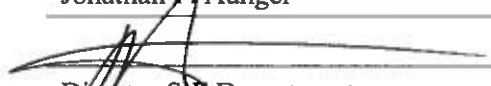


**Consumer Confidence Report  
Certification Form**  
*(to be submitted with a copy of the CCR)*

(To certify electronic delivery of the CCR, use the certification form on the State Board's website at [http://www.swrcb.ca.gov/drinking\\_water/certific/drinkingwater/CCR.shtml](http://www.swrcb.ca.gov/drinking_water/certific/drinkingwater/CCR.shtml))

Water System Name: Marine Corps Logistics Base Nebo Annex  
Water System Number: CA3620701

The water system named above hereby certifies that its Consumer Confidence Report was distributed on June 25, 2020 to customers (and appropriate notices of availability have been given). Further, the system certifies that the information contained in the report is correct and consistent with the compliance monitoring data previously submitted to the State Water Resources Control Board, Division of Drinking Water.

Certified by: Name: Jonathan P. Auger  
Signature:   
Title: Director S&D Department  
Phone Number: ( 760 ) 577-6437 Date: July 1, 2019

*To summarize report delivery used and good-faith efforts taken, please complete the below by checking all items that apply and fill-in where appropriate:*

- CCR was distributed by mail or other direct delivery methods. Specify other direct delivery methods used:
- "Good faith" efforts were used to reach non-bill paying consumers. Those efforts included the following methods:
  - Posting the CCR on the Internet at: <http://www.mclbbarstow.marines.mil/portal/132/Environmental%20Dept/CCR2019CA3610701>
  - Mailing the CCR to postal patrons within the service area (attach zip codes used)
  - Advertising the availability of the CCR in news media (attach copy of press release)
  - Publication of the CCR in a local newspaper of general circulation (attach a copy of the published notice, including name of newspaper and date published)
  - Posted the CCR in public places (attach a list of locations)
  - Delivery of multiple copies of CCR to single-billed addresses serving several persons, such as apartments, businesses, and schools
  - Delivery to community organizations (attach a list of organizations)
  - Other (attach a list of other methods used)
- For systems serving at least 100,000 persons: Posted CCR on a publicly-accessible internet site at the following address: www.
- For investor-owned utilities: Delivered the CCR to the California Public Utilities Commission

*This form is provided as a convenience for use to meet the certification requirement of the California Code of Regulations, section 64483(c).*

# 2019 Consumer Confidence Report

Water System Name: **Marine Corps Logistics Base**  
**NEBO 3610701**

Report Date: June 2020

*We test the drinking water quality for many constituents as required by state and federal regulations. This report shows the results of both GSWC and our monitoring programs for the period of January 1 - December 31, 2019 and may include earlier monitoring data.*

**Este informe contiene información muy importante sobre su agua potable. Tradúzcalo ó hable con alguien que lo entienda bien.**

Type of water source(s) in use: NEBO Main Base: Supplied by Golden State Water Co., Barstow Ca.

Name & general location of source(s): NEBO Main Base: Supplied by Golden State Water Co., Barstow Ca

Drinking Water Source Assessment information: Wellhead Assessment March 2002 a copy can be attained at the Environmental Division Building 196 Nebo Main Base

Time and place of regularly scheduled board meetings for public participation: Meetings on Water Quality issues will be held on request of the Commanding Officer. These meetings are mandatory for all employees. For emergency drinking water issues call the trouble desk at 760-577-6220.

For more information, contact: MCLB S-F Department  
Environmental Division  
Compliance Branch

Phone: (760) 577-6888

## TERMS USED IN THIS REPORT

**Maximum Contaminant Level (MCL):** The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs (or MCLGs) as is economically and technologically feasible. Secondary MCLs are set to protect the odor, taste, and appearance of drinking water.

**Maximum Contaminant Level Goal (MCLG):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the U.S. Environmental Protection Agency (USEPA).

**Public Health Goal (PHG):** The level of a contaminant in drinking water below which there is no known or expected risk to health. PHGs are set by the California Environmental Protection Agency.

**Maximum Residual Disinfectant Level (MRDL):** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Primary Drinking Water Standards (PDWS):** MCLs and MRDLs for contaminants that affect health along with their monitoring and reporting requirements, and water treatment requirements.

**Secondary Drinking Water Standards (SDWS):** MCLs for contaminants that affect taste, odor, or appearance of the drinking water. Contaminants with SDWSs do not affect the health at the MCL levels.

**Treatment Technique (TT):** A required process intended to reduce the level of a contaminant in drinking water.

**Regulatory Action Level (AL):** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

**Variations and Exemptions:** State Board permission to exceed an MCL or not comply with a treatment technique under certain conditions.

**ND:** not detectable at testing limit

**ppm:** parts per million or milligrams per liter (mg/L)

**ppb:** parts per billion or micrograms per liter (µg/L)

**ppt:** parts per trillion or nanograms per liter (ng/L)

<p><b>Maximum Residual Disinfectant Level Goal (MRDLG):</b> The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.</p> <p><b>MFL:</b> million fibers per liter</p>	<p><b>ppq:</b> parts per quadrillion or picogram per liter (pg/L)</p> <p><b>pCi/L:</b> picocuries per liter (a measure of radiation)</p> <p><b>uS/cm:</b> one millionth of a Siemen per centimeter (a measure of conductivity)</p>
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**The sources of drinking water** (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

**Contaminants that may be present in source water include:**

- *Microbial contaminants*, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- *Inorganic contaminants*, such as salts and metals, that can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- *Pesticides and herbicides*, that may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
- *Organic chemical contaminants*, including synthetic and volatile organic chemicals, that are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, agricultural application, and septic systems.
- *Radioactive contaminants*, that can be naturally-occurring or be the result of oil and gas production and mining activities.

