

THE PROSPECTOR



Vol. 9, No. 20

Serving the Corps for 75 Years
Marine Corps Logistics Base Barstow

October 22, 2020

Combat Fitness puts Marines to the test
Hesperia Parks & Rec honors veterans
MCMAP training underway



CORONAVIRUS

VERSUS

INFLUENZA

Vaccine?

A medical product that puts antibodies in the body to build up immunity to a disease or illness

A vaccine is not available yet, but is in the makings

Widely available vaccine, very easy to receive

Symptoms?

Both are contagious respiratory diseases that cause feverish feelings, dry coughs, and chills

Additional symptoms include loss of taste and smell

Additional symptoms include runny nose and headaches

Spreading?

Both can be spread person to person through coughing and sneezing, but can also be transferred indirectly

Spreads very quickly and is highly contagious

Not as contagious, but still spreads very fast

Symptom development?

How long does it take for symptoms of the illness to show up?

Takes 5 days to 2 weeks for symptoms to appear

Takes 1 to 4 days for symptoms to appear

Who does it affect?

Both affect everyone, but people with underlying conditions and older people are most at risk

Older people and people with underlying conditions are most at risk

Young children and people with underlying conditions are most at risk

Sources: Centers for Disease Control and Prevention (CDC) and NBC

On The Cover:

Cover photo by: Keith Hayes

Major Terry J. Herzog, S-1 director, drags Sgt. Timothy J. Wolfbrandt, stableman, during the casualty carry portion of the Combat Fitness Test held on Sorensen Field aboard Marine Corps Logistics Base Barstow, California, Oct. 16.



THE PROSPECTOR

Marine Corps Logistics Base Barstow, California
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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





Don't forget!

Fall Back

*Set your clocks back one hour
Sunday, November 1 @ 2 a.m.*

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Energy Action Month: Commissaries offer special pricing on specific products during October

Story by: Mike Perron

DECA Public Affairs Specialist

FORT LEE, Va. – Military commissaries are highlighting energy-saving products during October as the Department of Defense observes National Energy Action Month.

Energy Action Month promotes sustainability and energy efficiency, while encouraging the smart use of resources including energy, water and transportation. It

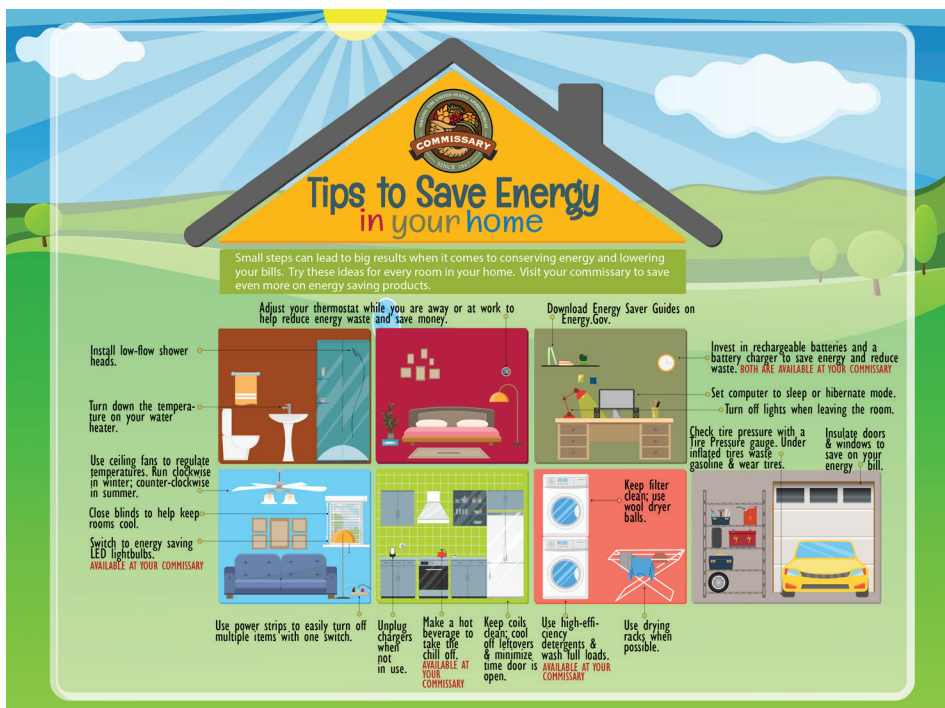
doing everything we can to offer both environmentally friendly choices to our patrons while also saving them money at the same time.”

