

THE PROSPECTOR



Vol. 14, No. 10

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

May 23, 2024



XXXIV Run for the Wall
Summer Reading Program
101 Days of Summer

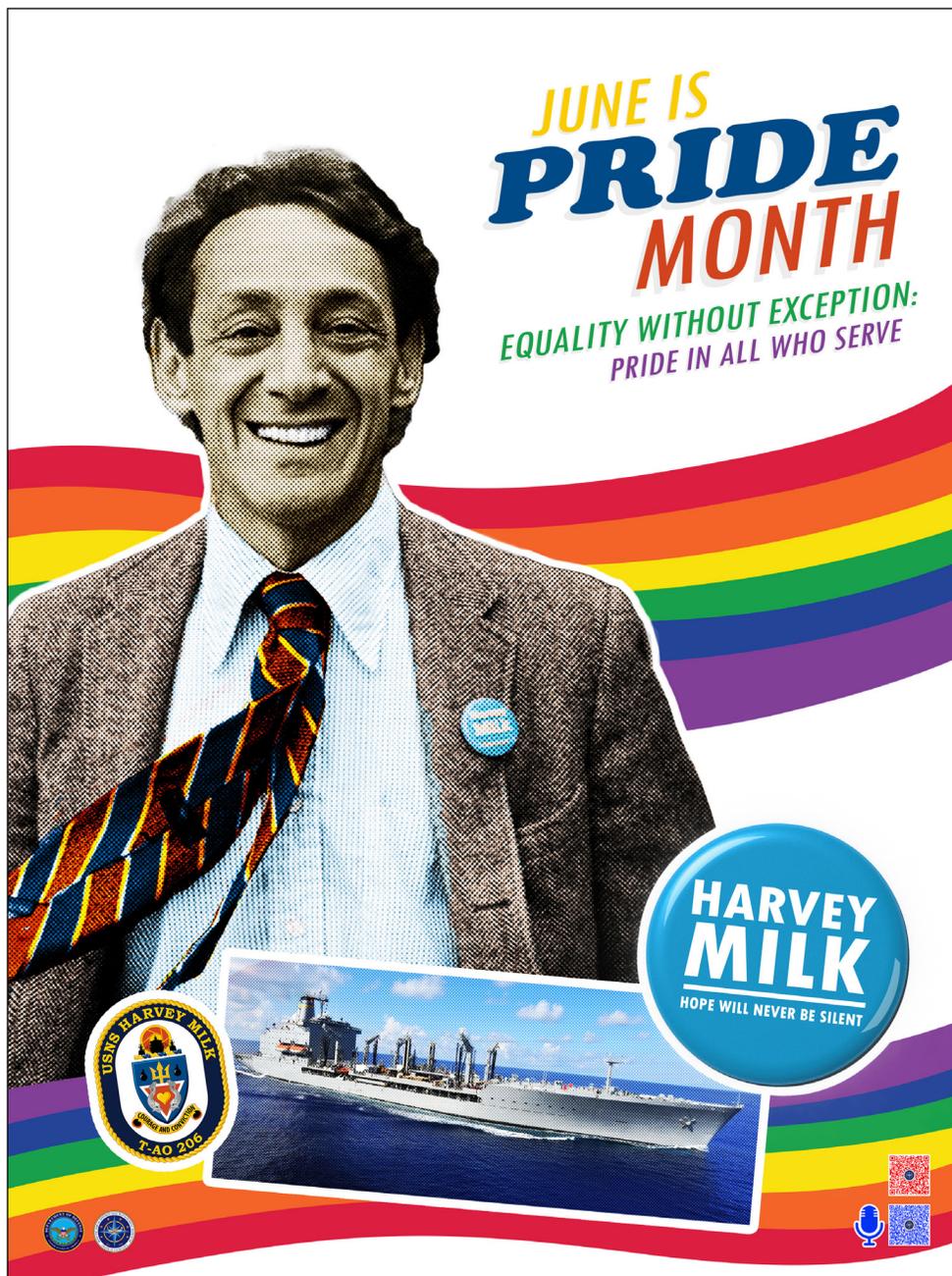
COVER

Cover photo by: Kristyn Galvan

A group of approximately 200 motorcyclists with Run for the Wall ride along historic Route 66, through Marine Corps Logistics Base Barstow, Calif., May 14. This was the first stop of the Midway Route for the 34th annual RFTW motorcycle ride, which honors veterans of the Vietnam War. The ride ends at the Vietnam Veterans Memorial (The Wall), in the District of Columbia, May 25.