**In order to ensure that tap water is safe to drink**, the USEPA and the State Water Resources Control Board (State Board) prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. State Board regulations also establish limits for contaminants in bottled water that provide the same protection for public health.

**Tables 1, 2, 3, 4, 5, 7, and 8 list all of the drinking water contaminants that were detected during the most recent sampling for the constituent.** The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. The State Board allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of the data, though representative of the water quality, are more than one year old.

TABLE 1 – SAMPLING RESULTS SHOWING THE DETECTION OF COLIFORM BACTERIA					
Microbiological Contaminants (complete if bacteria detected)	Highest No. of Detections	No. of months in violation	MCL	MCLG	Typical Source of Bacteria
Total Coliform Bacteria	(In a mo.) 0	0	More than 1 sample in a month with a detection	0	Naturally present in the environment
Fecal Coliform or <i>E. coli</i>	(In the year) 0	0	A routine sample and a repeat sample detect total coliform and either sample also detects fecal coliform or <i>E. coli</i>	0	Human and animal fecal waste

TABLE 2 – SAMPLING RESULTS SHOWING THE DETECTION OF LEAD AND COPPER							
Lead and Copper (complete if lead or copper detected in the last sample set)	Sample Date	No. of samples collected	90 <sup>th</sup> percentile level detected	No. sites exceeding AL	AL	PHG	Typical Source of Contaminant
Lead (ppb)	2018	10	2.8	0	15	0.2	Internal corrosion of household water plumbing systems; discharges from industrial manufacturers; erosion of natural deposits

Copper (ppm)	2018	10	.083	0	1.3	0.3	Internal corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
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The 2017 amendment to domestic water supply permits require K-12 schools to be tested for lead. MCLB Nebo Annex does not contain K-12 schools, therefore does not require this testing.

**TABLE 3 – SAMPLING RESULTS FOR SODIUM AND HARDNESS**

Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	MCL	PHG (MCLG)	Typical Source of Contaminant
Sodium (ppm) **	2017	68	42-120	none	none	Salt present in the water and is generally naturally occurring
Hardness (ppm) **	2017	200	140-260	none	none	Sum of polyvalent cations present in the water, generally magnesium and calcium, and are usually naturally occurring

\*Any violation of an MCL or AL is asterisked. Additional information regarding the violation is provided later in this report.

\*\* Analytical results from GSWC

**TABLE 4 – DETECTION OF CONTAMINANTS WITH A PRIMARY DRINKING WATER STANDARD**

Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	MCL [MRDL]	PHG (MCLG) [MRDLG ]	Typical Source of Contaminant
Gross Alpha Particle Activity (pCi/L) **	2018	ND	ND-5.2	15	(0)	Erosion of Natural Deposits
Radium 226 (pCi/L) **	2018	ND	ND-1.4	5	0.05	Erosion of Natural Deposits
Uranium (pCi/L) **	2018	3.1	1.5-5.1	20	0.43	Erosion of Natural Deposits
Arsenic (ppb) **	2017	3.6	ND-7.2	10	0.004	Erosion of Natural Deposits; runoff from orchards; glass and electronics production wastes.
Barium (ppm) **	2017	ND	ND-0.11	1	1	Discharge of oil drilling waste and from metal refineries; Erosion of Natural Deposits
Bromide (ppb) **	2019	160	ND-250	n/a	n/a	
Chlorine [CL2] (ppm)	2019	1.23	0.8-1.7	[MRDL=4 ] (as Cl2)	[MRDL=4 ] (as Cl2)	Drinking water disinfectant added for treatment
Fluoride (ppm) **	2017	0.47	0.36-0.64	2.0	1	Erosion of Natural Deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Haloacetic Acid (HAA5) (ppb)	2019	5.5	3.3-7.7	60	n/a	By-product of drinking water disinfection
Nickel (ppb) **	2019	ND	ND-14	100	12	Erosion of natural deposits; discharge from metal factories
Nitrate as Nitrogen (ppm)**	2019	3.4	2-7.1	10 (as N)	10 (as N)	Runoff and leaching from fertilizer use; leaching from septic tanks and sewage; erosion of natural deposits
Total Trihalomethanes (TTHMs) (ppb)	2019	29.5	22-37	80	n/a	By-product of drinking water disinfection

**TABLE 5 – DETECTION OF CONTAMINANTS WITH A SECONDARY DRINKING WATER STANDARD**

Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	MCL	PHG (MCLG)	Typical Source of Contaminant
Alkalinity (ppm) **	2017	130	110-160	n/a	n/a	
Calcium (ppm) **	2017	60	44-81	n/a	n/a	
Chloride (ppm) **	2017	76	46-110	500	n/a	Runoff/leaching from natural deposits; seawater influence
Color (units)	2019	4.17	ND-20	15	n/a	Naturally-occurring organic materials
Iron (ppb) **	2019	ND	ND-490	300	n/a	Leaching from natural deposits; industrial wastes
Magnesium (ppb) **	2019	0.68	ND-2.3	n/a	n/a	
Odor – Threshold (units)	2019	0.96	ND-1.5	3	n/a	Naturally-occurring organic materials
pH (pH units)	2019	7.5	7.5-7.9	n/a	n/a	
Potassium (ppm) **	2017	2.5	1.9-3.0	n/a	n/a	
Specific Conductance (uS/cm) **	2017	730	500-1,000	1600	n/a	Substances that form ions when in water; seawater influence
Sulfate (ppm) **	2017	110	54-190	500	n/a	Runoff/leaching from natural deposits; industrial wastes
Total Dissolved Solids (TDS) (ppm) **	2017	460	300-670	1000	n/a	Runoff/leaching from natural deposits
Turbidity (units)	2019	0.34	0.1-1.1	5	n/a	Soil runoff

