

THE PROSPECTOR



**Farewell
Col. Scalise**

**NTC Brig. Gen.
Martin at RailOps**

**Historic Howitzer
Heads to Quantico**

SERVING THE MARINE
CORPS SINCE 1947



Marine Corps Logistics
Base Barstow, Calif.

Oasis Pool & Water Park

Swim Lessons

Session I: Tues– Fri, July 7-July 17, 2015

Session II: Tues-Fri, July 21-July 31, 2015

Level 3 & 4 10-10:30am

Level 1 & 2 10:30 -11:00am

Children will be placed in appropriate level based on their swimming skills.

Level 1 - Tiny Tots (3-5 years)

Level 2 - Beginners

Level 3 - Advanced Beginner

Level 4 and/or 5 - Intermediate

Minimum participants 3 and maximum participants 7 per class.

Cost: \$20.00 per child/adult per session

Family discount rates:

\$35 for 2 people in the same session

\$50 for 3 people in the same session

\$65 for 4 people in the same session

Payment and sign-ups are at the Oasis Pool & Water Park.

Tuesday-Sunday 12-6pm

All payments must be done by Sunday prior to session start.



For more information contact
Semper Fit Gym at
577-6817 or visit MCCSBarstow.com



On The Cover:

Cover: Official Marine Corps photo

Col. Michael L. Scalise, commanding officer of Marine Corps Logistics Base Barstow, Calif., will hand over command to Col. Sekou S. Karega on July 1. "I was fortunate to have some superb Marines serve with me," he said in a recent interview. "There are so many civilian gems that work on this base. I'll be thinking about this base every day," he added. "We've had a great tour."

Back photo by: Cindy McIntyre

Col. Michael L. Scalise, base commander at Marine Corps Logistics Base Barstow, Calif. talks with Col. Jonathan P. Braga, United States Army Garrison, Fort Irwin and the National Training Center following the Veterans Day ceremony at Mountain View Memorial Park in Barstow, Nov. 11, 2014.



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

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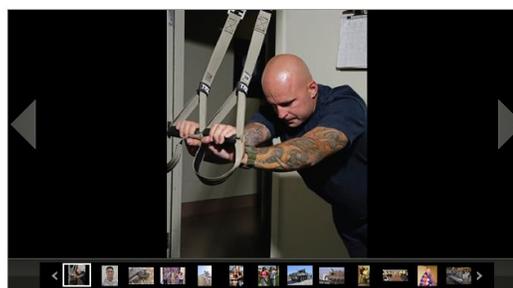
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MCLB BARSTOW NEWS



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

Twists by @MCLB_Barstow



Photo by: Keith Hayes

(Left) Alice Moore looks on as Col. Michael L. Scalise, commanding officer, Marine Corps Logistics Base Barstow, Calif., takes the saddle of a WLA model (A for Army) Harley-Davidson military motorcycle restored by her husband Michael J. Moore (right.) The Moores, who reside at Veterans Home of California-Barstow, visited the base June 18. The motorcycle was one of 60,000 produced from 1942 to 1945 exclusively for military use during the war by the famed Milwaukee manufacturer.

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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
Tulutulu Niusulu
William Oppermann

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

Lunch on the Green Tees and Trees Golf Course June 26 - 11 a.m. - 12:30 p.m.

Combos are \$5.00 (cash only) and include the option of: one hamburger or one pork riblet sandwich, with salad, a bag of chips and watermelon. The family restaurant will be closed for lunch.

For information: 577-6428

Story Time & Craft Library Building 17 July 1 - 10 a.m.

It's time for the annual jungle dance where all the creatures of the kingdom shake their respective tails. Shake your "tail" with Gerald the Giraffe as we read "Giraffes Can't Dance."

For information: 577-6395

All-American BBQ Oasis Pool and Water Park July 4 - 11 a.m. - 1 p.m.

MCCS will host its annual All-American BBQ. Join all MCLB Barstow patrons for free food, contests, pool fun, music and more.

For information: 577-6428

Story Time & Craft Library Building 17 July 8 - 10 a.m.

Join the farmyard dance-a-thon when the sun goes down at Farmer Sue's with a riotous, rhythmic dance and the reading of "Farmyard Beat."

