



PRO THE SPECTOR

Vol. 4 No. 6

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

March 26, 2015

**New Leadership
at Thrift Store**

**VPP MCLB
Albany**

**Prevent
Identity Theft**



On The Cover:

Front photo by: Cpl. Samuel Ranney

Personnel from the Defense Acquisition University visit Marine Corps Logistics Base Barstow, Calif., March 24. The tour included an exploration of the rail yard, a display of vehicles from Fleet Support Division and a tour of Production Plant Barstow, Marine Depot Maintenance Command. The visit concluded with a demonstration of an assault amphibious vehicle and a light armored vehicle on the Marine Corps' largest test track.

Back photo by: Carlos Guerra

Col. Michael L. Scalise, commanding officer, Marine Corps Logistics Base Barstow, Calif., practices firefighting techniques with firefighter Johnny Torgeson, March 25.



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

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Photo courtesy: MCCS Marketing

Marines on Marine Corps Logistics Base Barstow, Calif., participate in a golf tournament held by Col. Michael L. Scalise, base commanding officer, at the base Tees and Trees Golf Course, March 20. Lt. Col. Tom Favor, base executive officer, gauges his putt while Capt. Stafford Buchanan holds the flag and Capt. Robin Lee looks on. Marines built unit cohesion while brushing up on their golf skills and attending a barbeque afterward.

On the web

Website:

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

Follow us on:

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

http://www.twitter.com/#!/MCLB_Barstow



The screenshot shows the MCLB Barstow website interface. At the top, there's a navigation bar with 'SOCIAL MEDIA' and 'RESOURCES' sections. Below that, a list of resources includes 'Barstow Schools', 'EFMP', 'FOIA', 'Sexual Assault Prevention & Response', and 'Voting Assistance'. A 'COMMANDANT'S PLANNING GUIDE' section is also visible, with a tweet from @MCLB_Barstow. The main content area features a news article titled 'Exceptional employees, quit for a captain' by Cindy McIntyre, dated March 12, 2015. The article mentions a breakfast at the Maj. Gen. James L. Day Conference Center. Another article snippet is visible below, titled 'Expect the best but train for the worst' by Cindy McIntyre, dated February 19, 2015, mentioning a man killed and dumped by members of a police mob.



Photo by: Laurie Pearson

Fleet Support Division held its annual Chili Cook-off aboard Yermo Annex, Marine Corps Logistics Base Barstow, Calif., March 25. Left to right: Lance Cpl. Troy Wigington, judge; John Falkner, 2nd place winner; Stacy Decker, 3rd place winner; Vincent Chavez, 1st place winner; Benjamin Leslie, judge; Lance Cpl. Adrian Collier, judge.

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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
Jedediah Donahue

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

Passport to Volunteering March 30

Learn about representing the Marine Corps as a volunteer. Visit the Hobby Shop in Bldg. 375 from 9 a.m. until noon to discover opportunities to volunteer both on and off base. Training is sponsored by Marine Corps Family Team Building,

For information: 577-6675/6408

Easter Egg Hunt April 1

Bring your Easter Basket to the Easter Egg Hunt at Sorensen Field in support of Child Abuse Prevention Month. Festivities begin at 3 p.m. and include a family photo booth with a professional background and props. The egg hunt, sponsored by New Parent Support, begins at 4 p.m.

For information: 577-6533

Click for Babies April 6

Join New Parent Support at 9 a.m. in the Desert View Housing Community Center, and knit purple baby caps in support of the Period of Purple Crying Campaign, which seeks to inform parents that inconsolable infant crying is often normal, but something the babies will outgrow.

For information: 577-6533

Story Time & Craft April 8

Welcome spring with a craft, a giggle, and a splash at the Library, Bldg. 17, 10 a.m. Enjoy a reading of "April Fools Phyllis!" and "Tippy-Tippy-Tippy Splash!"

For information: 577-6395

Stork Club April 8

Eunice Vargas from Desert Sanctuary will speak on Child/Infant Safety, 10 a.m., Desert View Housing Community Center. Participants will also make Child Abuse Awareness bracelets. Children are welcome.

