

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH



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 ACCESS TO OPPORTUNITY



#InclusionWorks

Make Inclusion a Core Value!



Equal Opportunity, Defense Equal Opportunity Management Directive



OCTOBER
2016

THE PROSPECTOR



Vol. 5, No. 19

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

October 14, 2016



On The Cover:

Front Cover: Keith Hayes

(Left) Firefighter Shaun Longlee, Marine Corps Logistics Base Barstow fire department, assists a student from the Child Development Center in operating a real fire hose as Fire Prevention Officer Michelle Bledsoe enjoys the moment during the CDC visit to the Fire Department Oct. 11. The visit was part of the Fire Prevention Week activities designed to promote and educate base employees and their dependents about the role they play in preventing fires.



Marine Corps Logistics Base Barstow, California
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Sgt. Maj. Sergio Martinezruiz, base sergeant major

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Photo by: Laurie Pearson

Captain Kendall Ignatz, commanding officer, presents Letters of Appreciation to LCpl Javier Castellon, Cpl Amir Mohamed from adjutant section for their participation at China Lake as walking members of the color guard.

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





Marine Corps Logistics Base Barstow

Barstow, California



SOCIAL MEDIA
RESOURCES

- School L
- EFMP
- FOIA
- Sexual A
- Voting A

COMMAND

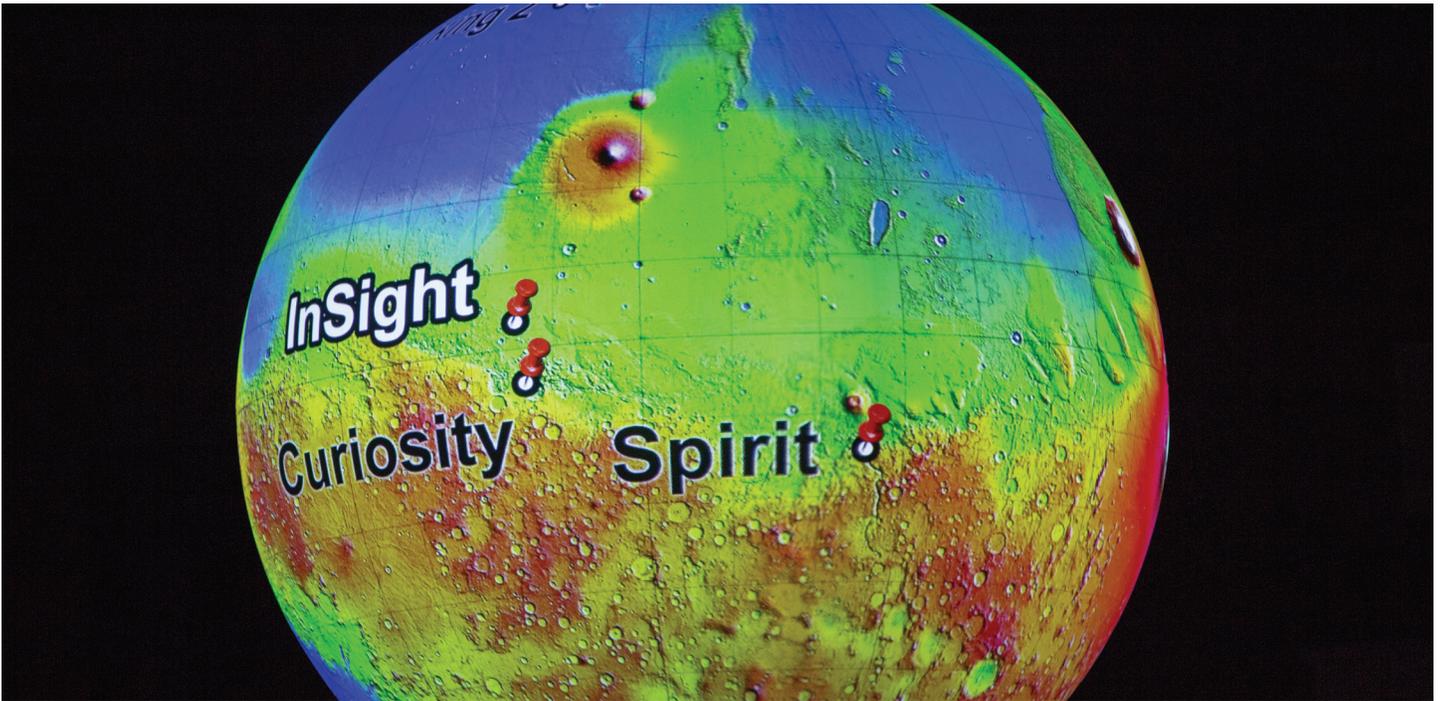


Photo by: Rob Jackson

Interested in science? In commemoration of 50 years of support to the Deep Space Network, on Oct.5 NASA presented its Science on a Sphere, an educational and visual experience depicting Mars, Uranus, Earth and the many areas the Viking Space Probe has been collecting data for years. The Science on a Sphere is currently on display at the Harvey House and is open to the public until late November.

Got news? Call us! (760) 577-6430

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News Briefs

Leave Share Program

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

Jacqueline Griffin
Stephen Martin
Yvette Costilla
Louis Trifos
Noah Glaza

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

Burn Your Own Steak Night
Sugar Loaf Bar
James L. Day Conf. Center
Thur. Oct. 20th
4 - 9 p.m.

Come to Burn Your Own Steak Night! The \$13.50 per person fee includes 8 oz., ribeye steak, salad, corn on the cob and baked potato. The grill is open from 4-7 p.m. Happy hour drink specials from 4-6 p.m. plus DJ music. Call 577-6264 for more information.

Health Benefits Fair
Nebo bldg. 375
8 a.m. - 11 a.m.
Yermo bldg. T598
Noon - 4 p.m.

A Health Benefits Fair is scheduled on both sides of the base October 18 during the time frames listed above. This fair is schedule to deliver information on specific health plans from the carriers only. Enrollment and changes will need to be done through EBIS. For more information contact Christina Trisler at 577-6252 or via email at christina.trisler@4 usmc.mil.