Marine Corps Logistics Base Barstow, California
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WEBSITE LAUNCH

LINKS IN THIS PUBLICATION ARE INTERACTIVE
IN THE ONLINE VERSION

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

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

Instagram: [mclb_barstow_official](https://www.instagram.com/mclb_barstow_official)

X: [MCLB_Barstow](https://twitter.com/MCLB_Barstow)



Take a look at our newly, re-vamped base website!

Scan the QR code or search the link above

NEW WEBSITE LAUNCH



Photo by: Vanessa Schell

The Marine Corps Community Services at Marine Corps Logistics Base Barstow, Calif., hosted a second Bunco night for civilians and military personnel, May 17. Lieutenant Colonel Arturo Manzanedo, base executive officer, his wife Roxanne Manzanedo and Lance Cpl. Jayden Williams, administrative specialist, play together as a group during one of the games.

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"Read, Renew, Repeat!"

Story by: Vanessa Schell
CommStrat Specialist

Staff at McTureous Hall, the base library, are holding the Annual Summer Reading Program, at Marine Corps Logistics Base Barstow, California, June 3 to July 27.

All ages can participate for the opportunity to win prizes for the most minutes read, attend CreateSpace classes, join storytimes and movie days and take home maker kits.

The Summer Reading Program at MCLB Barstow is part of the Department of Defense Morale, Welfare and Recreation Summer Reading Program, which MCLB Barstow is participating in with support and directive from Marine Corps Base Camp Pendleton. The wider summer program is in partnership with iREAD Summer Reading. Military OneSource gives an overview of the program as "a flexible, nonprofit reading program designed by librarians featuring appealing incentives, compelling and adaptable themes, and a comprehensive resource guide chock full of ideas, handouts and activities that can be used."

This summer, the iREAD theme is "Read, Renew, Repeat," featuring conservation practices. According to ireadprogram.org, "conservation as a movement focuses on protecting species from extinction, maintaining and restoring habitats, enhancing ecosystem services, and protecting biological diversity."

The DOD MWR Libraries personnel believe that this program will help children by giving them an incentive to read this summer. Their aim is to fill the gap in learning during the summer break by providing resources and access to reading and other creative outlets.

Library staff urge families and base personnel to join them for the Summer Reading Program kickoff event to be held June 4, 10 a.m. Registration for the Summer Reading Program begins June 3. Register can be done online at barstow.usmc-mccs.org/library (or using the Beanstack application, seen within this article), or in-person at the library.

All ages can participate in the Summer Reading Program and will be grouped by age brackets. Prizes vary, from most minutes read in each age category, to most read within a family.

Age group breakdowns:

Children Summer Reading Program	Ages 0 - 12
Teen Summer Reading Program	Ages 12 - 17
Adult Summer Reading Program	Ages 18+

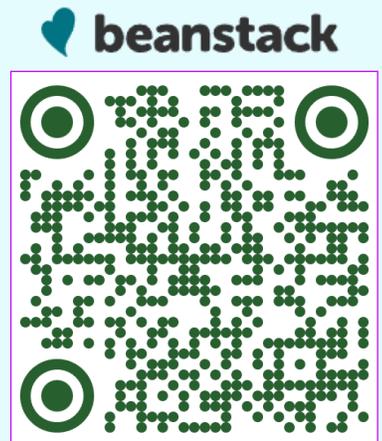
The first 100 participants who sign up will get a free T-shirt, with different designs for children and adults, which can be claimed at anytime. Participants can register how many minutes they have read online, at the above website or using the Beanstack application, to receive prizes. They will then return to the library on or before July 27 to pick up their final prizes.

Library staff will host an End of Summer Reading Program closing party on July 25, 10 a.m., where there will be ice cream and activities.



Photo by: Vanessa Schell

McTureous Hall library staff holds one of the childrens' T-shirts that will be given away during the Summer Reading Program, at Marine Corps Logistics Base Barstow, Calif. library, sign ups start Jun 3. T-shirt illustration by Holly Bradly.



QR Code for Beanstack, to download the application for iOS or Android.