For information: 577-6533

Play Morning April 10

Come knit with your fingers in support of Child Abuse Prevention Month, 9 a.m., Desert View Housing Community Center. Yarn for purple hats is supplied

For information: 577-6533

Career Center

Check out the weekly employment listings from the Career Resource Center at www.mccsbarstow.com/careerresource, or call 577-6533

Self-Defense Class April 15 and 22

Self-defense training can help prepare responses to de-escalate or interrupt an attack. Sponsored by the Family Advocacy Program, the class begins at 6 p.m. at McCarver Hall.

For information: 577-6533

NO MORE 5K Run/Walk April 17

The 5K Run/Walk raises awareness for Sexual Assault Prevention and Response. It begins at the Beer Garden, and runs from 1:00 p.m. to 3:30 p.m. NO MORE is designed to galvanize change and radically increase awareness of domestic violence and sexual assault.

For information: 577-6533.

Free registration:
nomorerun2015.eventbrite.com.

Tutoring Center

Would you like to be a tutor? Does your child need a tutor? The School Liaison Program is offering a K-12 Tutoring Center in Bldg 126.

For information: 577-5854



WBGTI and Heat Condition Flag Warning System



Green Flag (WBGTI of 80 to 84.9 degrees F): Heavy exercises, for unacclimatized personnel, will be conducted with caution and under constant supervision.



Yellow Flag (WBGTI of 85 to 87.9 degrees F): Strenuous exercises or physical labor will be curtailed for unacclimatized, newly assigned Marine and Civilian Marines in their first 3 weeks. Avoid outdoor classes or work in the sun.



Red Flag (WBGTI of 88 to 89 degrees F): All PT or very strenuous work will be curtailed for those not thoroughly acclimatized by at least 12 weeks. Personnel thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.



Black Flag (WBGTI of 90 and above degrees F): All strenuous outdoor physical activity that is nonessential to mission accomplishment (including organized and unorganized PT) shall be halted.

What do I need to know about child abuse?

Courtesy of:
American Academy of Pediatrics

Child abuse is common. Newspapers and TV news are so full of reports about child maltreatment that you cannot help but wonder how safe your child really is. It is important to recognize the actual risks and familiarize yourself with the signs of abuse. Although abuse does occur outside the home, most child abuse occurs within the family. Risk factors include parental depression or other mental health issues, a parental history of childhood abuse, and domestic violence. Child neglect and mistreatment is also more common in families living in poverty and among parents who are teenagers or are drug or alcohol abusers.

Signs and Symptoms

It is not always easy to recognize when a child has been abused. Children who have been mistreated are often afraid to tell anyone. Sometimes they remain quiet because the person who abused them is someone they love very much, or because of fear, or both. A child who has been abused needs special support and treatment as early as possible. The longer the child continues to be abused or is left to deal with the situation on their own, the less likely they are to make a full recovery.

Parents should always be alert to any unexplained changes in the child's body or behavior. While injuries are often specific for an incident of physical abuse, behavioral change tends to reflect the anxiety that results from a stressful situation of any type. There are no behaviors that pinpoint a particular type of child abuse. The following are some signs to look for:

- Any unexplained injury (bruise, burn, fracture, abdominal or head injury)
- Genital pain or bleeding, as well as a sexually transmitted disease
- Behavioral changes that raise concern about possible abuse
- Fearful behavior (nightmares, depression, unusual fears)
- Abdominal pain, bed-wetting (especially if the child has already been toilet trained)

- Extreme sexual behavior that seems inappropriate for the child's age
- Sudden change in self-confidence
- Headaches or stomach aches with no medical cause
- Abnormal fears, increased nightmares
- School failure
- Extremely passive or aggressive behavior
- Failure to gain weight (especially in infants) or sudden dramatic weight gain
- Desperately affectionate behavior or social withdrawal

Long-Term Consequences

In most cases, children who are abused or neglected suffer greater emotional damage than physical damage. Emotional and psychological abuse and neglect deny the child the tools needed to cope with stress, and to learn life's lessons. So a child who is severely mistreated may become depressed or develop suicidal, withdrawn, or violent behavior. As he gets older, he may use drugs or alcohol, try to run away, refuse discipline, or abuse others. As an adult, he may continue to be depressed. Identifying a child victim is the first step. Recognizing the importance of early trauma to future development is crucial to assisting the victim. Not all abuse victims have severe reactions. Usually the younger the child, the longer the abuse continues, and the closer the child's relationship with the abuser, the more serious the emotional damage will be. A close relationship with a very supportive adult can increase resiliency, reducing some of the impact.