TABLE 6 – DETECTION OF UNREGULATED CONTAMINANTS

Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	Notification Level	Health Effects Language
Boron (ppm)	2018	.22	.19 – .26	1	The babies of some pregnant women who drink water containing boron in excess of the notification level may have an increased risk of developmental effects, based on studies in laboratory animals
Hexavalent Chromium (ppb)	2018	.27	ND - 0.54	10	Discharge from steel and pulp mills and chrome plating; erosion of natural deposits.
Vanadium (ppb)	2018	4.7	4.4 – 4.9	50	The babies of some pregnant women who drink water containing vanadium in excess of the notification level may have an increased risk of developmental effects, based on studies in laboratory animals

\*Any violation of an MCL, MRDL, or TT is asterisked. Additional information regarding the violation is provided later in this report.

\*\* Analytical results from GSWC

### Additional General Information on Drinking Water

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More

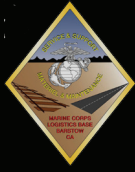
information about contaminants and potential health effects can be obtained by calling the USEPA's Safe Drinking Water Hotline (1-800-426-4791).

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. USEPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Nitrate in drinking water at levels above 10 mg/L is a health risk for infants of less than six months of age. Such nitrate levels in drinking water can interfere with the capacity of the infant's blood to carry oxygen, resulting in a serious illness; symptoms include shortness of breath and blueness of the skin. Nitrate levels above 10 mg/L may also affect the ability of the blood to carry oxygen in other individuals, such as pregnant women and those with certain specific enzyme deficiencies. If you are caring for an infant, or you are pregnant, you should ask advice from your health care provider

Lead-Specific Language for Community Water Systems: If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Golden State Water Company is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

# THE PROSPECTOR



Vol. 9, No. 12

Serving the Corps for 75 Years  
Marine Corps Logistics Base Barstow

June 25, 2020

**Mental health during pandemic +  
Barstow Marines Running Club  
1st Network Battalion  
Lifeguards train**



# COVID-19: 5 THINGS TO KNOW AND DO



1. WASH YOUR HANDS!
2. SAFEGUARD LIVE EVENTS
3. UPDATE CONTINGENCY PLAN AND BCP
4. ENCOURAGE WORKPLACE DESTRESSING ACTIVITIES
5. KNOW YOUR RIGHTS!

## On The Cover:

Front cover: Jack Adamyk

Brian Barcenas, lifeguard, rescues a submersible training mannequin during lifeguard training at the Oasis Pool and Water Park aboard Marine Corps Logistics Base Barstow, Calif., June 23.



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

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- Editorial Assistant: Vacant
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- Graphic Specialist: Vacant

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

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**Got news?**

**Call us! (760) 577-6430**

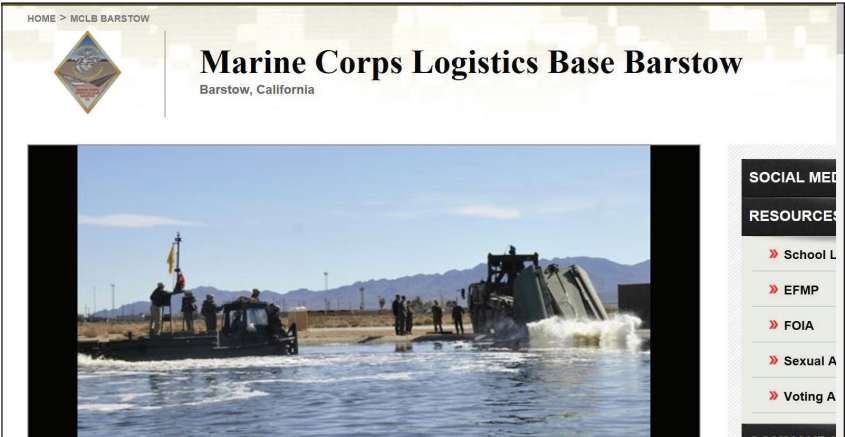
**On the web**

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)





# Annual Consumer Confidence Report

Submitted by: Mark Ulibari  
Industrial Wastewater Treatment and Recycling Facility manager

Drinking water at MCLB Barstow is tested continually throughout the year, and the results are reported to the State Water Resources Control Board on a monthly basis. Information on drinking water is available on request at anytime, and once a year the Environmental Division prepares a Consumer Confidence Report which summarizes the properties of your drinking water for the previous calendar year. The 2018 Consumer Confidence Report shows that drinking water at Nebo and Yermo has met all Federal and State water quality guidelines, and is available on the MCLB Barstow public website for Nebo at:

NEBO URL:

<https://www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR2019CA3610701.pdf>

YERMO URL:

<https://www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR2019CA3610702.pdf>


The point of contact for questions or comments is the Environmental Division Compliance Branch Chief, James Fejeran, at 760-577-6888.” 



