

# THE PROSPECTOR



Vol. 13, No. 7

Serving the Corps since 1943  
Marine Corps Logistics Base Barstow

April 27, 2023



**MCLBB is getting hotter. Be prepared.**

**Denim Day**  
**Base activities**



# Sidewalk

# SALE

## MCLB BARSTOW COMMISARY

### 9 a.m. - 5 p.m.

### MAY 04, 05, and 06, 2023

## On The Cover:

Photo by: Reina Vasquez

CSM Shawn M. Redondo, 2916 Aviation Battalion Command Sergeant Major, and son pet a horse from the Marine Corps' Mounted Color Guard during the Purple Up event aboard MCLB Barstow on 19 April.



THE PROSPECTOR

Marine Corps Logistics Base Barstow, California  
Colonel Gregory B. Pace, commanding officer  
Sgt. Maj. Edward C. Kretschmer, base sergeant major

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## On the web

Links in this publication are interactive in the online version

Website: <http://www.mclbbarstow.marines.mil>

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

[http://www.twitter.com/#!/MCLB\\_Barstow](http://www.twitter.com/#!/MCLB_Barstow)





Photo by: Sgt. Anika Lewis

Adam Aikens (center), editorial assistant, runs with his daughter, Autumn, as she rides her bike along with other members of the MCLB Barstow community during the annual SAPR 5K run aboard MCLB Barstow, 14 April.

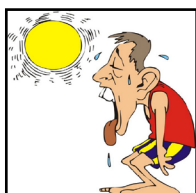
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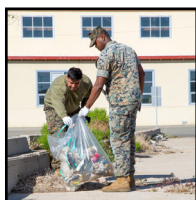
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# News Brief

## MARADMIN 211/23

### 2023 PEAK MOVING SEASON PREPARATIONS

The purpose of this MARADMIN is to provide Marines, Civilian Marines, and their families conducting a Permanent Change of Station (PCS) move during the peak moving season (15 May through 31 August 2023) with direction and information on how to ship and store their personal property defined as household goods (HHG), unaccompanied baggage (UB), mobile homes and privately owned vehicles (POVs), and execute their travel as effectively and efficiently as possible.

Pursuant to ref USTRANSCOM PERSONAL PROPERTY ADVISORY 22-0046 DATED 28 MAR 2022, all personnel, including Marines, Civilian Marines, their family members (for simplicity, the term Marines encompasses Marines, Civilian Marines, and their families unless otherwise specified in this MARADMIN) and Transportation Service Provider (TSP, the moving company) crewmembers and drivers are required to take effective health protection measures whenever performing pack, unpack, load or unload services in CONUS/Non-Foreign OCONUS locations (e.g., Hawaii and Alaska) where the local county health officials declare a high level of infection rates, per CDC guidance. To find the county information and latest status, visit the CDC website and scroll down to COVID-19 COUNTY CHECK and insert the state and county, as appropriate.

These procedures will remain in effect unless/until the DoD issues new policies regarding Force Health Protection Protocols. Refer any questions on Force Health Protection to the local Personal Property Office. For Outside of the Continental U.S. (OCONUS) foreign entry requirements, see paragraph 6 of this MARADMIN and ref DOD FOREIGN CLEARANCE GUIDE DATED 17 NOV 2022 at link <https://www.fcg.pentagon.mil/fcg.cfm> and ensure compliance with COVID testing or other certifications/passports are completed prior to departure from current Permanent Duty Station.

For further details, refer to the full MARADMIN.

### Leave Share Program

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

**Jimmy Rheinschild**

**Annette Madero**

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

## MARADMIN 192/23

### EXTENDED ACTIVE DUTY (EAD) RECRUITING INCENTIVE PROGRAM (RIP)

This MARADMIN authorizes the Extended Active Duty (EAD) Recruiter incentive for reserve Marines in the ranks Corporal through Gunnery Sergeant. Approvals are on a first come, first serve basis for all allocations.