The agency also promotes various conservation-minded products year-round, carrying products with reduced packaging such as bathroom tissue and paper towels without the inner cardboard tubes.

turn it off when not in use – average savings is \$100 and up to 12 percent of annual electric bill

- Turn back your thermostat 7 to 10 degrees for eight hours a day – average savings is \$83 and up to 10 percent annually on heating and cooling bills
- Replace your home's five most frequently used light fixtures or bulbs with models that have earned the ENERGY STAR — average savings is \$75 and 9 percent on your annual electric bill
- Use the sleep mode and power-management features on your computer – average savings is \$30 and up to 4 percent of annual electric bill

For more information on National Energy Action Month and simple ways to reduce your energy usage, visit the Department of Energy's [Energy Saver](#) page and access the money-saving tips in the [DOE's energy saving guide](#).



Go to the DeCA website to see and download a full view of the above energy-savings graphic.

helps bring attention to energy usage, and encourages the development of long-term energy efficiencies.

“During Energy Action Month, the commissary is offering competitive prices on a wide selection of energy-efficient light bulbs and high-efficiency detergents from top brands,” said Tracie Russ, the Defense Commissary Agency’s director of sales. “We’re

The U.S. Army Corps of Engineers recommends the following top five energy- and cost-saving tips:

- Turn off computers at the end of the day. It costs about 21 cents a day or \$75 a year when computers are left on all day
- Use a power strip for electronic equipment (not just computers) and



For more commissary info visit:
www.facebook.com/YourCommissary,

CFT puts Marines to the test

Story and photos by: Keith Hayes
COMMSTRAT Planner

The annual Combat Fitness Test puts the heat to Headquarters Company Marines aboard Marine Corps Logistics Base Barstow, California, Oct. 16.



Corporal Cameron J. Newsom Jr, has to run two 30-pound ammo cans through a course as one of six components of the CFT staged at Sorensen Field aboard Marine Corps Logistics Base Barstow, California, Oct. 16. Sergeant Kenneth Mullins, Training noncommissioned officer, keeps pace as a test proctor during the annual CFT.

“The Commandant of the Marine Corps Gen. David H. Berger, has stated training will go on despite the social and distancing restrictions imposed by COVID-19,” said Sgt. Maj. Edward Kretschmer, base sergeant major.

To that end, the CFT was staged at Sorensen Field aboard MCLB Barstow, to test Marines’ ability to operate under simulated combat conditions.

The CFT consists of several elements designed to test the situations that a Marine is most likely to encounter while in combat conditions.



Lance Corporal Anya Hunter, patrol officer, hurls an inert grenade at a target area as part of her Combat Fitness Test while another Marine whom just finished her grenade toss followed by five push-ups retrieves two 30-pound ammo boxes to run to the finish line. Another Marine posing as a victim awaits another Marine to body drag then fireman carry him. Sergeant Kenneth Mullins oversees the event.

Those elements are:

- 10-yard sprint
- 15-yard crawl (low then high crawl)
- hauling a simulated casualty using two different carries: drag and fireman’s carry over 75 yards zigzagging through cones
- sprint while carrying two 30-pound ammo cans over 75 yards through the same cones
- throwing a dummy hand grenade into a marked circle 22.5 yards away (adding 5 seconds to total time if missed)
- 5 pushups and a sprint with the ammo cans to the finish line.



Master Sergeant Evan A. LaBounty, Safety specialist, pushes a 30-pound ammo can filled with sand into the sky to complete the number of repetitions required to pass the Combat Fitness Test held on Sorensen Field aboard Marine Corps Logistics Base Barstow Oct. 16.

“When not directly engaged in a physical activity or being a test proctor timing the event, participants were required to wear masks,” Kretschmer said.

Usually, the CFT goes with the Physical Fitness Test as annual requirements for Marines to fulfill.

“This year, because of COVID-19 restrictions, the PFT has been put on hold until next year,” the sergeant major said.

Every Marine, from the base commander to the lowest ranking private aboard base must partake in the CFT.

Colonel Craig C. Clemans, commanding officer, MCLB Barstow, was also out on Sorensen field alongside his Marines, crawling, running, toting and lifting ammo cans, fireman carrying, and throwing grenades to complete his CFT requirement.

“Despite COVID, training must proceed,” Clemans said. “So, we’ll be ready for whatever the Marine Corps may be called on to take part in.”