Photo by: Laurie Pearson

*Paul Borrueal, utilities systems operator, dials in the device used to test water samples to ensure that they are at the correct level of detectable chlorine for Marine Corps Logistics Base Barstow, Calif., July 10 2019.*

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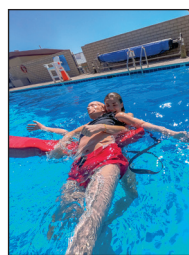
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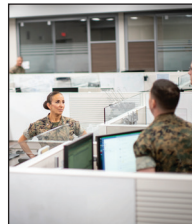
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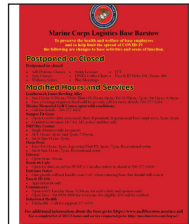
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**NEWS RELEASE**  
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## **SEND IN YOUR VIDEOS**

### **NEXCOM, DeCA partner for Grill Master Sweepstakes**

*By DeCA Corporate Communications*

**FORT LEE, Va.** – Masters of the barbecue are asked to submit evidence of their culinary artistry in a five-minute video by July 6 in the Grill Master Sweepstakes.

The Navy Exchange Command (NEXCOM) is partnering with the Defense Commissary Agency (DeCA), Traeger and Yeti for sweepstake prizes.

NEXCOM announced the following call to grill masters on their Facebook site: “While we will miss the tastes and smells, we know we have some BBQ and grill masters around the world, and we’re inviting you to share your skills and favorite recipes with the rest of us, and not to mention, we have some amazing prizes!”

Participants must be an authorized U.S. military ID card holder to enter or win the sweepstakes. To start, go to the NEXCOM Grill Master site to fill out an entry form. That same site also details official sweepstakes rules.

Video submissions must be delivered by 11:59 p.m. (EST) on July 6. The video files should be in .MP4 or .MOV format, with links to the video emailed to [socialmedia@nexweb.org](mailto:socialmedia@nexweb.org). They can also enter through a NEX customer service representative by calling 877-810-9030 in the U.S. or 001-877-432-1736 for overseas participants.

Videos should be five minutes or less and include the grill master introducing their culinary fare, talking about their cooking technique and showcasing the finished product. The submission should also include a recipe that can be shared. Submissions will be judged on three criteria: 1) originality of the recipe, 2) the appearance of the final dish, and 3) the sizzle provided on video.

### **The following prizes will be available for sweepstakes winners:**

- **Gold (one winner):** Traeger Ironwood 885 grill, cover, front shelf, hat, t-shirt, rubs and sauces, a Yeti Tundra 65 cooler, a \$100 NEX gift card and a \$100 commissary gift card
- **Silver (two winners):** Traeger Ranger grill, “To Go Bag,” hat, t-shirt, rubs and sauces, a Yeti Tundra 45 cooler, a \$100 NEX gift card and a \$100 commissary gift card
- **Bronze (three winners):** Traeger hat, t-shirts, rubs and sauces, a Yeti Roadie 24 cooler, a \$100 NEX gift card and a \$100 commissary gift card

**4** *All winners will have their videos shown throughout the summer on NEX social media channels.*



# A message from Sergeant Major

Submitted by: Sgt.Maj. Edward Kretschmer  
MCLB Barstow Base Sergeant Major

**“BEING A MARINE IS A STATE OF MIND. IT IS AN EXPERIENCE SOME HAVE LIKENED MORE TO A CALLING THAN A PROFESSION. BEING A MARINE IS NOT A JOB – NOT A PAY CHECK: IT IS NOT AN OCCUPATIONAL SPECIALTY. IT IS NOT MALE OR FEMALE, MAJORITY OR MINORITY; NOR IS IT A RANK OR INSIGNIA. STARS, BARS OR CHEVRONS ARE ONLY INDICATORS OF THE RESPONSIBILITY OR AUTHORITY WE HOLD AT ANY GIVEN TIME. RATHER, BEING A MARINE COMES FROM THE EAGLE, GLOBE, AND ANCHOR THAT IS TATTOOED ON THE SOUL OF EVERY ONE OF US WHO WEARS THE MARINE CORPS UNIFORM.” (FMFM 1-0)**

Regardless of whether you are an officer or enlisted we all joined the Marine Corps for a certain reason. It might have been a life goal or to follow in your families' footsteps. We have completed the first obstacle, recruit training or Officers Candidate School, when we starting laying the foundation for our future. During our adventure we learn about our Corps' history, customs and traditions. The most important things that we pick up on during our adventure are leadership traits and qualities. Over the course of time, we have seen many different leaders and have noticed their styles, whether you agreed with them or not.

As we gain more responsibilities and rank our leadership needs to also grow. We have to find what leadership style fits for us to accomplish the mission and our goal. There are times that your leadership style might have to be firm with one way conver-



Official USMC photo

sations and other times you will be a coach, mentor and teacher. Do not expect your juniors to know everything that you know. They have to be taught.

Leaders must have the respect of their followers. If the followers do not respect their leaders then the words spoken from the leader become hollow and the leader will be ineffective.

Being a leader is not always easy and can be challenging. We all need to continue to grow and improve our leadership styles. We can do this by reading, asking questions, and learning from our mistakes. Leaders wake up every day, put the uniform on and ask how I can improve something, or help another Marine.

**I ASK THIS QUESTION TO ALL LEADERS:**

**WHAT IS YOUR LEGACY AND WHAT ARE YOU LEAVING BEHIND?**

**-SGT. MAJ. EDWARD KRETSCHMER**



# Pounding the pavement with the n

Story by: Laurie Pearson  
COMMSTRAT Chief

Some Marines have taken to running the roads and trails on and around Marine Corps Logistics Base Barstow, Calif. as another outlet for their competitive natures.

“With Barstow being such a small unit, I wanted to create something that the Marines could take ownership in that would bolster morale and esprit de corps,” said Maj. Terry J. Herzog, S-1 director on base. “I wanted to start a running club on base to foster and promote camaraderie.”