**Amount & Obligation.** The EAD recruiting incentive is a \$20,000 lump sum for a three-year obligation in the reserve component. At least 24 months of the 36 month obligation must be served on the EAD program. Any obligation not served in the EAD program will be served in the Selected Reserves.

#### Eligibility Requirements

a. Be accepted by Marine Corps Recruiting Command (MCRC) into the EAD recruiting program in accordance with MARINE CORPS RECRUITING COMMAND ORDER 1100.77B, EXTENDED ACTIVE DUTY RECRUITER ASSIGNMENT PROGRAM.

b. Must have sufficient contractual time in accordance with the RESERVE CAREER RETENTION AND DEVELOPMENT MANUAL.

c. Must not be in receipt of a current bonus obligation.

d. Marines must complete the first available Basic Recruiter Course (BRC), unless a waiver is submitted and approved by the MCRC Commanding General.

#### Administrative Guidance

Marines who meet the retention guidelines in the RESERVE CAREER RETENTION AND DEVELOPMENT MANUAL and the incentive eligibility requirements established in this MARADMIN should submit an incentive request via the Total Force Retention System (TFRS). Marines must include a signed Statement of Understanding (SOU) as an attachment to the TFRS request.

(1) The updated SOU is available in TFRS.

(2) A validated SOU will contain the member's name and Electronic Data Interchange Personal Identifier (EDIPI), all unit information, IMOS, and every appropriate initial or signature. If the SOU is missing any required data, it will be returned to the appropriate unit for corrective action.

Upon approval of the incentive request, Reserve Affairs Manpower Management will issue a Bonus Control Number (BCN) and forward the request back to the originator through TFRS.

Marines assigned a BCN, who fail to complete the first available BRC within 365 days of approval, forfeit their incentive eligibility.

Payment of the lump sum bonus will occur after completion of BRC. The assigned recruiting district will verify the posted obligation remark in MCTFS.



# Denim Day 2023

Story by: Sgt. Anika Lewis  
Visual Information Chief

“Because the victim wore very, very tight jeans, she had to help him remove them and by removing the jeans it was no longer rape, but consensual sex.”

A Chief Judge of the Italian Supreme Court said those shocking words in response to a 1990's rape case. The case involved an 18-year-old girl who had reported being brutally raped by her 45-year-old driving instructor during a lesson. The accused was originally prosecuted, convicted, and sentenced to prison.

Shortly after, the perpetrator appealed, and the case was brought to the Italian Supreme Court. Despite the original conviction, the judge overturned and dismissed the case due to the victim wearing “tight jeans” during the assault. The accused was then released from prison and charges subsequently dropped.

In an outrage, women in the Italian Parliament protested by wearing jeans to work the next day. The protest also received recognition in the United States, and in April 1999, the first Denim Day was celebrated in Los Angeles as part of the Peace Over Violence organization. It has since been celebrated annually with numerous resources available at [peaceoverviolence.org](http://peaceoverviolence.org). This year, Denim Day is recognized on April 26.

Suzanna Weston, Marine Corps Logistics Base Barstow Sexual Assault Response Coordinator, sheds light on why it is important to recognize this day as part of April's Sexual Assault Awareness and Prevention Month.

“Denim Day is a crucial reminder that the victim is never to blame, and our job as friends and family, is to support the victim in their healing journey,” she said.

Michelle Adams, a SAPR Victim Advocate for MCLB Barstow, concurred and stressed the necessity of consensual sex.

“The victim is not at fault regardless of what they are wearing, if they had a drink, or if they flirted,” she said. “Consent should happen every single time and is an agreement between the participants to engage in sexual activity.”

Under Article 120 of the UCMJ, “consent” is defined as “a freely given agreement to the conduct at issue by a competent person. An expression of lack of consent through words or conduct means there is no consent. Lack of verbal or physical resistance does not constitute consent. Submission resulting from the use of force, threat of force, or placing another person in fear also does not constitute consent.”

