



PRO THE SPECTOR

Vol. 4 No. 11

Serving the Marine Corps since 1947
Marine Corps Logistics Base Barstow, Calif.

June 11, 2015

Marines Training

PII Compromised

Fitness a Family Affair



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On The Cover:

Front photo by: Laurie Pearson

Marines train to respond for Security Augmentation Force aboard Marine Corps Logistics Base Barstow, Calif., June 4. They learn defensive tactics, escalation of force, firearms training, and proper use of oleoresin capsicum (pepper) spray; and will respond in the future should the Marine Corps Police Department need additional resources in the event of an emergency.

Back photo by: Rob Jackson

Sgt. Xavier Wolef, MCLB Barstow's color sergeant and career planner, stands by one his favorite vehicles, a 1964 Mini Cooper S decked out in Los Angeles Lakers team colors. This was one of more than 150 vehicles on display at the High Desert Marines annual Car/Bike Show, in Victorville, Calif., June 6.



Marine Corps Logistics Base Barstow, California
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Sgt. Maj. Karl D. Simburger, Base Sergeant Major

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On the web

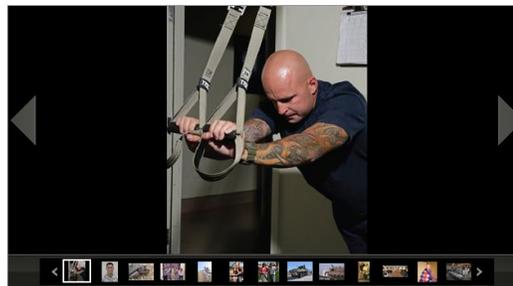
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MCLB BARSTOW NEWS



MCLB Barstow Marine receives recognition

By Cpl. Norman Eckles | June 3, 2015

For Marines stationed in remote locations, being single and living in Bachelor Housing becomes even more important. [MORE >](#)

SOCIAL MEDIA

RESOURCES

- » Barstow Schools
- » EFMP
- » FOIA
- » Sexual Assault Prevention & Response
- » Voting Assistance

COMMANDANT'S PLANNING GUIDE

Twsets by @MCLB_Barstow



Photo by: Laurie Pearson

Kyle Fraser, a police officer with the Marine Corps Police Department aboard Marine Corps Logistics Base Barstow, Calif., hands a folded American flag to Jennifer Denton during the memorial services held here for fallen officer, Lt. Levi Baker, June 9. The memorial services held at the base chapel garnered a full house of attendees to honor the fallen officer, and included statements from friends, a video of Baker's life and a kilted bagpipe player offering a rendition of "Amazing Grace."

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the Corps** **10**



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News Briefs

Leave Share Program

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

William Anslow
Wanetta Blackwell
Anna Jones
Tulutulu Niusulu
William Oppermann

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

Oasis Pool Opens

11 a.m. - 7 p.m.

The Oasis Pool and Water Park at the Maj. Gen. James L. Day Conference Center is open June 13-14, and Tues. - Sun. beginning June 16, with lap swim from 11 a.m. - 1 p.m. and recreational swim from 1 p.m. to 7 p.m.

For information: 577-6817

Marital Counseling Seminar

June 15 - 8:30 a.m.

Hobby Shop

Marital/couples therapy techniques will be taught by Marshall Jung, author of "Hope, One Man's Journey From Tormented Child to Social Worker to Spiritual Director." Jung has more than 40 years of social work experience. Register: maritalcounseling.eventbrite.com.

For information: 577-6533

Photography Class

June 16 & 17 - 9 a.m. - 10 a.m.

Combat Camera Photo Studio

Learn how to use your camera on manual setting in this hands-on class.

For information: 577-6533

Chaplain's Workshop

June 16 - 6:15 p.m.

Attend the Chaplain's workshop "Managing Change: Strategies for Staying Sane in an Ever-Changing Environment." Bring a favorite dish for the potluck at the Desert View Housing Community Center.

For information: 577-6675/6408

Wellness Series

June 17 - 9 a.m.

The Wellness Series emphasizes knowledge, attitudes and practices relating to personal health and wellness. June's topic is a resume workshop, held at the Maj. Gen. James L. Day Conference Center. To register: wellnessjune2015.eventbrite.com.

For information: 577-6533

Story Time & Craft

June 17 - 10 a.m.

