at Verrazano Narrows in New York Harbor. Today, our Corps remains a small but effective force that provides the United States with the kind of power that makes it possible for us to protect our nation. Today, we celebrate those Marines who have been lost in all Mar Admin — past and present.

The Marine Corps Birthday is a time to reflect on the leadership and personal example that Col. John Dashwood set. It is a time to remember the sacrifices made by our Marines, sailors, and their families. It is a time to honor the memory of those who gave their lives in service to our country.

On this November 10th, we remember those who gave their lives in service to our country. We remember the sacrifices made by our Marines, sailors, and their families. We remember the memory of those who gave their lives in service to our country.

Happy 246th Birthday, Marines!

Sincerely,

David H. Berger
General, U.S. Marine Corps
Commandant of the Marine Corps

10 November 2021

Happy 246th Birthday, Marines!
USMC's 246th Birthday and Route 66 EGA ceremony

Marines stand ready to march on the birthday cake as part of the Marine Corps’ 246th birthday celebration held aboard Marine Corps Logistics Base Barstow, California, Nov. 10.

Colonel Gregory B. Pace, commanding officer, Marine Corps Logistics Base Barstow, cuts the traditional birthday cake in celebration of the United States Marine Corps' 246th birthday celebration held aboard Marine Corps Logistics Base Barstow, California, Nov. 11. Standing by are retired Master Sgt. William C. Ponder, and Pfc. Eleazer Dayoun, as the oldest and youngest Marines present for the honored passing of the cake.

Left photo by: Laurie Pearson

Colonel Gregory Pace, base commanding officer, cuts the traditional birthday cake in celebration of the United States Marine Corps' 246th birthday celebration held aboard Marine Corps Logistics Base Barstow, California, Nov. 11. Standing by are retired Master Sgt. William C. Ponder, and Pfc. Eleazer Dayoun, as the oldest and youngest Marines present for the honored passing of the cake.

Right photo by: Robert Jackson

Colonel Gregory B. Pace, commanding officer, Marine Corps Logistics Base Barstow, cuts the ribbon during the dedication ceremony of the Route 66, Eagle, Globe and Anchor statue.

Photo by: Laurie Pearson

Colonel Gregory B. Pace, commanding officer, Marine Corps Logistics Base Barstow, cuts the ribbon during the dedication ceremony of the Route 66, Eagle, Globe and Anchor statue.

Photo by: Robert Jackson

William Ponder, the oldest Marine present, at 81 years old, gets the first piece of the traditional birthday cake during MCLB Barstow’s observance of the Corps’ 246th Birthday.
Muscle tissue is like an elastic band that can stretch and relax. When this tissue is overloaded, it can become thready and cause injuries in other parts of the body, not always in the area that is sore. So, Lamey explains that it is important to work the entire body with the myofascial tools to address all the trigger points.

“Marines have it down to a science now with the full body self-massage program. We cover every part of the body and they automatically know the system and can do it on their own now. It can also help with sleeping patterns because of the detox effect and the relaxation involved,” Lamey said. “These techniques have also proved to help with Physical Fitness Testing and Combat Fitness Testing scores, because it helps to deliver oxygenated rich blood to the working muscles while removing lactic acid that hinder the muscle tissue. All the way around, this is essential for really everybody.”

The Spin classes are intensive sessions using a stationary cycle, and utilizing various tension levels for gears. They involve anaerobic threshold training and maximum Volume of Oxygen Output.

“Training with Spin classes is very effective for improving lung capacity because it is a high level intensity,” Lamey said. “It also gives reprieve to the ankles, knees and hips from running all the time outside on cement. It helps to strengthen the lower extremities while working on fast twitch and slow twitch fibers that are needed for run times in the PFT and CFT. It is also very fun with upbeat music. I have Marines sound off and run times in the PFT and CFT. It is also very fun with upbeat music. I have Marines sound off and

“ITTT enhances the Marine’s combat readiness by utilizing functional training tools and stations,” Lamey explained. “It should be progressive, with recovery in between, as the exercises are all geared towards the Marine’s own level. The functional HITT movements are complimentary to the movements required in the Marine’s field of work.

“It is also fun because each workout can be different using many creative tools and training protocols,” she said. “Like any exercise program HITT should be a part of many various formats. Workouts should frequently change to shock the body to keep it transitioning and building stronger with higher-end biomechanical and spinal integrity, this in turn helps with injury prevention. Changing how one trains is essential. So, incorporating Spin/Cycle, Strength Training, various cardio, HITT, Flexibility Training, Yoga, Myofascial training, is most beneficial for health and fitness improvements.”