Photos by: Vanessa Schell

Available at McTureous Hall, base library, Marine Corps Logistics Base Barstow, Calif., in the CreateSpace room which is open to all ages. The space has a variety of different machines, gadgets and learning tools. Seen pictured, from left to right: small robots that can be programmed and operated, a Cricut Maker cutting machine, a sewing machine and a T-shirt press and instruments, which include two six-string guitars, an electric bass and amplifier and an electric piano. Not pictured, but also in the CreateSpace are 3D printers, spiral bound book binder, a die-cut machine, with cabinets full of different die-cuts, and a miniature pottery wheel. There are also a lot of craft materials, such as 3D printer filament, paper, markers, glue, fabric and much, much more!

MCG East Coast Tour

Story by: Vanessa Schell
CommStrat Specialist

On May 10, the United States Marine Corps Mounted Color Guard left Marine Corps Logistics Base Barstow, California to begin traveling for their East Coast tour, before stopping in Baltimore, Maryland, at the Pimlico Race Course just days before the 149th Preakness races.

There, they participated in sunrise tours, where visitors met with the team and the horses, May 15 to 18. The MCG presented colors at the commencement on Black Eyed Susan Day, May 17, and presented the Sgt. Reckless trophy to the winner of the 9th Memorial Dash race.

The Black Eyed Susan is Maryland's state flower, and the Memorial Dash race on Black Eyed Susan Day is a precursor to the Preakness, where 3-year-old fillies race in honor of the only horse of rank in the Marine Corps, Staff Sgt. Reckless.

Robin Hutton, author of *Sgt Reckless: America's War Horse*, details Reckless' history with the USMC. Reckless was a small Mongolian mare named by the troops after the gun whose ammunition she often carried. She was promoted to Staff Sergeant by the then Commandant of the entire USMC, Gen. Randolph McCall Pate, in the late 1950s, at Camp Pendleton, California. Staff Sgt. Reckless was a decorated warhorse who served during the Korean War, active 1952 – 1960, primarily by carrying supplies, ammunition and evacuating wounded troops. On a single day during the five-day conflict of the Battle for Outpost Vegas, Staff Sgt. Reckless made 51 trips, carried 368 rounds of ammunition (over 9,000 pounds), walked 35 miles through open rice paddies and over a steep mountain while being fired at by the enemy troops. She protected



Photo by: Corporal Brian Stippey

Sergeant Natasha Ochsner, stableman and rider, with the Marine Corps Mounted Color Guard, holds the Sgt. Reckless trophy, which was presented to the winner of the 9th Memorial Dash race at Pimlico Race Course, Baltimore, Md., May 17.

Marines by serving as a living shield as they made their way to the front lines and didn't stop her trips after being wounded twice, for which she was awarded two Purple Hearts. She was promoted to Sergeant while still in Korea, and her eponymous Memorial Dash trophy still holds that rank.

A statue of Staff Sgt. Reckless is memorialized at the National Museum of the Marine Corps, Quantico, Virginia, where the MCG held a meet and greet, May 24.

The team joined the Silent Drill Platoon at the USMC Iwo Jima War Memorial in Arlington, May 20 to 21.

During their East Coast tour, the MCG also presented Colors at the 17th Annual United States Marine Corps Historic Half Marathon, Fredericksburg, Virginia, May 19. and engaged in community relations, doing a meet and greet at the marathon's finish festival.

On May 26, the MCG then presented Colors at the Armed Forces Day event during the Washington Nationals Game at their Nationals Park stadium, District of Columbia and engaged in further Community Relations.

Rounding out their East Coast tour, the team will participate in the National Memorial Day Parade, at the National Mall, also in DC, on Memorial Day, May 27.

All of these events support Marine Corps Recruiting efforts, and Community Relations Programs within the Corps, with support from Communication Directorate staff to include Communication Strategy and Operations personnel from Marine Corps Base Quantico and Defense Media Activity.



Photo by: Lance Cpl. Steven Wells

The Marine Corps Mounted Color Guard practice silent drills at the United States Marine Corps Iwo Jima War Memorial, Arlington, Va., May 20.



XXXIV Run

Photos by: Kristyn Galvan
Multimedia Specialist



The 34th Annual Run for the Wall Midway Logistics Base Barstow, Calif., May 14. Over historic Route 66, a portion of which goes through and photo opportunity in front of the the Wall is an annual motorcycle ride ending at the Vietnam Veterans Memorial

Colonel Gregory Pace, base commanding officer, major, Maj. Narcisco Corral, S-3 Operations executive officer, were present to greet Eric For and other ambassadors of Run for the Wall awards, before the Run for the Wall



for the Wall



Route made their first stop at Marine Corps
200 motorcyclists participated in a parade on
MCLB Barstow, after an awards presentation
Eagle, Globe and Anchor statue. Run for the
from California to District of Columbia,
al (The Wall), located in DC, May 25.

icer, Sgt. Maj. Miller Daceus, base sergeant
officer and Lt. Col. Arturo Manzanedo, base
t, Run for the Wall Midway Route coordinator,
or the Wall, and to present the
all group rode in a parade off-base.