Building 17 - Library

Discover amazing and fascinating sea creatures while reading "A Hole at the Bottom of the Sea" at the Library in Building 17. Make sea creature crafts, and collect points for the Summer Reading Program.

For information: 577-6395

Passport to Volunteering

June 18 - 11 a.m.

Family Services Conference Rm

Marine Corps Family Team Building is offering training for those who would like to volunteer for Marine Corps programs and activities. Participants will be exposed to the fulfilling part of volunteering and the necessary skills needed to ensure their volunteer experience is positive and worthwhile.

For information: 577-6675/6408

Cooking Class

June 22 - 9 a.m.

Family Services Conference Rm

Learn basic kitchen skills, teach each other tips and techniques, and have fun cooking healthy, meatless meals in this beginner to intermediate class.

For information: 577-6675/6408

Story Time & Craft

June 24 - 10 a.m.

Building 17 - Library

Create a star craft and read "This Little Light of Mine."

For information: 577-6395

Father's Day Bowl 'N Play

June 19 - 11 a.m. - 1 p.m.

Free bowling, refreshments, and photo opportunity to recognize "dynamic dads" at the Desert Lanes Bowling Center.

For information: 577-6533

Story Time & Craft with Play Morning - Building 17

June 19 - 10 a.m.

Make a surprise craft for Father's Day while reading "Oh, Daddy" and "Warning Do Not Open This Book."

For information: 577-6395

Multi-Family Yard Sale

July 11 - 7 a.m. - noon

Base housing families will host a yard sale at Sorensen Field. MCCS is coordinating the event.

For information: 577-6675/6408

Federal employees' PII compromised: Learn to protect yourself

Story by:

Keith Hayes

Public Affairs Specialist

On June 4, 2015, the Office of Personnel Management reported that the personally identifiable information from as many as 4 million past and present federal employees was stolen or hacked from OPM computers.

An article on the FederalTimes.com website indicates the breach happened several weeks ago but was not revealed to the public until much later.

OPM detected the data breach in April, but waited until June 4 to announce it publicly. According to the announcement, the intrusion predated the office's adoption of tougher security controls.

An article from the USA Today.com website quotes U. S. Senator Susan Collins, a member of the Senate intelligence committee, as stating the hackers were believed to be based in China. Collins said the breach was "yet another indication of a foreign power probing successfully and focusing on what appears to be data that would identify people with security clearances."

Preetika Celmer, Cyber Security Manager, S-6 Communications Department aboard Marine Corps Logistics Base Barstow, Calif., sent out a widest dissemination email to all MCLB Barstow employees on June 8, advising them of what some U.S. government officials have described as the largest data breach in OPM history, and steps they can take to protect their PII. The email reads, in part:

In order to mitigate the risk of fraud and identity theft, OPM is offering credit report access, credit monitoring and identity theft insurance and recovery services to potentially affected individuals through CSIDR, a company that specializes in these services. This comprehensive, 18-month membership includes credit monitoring and \$1 million in identity theft protection services at no cost to enrollees.

Additionally, a May 29 email sent out to employees aboard MCLB Barstow claiming to be from the Navy Federal

Credit Union was actually a "phishing" attempt. Phishing is a mass email scheme, purportedly from a legitimate company, to trick recipients into divulging personal information. The email, which originally bore the seemingly legitimate logo of the NFCU, reads in part:

We notice error on your Security mechanism and we have temporary disable the Security on your Online banking.

We urge you resolve this within 24hrs as we will have to terminate your online banking if this is not resolved before Midnight.

Celmer described this message as a textbook example of phishing which, in this instance, was identified by the base's own email exchange server.

The computer security expert also described a way to keep such messages from getting to your inbox in the first place. "You can also add these types of emails displaying misspelled words and links that are not familiar to you to your junk mail folder on Outlook to help filter out future phishing attempts."

Celmer cautioned employees not to send suspected phishing messages to their personal email and opening them from there. "Forwarding the email to your own service is not a best practice. You are actively circumventing security measures and safeguards which could result in loss of PII."

There is also a resource aboard the base that employees can use. "(Employees) can report spam to the Cyber Security Office at BSTWIAworkrequests@usmc.mil and we will identify the spam and work to mitigate the issue."