Getting Help

If you suspect your child has been abused, get help immediately through your pediatrician or a local child protective agency. Physicians are legally obligated to report all suspected cases of abuse or neglect to state authorities. Your pediatrician also will detect and treat any medical injuries or ailments, recommend a therapist, and provide necessary information to investigators. The doctor also may testify in court if necessary to obtain legal protection for the child or criminal prosecution of a sexual abuse suspect. Criminal prosecution is rarely

sought in mild physical abuse cases but will occur in cases involving sexual abuse.

Preventing Abuse

Parents need support and as much information as possible in order to raise their children responsibly. Support groups through local community organizations often are helpful first steps to diminish some of the isolation or frustration parents may feel. Parents who were themselves victims of abuse as children are in particular need of support. Confronting, addressing, and healing old wounds is often the best assurance that the cycle of abuse is not passed on to the next generation.

Personal supervision of and involvement in your child's activities are the best ways to prevent physical and sexual abuse outside the home. Always investigate if your child tells you he's been mistreated or if he undergoes a sudden unexplained change in behavior. Although you don't want to frighten your child, you can teach him/her some basic rules of safety in a non-threatening manner:

- Teach children to keep their distance from strangers, not to wander away from you in unfamiliar territory, to say "no" when someone asks them to do something against their will, and always to tell you if someone hurts them or makes them feel bad.
- Always remember that open, two-way communication with your child provides the best chance that you will know when a problem occurs.
- Emphasize that he/she will not get in trouble if they tell you about abuse or other confusing events.
- Emphasize that you need to know this to be able to keep them safe and that your child will be OK if he/she tells you.
- Instead of teaching children that they are surrounded by danger, teach them that he/she is strong, capable, and can count on you to keep him/her safe, as long as they can tell you about it.
- Teach children that it is not OK for adults to touch their body if they do not consent or understand what is happening. ★

MCLB Albany's 'V.I.P.'

Auditors deem VPP assessment 'Very Impressive Performance'

By: Joycelyn Biggs
Public Affairs Specialist
Marine Corps Logistics Base Albany, Ga.



William Womble, Risk Management Office, marks an uncovered hole for repair as Debbie Allen, Homeland Security Solutions Inc., watches, during a recent Voluntary Protection Program readiness assessment at Marine Corps Logistics Base Albany, Ga.



David Romero, safety specialist at Marine Corps Logistics Base Barstow, Calif. inspects equipment belonging to Eric Brown, Marine Corps Police Department, during a recent VPP readiness assessment aboard Marine Corps Logistics Base Albany, Ga.

“The excellence is not in obtaining the star, but is achieved by the commitment to safety, and with that comes the accolades of the star,” Romero said. “This base is committed to safety, and I believe you will earn a star.”

Although MCLB Albany received high marks from the assessment team, officials were advised there were areas that could use some improvement. One area mentioned was employee comfort with impromptu interviews.

“People around here know the answers to VPP questions,” said Mike Host, senior environment health and safety engineer, Department of Defense Safety Management Center of Excellence, Johnstown, Pa. “But when we did interviews, some could not articulate to us what they knew.”

Some of those questions included: What does VPP mean to you? What are the safety goals for this base? What are the four elements of VPP?

Host suggested everyone practice to become comfortable with answering those types of questions during informal interviews.

Host praised MCLB Albany on its ability to correct noted deficiencies on the spot.

“We pointed out a deficiency, visited another area, and when we walked back through, the problem was corrected,” he noted. “That is what OSHA will be looking to find.”

He said the assessment team will not expect perfection, however, they will expect errors to be corrected quickly.



A Voluntary Protection Program's Readiness Assessment Team ascended Marine Corps Logistics Base Albany, Ga. recently, to help the command rehearse for its Occupational Safety and Health Administration VPP on-site evaluation.

After visiting 27 different areas and interviewing 285 people, the five-person team determined the installation is on track to become a VPP star site.

“With my professional experience as a safety specialist and being affiliated with a star site organization, I see no reason why this base will not pass the OSHA VPP inspection,” said David Romero, safety specialist, Marine Corps Logistics Base Barstow, Calif.