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, which will be open to the public. MCCS is coordinating the event. Free yard sale space is available to all MCLB Barstow patrons. Reserve no later than July 9.

For information: 577-6675/6408

Spouse Social Oasis Pool and Water Park July 14 - 9 a.m.

Meet other spouses and learn about water safety. Don't forget your swim gear!

For information: 577-6675/6408

Story Time & Craft Library Building 17 July 15 - 10 a.m.

Read, roar, flap your wings, and dance while reading "If You're Happy and You Know It - Jungle Edition."

For information: 577-6395

Wellness Series July 15 - 1:00 - 3:30 p.m.

Learn coping skills for anxiety at the Marine and Family Programs Conference Room. To register: wellnessjuly2015.eventbrite.com.

For information: 577-6533

Chaplain's Bible Study Commanding Officer's Conference Room Building 15 July 15 - 11:30 a.m. - noon

Fellowship with others while learning to understand God through His Word in this short Bible Study.

For information: 577-6675/6408

Stork Club Desert View Housing July 16 - 10 a.m.

Join the New Parent Support group for moms-to-be and mothers of children 0 to 18. The topic will be the benefits of massage therapy, with brief massage sessions. Children are welcome.

For information: 577-6533

Story Time & Craft with Play Morning - Library Building 17 July 17 - 9 a.m.

Read "I Pledge Allegiance" for a patriotic-themed morning.

For information: 577-6395

School Transition Survey School Liaison Program

Participate in a brief survey about your PCS experiences with school-aged children. Your voice will have an impact on the future K-12 education support services offered at the base. Take the survey at surveymonkey.com/K12MarinesPCS.

For information: 577-5854

Energy Tip:

Replace shower heads with low-flow heads to save up to 230 gallons of water a week.

NTC's Brig. Gen. Joseph M. Martin visits MCLB rail yard

Story and photos by:
Keith Hayes
Public Affairs Specialist

The man who heads up the nation's largest desert warfare training center visited the largest railhead in the Department of Defense, located aboard Marine Corps Logistics Base Barstow, Calif., June 17.

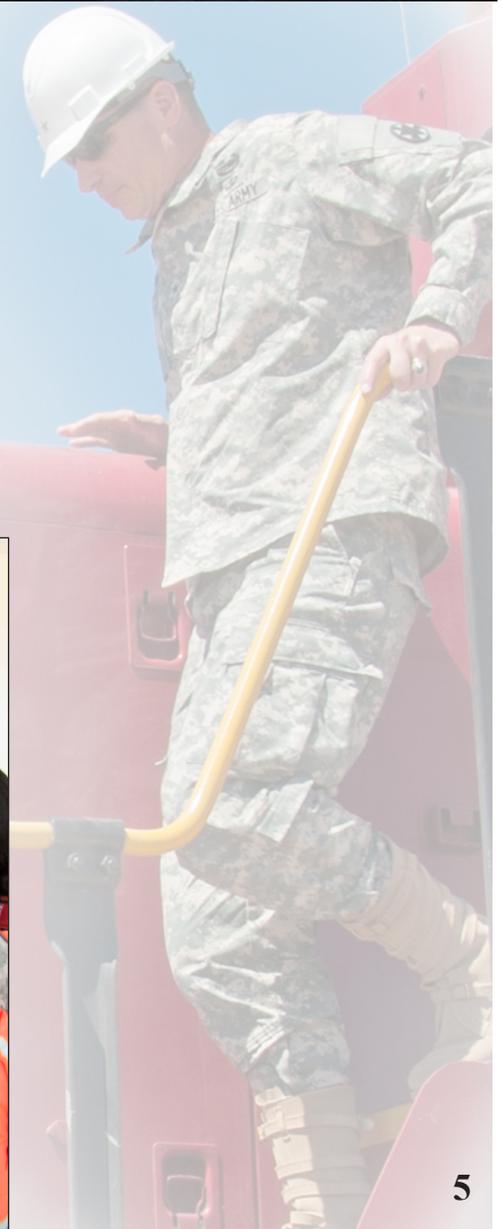
Brigadier General Joseph M. Martin, commanding general, National Training Center Fort Irwin, Calif., arrived at the base via helicopter and greeted Col. Michael L. Scalise, commanding officer, MCLB Barstow. Following a windshield tour of the facilities, Martin observed vehicles being loaded onto flatcars and secured by Soldiers. Martin said he had been to the base on other occasions, but this was his first as the commanding general of the NTC.