Additionally, adding the known spam to your junk folder on your email page can help prevent these types of phishing. "Although it's not always going to be the same email, sometimes you can identify some of the content to help filter out these phishing attempts," she said.

Celmer encourages employees to check their credit ratings frequently during the year and report any charges or information they don't recognize directly

to the credit reporting agency. By law, these agencies are required to report any changes they make to the other two reporting organizations. 🐼

Protect Yourself

- 1. Monitor financial statements and immediately report any suspicious or unusual activity to financial institutions.
- 2. Consumers are entitled by law to one free credit report per year from each of the three major credit bureaus — Equifax®, Experian®, and TransUnion® for a total of three reports every year.
- 3. Review resources provided on the FTC identity theft website www.identitytheft.gov.
- 4. You may place a fraud alert in your credit file to let creditors know to contact you before opening a new account in your name.

How to avoid being a victim

- 1. Be suspicious.
- 2. Do not provide PII about your organization, including its structure or networks, unless you are certain of a person's authority to have the information.
- 3. Do not reveal PII in emails, and do not respond to email solicitations for this information. This includes clicking on links sent in email.
- 4. Do not send sensitive information over the Internet before checking a website's security.
- 5. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (e.g., .com vs. .net), or redirect you to a malicious site.
- 6. Verify a suspicious email by contacting the company directly.
- 7. Install and maintain anti-virus software and firewalls.
- 8 Report any suspected instances of identity theft to the FBI's Internet Crime Complaint Center at www.ic3.gov.
- 9. Backup files regularly

SAF: Learning to fight with eyes closed



Story and photos by:
Cpl. Norman Eckles and Laurie Pearson
Public Affairs

With tensions rising across the globe, security on U. S. military installations has risen in response.

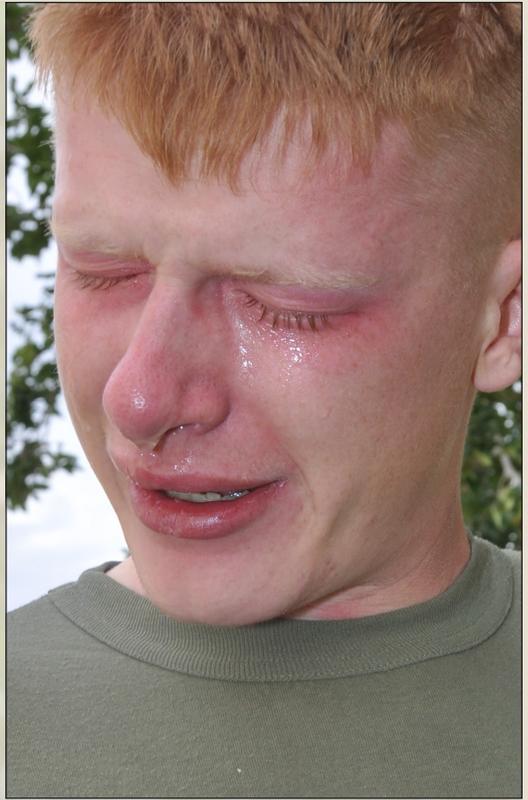
On Marine Corps Logistics Base Barstow, Calif., the base's Security Augmentation Force has been employed to beef up protection.

If the need arises, such as an active shooter situation or an increase in the Force Protection Condition level, the base has a readily available force to augment the Marine Corps Police Department and help the base maintain high security posture, explained Tom Streeter, lead law enforcement instructor on MCLB Barstow.

"SAF Marines need to have a certain amount of hours of training per quarter," said Chief Darwin O'Neal, chief of police on MCLB Barstow. "SAF is important to MCLB Barstow because they assist in providing the security needed for the base."

These SAF Marines undertake two weeks of training to become SAF qualified. They learn defensive tactics, escalation of force, firearms training, and proper use of oleoresin capsicum (pepper) spray. That includes enduring a full-face hit of pepper spray from the instructor so they understand how they can be incapacitated if accidentally hit with it, and how they can continue to function in a hostile situation.







Dr. Seuss Trees and Pillow Rocks

Story and photos by:
Cindy McIntyre
Editorial Assistant

When Marines think of Twentynine Palms, they probably think of the Marine Corps Air Ground Combat Center north of its namesake town. But tourists think of rock-climbing, hiking or "Dr. Seuss trees." They think: Joshua Tree National Park.