The team used the same program standards OSHA uses and reviewed the same documentation OSHA inspects when they arrive.

Romero commented on how motivated employees were about safety. Everyone here is really concerned with being safe and not just passing an assessment, which he said was key.



NMCRS Thrift Store: New leadership highlights continued rewards

Story and Photos by:
Laurie Pearson
Public Affairs Specialist

With a new Chair of Volunteers at the helm of the Navy-Marine Corps Relief Society's Thrift Store on Marine Corps Logistics Base Barstow, Calif., a few things are changing, but the benefits of volunteering remain the same.

"Being a wife and mommy are two amazing jobs," said Serena Goodpasture, the new COV and spouse of a local service member. "But supporting my husband's (military) career while also trying to balance my own work schedule is a delicate dance."

With flexible hours Goodpasture is able to support her husband's career, focus on motherhood, and still meet her own personal needs.

"As a volunteer, I get to choose who I work for and what hours I want to commit," pointed out Goodpasture.

When she first began to volunteer at the thrift store on MCLB Barstow last year, it was to get out of the house and meet people.

"Sometimes the most organic way to make new friends is to jump in and get involved," stated Goodpasture.



Serena Goodpasture, the new Chair of Volunteers for the NMCRS thrift store aboard MCLB Barstow, Calif., assists Sgt. Evan Schoenwald, platoon sergeant with Fleet Support Division, in selecting just the right shirt. Goodpasture took over as Chair of Volunteers last month and is seeking more volunteers to support the store.

"It's insanely difficult to meet people, therefore, I make a conscious effort to reach out. I find the most sincere way to do that is to be proactive in the community."

By stepping away and tending to her needs, she finds a balance that she encourages other mothers and wives to embrace.

"Getting out once or twice a week made me appreciate being home more. It was a way to press that 'reset' button... and every mommy deserves a 'reset' button!" she emphasized. "Eventually, my volunteering snowballed into the beautiful (thing) it is today."

Goodpasture also points out that volunteer hours can help people gain valuable work experience. In an effort to get more volunteers to assist in the thrift store, she says the benefits can be applied universally to any person in any environment.

For some volunteers it helps to know that they are helping others.

"The thrift store really helps people, especially lower ranking personnel who may be going payday to payday," explained Wendy Strand, a volunteer at the thrift store on MCLB Barstow since 2004, and spouse to retired Marine Lt. Col. Danny Strand. One example she pointed out was the ability to stretch a tight budget.

"(Military families) can find new (or like new) pieces of clothing that fits into their penny pinching budgets," continued Strand.

"I love the thrift store," said Kymber Schoenwald, wife of Sgt. Evan Schoenwald, platoon sergeant for Fleet Support Division on MCLB Barstow's Yermo Annex. "It is such an awesome resource, especially (since) I have four kids and they are always growing. I love being able to go get nice clothes for all of my kids affordably."

She continued, "I love her (Goodpasture's) vision for the store, and how much easier it is to find things. And (she is) getting rid of the old stuff so you can see the new stuff. She is doing a great job!"

With more volunteers needed in order to support the store hours, Goodpasture encourages others to get involved.

"I don't care if they're volunteering for the good of their souls, or for the good of others," said Goodpasture. "I just care that they're putting themselves out there on their own accord. It's such a positive vibe that can be really contagious!"

To volunteer, or for more information about the thrift store, call 577-5870.



Wendy Strand, a volunteer at the Navy-Marine Corps Relief Society Thrift Store on MCLB Barstow, Calif., and Krista Cacace, an intern with Public Affairs, entertain five month old baby Sophia Schoenwald while her mother, Kymber Schoenwald looks for items for her military spouse and children. Strand has volunteered at the thrift store on MCLB Barstow since 2004.



If it's too good to be true: Identity protection in a computer world

Story By:
Keith Hayes
Public Affairs Specialist

Recently, emails from U.S. Department of the Navy computer security specialists have warned of ne'er-do-wells trying to gather information for the purpose of stealing identities.

Linda Schmidt, the Community Services personal finance program manager for Marine Corps Logistics Base Barstow, Calif., finds herself dealing more and more with attempted identity theft from "phishing" and "spear phishing" emails.