Recycling means rewards for Marine

Story and photos by: Keith Hayes
COMMSTRAT Planner

Why we have a Qualified Recycling Program (QRP)

California law requires local and state government agencies and commercial entities of a certain size to make every effort to reduce the amount of trash going into area landfills by establishing an aggressive recycling program. The Department of Defense requires each installation to establish their own Qualified Recycling Program.

Along with generating revenue for the base, the QRP enables departments to drop off or have their recyclable material picked up, thereby maintaining the beatification of the base as well as creating a sense of pride for base employees.



QRP earns money for base activities

MCLBs Qualified Recycling Program is invaluable.

"Proceeds from the sale of recycled material

can be used as a funding source for numerous extracurricular base projects that we all enjoy but are not directly supported by MCLBB's operating fund," Arley Lessard, QRP manager, said.

"Since 2001, the base QRP has earned nearly \$1.5 million," she added.

Among the various activities eligible for QRP funding are morale and welfare events such as the Marine Corps Birthday Ball, the Single Marine Program, and the Marine Corps Rodeo.

What's ahead for the QRP aboard Marine Corps Logistics Base Barstow

The QRP is designed to be a one stop location for all of the base's recycling needs.

"Metals, paper, plastic bottles, drained oil filters, and cardboard that would ordinarily just be thrown away, can now become a commodity which can then be sold to recycling retailers," Jason Thompson, environmental director, said

A dedicated location for the QRP.

The QRP facility has relocated to building 146 of the Nebo Annex of MCLB Barstow. The new QRP location includes three warehouses and a fenced area to store recyclable materials.

MCLB Barstow having its own recycling center is a huge money-saver in itself because in recent years the base has used Southwest Regional Fleet Transportation vehicles to haul the accumulated recycling material to a Materials Recovery Facility. The commercial MRFs in the community also levy a large fee for segregating the comingled recycling material into the various categories while removing the trash destined for

area landfills, and that dramatically reduces profits for the QRP.

"SWRFT also hauls away the trash accumulated aboard base to the landfill. The landfill charges a sizeable fee for each ton of trash that is received. The less trash there is to haul means lower cost in landfill fees," Lessard said.

The QRP currently has or is soon getting the right equipment for the job

- **Baler**

The MCLBB QRP already has a baler dedicated to



creating large blocks of recycled cardboard, plastic bottles, and aluminum cans.

"Big recycling retailers that we sell our baled material to pay top dollar for prepackaged recycling items, because it's cheaper and easier for them to transport and sell to the manufacturers that turn that 'raw' material into consumer items," Thompson said. He noted that currently 50 percent of an average soft drink and beverage can is made from recycled material. Aluminum and heavier metals are a resource that can be used over and over and over again.

- **Crushers**

Various types of crushers will be used at the facility to process aerosol cans, metal drums, and used oil filters.

ine Corps Logistics Base Barstow



“Not only will the program receive revenue from the recycled metals and oils,” Lessard said, “the cost of wasting out this material will be dramatically reduced, which is a cost savings to the base as a whole.”

• Vehicles

The QRP currently relies on SWRFT for the collection of recyclables, but is working to have its own dedicated fleet of vehicles to gather and transport material to the recycling vendors. Beyond the initial purchase of the vehicles and the cost to maintain the QRP fleet and supply drivers, a dedicated vehicle will allow the QRP to reduce the use of outside sources, therefore reducing the cost of operations and putting more money back into the program.

Personnel whom would assist in the collection of the various recycling materials from each collection point throughout the base will be sourced from the local job development program Best Opportunities, Thompson explained. This offers gainful employment for those in that program who are just entering the job market and the opportunity for them to develop a professional résumé to present to future employers.

More dedicated recycling bins

“We’re going to be replacing the large blue comingled recycling bins with individual bins dedicated to aluminum, plastic bottles, and paper,” Lessard said. This will allow base personnel to sort their materials before collection allowing for better processing at the QRP.

“Cardboard dumpsters have also begun to be modified with slots to ensure cardboard is broken down to its flat state for easier baling and transporting,” she said.

“We’re setting up a recycling hotline for the QRP dedicated to answering all your recycling questions and needs” Lessard said. “This can also be used to schedule pick up of bulk items that don’t fit into recycling bins.”

The QRP will soon have a storefront

The QRP one stop location will also be a place where products such as firewood, used but serviceable tires, pallets, and wooden shipping crates, can be purchased for use by do-it-yourself enthusiasts, those with a crafty bent, or simply those looking to save big on wood products that can be repurposed for use around the home.