The Yermo Annex of MCLB Barstow is home to the largest network of rail lines dedicated to the movement of military-related equipment to and from the NTC for desert warfare training.

He also took the opportunity to take the controls of one of the 125-ton bright red and yellow locomotives used to transport rail cars loaded with tanks and other vehicles around the installation. Locomotive engineer Ben Salazar stood

by to show the general how to move the engine forward and backward, as well as which lever to pull to set off the train whistle. Although located aboard a Marine Corps facility, the locomotives are owned by the Army.

Martin also visited the billets for the Soldiers assigned to work rail operations. He spoke with Spec. Justin Roberts, a native of Kentucky, and Pvt. Bianca Davis from New York. The two are "red hats" who are responsible for the safe loading and unloading of the rail cars. 🐾



Fair winds and following seas:

Story by:
Cindy McIntyre
Editorial Assistant

When you meet Col. Michael L. Scalise, commanding officer of Marine Corps Logistics Base Barstow, Calif., and his wife Anne, you are immediately struck with how much alike they are. Their sense of humor is both disarming and genuine; they use their positions to empower others and are proud to give them credit; and they want, above all, to leave a positive legacy that will live on long after they're gone.

As Scalise likes to say, "We make our fighting hole better than it was. That's what Marines do."

On July 1, Col. Scalise will hand over command to Col. Sekou S. Karega, and the Scalise family will then travel to their new home at Camp Lejeune, N. C. to assume duties as the G-4 for Marine Corps Installations East at the general staff level.

When he arrived here in June 2012, Scalise knew he had big shoes to fill following former base commander Col. Daniel Ermer. "The reason Col. Ermer was so highly thought of is because he talked to the mayor and chamber of commerce," he said, "and I needed to do the same thing."

Scalise emphasized that his role as installation commander was to continue to develop partnerships and embrace the needs and concerns of the community. "We're the number two employer in the region, (Fort Irwin being number one. We (all) have the same goal, and that is to have an economically viable Barstow," said Scalise.

According to Julie Wilbanks, Family Readiness Officer and director of Marine Corps Family Team Building, the Scalises have a gift of building community, both on and off base. "The relationship with the outside community feels healthier and vibrant," she said, noting that base events hosted by the Scalises for the Barstow community were very well attended.

On base, however, there was a cloud hanging over the residents at Desert View Housing. "Anne felt it immediately when she came here," said Scalise. "She got a true sense of the atmospherics because they didn't know who she was." The residents didn't realize she was the new commander's wife. Even the idea of being stationed in Barstow, in the middle of the Mojave Desert, without the benefits of a large base or big city enticements, didn't appeal to many who received orders here, said Scalise.

The colonel and his wife decided to do something about these "negative atmospherics." He said, "It was by taking very positive people and putting them up front. Julie Wilbanks was one of them. She's a gem, a very positive person. I didn't know at the time she'd been in the billet only four or five months."



Anne Scalise worked with Wilbanks to reach out to the families and single Marines on base. She borrowed a saying from the Single Marine Program, and decided that the mantra would be "Barstow is in the middle of nowhere. Barstow is in the middle of everywhere."

"Julie had to work from nothing to build up that program," said Anne. The housing area was only about two-thirds full when Col. and Mrs. Scalise arrived.

"I wanted to be sure MCLB was inclusive, not exclusive," said Col. Scalise. "The Army has been welcomed aboard. They've been a great partner on this installation." Housing was opened up not only to the Fort Irwin Army personnel stationed at Barstow-Daggett Airport, but to anyone stationed at Fort Irwin. The Navy corpsmen assigned to MCLB Barstow also live in base housing.

Jill Crumpler, administrative assistant for MCFTB, and her husband, Chief Warrant Officer 2 Bryan Crumpler from Barstow-Daggett Airport, were glad they decided to live aboard base. "I was a little nervous," Crumpler said of being an Army spouse on a Marine Corps base. "But some of our best friends here are Marines. One of the Marines is getting promoted and asked my husband to do his promotion ceremony."

Crumpler said they enthusiastically recommend that other Army families choose to live here. "Everybody is supportive and helpful to each other," she explained. "You feel safe sharing (personal issues)." She said when she had a personal crisis recently, one of her Marine neighbors brought over meals and comfort, adding "That's what family does."