She indicated a recent base-wide email from the Navy Cyber Defense Operations Command warning of an attempt to spear phish personally identifiable information (PII) from 3,000 account holders of Navy Federal Credit Union.

The NCDOC warning reports victims are directed to a phony NFCU website and instructed to enter personal information or their accounts will be canceled.

"Phishing is an attempt by shady people to get information about you so that they can steal money," said Schmidt. "The crook sends out ten thousand emails looking for information, and if 20 people reply, then they have a pool of information they can use to steal money and they don't have to work for the next year."

Spear phishing is directed at a particular group of people, such as account holders with the Navy Federal Credit Union.

"If I have your name, your address, social security number, and your mother's maiden name," Schmidt warned, "which usually I can get from your social media such as Facebook, then I can find out anything about you that I want to know."

Within a week of that spear phishing attempt, Schmidt said a warning was sent out by Mary E. Foley, the director of the Department of the Navy Civilian Benefits Center (NCBC), about emails from a benefits and retirement planning company called Government Employee Services.

Schmidt said, "They were using scare tactics and improper information about the

Affordable Care Act, and erroneous claims of how the program would affect Federal Employee Health Benefits so that they could get people to sign up with Government Employee Services."

The good news is, she said, if somebody tries to steal the identity of a member of the military the problem can be easily fixed. "The Department of Defense has a record of what the service member was doing and where they were for every single day. So if you get a report that you bought a house on Tuesday in Virginia, the military can show that on Tuesday you were in California training in the desert."



A good ounce of prevention for military members is to put a lock on your information, Schmidt advised. "If you're a Marine about to go on deployment to Afghanistan, you can go to (one of the identity protection services) and to the credit reporting agencies and put your credit in deployment mode, which means you can't apply for credit. So they know if you're in Afghanistan and someone is using your credit, then it's not you."

Schmidt added, "People can do themselves a great favor by checking their credit report online at AnnualCreditReport.com. You're entitled to one report a year from each of the three major credit reporting industries, Experian, TransUnion and Equifax. Get a report from one of those credit reporting agencies every four months and examine them for errors. By law, if you find an error in one report and correct it, the credit reporting agency has to inform the others, and that allows you to correct all of your reports at once."

Schmidt emphasized, "It's also a great idea to occasionally check credit reports of your children. Social Security numbers are assigned at birth now, so if you have children, check their reports to ensure

someone is not using their identity for something." She said the majority of this kind of fraud is usually committed by family members.

She urged the use of common sense when responding to deals offered on the phone or via email or even regular mail.

"If you're offered a deal that is just amazingly wonderful, you should be cynical enough to wonder 'Why is this amazing deal only available to me? Why is this guy willing to give me a million dollars if I'd only send him \$20,000?' The answer is if it feels like it's too good to be true, it's too good to be true." Schmidt said.

There is also a much darker side to personal Internet security other than identity theft, she said. "The thing that scares me is the number of photos of little kids on the Internet identifying the child, if only by their first name."

Schmidt said the unintended consequences of posting those photos and names of children online can be disastrous. "With the child's name and photo and approximately where they live, someone can figure out where that child is, and nasty, rude people will use that information."

Posting information without proper safeguards is also courting disaster, Schmidt said.

"Look at my new car.' Now everybody knows you have a new car, or I'm going on vacation for the next three weeks, please come rob my house."

Schmidt continued, "You don't have to stop using social media, but use the security that's there, use passwords. Limit those who have access to various aspects of your personal online information."

And remember, Schmidt concluded, "No reputable business I know contacts you by email or phone. They always send a letter. So if it comes by email and they want to know something about you that's private, then just say no. Then if you need to fix it later you can. It's a lot easier to say no to someone legitimate than it is to try and unscramble your finances once somebody has stolen your identity." ★