Running also increases self-discipline and mental toughness, he explained. The 13 members of the running club have taken it to a whole extra level in just over a month. Most of their runs are solo ventures, but everyone tallies their results through an app called Strava, which they can also use to communicate and keep in touch with one another, as well as issue challenges.

“It has been really competi-



Photo by: Laurie Pearson

*Sergeant Josue LopezArenas, Administration noncommissioned officer and member of the Barstow Marines Running Club receives the first trophy for running 100 miles in the month of May, from Maj. Terry Herzog, S-1 director and running club founder, aboard Marine Corps Logistics Base Barstow, Calif., June 17.*

“One of the runners went into Friday with a fairly large lead in miles, due to the fact he ran 26 miles the day before. However, another Marine decided to run 25 miles early Friday morning to capture the weekly title for most miles ran during that week!”

“I had been giving one of my Marines a little time during his work day to get some miles in, and he was getting good miles in, but then I thought about

it and realized I could beat him,” said Sgt. Josue I LopezArenas, Administration noncommissioned officer. “So, I left home and ran to the base, then through it, then through Daggett to the Marine Corps Mounted Color Guard Stables. From there I ran to Peggy Sue’s Diner and then that other gate for the Yermo Annex. Then I repeated the same course all the way back, but it wasn’t quite far enough. So, I ran up to the high school and met up with a friend who finished the last of the 25 miles with me on the school track.”

With a sly grin, he acknowledged that he did it out of a sheer competitive spirit.

“Running has always come naturally to me as something that I can excel at” Lopez said. “And when I’m good at something I naturally become competitive in that area. I saw that I was close and knew I could do it, so I pushed myself to win that week.”

They have their eyes on the various prizes they can earn by racking up miles, but they also want to see their names at the top of the leader board for the prestige and pride they feel in their accomplishments. “The first 10 runners who run a 100 miles will get a free club t-shirt,” Herzog said. “The Weekly Miles Leader in the S-1 shop is given a half day off. The Monthly Miles Leader in S-1 receives a full day off, in addition to a free lunch, and they’ll get to keep the Monthly Total Miles Trophy for bragging rights.”

For the month of May, Sgt. Lopez won the Monthly Miles

Challenge by having ran the most miles, besides Herzog, who is excluded from the perks in the club with for having run a total of 100 miles.

Approximately one third of the runners are averaging about three runs per week for a total of about 15 to 30 miles logged per week. Most run individually, though there are occasional running events in which the club members can also participate those miles toward. For example, club members joined other military and dependents at Headquarters Camp Pendleton Marathon, June 13.1 mile additional running logs, with a total of 50 runners in all.



Photo by: Laurie Pearson

*Major Terry Herzog, S-1 director and Sgt. Josue LopezArenas, Administration noncommissioned officer, keep pace with one another as they run the roads in their new Barstow Marines Running Club shirts, aboard Marine Corps Logistics Base Barstow, Calif., June 17. The club has 13 members as of today, with each tracking their miles, competing and encouraging one another.*



*Sergeant Josue LopezArenas, Administration noncommissioned officer and member of the Barstow Marines Running Club, runs the halfway point of the Barstow Marines Running Club Marathon held on June 17, 2017, aboard Marine Corps Logistics Base Barstow, Calif., June 17, 2017.*

# New Barstow Marines Running Club



Photo by: Laurie Pearson

Sergeant Kenneth Mullins, training noncommissioned officer, Cpl. Colten Kokes, administrative specialist, and Sgt. Cheng Vang, supply administration, close in on the end of the Headquarters Company Half Marathon held on and around Marine Corps Logistics Base Barstow, Calif., June 5. Kokes is a member of the Barstow Marines Running Club and is aiming to log in 100 miles this month in competition for awards and prizes by the S-1 director, Maj. Terry Herzog.

the event.

“People can pair up, or run as a group whenever they feel like they need or want to,” Herzog said.

With temperatures in the Mojave Desert often exceeding 100 degrees, the majority of the runners choose to get their miles in around 6:00-7:00 a.m., and sometimes they run during their lunch breaks. The Marines focus on safety and health, ensuring that they bring a water source when running, such as hydration equipped backpacks, or a hand-held bottle. Proper gear is also encouraged

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Photo by: Laurie Pearson

ez Arenas, Administration noncommissioned officer of the Barstow Marines Running Club, hits during the Headquarters Company Half Marathon and around Marine Corps Logistics Base June 5.

to mitigate heat illnesses and prevent injuries.

“I, personally, choose to wear (specialized running shoes),” Herzog said. Although any running shoes may be worn as preferred by the individual runners. “(The ones I like) have huge cushioned soles and help save your feet when you run on pavement or really any surface. I also wear copper wicking toe socks. These socks significantly reduce any blisters and keep your feet dry. Specialty running shorts that have a silky underwear lining that prevents chaffing, are also recommended.”

To block those ultraviolet sun rays, a sunscreen with a high sun protection factor is important, as are sunglasses and hat.

“I use a 110 SPF sunscreen on the sides of my face,” Herzog said. “I like to wear a vented, snap-back ‘trucker hat’ which is very loose fitting and lightweight. It also helps to keep sweat out of my eyes. The sunglasses I use are designed for runners so that they don’t slip.”

One other thing that the major uses is a cloth which he soaks in cold water and drapes around his neck to help keep him cool. It is also important to keep identification and a cellular phone on your person when running. It may be necessary to present identification at any point while on base, and the phone will not only track miles automatically, using the app, but can also be used to take photographs, or call for assistance should there be an emergency.