Just as it is important to understand what consent is, people must understand what defines sexual assault. The UCMJ further defines “sexual assault” as being intentional sexual contact characterized by force, threats, intimidation, abuse of authority, or when the victim does not or cannot consent. In addition, Weston explained the difference between sexual assault and sexual harassment.

“While sexual harassment and sexual assault certainly intersect in many ways, sexual assault always includes physical contact while sexual harassment may include physical contact outside the ‘bathing suit area,’” Weston clarified. “It more often looks like verbal threats and abuse, image distribution, and unwanted non-physical attention.”

According to the Rape, Abuse, & Incest National Network organization, every 68 seconds, an American is sexually assaulted. Adams stated that sexual assault can happen to anyone, regardless of gender, age, race, religion, status, or sexual orientation. With statistics for sexual assault being so high, it is critical to understand the different reporting options and resources available for victims.

“Restricted reporting allows the victim to make a confidential report of sexual assault without notification to law enforcement or the chain of command,” Weston said. Although the victim's identity will not be reported, filing a restricted report will give the victim access to counseling and medical services.

“Unrestricted reporting allows the victim to make a report of sexual assault to include involvement of and support from law enforcement and the chain of command,” she said. “Benefits of unrestricted reporting may include expedited transfer and Military and Civilian Protective Orders.”

Weston said that whether it is a restricted or unrestricted report, all victims have access to advocacy, counseling, medical care, a Sexual Assault Forensic Exam, mental health treatment, and Victims' Legal Counsel. She also said that the SAPR Program is available to all military members and their adult dependents, even if an official report is not filed.

Sexual Assault Prevention and Response Victim Advocates at MCLB Barstow are available to provide additional information on both reporting options and provide help to sexual assault victims. If you or a friend, coworker, or family member are in need of assistance, the SAPR Support Line is also available 24/7 at 760-577-6036 as well as the DoD Safe Helpline at 877-995-5247.



# Don't Become a

Story by: Laurie Pearson  
COMMSTRAT Planner

According to the Farmer's Almanac, the first day of summer arrives with the solstice on Wednesday, June 21, 2023 at 10:58 a.m. Eastern Daylight Time, or 6:58 a.m. Pacific Standard Time. For those of us in the Northern Hemisphere, this is when the Earth is tilting mostly toward the sun.

However, here in the Mojave Desert, the heat starts cranking up as early as April with temperatures already exceeding 90 degrees Fahrenheit on some days. The temperatures will continue to increase through May, June, July, August and September, with a cooling trend finally starting, typically in October.

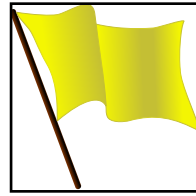
The soaring temperatures are paired with plummeting relative humidity. While some may appreciate the dry heat, it can create hazardous conditions. It is important to take precautions in order to avoid heat related illnesses, such as heat stroke, and even potential death.

Here aboard Marine Corps Logistics Base Barstow, one of the tools used to assist with tracking heat conditions are the Heat Condition Flags which are flown at various points around the base.

"These flags are flown in front of building 15, at the front gate to Nebo, Iwo Jima Avenue at the Base Safety parking lot, at the corner of Boll Avenue and Iwo Jima Avenue at building 375 Active Duty Recreation Center and Auto Hobby Shop, and at Yermo's building 573 Marine Depot Maintenance Command," said Michelle Bledsoe, inspection chief with Fire and Emergency Services. "Each flag is a different color, indicating a different level of heat conditions, which are determined using a Wet Bulb Globe Temperature Indicator."

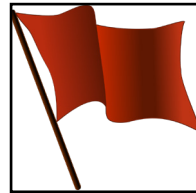


- Green Flag: WBGTI of 80 to 84.9 degrees Fahrenheit indicates that heavy exercise for unacclimatized personnel will be conducted with caution and under constant supervision

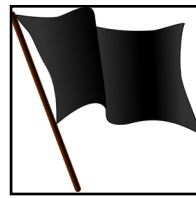


- Yellow Flag: WBGTI of 85 to 87.9 degrees Fahrenheit means that strenuous exercise, such as marching at standard cadence, will be suspended for unacclimatized personnel in their first two or three weeks on base.