Wall
OSE WHO CAN'T



Mental Health Awareness Month

Story by: Laurie Pearson
CommStrat Officer (Acting)

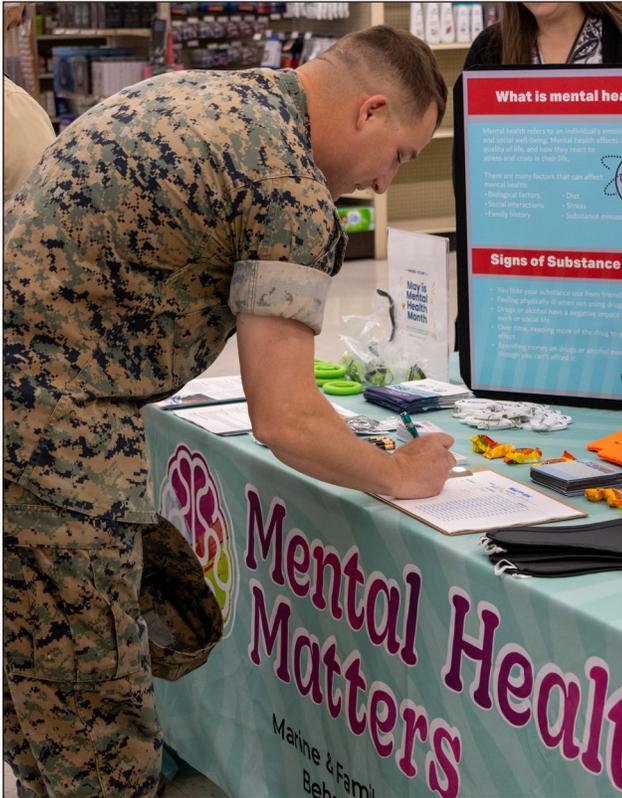


Photo by: Kristyn Galvan

Gunnery Sergeant Brandon Rozsnyai signs in at Behavioral Health's "Mental Health Matters" booth that had resources for mental health and trainings, as well as free swag, at Marine Corps Logistics Base Barstow, Calif. post exchange, May 1.

May is Mental Health Awareness Month, and the Behavioral Health team at Marine Corps Logistics Base Barstow are reaching out to encourage you to reach out, too.

"We want to diminish the misconceptions and stigma that can be associated with receiving mental health services," said Michelle Adams, Family Advocacy Program Prevention and Education specialist, victim advocate and Behavioral Health office manager. "We want to encourage people to reach out for help and support."

"One of the common reasons people reach out for support is because, whatever problem they are facing, sometimes it can be too much to cope with on their own," Adams explained.

"They may need a professional to talk to such as a licensed clinician. Stress can be a big concern and can be hard to cope with, without healthy coping strategies, which we can help teach," Adams said. "In addition to other resources, we also offer Century Anger Management classes this month as well as stress management classes that patrons can register for."

According to the National Institute of Mental Health it is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021).

"Only about half of these people who suffer from a mental illness actually receive treatment," said Jennifer Grunwald, FAP P&E specialist, and victim

advocate. "We strongly encourage everyone on base to use the resources available through our team. You can also talk with a friend who can help you find mental health services and counseling support. Additionally, we offer various educational evidence-based workshops and classes that can help improve your confidence, self-esteem, communication skills, and more."

Mental health concerns can be experienced at any time with the average age of onset being in the mid-20s. About 50 percent of mental health problems are established by age 14 and 75 percent by age 24. The bottom line with the statistics mean that you are not alone.

"If you know someone who may be struggling with their mental health, encourage them to reach out directly to our department or any of the other resources listed below," Grunwald said. "If we are unable to assist them directly, we can facilitate a warm handoff to someone who can help."

Direct support lines:

- **Suicide and Crisis Lifeline: 988**
- **Suicide Prevention Hotline: 1-800-273-8255**
- **Military Helpline: 888-457-4838**
- **Vets4Warriors: 855-838-8255**
- **Iraq and Afghanistan Vets of America: 212—982-9699**
- **SAMSHA: 1-800-662-HELP (4357)**

If you or a loved one are in need of msupport, please reach out. Local Behavioral Health staff can be reached at 760-577-6533.