Named for the gnarly looking yucca trees, Joshua Tree preserves nearly 800,000 acres of wilderness and recreation lands in the High Desert. It is a mecca for adventurous souls who think it is great fun to wedge a metal cam into a rock crack, attach themselves to it via rope and carabiner, and then dangle by their fingers and toes while finding the next crack on the cliff face. There are about 5,000 such climbing routes in the park, mostly over clumps of rocks not much higher than a five-story building. It's not the destination, but the journey, right?

In the northern section of the park, the Joshua tree is abundant. Its quirky limbs and shaggy bark are offset by clusters of creamy green flowers in late February, which turn into giant green seed pods by mid-spring. Even in a drought year the wildflowers are abundant, but a winter of lavish rains might yield a spectacular display.

Numerous short trails in the park are perfect for families, but longer and more challenging hikes are available for hard-chargers. The Barker Dam Nature Trail near Hidden Valley is an easy 1.3-mile loop, with signs noting the vegetation and features, such as the holly-leaved turbinella oak. The dam itself was a water tank built by early ranchers at the site of a spring. Although there may not be much visible water there most of the year, the lush aquatic vegetation attracts birds and animals, including bighorn sheep. At the dam you have to step around a tricky boulder, but then you're in the open desert among the Joshua trees. Manzanita, with its peeling red bark, grows close to the rock walls, and side-blotched lizards poke around the creosote and cheesebush for bugs.

The Wall Street Mill trail in the same area is 2.2 miles round-trip, and moseys past an old windmill and a rusting truck carcass before reaching the ruins of a gold processing mill. If you find anything that isn't obviously modern-day litter, leave it be. Even rusted cans are considered to be antiques.

The three-mile long 49 Palms Oasis trail is steeper but prettiest earlier in the season when the numerous brittlebush are in their golden glory. It ends at a palm oasis, but exploration at the oasis itself is restricted due to the fragile wetland that created it. One may be tempted to count the palms, just to be sure there really ARE 49 of them.

The Indian Cove campground offers sites tucked among pillow-shaped rocks, and a short loop trail that has potential views of bighorn sheep perched atop ragged peaks. For birders, this is



(Above) A young man enjoys the sunrise from a lofty perch at Joshua Tree National Park's Hidden Valley Campground.

(Below) Sometimes called "Dr. Seuss trees," Joshua trees are yuccas with character. The pillowy boulders and granite formations offer rock-climbers numerous routes to test their skills and endurance.



phainopepla habitat. The males are a glossy black with red eyes, which match the mesquite mistletoe berries they eat.

Several other campgrounds offer a sweet getaway as well, but they all tend to fill up on Fridays, especially those such as Hidden Valley which are near favored rock-climbing sites.

Joshua Tree National Park is only 90 miles south of Barstow, approximately an hour and a half drive down California State Route 247 (Barstow Road.) 🗺️

Fitness is a family affair

Story and photo by:
Laurie Pearson
 Public Affairs Specialist

Editor's Note: 4th in a series

Whether at the gym, in a box, or running the streets, some police officers with the Marine Corps Police Department aboard Marine Corps Logistics Base Barstow, Calif., embrace a family dynamic.

Civilian police officers working for MCLB Barstow represent the Marine Corps, which sets them apart from other civilian police agencies, explained Tom Streeter, lead law enforcement instructor on base with Homeland Security Solutions Inc. Members of the Special Reaction Team, for instance, have to exceed standard police Physical Agility Test standards and instead pass the Marine Corps Physical Fitness Test as well as the Combat Fitness Test in order to ensure that those officers are prepared for the arduous tasks they may face.

In a standard PAT for law enforcement, officers must complete timed events of a 300-meter sprint, pushups, situps, a dummy drag and a 1 1/2 mile run. For the MC PFT the sprint and dummy drag are stopped, but the timed run is increased to three miles. The CFT adds a diverse set of elements, such as an 880-yard sprint, 30-pound ammo can lift for as many repetitions as possible, a movement-under-fire drill which includes a low and high crawl, body drag and fireman carry as well as a grenade toss.

“The PFT and CFT are a lot more strenuous,” said Cpl. Lonnie Marney, a member of SRT on MCLB Barstow, originally from La Pine, Oregon. For patrol officers, gear such as vests, duty belt and boots can weigh up to 25 pounds. For members of SRT, there may be an additional 40 pounds worth of gear to carry.