When Brig. Gen. Edward D. Banta, commanding general of MCI West-Marine Corps Base Camp Pendleton, and MCI West Sgt. Major Scott Helms visited MCLB Barstow for the Commander's Cup Golf Tournament this past March, their wives took a tour of the base with Anne Scalise. When they met with the military wives at the Desert View Housing Community Center, Anne was a little nervous, she revealed.

"I remember what it was like when I first came (here)," she recalled. Now that she is leaving, the Marine and Army wives were getting teary-eyed, but not for the same reasons they did when they first arrived.



A fond farewell to Col. and Mrs. Scalise

At that meeting, Scalise brushed away her own tears at the prospect of leaving a community she saw transformed and welcoming.

"All of you, especially Julie, have made this a good place to live," she said to the women in the room. "One person strives to make things better, and others join in. That's a success, and you all did it, so pat yourselves on the back. You're rock stars, making things better for people who come here in the future."

"This really is a Cinderella story," Scalise concluded. "It will be a hard place to leave."

Wilbanks said that all military families have similar needs, such as how to handle separation during deployment, finding out what schools are best, and where to find good medical care. So she initiated a monthly Barstow Military Spouse Network meeting to bring all the families together.

Getting more information about local schools into the hands of families was also a priority, said Col. Scalise. "First thing (families) do when they've got orders is go on a website and (find out) what the schools are like."

Deborah McGough-Fuller, School Liaison Program manager, created a database of school rankings and offerings so families could make fact-based choices.

"There are so many civilian gems that work on this base," said Col. Scalise. "We have people that are passionate about their work and passionate about the mission, and it shows. That passion is going to insure the longevity of this installation."

One of the most important contributions to Scalise's legacy is the transformation of the Rail Operations facilities at the Yermo Annex from a place for arrival and departure for military equipment and personnel, to a Department of Defense strategic asset.

"It is being briefed at the highest levels of TRANSCOM (U.S. Transportation Command) and SDDC (Surface Deployment and Distribution Command)," said Scalise. "This is at the three-star level in charge of TRANSCOM, and he knows about the capabilities of Barstow's rail line."

He continued, "We have the only rail operations training in the Marine Corps. To date we've trained 150 Marines, soldiers and sailors. It's a new capability on this base that we didn't have before Chad Hildebrandt."

Scalise also praised Karen Gray, base strategic planner, and the base operations personnel.



"(They) have made our ranges more flexible in support of the MEF (Marine Expeditionary Force). We've expanded some capabilities in areas that historically were not ranges. We've done all of that in an environmentally responsible way. That's where our environmental department with Jon Aunger has worked well, that partnership between the (S-3) shop and environmental."

He said Joe Dunn, base inspector general, has helped change the way the COIP (Commanding Officer's Inspection Program) is done.

"We're the only O-6 installation in the Marine Corps that meets the Marine Corps Order." Base inspections were formerly done by MCI West, but now they are executed by MCLB Barstow personnel, with augments from Marine Corps Air Ground Combat Center Twentynine Palms, Marine Corps Air Station Miramar, and MCB Camp Pendleton. "You get a superior product instead of coming in for 10 days, here's your report, I'm leaving."

Another change is the expanded training opportunities. "We upgraded the barracks 177 to offer the MEF a larger foot print aboard the base to train," he said. "It was used as the American Embassy for the Special Purpose MAGTF."

Not wanting to leave anyone out, Scalise ticked off a list of people heading up various departments. He wanted to be sure everyone knew what a good job they are doing.

"I was fortunate to have some superb Marines serve with me," he emphasized. "It's a challenge to get stationed at Barstow when you're a Marine. These

are Marines (who) are designed and built to go to war. While we've had some opportunities to deploy individually, the opportunity to deploy as a unit isn't there. This is not your traditional amphibious base, yet they come together. They're a very close unit as Marines. They take care of each other. I just can't say enough good things about them from the sergeant major down to the PFC (private first class)."