Photo by: Kristyn Galvan

Behavior Health booth at the Marine Corps Logistics Base Barstow, Calif. gym, during the 101 Days of Summer training sessions, May 21 - 22.

WELCOME, PURE PRAXIS

*Creating Awareness
Through Proactive
Training*

What is Pure Praxis

Pure Praxis trainings combine performance and live interaction to discuss difficult social situations such as consent, sexual assault and peer pressure. Through audience involvement, participants are able to practice creating safe and effective solutions.

Training Information

DATE:

- 07 JUN, 2024

LOCATION:

- **MCLB BARSTOW**
McTureous Hall Gym, Bldg. 44

TRAINING TIME:

- 0930 - 1030

**THE ENTIRE SHOW IS
GUIDED BY 'YOU'**

LEARN MORE @
PUREPRAXIS.COM



PURE PRAXIS



Stay Safe During 101 Days of Summer

Story by: Laurie Pearson
CommStrat Officer (Acting)



Photo by: Kristyn Galvan

Lieutenant Colonel Arturo Manzanedo, base executive officer, gives opening remarks before the first session of the 101 Days of Summer training at Marine Corps Logistics Base Barstow, Calif. gym, May 21.

As temperatures begin to soar in the Mojave Desert, personnel at Marine Corps Logistics Base Barstow are cautioned to pay close attention to the heat flags, and environmental conditions.

“Exposure to extreme heat is reality of military training and workforce operations in the High Desert,” said Latham Woods, Safety specialist. “Many heat illnesses are preventable, and none should be fatal. Accordingly, leaders must assess the organization’s mission(s) and training requirements against the risk associated with conducting daily task(s) in a hot weather environment. Training, acclimatization, hydration, early recognition, and treatment of our Marines and civilian Marines presenting heat stress symptoms are key to preventing heat related illnesses and injuries.”

Even on-duty and off-duty recreational events can present heat related illnesses and injuries.

The same measures that help with work, can help

“Most incidents occur off-duty. Human factors are what makes a lot of these incidents occur. Even if you have the training, make sure you're utilizing the training out there. We're a small community; you don't want to see someone you know get hurt.”

- Sara Montez-Diaz



Photo by: Kristyn Galvan

Deputy Canon Rummel, from the San Bernardino County Sheriff Department, San Bernardino, Calif., speaks during the first session of 101 Days of Summer training, at Marine Corps Logistics Base Barstow, Calif. gym, May 21.

with recreation, to prevent heat related illnesses.

“It is important to take precautionary measures for the well-being of personnel,” Latham explained. “Heat injury prevention shall be incorporated into risk management worksheets, safety briefings, standard operating procedures and letters of instructions pertaining to all events.”

Some recommendations for personnel who have to continue outdoor operations despite heat are:

- Take frequent breaks in the shade
- Spend some time in air conditioned buildings as able
- Wear vented hats, light colored long sleeved and loose fitting clothing
- Hydrate often and consume electrolytes

“Some of the signs related illnesses include heat cramps, such as painful cramps in the stomach, legs, and/or arms. They are caused by loss of electrolytes in the body due to excessive sweating,” Latham explained. “Heat cramps may occur without the individual feeling thirsty. Heat exhaustion is defined as resulting from peripheral vascular collapse due to excessive water and salt depletion. Symptoms include profuse sweating, headache, weakness, pale appearance, nausea, vomiting, mild dyspnea (shortness of breath), and palpitations. The causality may become faint or lose consciences. The blood pressure may be low, the body temperature may be elevated or normal, and the pupils may be dilated.”

Heat stroke, the most extreme of the heat related illnesses, is a medical emergency that may result in death if care is delayed.

“Heat stroke is typically defined as a core temperature greater than 105 degrees Fahrenheit or any changes in mental status of an affected individual with any elevated core body temperature,” he explained.

In order to help educate those who have newly arrived to the base, and those who may need a refresher,

Base Safety hosts 101 Days of Summer each year. This training is one tool used to help base personnel understand the importance of specific heat related care between Memorial Day and Labor Day.

“It is recommended that a healthy adult drink 78 – 100 ounces of fluids per day, on average,” said Brian Korves, Safety specialist. “Ensure you are replacing your electrolytes.”

In addition to dehydration, Korves also warns of the potential danger of over-hydration.