“Each team member needs to be physically and mentally prepared at all times,” said Cpl. Rigoberto Felix with SRT, and a Paramount, Calif., native. “You never know when you might end up carrying a ballistic shield, sledge hammer, entry tools, all while carrying your



Photo courtesy Cpl. Lonnie Marney

Cpl. Lonnie Marney, a member of the Special Response Team with the Marine Corps Police Department aboard Marine Corps Logistics Base Barstow, Calif., and his 12-year-old daughter, Nicole, participate in a 5K run at Rancho Middle School in Hesperia, May 2. This father-daughter team runs together regularly in order to train for events like these, which raise funds and awareness for school and community needs.

personal equipment. No one really knows how long a high risk scenario might be and that’s why we need to be ready for worst case (scenarios).”

The benefits of exercise are not limited to their work lives, however. Both Marney and Felix take their workouts home and to their families.

“It’s something my wife and I attend together,” said Felix, referring to the Crossfit gym they joined near their home in Hesperia, Calif. The box, which is what most Crossfit gyms call their facilities, even offers classes for children. On May 25, in honor of Memorial Day, Felix and his wife Julie, a former police officer and now a civilian aboard MCLB Barstow, participated in an event called The Murph. Crossfit gyms across the country engaged in the event to raise awareness for military veterans. The Murph is a workout named after Lt. Michael P. Murphy, a highly decorated Navy Seal who was killed in the line of duty, and whose awards include the Medal of Honor.

To complete the 2015 Murph Challenge, participants had to complete a one-mile run, 100 pullups, 200 pushups, 300 squats and another one-mile run in a 20-pound vest or body armor. Rigo completed the challenge, wearing a weighted vest, in 58 minutes and 44 seconds. His wife, Julie, seven months pregnant at the time of the challenge,

skipped the vest and modified some of the moves, completing the challenge in 49 minutes and 59 seconds.

On May 2 of this year, Marney and his 12-year-old daughter, Nicole, competed in a 5K run raising funds for Rancho Middle School in Hesperia. He finished the run in 24 minutes, 18 seconds and Nicole finished the run in 31 minutes, 2 seconds. Nicole is an avid cross-country runner for her school, and to ensure she stays in good running condition, she joins her father on runs a few times a week. Marney’s other two children, 8-year-old Amanda and 6-year-old Justin also join dad at home when it is time to do pushups, situps and sprints in the yard. Their form may not be perfect, said Marney, but their heart is in it.

Both Marney and Felix explain that in addition to general fitness, it is their goal to stay fit in order to be around to see their children grow up and have children of their own. They also agree that it is about teaching their children healthy lifestyles, to include healthy food choices and ensuring that they stay active.

For the Marney and Felix households, there are no good excuses for neglecting physical conditioning. Co-workers depend on them to be able to do their jobs, and their families grow stronger as they enjoy working out together. 🏆

AROUND THE CORPS

A look at the Marine Corps outside of Barstow



Photo by: Lance Cpl. Andre Dakis

U.S. Marines assigned to Force Reconnaissance Platoon, Maritime Raid Force, 26th Marine Expeditionary Unit, conduct a high altitude low opening jump during category 3 sustainment training in Louisburg, N.C., June 2, 2015. The training allowed the Marines to practice proper techniques and procedures while in preparation for deployment to the 5th and 6th Fleet area of responsibility later this year.



Photo by: Sgt. Devin Nichols

Marines with the 24th Marine Expeditionary Unit perform a 21-gun salute during the Battle of Midway ceremony aboard the dock landing ship USS Fort McHenry (LSD 43), June 6, 2015.



Photo by: Cpl. Chi Nguyen

A Marine in the United States Marine Drum & Bugle Corps and the battalion sergeant major perform during a Friday Evening Parade at Marine Barracks Washington, D.C., June 5, 2015.

Spotlight on: Weapons Maintenance

Photos by Cpl. Norman Eckles





64-COOPER'S

LOS ANGELES LAKERS

Swifttune

40 YEARS
MINI WINS RALLY MONTE CARLO 1964

LOS ANGELES LAKERS
MIGUEL
LAKERS

KOBE

THREE
NICE

64



Mustang

FUTURE