WILDFLOWER SEASON IS HERE



Story and Photos By:
Cindy McIntyre
Editorial Assistant

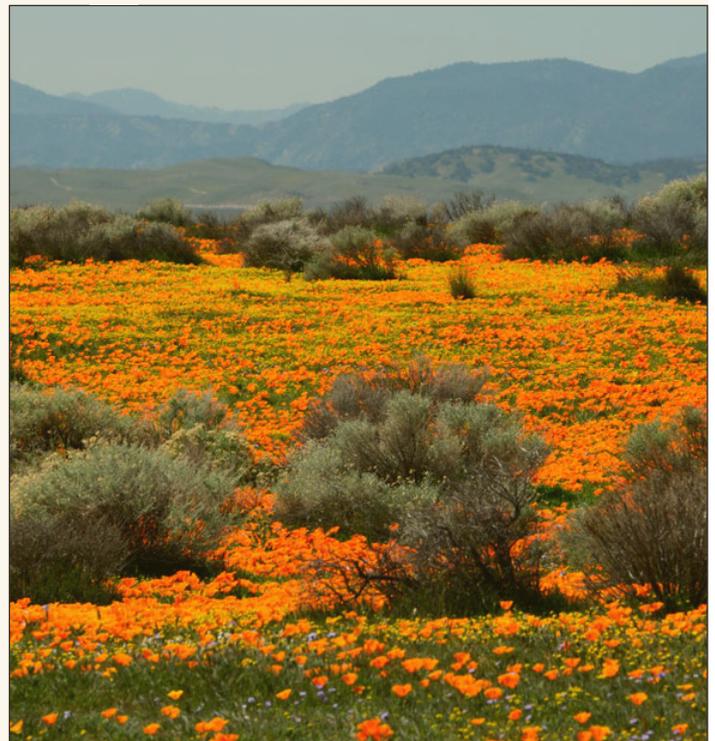
Drought or no drought, California's spring wildflowers are determined to make a showing. Some areas in the Mojave Desert, as well as the mountains and hills nearby, are noted for amazing blankets of color. Much of the desert right now has a sparse but healthy showing of a variety of flowers adapted to the uncertainty of rain.

Some areas within a few hours' drive of Barstow offer not only beauty, but hiking opportunities as well. The most breathtaking is perhaps the Antelope Valley near Lancaster, home of the Antelope Valley California Poppy Reserve. A recent visit to the Reserve found patches of orange poppies, purple notched phacelia, and yellow fiddlenecks. The hyacinth scent of grape soda lupines was also in the air. This state park offers eight miles of hiking trails, and charges a parking fee.

However, the most spectacular color was outside the reserve in patches so broad and vivid they could be seen from the main road. Many have dirt roads that take you four or five miles up into the hills where you can see carpets of color so blinding you'll think you were in the Land of Oz. No kidding.

Areas where the gold brittlebush, yellow bladderpod, and red chuparosa bushes bloom also offer bursts of color in an otherwise dry desert landscape. The cactus and ocotillo are currently flowering at Anza-Borrego Desert State Park, as are the Joshua trees and Mojave yucca in Joshua Tree National Park, with their huge creamy-green bouquets.

Check the Wildflower Hotline and various websites every Friday during wildflower season to find out what's blooming. Or just take your chances and head to a favorite park or wild spot. But don't wait too long. Bloom season is short, but sweet, in the desert. ★



State Park Wildflower Hotline: 760-767-4684

DesertUSA Southern California Wildflower Reports: <http://www.desertusa.com/wildflo/ca.html>

Antelope Valley California Poppy Reserve: http://www.parks.ca.gov/?page_id=627

Joshua Tree National Park: <http://www.nps.gov/jotr/planyourvisit/blooms.htm>

Theodore Payne Foundation for Wildflowers and Native Plants: <http://theodorepayne.org/education/wildflower-hotline/>

Anza-Borrego Desert State Park: http://www.parks.ca.gov/?page_id=638

AROUND THE CORPS

A look at the Marine Corps outside of Barstow



Photo by: Sgt. Jamean Berry

USS Anchorage, USPACOM, At Sea - A U.S. Marine engages targets from a UH-1Y Venom with Marine Medium Tiltrotor Squadron 161 (Reinforced), 15th Marine Expeditionary Unit, during Composite Training Unit Exercise (COMPTUEX) above San Clemente Island, Calif., March 20. COMPTUEX gives the Marines of VMM-161 (Rein) the opportunity to practice real-world scenarios and hone their skills.