He and Anne, who is trained as an interior designer, also revamped the Gen. James L. Day Conference Center. Using discarded pallets, the base commander made shelving, a wine rack, and other fixtures to "church it up a little bit, to quote the sergeant major." He added, "My time is not any more valuable than anyone else's. We had good people looking in Indiana Jones' warehouse for some of the old things on the base. Some of that stuff I polished, some of it is at PAO (Public Affairs Office) in the historical gallery."

Scalise said his participation in the Mounted Color Guard will be one of his fondest memories. "I never rode a horse in my life," he said, "and they set me on the grumpiest, biggest, orneriest horse they have - Norman - but I really enjoyed that and I'm going to miss it." He said he's already made arrangements to continue riding horses with his daughter in their new home.

He added, "I knew nothing about installations until I got here. The skill set I will use at Camp Lejeune (is what) I've learned here at Barstow in its entirety. So, I'll be thinking about this base every day."

Even more, he said, he's going to miss the people.

"I've had a lot of fun living here," said Scalise. "We've had a great tour."



Historic howitzer heads to Quantico; M777 takes lead

Story and photos by:

Laurie Pearson

Public Affairs Specialist

As the M198 howitzer that made history during Operation Desert Storm heads to the National Museum of the Marine Corps in Quantico, Va., Production Plant Barstow continues to refine the refurbishing processes for its replacement, the M777 howitzer, aboard Marine Corps Logistics Base Barstow's Yermo Annex.

"The 777 replaced the 198 because it is a lighter weight howitzer capable of being airlifted by the (MV-22) Osprey," said Doug Van Dyke, ordnance repair supervisor at PPB with Marine Depot Maintenance Command.

The M198 howitzer weighs in at close to 15,000 pounds while the M777 howitzer, or "Triple 7," weighs 5,000 to 6,000 pounds, making it possible for the high speed MV-22 Osprey to transport the big gun, explained Van Dyke.

In great part the difference in weight is because the M198 is made of steel, whereas the M777 is made mostly of titanium, according to Michael Brown, artillery repair leader at PPB.

The M198, named "Damn Yankees," made history during the Gulf War in 1991. "It was the first gun to fire the first round downrange in Operation Desert Storm," said Brown.

Van Dyke explained that the National Museum of the Marine Corps has limited space for a display, so engineers will cut off part of the howitzer and mount it against a wall for greater impact.

Another key difference between the two howitzers is the lack of tritium in the sights of the M777 which caused a unique glow in the M198. Since it was a nuclear substance, some individuals were concerned about the potential impact of radiation on users. However, Van Dyke assures that the amount of tritium used was minimal.

With modern times came modern technology for the M777 as well. The newer howitzers are equipped with a Global Positioning System which communicates with a mission computer, said Van Dyke. The technology allows



The "Damn Yankees" M198 Howitzer, the first gun to fire the first round downrange during Operation Desert Storm, heads to the National Museum of the Marine Corps in Quantico, Va., after being refurbished at Production Plant Barstow, Marine Depot Maintenance Command, aboard Marine Corps Logistics Base Barstow, Calif., June 23. PPB is developing processes for refurbishing the M198's replacement, the M777 howitzer. Doug Van Dyke, ordnance repair supervisor, and Robert Pastella, artillery repair leader from PPB, reminisce about the days when the M198 was in its prime.

for very specific data to be entered into the system indicating what and where to shoot, distance, type of fuse and type of round. These advancements in technology alleviated the need to use the book-and-table methods used with the M198, he explained. Should all technology and power be lost on the M777, however, it is equipped with optical sights allowing for continued operation using old-school methods.

With the change in technology and equipment, PPB adapted its methods, equipment and processes to accommodate the new M777. The refurbishing process can encompass a wide variety of shops within PPB, such as machining, sheet metal, welding, non-destructive testing, optics, electric, communications, tires, painting, steam and blasting, decal and stenciling or silk-screening. Engineers have even devised a pull-back machine to test the M777 within the plant, rather than having to transport each M777 miles away to test it in the field. They have also devised a new method to bore and clean the barrels on location using pneumatic tools.

Whether it is M198 howitzers, M777s, tanks or transport vehicles, PPB is ready. "Once (the equipment) comes here, we are a one-stop-shop," concluded Brown. 🛠️



Doug Van Dyke, PPB ordnance repair supervisor, explains the cleaning and refurbishing process for parts of the M777 howitzer; shown below being prepared for a pull-back test.