Outdoor classes in the sun are to be avoided.



- Red Flag: WBGTI of 88 to 89.9 degrees Fahrenheit limits all physical training to be halted for those personnel who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Personnel who are thoroughly acclimatized may carry on limited activities, not to exceed six hours per day.



- Black Flag: WBGTI of 90 degrees Fahrenheit and above means that all nonessential physical activity will be halted for all personnel.

"Essential activities might include scheduled training exercises where the disruption would negatively impact personnel, resources, or could impact base readiness," Bledsoe explained. "If you have to do certain things outdoors when it's extremely hot and dry, try scheduling those events in the cooler parts of the day, such as in the mornings, or later evening hours."

Heat illness is a serious medical condition in which the body is no longer able to cope with the heat load the person is experiencing, and can begin with heat cramps, heat exhaustion, heat syncope, and heat stroke.

"Humans need to keep their internal body temperature within a narrow range, close to 98.6 degrees Fahrenheit," said Greg Kunkel, Emergency Medical Services Chief with Fire and Emergency Services. "When the body begins to overheat, in a healthy person, the blood vessels will increase in diameter and the heart may begin to beat faster."



# Heat Casualty!

This, in turn increases the blood flow to the skin allowing the heat to release. If this doesn't happen fast enough, then the person will begin to sweat so as to cool them down. When the sweat glands draw water from the blood to create the sweat, the sweat then evaporates, again releasing heat from the body."

According to the State of California Department of Industrial Relations, during an hour of heavy work in hot weather, the body can easily sweat out one quart of water. Shifting blood to outer body layers causes less blood to go to the brain, muscles, and other organs. Prolonged sweating can deplete the body of water and salt causing dehydration.

This can also cause a critical shift in electrolytes in the body, which are necessary for several body functions, to include properly functioning nerves and muscles. When these specific minerals dissolve in a fluid, they form electrolytes, which are positive or negative ions used in metabolic processes.

Electrolytes found in the body include sodium, potassium, chloride, calcium, magnesium, phosphate, and bicarbonate

"Because the body loses water and salts when sweating, both of which are necessary for the muscles and nerves to work properly, muscle cramping may occur, initially," Kunkel said. "The strain on the body from heat illness may cause the person to become weak, tired, and often they may become confused. This confusion can lead them to make even more, unhealthy and potentially dangerous decisions."

Each year in the Mojave Desert, there are news articles about hikers who have gone missing. In many cases, it appears that the individuals became dehydrated, electrolytes likely went off balance, causing confusion, disorientation and eventually death, as they meander off their hiking trails. They're often found in the wrong direction from where they told others they would be hiking to and from.

One such example is the case of Susan Schmierer and her husband, William, of Williamsburg, Virginia, who went missing after a visit to Amboy Crater driving across the country to see their