Photo by: Lance Cpl. Khalil Ross

POHAKULOA TRAINING AREA, Hawaii - Cpl. Collin Osgood (left), a scout observer with 1st Battalion, 12th Marine Regiment, and Petty Officer 3rd Class KC Lorilla, a hospital corpsman with 1st Bn., 12th Marines, prepare a simulated casualty for evacuation. Staff Sgt. Christopher McFarland, a forward observer with 1st Bn., 12th Marines, simulates a wounded leg and arm injury as a UH-1Y Venom helicopter lands to conduct a casualty evacuation, March 12.



Photo by: Lance Cpl. Brittney Vella

Marine Corps Training Area Bellows, Hawaii - A soldier with Operational Detachment Alpha 1215, 1st Special Forces Group, Joint Base Lewis-McChord, runs off the back of a CH-47F Chinook helicopter while conducting a simulated combat dive mission in the water off of Marine Corps Training Area Bellows, Hawaii, March 16. The helicopter hovered over the ocean and allowed the soldiers to conduct a boat movement leading to reconnaissance of the beach and a raid in the training facility at Bellows.

Discover your benefits at the commissary

By: Nancy O'Neil,
DeCA public affairs specialist

FORT LEE, Va. – Most of us can appreciate saving a little cash on groceries. Whether single or a family of eight, every dollar helps.

“When service members show their military ID to shop in their commissary, it’s their ticket to savings on groceries and household items,” said Gary Frankovich, chief of strategic communications at the Defense Commissary Agency.

Frankovich says some service members may be leaving money on the table and not saving the most they possibly can from their benefit simply by not using features of the commissary’s website, www.commissaries.com.

“If you haven’t been to the commissary website lately you may be surprised at the number of sales, services and programs available to help you keep a little more of that green stuff in your pocket and in your bank account,” he added.

Here are some of the site’s highlights accessible from the menu bar at the top of the homepage.

Under the Shopping tab:

- Launched the spring of 2014, the commissary Sales and Events page features the current commissary sales flier. Shoppers can log in to confirm they are authorized commissary shoppers and see pictures of products on sale with sale prices. The flier changes every two weeks as products go on and off sale. The page also lists new products, and an Exclusive Savings link to coupons and other offers from commissary vendors.
- The Savings Aisle allows visitors to see every product on sale after selecting a specific store from the drop down menu. Medium and large commissaries will have more sale products listed because only products available in all commissaries – small and large – appear on the sales flier.
- The Commissary Rewards Card section explains the commissary’s hassle-free, online digital coupon program. Authorized shoppers can register their card and add coupons here.

- Other money-saving features include the ability to subscribe to the Commissary Connection e-newsletter, find dates and locations of future Guard and Reserve on-site sales and place an order for Commissary Gift Cards. There’s even a video explaining the Commissary Value Brands – one of the best ways to save in the commissary.



Under the Healthy Living tab:

- Find Better For You recipes and nutrition information
- Get Be Food Safe advice – such as how to avoid spreading bacteria when working with raw chicken
- See Cooking Tips, designed for anyone who wants to avoid meal preparation disasters or for those who simply want to know how to dress a Cincinnati Five-way Chili Dog.

Other homepage features include a Locations tab that makes it easier for site visitors to find a store. Each commissary has its own pages with hours of operation, telephone numbers, email addresses, directions and a place for the store director to add store news.

“The commissary is a benefit that military members have earned through service to their country and one the Defense Commissary Agency is proud to deliver,” Frankovich said. “There’s more to discover and many more ways to save at commissaries.com.

About DeCA:

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Commissaries provide a military benefit and make no profit on the sale of merchandise. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. By shopping regularly in the commissary, patrons save an average of 30 percent or more on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Stay Connected to Your Commissary Benefit:

COMMISSARIES.COM:

Visit www.commissaries.com to learn more about the Defense Commissary Agency. Check out the latest news, find a store near you, see what’s on sale, create a shopping list, learn of food and product recalls, scan employment opportunities, read frequently asked questions, submit a customer comment form online through DeCA’s Your Action Line and more.

COMMISSARY CONNECTION: Stay connected with the latest news about your most valued benefit, Hot Links to additional savings, shopping sprees, contests, commissary promotions, events and more. Go to www.commissaries.com/subscribe.cfm and subscribe to the Commissary Connection newsletter.

FACEBOOK: Visit www.facebook.com/YourCommissary, DeCA’s Facebook page, where you can post comments and share news, photos and videos. ★