“I think most of the members use their phones to listen to music, as well,” Herzog said. “I don’t listen to anything but my own thoughts and the sounds



Photo by: Rob Jackson

Major Terry Herzog, S-1 director, finishes the Headquarters Company Half Marathon held aboard Marine Corps Logistics Base Barstow, Calif., June 5. Herzog founded the Barstow Marines Running Club this Spring and has approximately 13 competitive Marines logging miles daily.

of nature.”

Each of the runners have their own methods, preferences and reasons.

“Some enjoy running because it allows them to be outside and to be free,” Herzog said. “Running also allows each of us to accomplish small missions which, in return, build mental toughness and confidence.”

If you have questions about the Barstow Marines Running Club, or would like to join, you may reach Maj. Herzog at 760-577-6560.

Or you can go to the club website at: <https://www.strava.com/clubs/647613>.

Runners will also need to download the Strava app to track miles and other details.



# 1st Network Battalion for MCIWest operational

Story by: Keith Hayes  
COMMSTRAT Planner

Call (855) ESD-USMC for  
computer help aboard  
Marine Corps Logistics Base

Barstow, Calif., or anywhere within the six Marine Corps bases under command of Marine Corps Installations West.

“That number, (855) ESD-USMC or (855) 373-8762, will put you in contact with a member of the 1st Network Battalion,” said Juan Rivera, S-6, Communications department director, MCLB Barstow.

The 1st Network Battalion was officially stood-up within Marine Forces Cyber Operations Group June 4, and is composed of at least five civilian personnel and contractors from every base within MCI West command. Those include Marine Corps Air Station Miramar, Calif.; Marine Corps Air Station Yuma, Ariz.; Marine Corps Mountain Warfare Training Center, Bridgeport, Calif.; Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.; and Marine Corps Base Camp Pendleton, San Diego, Calif., Rivera explained.

“Marines currently located aboard Camp Pendleton also make up a key component to the success of the Network Battalion,” said Lt. Col. Juliet Calvin, the new commanding officer of the nascent 1st NB.

“The 1st NB was established to address the need for increased and enhanced cyberspace security and development within the Marine Corps,” she explained.

The ESD in (855) ESD-USMC stands for Enterprise Service Desk.

“The ESD is located in Kansas City, Kan., with the alternate ESD in New Orleans,” Calvin explained. “When a customer calls (855) ESD-USMC, they are speaking with an information technology professional whom is located at one of the two locations. The ESD is operated by the Marine Corps Cyber Operations Group.”

“It’s estimated that 60 to 80 percent of all computer problems can be handled by 1st NB personnel

8 over the phone by remoting in to the caller’s computer,” Calvin said. “If the problem

can’t be handled remotely, then a qualified 1st NB information technology professional either from Camp Pendleton or the caller’s respective base will respond to the location in person to handle the issue.”

Although Calvin’s office is located aboard Camp Pendleton, the headquarters of MCI West, she answers directly to MARFOR Cyber Operations Group, located at Marine Corps Base Quantico, Va.

“We’re a prototype for this type of command within the Corps,” Calvin said. “Depending on its success, at least three other Network Battalions and two smaller

Network activities will be stood up with the Marine Corps.”

Rivera stressed that the regular help desk number in Communications, (760) 577-6780, is still

operational, but only for issues related to telecommunications, phones and radios located on MCLB Barstow.

Calvin continues if a customer does calls (855) ESD-USMC with a phone or radio problem, they will be redirected to the regular Communications help desk number aboard their respective base for assistance.

The 1st NB has already proven to be a remarkably efficient way to handle computer issues since the expertise to fix a particular computer related problem is drawn from a much larger field of talent, Calvin said.

“The new battalion is the first new communications-related military command stood up in fifty years in the Marine Corps,” she said. “The 1st NB has already established itself as a very effective tool in handling cyberspace security issues.”

Calvin said if the Network Battalion continues to prove successful, then similar organizations will be established

within all branches of the military.

“Besides handling computer problems, we’re also tasked with defensive cyberspace security for the Marine Corps, meaning we are developing ways to combat hacking and prevent hostile takeovers of

**Call (855) ESD-USMC or (855) 373-8762,  
for all computer help issues aboard  
Marine Corps Logistics Base Barstow.**



Photo by Staff Sgt. Donald Holbert

*Lieutenant Col. Juliet Calvin, the commanding officer of 1st Network Battalion, Marine Corps Cyberspace Operations Group, speaks to Marines and civilians during the battalion transfer of authority at Marine Corps Base Camp Pendleton, California, June 4, 2020. 1st Network Bn., the first of six new Marine Corps network units, was created to improve oversight, command, and control of the Marine Corps enterprise network while managing building and local area networks around the region.*

# Mental health during pandemic, riots and more

Story by: Laurie Pearson  
COMMSTRAT Chief

From fires, to coronavirus, peaceful protests, to riots, and even murder hornets, 2020 has brought many unwelcome surprises to everyone around the globe, and even here aboard Marine Corps Logistics Base Barstow, Calif., highlighting the need for self-care and mental healthcare.

Any of the myriad issues challenging people around the world can tax a person's ability to function optimally. When you add them all together, and add even more concerns, such as job



Photo by: Laurie Pearson

*Shelves were barren as shoppers continued to hoard paper products, beans, rice, meats, cleaning products and more at Walmart, Barstow, Calif., May 15.*

and home insecurity, financial distress, food shortages, and even toilet paper shortages, the impact on mental health can push critical boundaries.