Lamey is working directly with Gunnery Sgt. Edward Underwood, Provost Sergeant in the Provost Marshall’s Office, to instill body health, body strength, endurance, and high performance physical fitness in order for the Marines to be combat ready, at their highest level.

“I approached Shelley several months ago and asked her what she could offer my Marines as it pertains to their physical fitness and nutrition,” Underwood said. “I attend the classes as a supervisor to ensure the Marines are giving max effort and are performing the exercises correctly.”

“This type of training is especially important for their mission at-hand, with their Military Occupational Specialty being that of military police officers,” she said. To reinforce the injury prevention aspect, the training involves doing exercises that solidify movement patterns so one is able to adapt to the loads placed on it. Many different tools are used and functional movements are practiced to enhance skill and strength.

MPs have to wear a lot of gear especially on their hips which can cause chronic back and knee pain,” Lamey said. “Having the ability to release those areas with tools and practice movements that correct that localized pain is hugely instrumental in making them most effective in their job. When you feel good, you perform good. Marines need to train for building stronger and better bodies. They don’t need to purposely be broken down or have their bodies trashed in a workout. I provide very challenging workouts, but they enhance all dimensions of the bodies’ movement planes of motion. We always work with functional movements and we always end with myofascial release to remove toxins in the muscle tissue and relax the body. We work on progressive training loads to build the adaptations to external forces without hurting the body and improving the spinal structure. Marines leave feeling like they had a challenging workout but they feel really good when they walk away.”

“The Marines’ level of knowledge concerning proper form and recovery has drastically increased as a result of this training regimen,” Underwood said. “It has led to an overall better performance of the majority of the Marines within PMO.”

Underwood and Lamey work together to deliver balanced trainings that complement their need to improve on their fitness skills, as well as to help with preventative rehabilitative work with the intent to build the Marines stronger before they get injured.

“By training Marines progressively, at their level and adding new skills, they are able to adapt and overcome some strenuous movements in their MOS and in functional living,” Lamey said. She works out with them twice per week, and the rest of the week, they work out on their own, often working out five to seven days per week, total.

Story by: Laurie Pearson
COMMSTRAT Chief

The Semper Fit Gymnasium is providing specialized training for the Military Police Officers aboard Marine Corps Logistics Base Barstow.

Shelley Lamey, Health and Fitness Director, and Human Performance and Resiliency Specialist, has been training the active duty MPs in various formats.

“I’ve brought in techniques to highlight injury prevention, bio-mechanical classes, as well as classes on meal prep,” Lamey said. “We are also doing Myofascial Rehabilitation, High Intensity Tactical Training, and Spin classes. We have several other formats too, including skill enhancement with balance force production and functional fitness.”

Myofascial techniques help the Marines learn how to soothe soreness and relieve pain in their muscles.

“It is very effective and relaxing,” Lamey said. “It is also a detox of lactic acid in the muscles that builds up over time from the workouts. Myofascial release is a type of physical therapy often used to treat myofascial pain syndrome which is a chronic pain disorder caused by sensitivity and tightness in your myofascial tissues. These tissues surround and support the muscles throughout your body. The pain usually originates from specific points within your myofascial tissues called ‘trigger points.’ Myofascial release focuses on reducing pain by easing the tension and tightness in the trigger points. It’s not always easy to understand what trigger point is responsible for the pain. For that reason, myofascial release is often used over a broad area of muscle and tissue rather than at single points.

Muscle tissue is like an elastic band that can twist tighter when you do not help the fibers release. This can cause injuries in other parts of the body, not always in the area that is sore. So, Lamey explains that it is important to work the entire body with the myofascial tools to address all the trigger points.

“Marines have it down to a science now with the full body self-massage program. We cover every part of the body and they automatically know the system and can do it on their own now. It can also help with sleeping patterns because of the detox effect and the relaxation involved,” Lamey said. “These techniques have also proved to help with Physical Fitness Testing and Combat Fitness Testing scores, because it helps to deliver oxygenated rich blood to the working muscles while removing lactic acid that hinder the muscle tissue. All the way around, this is essential for really everybody.”

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FES response helped save lives
Story by: Laurie Pearson
COMMSRAT Chief
F
Fighting fire is my religion. I love it and had a positive outcome. I've been doing this for 41 years. Fighting fire is my religion. I love it and we are one big family. Whether it's the people we work with in Barstow Fire District, or the MCLB Barstow fire fighters, we're all united in one drive to serve our community.