AROUND MCLB BARSTOW



Photo by: Laurie Pearson

Julie Wilbanks, director of Marine Corps Family Team Building aboard Marine Corps Logistics Base Barstow, Calif. and Shelley Lamey, director of Semper Fit, teach military spouses to fix quick, healthy, vegetarian meals, June 22. The cooking classes provide an opportunity to learn new recipes and meal preparation tips, and build camaraderie among the spouses and their families.

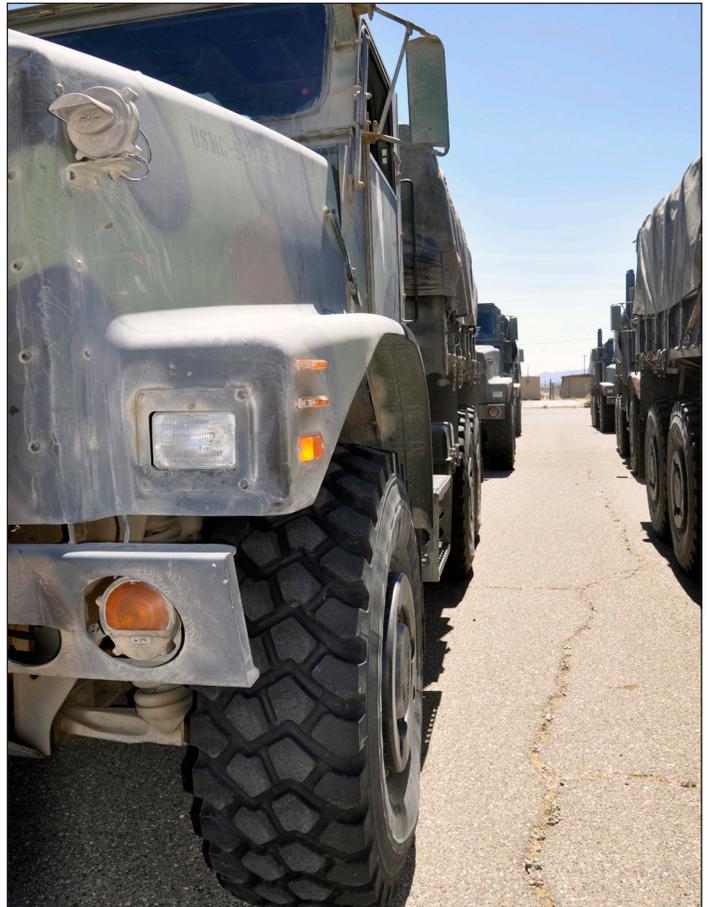


Photo by: Cpl. Norman Eckles

Seven-ton trucks with 23rd Marine Regiment, Marine Corps Base Camp Pendleton, Calif., await departure from Marine Corps Logistics Base Barstow's Fuel Farm, June 22. The Marines with the unit were conducting a training exercise for their motor transportation operators.



Photo by: Cpl. Norman Eckles

Sgt. Justin Mears, Marine Corps Martial Arts Program instructor trainer on Marine Corps Logistics Base Barstow, Calif., performs a rolling knee bar on Sgt. Jonathan Yager, supply clerk with Headquarters Battalion on MCLB Barstow, June 18. MCMAP is used across the Marine Corps to help Marines in a hand-to-hand combat environment. The program has five colored belts representing different defensive tactics.



Photo by: Marine Corps Community Services

The library's Summer Reading Program began with a Kick-Off Party on June 10.

AROUND THE CORPS

A look at the Marine Corps outside of Barstow



Photo by: Cpl. Ian Ferro

Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.-- Sgt. Charles Retter, motor transport maintenance chief, and Lance Cpl. Gustavo Arellano, radio operator, with 4th Medical Battalion, 4th Marine Logistic Group, Marine Forces Reserve, carry a casualty to an aircraft in a casualty simulation exercise

during 4-15 Integrated Training Exercise aboard Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., June 20. During the exercise Marines and Sailors worked together to perform a casualty rescue, where victims were extracted or boarded into an aircraft and transported to a field medical station.



Photo by: Capt. Justin Jacobs

Marines with Marine Corps Logistics Base Albany's Military Funeral Honors Detail conduct a military funeral for a fallen service member at Andersonville National Cemetery, Andersonville, Ga., June 10. The detail consisted of an eight-man team conducting the 21-gun salute, a bugler and a two-man flag team - a member of which presented the family with the folded national ensign upon completion of the ceremony. Marines attached to MCLB Albany conduct about 75 military funerals honors each year throughout the Southeast region.