"Some people might try to create positive outcomes in the shutdown, by starting a new exercise routine or taking self-improvement classes online, exploring the surrounding areas, spending quality time with their kids, doing arts and crafts, writing poetry or a book, etc.," said James Maher, Behavioral Health

section head.

One option that may be helpful to many is Cognitive Behavioral Therapy, available through the Behavioral Health division on base.

"Cognitive Behavioral Therapy is the combination of two theories and methods of therapy used to overcome a wide range of mental health conditions, most notably anxiety and depression," Maher explained. "CBT has been studied and researched for years and is considered an Evidenced Based Practice which is a testament to its effectiveness when done correctly. The primary tenant behind CBT is that early experiences shape our view of the world and other people."

On their own, there are Cognitive Therapy methods, in which people are taught to identify thoughts and then learn to change them. Behavioral Therapy methods focus on the action, rather than the thoughts themselves.

Exposure Therapy is one example of a Behavioral Technique and Training method used by a trained professional, in which a person may be taught anxiety reducing techniques and then introduced to increasing levels of something that causes fear or anxiety until it is no longer a significant stressor.

"Exposure therapy is still considered the treatment of choice for phobias and other anxiety disorders," he said.

Cognitive Therapy methods and Behavioral Therapy methods are both powerful. However, combined use of these therapies produces greater change in a relatively short period of time.

"CBT teaches self-reflection and how to identify thoughts, challenge negative and harmful thinking, and then teaches someone how to substitute some positive realistic thoughts," Maher said. "Then it also encourages replacing harmful behaviors with more productive ones."

Some of the elements needed for personal change include



motivation, effort, and actually doing the homework.

"People need to practice outside of the counseling session," he said. "Both of these approaches, combined into CBT do rely on self-determination and respect for the client. A therapy may be wonderful, but if the client doesn't buy into it and is not willing to do work outside of the sessions, then little change will be effected."

The stressors people are facing can create anxiety which, if not managed successfully, can lead to a build-up of tension inside.

"Recently imposed travel restrictions, especially on Department of Defense employees, have brought anxiety for some," Maher said. "Not being able to go visit relatives or take vacations outside of the allowed radius can lead to boredom and loneliness, which can lead to more drinking which can lead to other problems."

"Day drinking may sound like fun but it is a poor coping mechanism that can lead to other problems," Dawn Dialon, Behavioral Health Substance Abuse specialist added. "These tensions can build up and people may try to mask it by drinking, causing a possible implosion or explosion like a domestic violence situation. Or they may be arrested for driving under the influence. Or perhaps they may experience some other negative alcohol related incident."

"When someone internalizes

# Lifeguard training under COVID-19 restrictions

Story by: Keith Hayes  
COMMSTRAT Planner

Lifeguard training aboard Marine Corps Logistics Base Barstow, California, is going on in preparation for the summer rush of pool-goers at the Oasis Pool and Water Park, but with restrictions because of COVID-19.

Axel Rivera, pool manager and supervising lifeguard, Oasis Pool and Water Park, began a week-long series of lifeguard classes at the Maj. Gen. James L. Day Conference Center, June 22, to get his crew ready for the influx of swimmers from around the base.



Photo by: Jack Adamyk

Catherine Clemans, lifeguard, simulates rendering first aid on a specialized submersible training mannequin as part of her in-pool training to be a lifeguard at the Oasis Pool and Water Park aboard Marine Corps Logistics Base Barstow, Calif., June 23.

it,” Rivera continued.

The COVID-19 restrictions also required Axel and his counterparts at Camp Pendleton to come up with a plan for the water portion of the training.

“Ordinarily we have another lifeguard playing a drowning victim. They wave their hands to indicate they’re drowning and then sink below the water level to show they’re unable to stay afloat. Then a lifeguard in the tower blows their whistle to activate the Emergency Action Plan, enters the water using the proper lifeguard entry carrying a float on a rope and pulls the victim from the water,” he said.

Camp Pendleton Area 13 counterparts purchased a special submersible training mannequin from MCCA rather than depend on a live participant to play the drowning victim.

“These training aid mannequins can sink to the bottom of a pool, just as a real live victim of drowning does,” Axel said. “So we’ll have a real lifeguard holding up the submersible mannequin in the water and wave their arms to indicate they’re drowning.”

“When the lifeguard begins their approach to the drowning victim, the lifeguard holding the mannequin releases it so that it begins to submerge, and then swims away to avoid contact with the lifeguard performing the rescue,” Rivera said.

The level of added difficulty to performing lifeguard training because of COVID-19 restrictions presents a challenge for Rivera, but lifeguards are routinely taught how to adapt and overcome. “This is just like any other problem I teach my lifeguards to handle on the job,” Rivera said. “They have their training but they’re also taught to think for themselves if problems arise, and COVID-19 training restrictions are just another hurdle to overcome so that we can continue to provide the level of professional lifeguard services that residents of the base expect.”



Photo by: Jack Adamyk

Desire Bryant, lifeguard, practices rescuing a specialized submersible training mannequin during lifeguard training at the Oasis Pool and Water Park aboard Marine Corps Logistics Base Barstow, Calif., June 23.

training away from each other as much as possible, and still get the training accomplished.

“The summer swimming season is here and we have to be ready for the pool users who will be showing up on a daily basis,” he explained. “Not having lifeguards is not an option, so we’re conducting the training with an added level of difficulty.”

Ordinarily, this training would have taken place in March, but Rivera said COVID-19 hit, and with quarantine restrictions, everything was put on hold for a while.

“Our training usually takes place at least

10 twice a year or more if circumstances warrant





computers within the force,” she said.