At 5:27 p.m., Barstow Fire District was clearing a structure fire when they received reports of a vehicle which rolled over on the Montara Road off ramp from eastbound I-40. MCLB Barstow's Engine 401 was on Rim Rock Road, returning from providing mutual aid on a structure fire, when they heard the radio traffic.

"Captain James Fletcher was very quick on his feet and told dispatch that we were responding to the traffic collision vehicle fire, because we were very close," said Firefighter Justin Mears.

"His fast action was the reason we got there so fast! Coming down Montara Road we could see smoke and fire. At that moment, we didn't realize there were people still in the vehicle, but we could immediately see that the car's engine compartment was fully engulfed in flames, so Firefighter Curtis Haug and I began donning our Personal Protective Equipment and our breathing apparatus, preparing to fight the fire."

As Haug pulled a hose-line and began the process of putting out the fire, Mears saw Fire Chief Nick DiNapoli pull up with Battalion Chief Steve Ross. Regardless of the fact that it was Chief DiNapoli's day off, he hopped into the rig with Ross to respond first to the structure fire then the vehicle incident.

"We saw the smoke first and as we pulled up we could see that the fire was not only in the engine compartment of the vehicle, but it was going into the cab," DiNapoli said. "MCLB Barstow's firefighters were working to put out the fire, and the vehicle was laying on the passenger side, so I could see the undercarriage at first. They helped the son climb out of the driver's window, but when I moved toward the front of the vehicle it was hard to see because the van was filled with smoke. But then I saw a hand! The woman in the vehicle was calling out for help and placed her hand on the windshield! That's all I could see, but I started to yell that there's a woman in the car and to grab tools to break her out."

Mears was standing nearby and removed a multi-use tool from his pocket while another firefighter ran to grab an axe.

"When we climbed in to extract her, she had moved back to a part of the car that had a pocket of cleaner air still, and when she saw me coming through the smoke she yelled," DiNapoli said. "She screamed that we were there to save her and she jumped into my arms."

The firefighters worked to remove the woman from the still burning rig and escorted her to the Desert Ambulance which was waiting for her.

Barstow Fire District's Medical Engine 361 continued to pull an additional line to help extinguish the fire. Using a gas-powered rotary saw to cut through the hood of the car, they were able to peel back the hood to expose the engine compartment and put fire fully out.

"I have the utmost respect for the Marines and the MCLB Barstow Fire crews," DiNapoli said. "We have had a long history of working together through our Mutual Aid Agreements and it's times like this when their quick actions, and immediate response really helped to ensure that this incident had a positive outcome. I've been doing this for 41 years. Fighting fire is my religion. I love it and we are one big family. Whether it's the people we work with in Barstow Fire District, or the MCLB Barstow fire fighters, we're all united in one drive to serve our community."

"Due to the quick actions of both agencies, the women and her son sustained minor injuries and refused treatment and transport," said Espinoza. "One firefighter sustained minor injuries to his hand, as well."

"This is the stuff we live to do," DiNapoli said. "We love what we do, and being able to help that woman out of that vehicle means everything to all of us."

"It's a bit surreal," Mears said. "The teamwork was incredible to see. We are trained to do this, but more often than not we go to calls and maybe do damage control, and unfortunately a lot of people come out injured or worse. A woman and her son are safe today in part because of Captain Fletcher's quick response to the call, and due to incredible teamwork. A lot of things aligned to get that family out and save her as quickly as we did. We all train the same. We happened to be the ones on duty, in the right place."

"One firefighter sustained minor injuries to his hand, as well."

"It also gives them education and tools on what foods can be prepared in various creative ways," she said. "Meal-prep also helps them save money on eating out or buying groceries that don't last."

For Lamey and Underwood, the bottom line is that they want to keep the Marine as a "Warrior Athlete."

"Even professional football players have massage therapists, yoga instructors, dieticians, and more," Lamey said. "We are bringing the same care, with modified settings and tools. The Marines deserve the best of everything and I hope my respect for them shows in every training I provide. I have a passion for helping Marines, and I appreciate everything they stand for. I just want to help build them stronger and healthier."
MCLB Barstow Celebrates America Recycles Day with Base-Wide Cleanup

November 15, 2021 0800-1000

Bring in your recyclable plastic bottles and cans to the Recycling Center, Bldg 146 and receive a special gift!*  

Be part of the solution, not the pollution.

For more information, contact the Environmental Division at (760) 577-6941 or (760) 577-6416.

*Limit one per person. The bigger the bag, the bigger the prize!

https://www.Facebook.com/MCLBEnvironmental