Photo by: Sgt. Marcin Platek

StaffSgt. Byron England, a native of Johnson City, Kan., and a member of the Marine Corps Shooting Team, fires his M16A4 service rifle during a practice match May 7 at the Puckapunyal Military Area, Victoria, Australia, during the Australian Army Skill at Arms Meeting 2015. The MCST is comprised of 12 Marines with Marine Corps Base Quantico and Marine Rotational Force - Darwin to represent the Marine Corps in this year's competition.

Planning for retirement: DONCEAP can help

Submitted by:

Michelle R. Cunningham

Labor and Employee Relations, Human Resource Office

Live Happily Ever After

No two people have the same approach to retirement. Some look forward to the leisurely days of doing what they love, while others don't relish the potentially daunting life shift.

As people live longer after retirement, giving up work can be a wonderful opportunity to lighten the load and pursue a more joyful and meaningful life.

Learn how to plan for a healthy and stress-free retirement as you transition into life's next chapter.

Stay Positive

If just the thought of leaving work makes you feel anxious or blue, try looking at it from a new perspective. A significant body of research shows that embracing your later years with gusto can help enhance retirement years and make them more meaningful. Adults who enjoy the best psychological well-being post-retirement tend to be those who are truly engaged in their pursuits, such as volunteer work, continuing education, and regular physical activity.

Stay Connected

Social engagement is important throughout life, but it becomes even more crucial for staying well as you age. While loneliness is correlated with depression, socially engaging activities can increase your overarching sense of purpose and wellness. A study published in a 2013 issue of the *Journal of Aging and Health* found that retirees were more satisfied with life and less likely to be depressed if they engaged in volunteer work. And the research keeps mounting on how important social engagement is for one's physical health, too.

Contact your Department of the Navy Civilian Employee Assistance Program (DONCEAP) to learn more about preparing emotionally for a smooth retirement.

Services are offered as a FREE benefit to you and your family members, and are confidential within the limits of the law.

Five Ways to Save for Your Future

Here are five strategies to help you maintain a financially healthy and stable life after leaving the workforce.

1. Start with a realistic goal: Begin your financial planning by estimating how much money you'll need annually in retirement. Let's say it's 80 percent of your current income.

2. Save early; save often: If you haven't already begun saving for retirement, start stashing away a share of your monthly earnings

for the future. The earlier you begin to save, the more time your savings have to grow in value.

3. Seek help: Your employer can be a helpful resource for planning your retirement. Participate in the Thrift Savings Plan or another retirement savings account and contribute as much as you can.

4. Know your benefits: Starting at age 65, Social Security pays you an average of 40 percent of your pre-retirement earnings.

At the same age, Medicare helps pay for much, but not all, of your health care costs.

5. Ask questions: These tips are intended to begin guiding you toward financial stability. But you can also get individualized support from your DONCEAP. Call today for a free financial consultation.

Stuck in the Middle: The Sandwich Generation

As a working adult, taking the time to think about retiring is one thing. But, doing so can be more of a challenge when you're in the "Sandwich Generation" -- having to care for your children while you care for your aging parents. Here are three coping techniques to minimize your stress as a caregiver.

Put caring for yourself first:

It can be easy to forget about your own physical and mental health when juggling all of your caregiving responsibilities, but you'll be best equipped to care for those you love if you practice good self-care first.

Divvy up the load:

Trying to do everything yourself will only stress you out. Delegate some of your household responsibilities to your kids and ask your siblings to help care for Mom and Dad.

Talk it out:

If the stress of being a caregiver overwhelms you, venting your frustration might help. Friends, family members, or people dealing with similar situations can also act as your support system when the going gets tough. So, reach out and be willing to return the favor.

Your DONCEAP is also a great resource if you and your family need someone objective to talk with. Call our program specialists 24/7 for a FREE consultation.



The quickest and best way to contact DONCEAP is by calling 1-844-DONCEAP/1-844-366-2327

TTY: 1-888-262-7848

International: 001-866-829-0270

Online at: <http://donceap.foh.hhs.gov/>