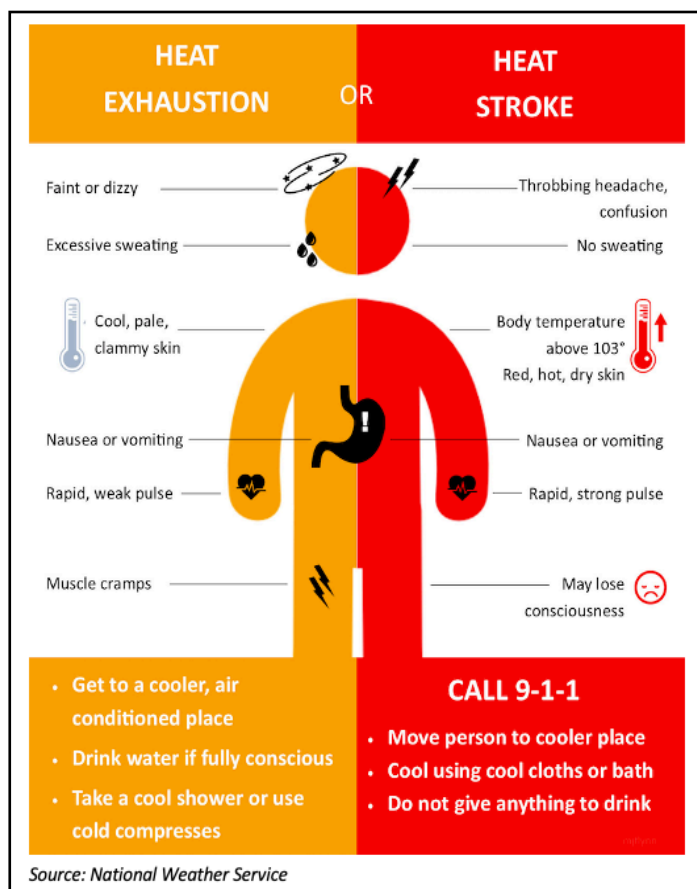
daughter in California. Their empty car was found at the trailhead for Amboy Crater 10 days after they began their hike. William's body was found three days later by search teams, after the couple was reported missing. An autopsy revealed he died of heat exposure. His wife's remains were found approximately one year later, two miles east of the trails.

One of the telltale signs that you or your hiking partner may be in serious danger of heat illness here in the Mojave Desert, is when the body stops sweating.

"When sweating stops, the body is unable to regulate heat any longer, and severe heat illness occurs, to include heat stroke," Kunkel said. "The person's body temperature rises rapidly damaging the brain, muscles and vital organs, causing death."

"The good news is that heat illnesses are preventable," Kunkel said.

Things you can do to help prevent heat related illnesses:





# PUBLIC SAFETY FAIR

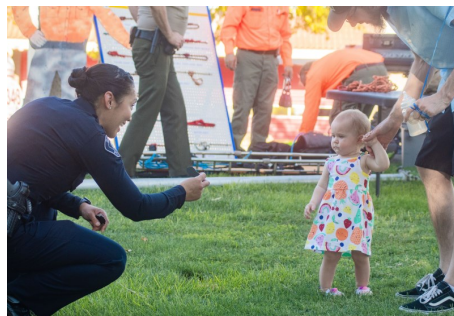


**SATURDAY  
MAY 6, 2023  
10:00 AM—2:00 PM**



**Mountain View Street  
Between Barstow Road  
And Second Street**

- **Police, Fire and First Responders**
- **Demonstrations**
- **Resources**
- **Free Family Fun**



**For more information contact Cpl. Catherine Greig 760-255-5136**



# Base-Wide Clean Up 2023

Photos by: Sgt. Anika Lewis  
Visual Information Chief



*Haley Sanetti, a laborer at Marine Corps Logistics Base Barstow, picks up trash at MCLB Barstow, California, April 19. MCLB Barstow hold a base-wide clean up annually.*



*Tracy Renteria, an S-4 Supply Technician at Marine Corps Logistics Base Barstow, shovels leaves in participation of the base-wide clean up at MCLB Barstow, California, April 19. The base-wide clean up is held annually to maintain a professional appearance of the base.*



*PFC Joseph Ates, a supply chain/material management specialist (left), and LCpl Crystal Bonillarios, a small arms weapons instructor (right), clean up the outside of a warehouse at Marine Corps Logistics Base Barstow, California, April 19. A base-wide clean up is held annually at MCLB Barstow.*



*JJ Piper, an S-4 Material Handler at Marine Corps Logistics Base Barstow, blows leaves as part of the base-wide clean up at MCLB Barstow, California, April 19. Service members and civilians alike were encouraged to help clean the base.*



# Purple Up!

Photos by: Reina Vasquez  
Public Affairs Officer

Teachers, parents, volunteers, and Marines all came out to support boys and girls at the Child Development Center aboard Marine Corps Logistics Base Barstow, April 19. The youngsters donned their purple shirts and waved their purple flags, as they marched and celebrated the Month of the Military Child and Purple Up Day.