“The QRP will be hosting a storefront grand opening event in the near future with a date yet to be determined,” Lessard said.

The QRP is looking to the future

As the QRP gets into full operation, the scope of the program could expand to include recycling of yard waste, food and other compostable organic materials. This may be used as fertilizer or mulch for base green areas or could be sold to commercial composters.

Participation in the base QRP will be actively encouraged

Base personnel will soon be seeing flyers, banners, advertisements, stories in the base publication *The Prospector*, and videos on the base’s social media websites encouraging participation in the ambitious recycling program.

“Dedicated training sessions will be established to get everyone up to speed on the importance of recycling,” Lessard explained.

Base commanding officer Col. Craig Clemans will soon release a base order encouraging and compelling each department aboard the installation to actively engage in the QRP.

Recycling laws also allow California State to “encourage” businesses in the state and local government entities to engage in recycling by levying heavy fines, often on a daily basis, until waste stream reduction goals are met.

Beyond the legally mandated requirements of the QRP, keeping trash out of landfills frees up more area for living, protects natural areas for the enjoyment of current and future generations, and increases the cleanliness of the air we breathe, the water we drink and cook with, and the ground on which we live and play.

“The QRP also prompts and reminds citizens to treat the environment as the living entity it is and reduce, as much as is possible, the contamination of the earth, sky, and water, of the world in which we live,” Thompson concluded.



Becoming the broken link in the chain of abuse

Story by: Laurie Pearson
COMMSTRAT Chief

As October comes to an end, the focus on Domestic Violence

Prevention continues aboard Marine Corps Logistics Base Barstow, with programs available throughout the year.

Some of the available programs are intended to help individuals and their families understand the elements that can lead to abuse, and ways to avoid them. Others are intended to help people overcome prior abuse, in order to lead fulfilling, rewarding lives, effectively becoming the broken link in the chain of abuse.

"Within domestic violence, there's a term known as intergenerational or transgenerational violence," explained Michelle Adams, Prevention & Education specialist and Victim Advocate with the Behavioral Health Section on base. "Intergenerational violence occurs when abuse passes through the family, starting from the older generation, such as the parents, aunts, uncles and grandparents, to the younger generation of children exposed to violence in the home. Abuse tends to be a learned behavior that is taught to be acceptable as small children are exposed to violence and it becomes 'normalized.' In this chain or cycle of abuse, children who have been abused, or who have witnessed violence in their households growing up, are more likely to continue the abuse they have suffered or endured as adults."

She explained that some children who grew up in abusive families may take on a victim role as abuse was normal and even expected behavior, and they did not have appropriate role models to learn how to avoid or leave abusers.

"Although intergenerational trauma survivors are more susceptible to repeating abusive behaviors which they have seen or suffered, they can also take a stand by breaking the link in this chain of violence," she said. "They can choose to write a new story for their life, one that begins with respect and having healthy relationships."

Through various types of counseling and therapy, to include Cognitive Behavioral Therapy, people can learn to interpret behaviors, events, and circumstances in their lives differently. In doing so, they can then also learn to respond in healthier manners than they

may have been taught growing up.

"There are often a lot of risk and protective factors that work for and against the person and that are taken into consideration," said James Maher, Behavioral Health Section head. "Each person's situation is different, but one thing that helps determine how things turn out is definitely the social support network that is accessible to them. Having a community that is united and that supports its victims and survivors by organizing a coordinated community of care and response for them is key."

The Family Advocacy Program is ready and willing to help coordinate a plan tailored to each person's unique situation. The more protective factors a person has, the less likely they are to tolerate abuse and the more likely they are to reach out and take advantage of the resources available.

"It is also important to remember that without

appropriate intervention the abuse is likely to become more serious," Maher said.

"Preventing abuse in the military community starts with promoting an understanding of what safe and healthy relationships look like, and providing ways for individuals to take steps such as setting boundaries and seeking help in stressful times, and knowing what support

is available in a crisis," Adams said.

This month's theme for DV Awareness and Prevention is "United to End Abuse: The military community respects, defends and supports victims of domestic abuse."

"With this theme, we are saying to any victims, survivors, their family members and anyone whom needs help, that in these current times that our country is facing, with the ongoing pandemic and isolation, that we all stand united in our efforts to recognize this issue and are here to offer support and resources to those in need," Adams said.