“Drinking too much water (too quickly) can be dangerous,” Korves said. “Overhydration can lead to water toxicity, also known as water poisoning, which is caused by electrolytes in your body being diluted.”

Symptoms of overhydration include:

- Nausea and vomiting
- Headache due to pressure on the brain
- Changes in mental state, such as confusion or disorientation
- Drowsiness
- Muscle cramps

“You may not recognize symptoms of overhydration in its early stages,” he explained. “However, urine is a good indicator of hydration status in a healthy person. Pale yellow urine that looks like lemonade is a good goal. Darker urine means you need more water. Colorless urine means you (may be) overhydrated.”

“Electrolytes are chemicals that regulate nerve and muscle functions in the body,” explained Greg Kunkel, Fire Operations chief. “When the electrolytes are depleted, the body can essentially malfunction.”

These electrolytes include:

- Sodium
- Potassium
- Chloride
- Calcium
- Magnesium
- Phosphate
- Bicarbonate

Some of these can be obtained through foods such as leafy greens, nuts, seeds, legumes, whole grains, fruits, root vegetables, fish, dairy products and more.

“A standard rule of thumb is to drink three waters to one sports drink,” Kunkel said. “Especially if you are working outside in the High Desert. This ensures that you get electrolytes in addition to water.”



Photo by: Kristyn Galvan

Brian Korves, safety specialist, speaks of his motorcycle accident as part of his safety presentation during the first session of 101 Days of Summer training, at Marine Corps Logistics Base, Barstow, Calif. gym, May 21.

“In addition to foods and beverages that can help, there are beverages to avoid such as alcoholic beverages, caffeinated beverages, and beverages with large amounts of sugar,” said Nicholas Perez, Safety specialist.

“The 101 Days of Summer training will provide tools to conduct effective risk assessments, data on current safety trends and a positive safety culture.

- Zwieba "Z" Bunnell

The sugars, alcohol and caffeinated beverages can alter the way that the body processes water, and electrolytes in the body.

“You may notice that if you’re out drinking, maybe having a few beers while you are mowing the lawn, you begin to pee a lot,” Kunkel said. “This flushes your system of both water and electrolytes and could be potentially dangerous. You really need to limit alcohol and caffeine when doing anything outside here in the summer.”



Photo by: Kristyn Galvan

Zwieba "Z" Bunnell, safety specialist, gives closing remarks at end of the first session of 101 Days of Summer training, at Marine Corps Logistics Base Barstow, Calif. gym, May 21.



BARSTOW LIBRARY 2024 SUMMER READING PROGRAM



JUN 4
10AM

KICK OFF PARTY

"Read, Renew, Repeat" Sign up for the SRP, pick up a calendar of events, make some fun crafts, & enjoy family friendly games.

Createspace Programs

Weekly Take Home Kits

Storytimes

Monday | 10:00am
Wednesday | 1:30pm

CDC/SAC
Library

Jun 5 | 1pm
Jun 11 | 9am
Jun 12 | 1pm
Jun 18 | 9am
Jun 19 | 1pm
Jun 25 | 9am
Jul 2 | 9pm

Kids Class
Crafts & Coffee
Kids Class
Beginners Crochet
Kids Class
Beginners Stitching
Journaling, Organizing, & Gratitude

Jun 10
Jun 24
Jul 8
Jul 22

Furry Friends
Nature Journal
Bug Jar
Paper Narwhals

Movie Days

Jun 14 | 1:00pm
Jun 28 | 1:00pm
Jul 12 | 1:00pm
Jul 26 | 1:00pm

Luca
Migration
Finding Nemo
Surfs Up

Jul 9 | 9am
Jul 10 | 1pm
Jul 16 | 9am
Jul 17 | 1pm
Jun 23 | 9am
Jul 24 | 1pm

Crafts & Coffee
Kids Class
Beginners Crochet
Kids Class
Beginners Stitching
Kids Class

Jun 10
Jun 24
Jul 8
Jul 22

Furry Friends
Nature Journal
Bug Jar
Paper Narwhals



MCCS MARINE & Family Libraries
MARINE CORPS COMMUNITY SERVICES

JUL 25
10AM

END OF SUMMER READING CLOSING PARTY

Let's celebrate meeting our reading goals. Enjoy ice cream and activities as we recognize our "top readers!"

barstow.usmc-mccs.org/library

All programs are subject to change. While supplies last. No Department of Defense, U.S. Marine Corps, or Marine Corps Community Services Endorsement Implied.