“The designation of 1st NB to a military unit elevates cyberspace technology to a MAGTF (Marine Air-Ground Task Force) level entity,” Calvin continued. “If the battalion is successful there will be a Network Battalion component within all MAGTFs, aboard all ships, working right alongside the Marines toward a successful completion of whatever mission

they’re assigned.”

“The newly formed battalion represents the Marine Corps’ acknowledgement that computers are just as important a tool in waging warfare as any other weapon in its arsenal. As such, cyberspace security must constantly evolve and grow with the modern aspects of today’s warfare,” Calvin said.

Remember, for any computer related issues aboard MCLB Barstow, or within MCI West’s command, call (855) ESD-USMC or (855) 373-8762. 

Continued from page 9, Health

their stress and anxiety, it has also been shown to cause many physical problems like stomach issues, high blood pressure, heart disease, skin disorders,” Maher said. “It can also cloud one’s thinking so that people don’t see all their options, they feel trapped or in a rut. It exacerbates mental health issues such as depression or adjustment to new situations. Severe stress has been shown to weaken the immune system so that people are more likely to catch a cold or flu, or possibly even COVID-19. Some experts have said that severe chronic stress can even contribute to severe immune disorders resulting in ailments such as cancer.”

The DOD travel ban, has grounded employees and impeded their ability to help family members, which can be frustrating.

If a person is predisposed to depression, then being in quarantine can exacerbate that condition. Some things which may help are using video chat options so that you can see and hear your loved ones.

“Quarantine is meant to protect others,” Maher said. “However, the person being quarantined is likely to feel burdened. The level of burden depends on the situation and how much contact they can have with others, if they have help or if they are having to do everything on their own.”

Individual perspective impacts how individuals handle quarantine. Some people may not mind the isolation and enjoy using the time



to catch up on their favorite books, or shows.

“If the person feels like it is not fair that he or she is being ‘punished’ by the

quarantine, then the reaction is likely to be angry or bitter,” Maher said.

One of the concerns related to being cooped up with family is the possibility of increased family tensions that can result in more arguments and sometimes even domestic violence.

“During the C19 quarantines, the calls to DV centers have increased and there are concerns about child abuse, as well,” Maher said. “Since the children are not attending school, there are fewer professionals that see the children and therefore it’s not really known how many child abuse cases are taking place. Children being bored or arguing among themselves and a parent, or parents being unemployed and staying at home with financial and all the other stressors they’re experiencing, can lead to angry discipline methods which can go too far.”

“If someone is in an abusive relationship, then they may need to get out,” Maher said. “If they are in quarantine then of course that is harder, but shelters are available. I recommend calling police, or if an Active Duty military person is involved then call the Family

Advocacy Program.”


Sometimes, people just need to know that they have somewhere, and someone, to turn to for help.

“If a person is in a crisis they can call BH here and speak to a counselor,” Maher explained. “Or they can call the Crisis Hotline at 1 800 273-TALK. They also have veterans available to speak to Active Duty and Veterans in need of assistance.”

The Community Counseling Program offers counseling and it is based on CBT and solution-focused therapy. It is an educational and problem solving approach to troubles before they become too severe.

“In addition, the CCP assists parents to learn new skills and techniques and assists when someone is going through a new adjustment or a loss, such as the death of a loved one or the separation from a loved one for whatever reason,” Maher said.

If a person has a mental issue that needs medication or a condition such as Post Traumatic Stress Disorder, Bipolar Disorder and Severe Depression, then the CCP can still help the person learn to deal with stressors while they obtain medical assistance from medical facilities like Behavioral Health Fort Irwin where medical doctors and therapists are on staff.

If you, or someone you know, is in need of support, contact Behavioral Health at 760-577-6533, or stop by their new location in Building 218, behind the Library in McTureous Hall. 



## 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 function.

### Postponed or Closed

- Self-Defense Classes
- Spin Classes
- Wellness Series
- Swim Lessons
- LINKS Coffee Chats
- Play Mornings
- ITT
- Pass & ID Nebo 101, Yermo 406

### Modified Hours and Services

**Leatherneck Lanes Bowling Alley open w/modifications:** Call for details - 760-577-6264

**Marine Memorial Golf Course open w/modifications:** Call for details - 760-577-6431

#### Semper Fit Gym:

- Open to active duty personnel, their dependents & permanent base employees, 5a.m.-6p.m.
- Combat room open 24/7 for AD, police and fire only.

#### SMP/Rec Center:

- Single Marines only, no guests
- M-F 11a.m.-1p.m. and 3p.m.-7:30p.m.
- Sat & Sun 11a.m.-5p.m.

#### Oasis Pool:

- Tues-Fri 11a.m.-1p.m. Lap swim/Unit PT; 1p.m.-7p.m. Recreational swim
- Sat & Sun 11a.m.-7p.m. Recreational swim

**Route 66 Cafe:** Open for dine-in service. Can also orders in ahead at 760-577-6428.

#### Entrance Gates:

- Gate guards will not handle your CAC when entering base, but should still scan it

**Pass & ID 236:** Appointment only - 760-577-6969

#### Commissary:

- Open every Tuesday 9a.m.-9:30a.m. for active duty and spouses only
- Open Tues - Sat 0930-1800 for everyone else eligible. IDs will be verified.

**The following services are suspended through June 30,  
normal business hours will resume July 1:**

#### Base Library

#### Personal & Professional Development

#### Behavioral Health

- For Behavioral Health telework assistance call 760-577-6533

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

**For a complete list of MCCS hours and services impacted go to: <http://mccsbarstow.com/Impact/>**