There are myriad resources on base to take part in, to include:

- Marine and Family Programs
- Family Advocacy Program - Includes a Prevention Program, Anger Management workshops, Married and Loving It and Within My Reach Workshops, Stress Management and parenting workshops.
- New Parent Support Program - Provides Infant



Socially distanced MCMAP underway

Story by: Laurie Pearson With
COMMSTRAT Chief social

distancing and mask protocols in place, Marines began Marine Corps Martial Arts Program training again aboard Marine Corps Logistics Base Barstow, California, Oct. 19.

"This training is important because it teaches young Marines about combat mindset, and how to apply it," said Sgt. Kenneth Mullins, training noncommissioned officer.

As a brown belt Martial Arts Instructor, Mullins is one of the trainers for the current course.



Photo by: Jack Adamyk

Staff Sergeant Cordarro Holmes, company gunnery sergeant, and Sgt. Kenneth Mullins, training noncommissioned officer, show Marines various movements during a period of instruction for the Marine Corps Martial Arts Program on Sorensen Field aboard Marine Corps Logistics Base Barstow, California, Oct. 19.

"In order to become an instructor, you have to attend a month-long Martial Arts Instructor's course, which is physically and mentally demanding," he said.

That instructor's course prepared him for his current role in guiding new, young Marines through their gray belt training.

"In the MCMAP program, there are five belt levels," he said. "Those levels are tan, gray, green, brown, then black."

The current course has seven Marines in attendance, working to move from the beginner level tan belts to their next level, gray belts by the end of the course, which will come to an end on November 4.

Staff Sergeant Cordarro Holmes, company gunnery sergeant

aboard base, is also the black belt instructor for MCMAP. During his 13 years with the Marine Corps, he has taught more than 20 of these MCMAP courses over the last six years equating to approximately four courses per year.

"In this course, we are laying the building blocks for mental and character discipline within our ranks and establishing war-fighting leaders who embody our core values of honor, courage, and commitment through lessons learned from warrior traditions such as the Marine Raiders," Holmes said. "MCMAP skills are essential because it expounds on our warrior ethos. As Marines, we are the first to fight. So, we must ensure that we are keeping with the traditions of those who came before us and embody that same fighting spirit that has been shown in countless battles."

The intense program puts the Marines through tireless training and forces them to work as a team and think beyond themselves, even when tired.

"These characteristics are not only vital in war, but are also crucial as leaders," Holmes said.



Photo by: Jack Adamyk

Staff Sergeant Cordarro Holmes, company gunnery sergeant, and Sgt. Kenneth Mullins, training noncommissioned officer, demonstrate Marine Corps Martial Arts movements during a period of gray belt instruction on Sorensen Field aboard Marine Corps Logistics Base Barstow, California, Oct. 19.

"MCMAP helps establish trust not only in yourself, but also trust in the Marines to the left and right of you."



Photo by: Jack Adamyk

Lance Corporal Jacob Sieler, patrol officer, stands in the "basic warrior's stance" during a period of instruction for the Marine Corps Martial Arts Program on Sorensen Field aboard Marine Corps Logistics Base Barstow, California, Oct. 19.

The Marine Corps has given specific guidance regarding COVID-19 and how to mitigate exposure to the virus while continuing to push forward with the Marine Corps mission.

"Based on guidelines established by the Marine Corps, we are limiting our MCMAP training to the Marines within our parent command," Holmes said. "We are also limiting the course to close-contact cohorts, since they work closely while conducting their primary military occupational specialty. When possible, we maintain social distancing. We also sanitize all equipment used daily and require Marines to shower directly following training and to wash their uniforms."

Masks are worn during various aspects of the training, as well. To allow for greater space for training, the Marines will be doing much of their training exercises on Sorensen Field.

"We will be conducting our next course at the beginning of 2021, due to all the holiday breaks on the horizon," Holmes said. "The goal is to allow each Marine to advance, not personally, but professionally, as well."

Halloween safety tips

Compiled by: Laurie Pearson
COMMSTRAT Chief

- Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down, keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
- Join kids under age 12 for trick-or-treating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit and trick-or-treat in groups.

Costumes for a Safe Halloween

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.



Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Get rid of any distractions -

like your phone - in your car so you can concentrate on the road and your surroundings.

- Turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. Be especially alert for kids during those hours.



Massage, Baby Boot Camp, Home Visits with virtual and telephone options.

- Victim Advocacy - People ready to assist you in a moment's notice.
- Sexual Assault & Response Program
- Substance Abuse Program - Can help with tobacco and alcohol cessation
- Community Counseling Program - Offers short term, solution-focused therapy for service members and their families. The CCP is a voluntary, free, preventive program that helps active duty service members and/or their family to address stress and learn skills before problematic, inappropriate behavior becomes entrenched or abusive.