The fun festivities began with a parade, including the Marine Corps Mounted Color Guard, followed by a K-9 demonstration put on by the MCLB Barstow police department. After the demonstration, the children played games, listened to music, had their faces painted, and indulged in snow cones, popcorn, and cotton candy.





# California Cadets Visit MCLBB

Photos by: Anthony Plummer  
Graphic Specialist



Cadets with the California Cadet Corps visited Marine Corps Logistics Base Barstow for their annual Bivouac training exercise, April 14-16. This year, the cadets participated in an obstacle course, attended a water safety and survival class, learned map and compass reading, practiced military drills, and conducted land navigation around the base. The CCC is a component of the California Youth and Community Programs Task Force Torch. The para-military program uses an Army foundation to teach leadership skills, as well as teaching the young men and women how to become better citizens.

Top: Cadets with the California Cadet Corps practice their military drills on Sorensen Field aboard Marine Corps Logistics Base Barstow, April 14.



Bottom: Col. Gregory B. Pace, base commanding officer, speaks to cadets with the California Cadet Corps, April 14, during a Q&A session before their training commences on Sorensen Field.



## *Desert heat cont. from page 7*

- Drink sips of water every 15 to 20 minutes when working or exercising outside in a hot environment, even if you don't feel thirsty.
- If you must work in extreme heat (heat index over 103°F), drink a total of 16 to 32 ounces of water each hour.
- Take periodic rest breaks in the shade, a cool area or air-conditioned space.
- When working or exercising outside in hot, extremely dry weather, wear a hat and loose, lightweight, light-colored cotton clothing.
- Wear sunscreen. A sunburn reduces your body's ability to cool down. It can also dehydrate you.
- Wear a wide-brimmed hat and sunglasses outside.
- Pace yourself. Rest often.

- If you're working or hiking in the desert extremes, always work in pairs or groups and monitor each other.
- Monitor your urine output. If you urinate too much you could have a heat illness. This can also cause loss of vital electrolytes.

## Things not to do:

- Do not drink alcohol or beverages that contain caffeine.
- Avoid going outdoors for activities or exercise when the temperature and humidity are high.
- Avoid eating a hot, heavy meal.

"You can get electrolytes from sports drinks, or powders that you can add to your water," Kunkel said. "Try to choose an electrolyte drink that's low in sugar, though. Also consider the foods you consume and their electrolyte content."



# May

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> Take it & Make it	<b>3</b> Infant Massage Warrior Wednesday	<b>4</b>	<b>5</b> Friday Night Lights Sugar Loaf Social	<b>6</b>
<b>7</b> Family Fun Day	<b>8</b>	<b>9</b> Baby Story Time	<b>10</b> Federal Resume Workshop Take it & Make it Warrior Wednesday What's In Your Family Care Plan?	<b>11</b> Financial Aid Mid- Year Smooth Move Volunteer Orientation	<b>12</b> Friday Night Lights Screens & Strikes	<b>13</b>
<b>14</b> Family Fun Day	<b>15</b>	<b>16</b>	<b>17</b> Warrior Wednesday L.I.N.K.S. Networking Event	<b>18</b> PME	<b>19</b> Friday Night Lights	<b>20</b>
<b>21</b> Family Fun Day	<b>22</b>	<b>23</b> Baby Story Time Family Dining Night	<b>24</b> Warrior Wednesday:	<b>25</b> Concurrent Enrollment L.I.N.K.S. Foundations	<b>26</b> Friday Night Lights	<b>27</b>
<b>28</b> Family Fun Day SMP Volunteering	<b>29</b>	<b>30</b>	<b>31</b> Warrior Wednesday Base Welcome			

For more details, visit MCLB Bartstow's community events page at:  
<https://www.mclbbarstow.marines.mil/MCLB-Barstow/Events/>