Within the same building other programs are also available such as:

- Personal & Professional Development Program - Can help you build your resume, help with educational opportunities and information and much more.
- Library Services

- Retirement Office
- Marine Corps Family Team Building and Family Readiness
- Exceptional Family Members Program with the School Liaison Office
- FOCUS Project - Helps couples learn to communicate more effectively and develop a better understanding family developmental issues and stress and so much more!

Your life is not a pre-written script, developed by circumstances and individuals in your lives. You have choices in how you interpret and respond to events and people in your lives. Behavioral Health is staffed with a skilled team of people who are prepared to assist you in embracing opportunities to do more than just exist. They can help you thrive! And if you've been exposed to abuse, they will help you develop skill-sets that can help you become the broken link in the chain of abuse.

Stop by building 218 to learn more, or call 577-6533 to inquire or to set an appointment.



Hesperia Parks and Rec honoring Veterans

In light of COVID-19, the Hesperia Recreation & Park District will not be holding the annual Veterans Day Ceremony this year.

In lieu of the ceremony at the Veterans Memorial, HRPD has three activities for the community to take part in, recognizing and honoring veterans, on an individual basis. We hope to promote this year's Veterans Day as "A Day of Reflection & Contemplation in Honor of Veterans."

Is there a veteran in your life whom you would like to recognize in honor of Veterans Day?

Here are several ways in which the Hesperia Recreation and Park District is promoting the recognition of veterans in the community.

*Gratitude Flag

Honor your veteran with a Gratitude Flag for a lasting memory.

The Hesperia Recreation and Park District (HRPD) is offering Gratitude Flags to the community in remembrance of veterans' service and sacrifice. Residents are invited to honor veterans with a 6" x 8" American flag in laminated cardstock. The back of the flag will be personalized with a sentiment, the veteran's name, and branch of service. The Gratitude Flags will hang from tree limbs on trees surrounding the Veterans Memorial at Hesperia Lake Park.

In a show of support for veterans, the community is encouraged to participate. There is no cost for the flags, as they are provided at the courtesy of the Hesperia Recreation and Park District. So, show your gratitude and honor that veteran who served and sacrificed – all it takes is a minute of your time and an email to HRPD.

Send an email to scanada@hesperiaparks.com. In your email make a request for a Gratitude Flag. Include the veteran's name and branch of service. (Please make

sure that you have provided the correct information about the veteran.) Also include your name and contact phone number. Upon receipt of your email, the District will create the personalized flag.

Gratitude Flags will be hung on tree limbs for viewing on Veterans Day at the Veterans Memorial. The flags will be removed on Thursday, Nov. 12 and retained at the Lake Store for pick up by interested community members.

*Adopt a Veteran

What better way to recognize a veteran than to adopt one! Connect with local veterans in need and invest some time to be of service to them. Whether it's providing toiletry kits, blankets, clothing, food, transportation, books, etc., it all goes a long way in helping out vets. The "Adopt a Veteran" project will be coordinated with local veteran organizations. If you are interested in adopting a veteran in honor of Veterans Day, please contact the Hesperia Recreation and Park District via e-mail at scanada@hesperiaparks.com or at 760-244-5488, ext. 123.

*Veteran Recognition Video

In honor of veterans, watch a Veteran Recognition Video at Hesperia Lake Park on Veterans Day. After strolling through the Veterans Memorial and taking time to reflect and contemplate on the service to and sacrifice for our nation by veteran military, there will be opportunity to view a video featuring community members recognizing and thanking veterans personally. Throughout the month of November, the Veteran Recognition Video will remain a feature on the HRPD website, HesperiaParks.com for continued viewing in celebration of our veterans.





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 Alley open w/modifications (kitchen open):

- Call for details and hours, which vary by the day 760-577-6264

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:

- Open Tues. - Sun. 11 a.m. - 7 p.m.

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. 7:30 a.m. - 5 p.m.

Personal & Professional Development:

- Open Mon. - Fri. 7:30 a.m. - 4 p.m.

Behavioral Health:

- Open Mon. - Fri. 7:30 a.m. - 4:30 p.m.
- 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. - Thurs. 11 a.m. - 1 p.m.

Pass & ID 236:

- Appointment only, 760-577-6969

For additional information about the base, go to <https://mclbbarstow.marines.mil>

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