Play Morning
Community Center
Friday Oct. 14
9 a.m.

Come join in the fun! All active duty service members and their dependents with children are invited to come enjoy singing, stories, crafts and play-time. Make new friends and learn something new each week. For more information contact New Parent Support at 577-6533.

October is Energy Action
Month 2016

Energy Action Month is designed to bring attention to energy use and conservation. Some energy conservation habits and actions include: develop energy and water saving habits; talk to others about energy use; read materials that teach how to save energy and water, and understand how these resources impact the Marine Corps; consider how energy is used at offices, in warehouses, in vehicles, in barracks, and in homes. For more ways to save energy, go online at www.energy.gov or contact Tony Mesa, installation energy manager, at 577-6183 or anthony.mesa@usmc.mil.

Self Defense Class
Weds. Oct. 26
6 - 8 p.m.
Semper Fit Gym

All ages and skill levels are welcome to attend this free class. Even if you don't want to participate you can watch and learn how to be your own personal safety advocate. Registration is recommended at selfdefenseoctober2016.eventbrite.com. For more information call 760-577-6533 or visit www.mccsbarstow.com/prevention-education/.

Baby Boot Camp
Desert Housing
Community Center
Weds. Oct. 19
10 a.m. - 2 p.m.

Join the New Parent Support Program for expecting moms and moms of children ages 0-18 months for fun and entertainment. Children are welcome! For more information call 577-6533.

Fall Festival
McTureous Hall Lawn
Bld. 218
Thur. Nov. 3rd
5 - 8 p.m.

Come join in the fun! There will be carnival rides, petting zoo, photo booth and bounce houses. This event is open to all MCLB patrons and their families

DONCEAP
Free Benefits
Available 24/7

Employees today face challenges juggling work and family. It is not uncommon to become overwhelmed or stressed by relationships, school, health, finances, work, family or other issues which could impact your quality of life. The Department of Navy values its civilian employees and their families. The Department of Navy Civilian Employee Assistance Program provides a comprehensive support package to include work and life benefits such as childcare, finances, eldercare, identity theft and legal services, substance abuse treatment and more, at no charge. These services are confidential, within the limits of the law. Call or visit us online, 24 hours a day, 7 days a week, 365 days a year. Help is available whenever you need it at 1-844-DONCEAP/1-844-366-2327, TY: 1-888-262-7848/International: 1-866-829-0270 or via the internet at www.DONCEAP.foh.hhs.gov. For more information contact HRO at 577-6915.

October is Domestic Violence Awareness Month

Despite ongoing recognition of the negative effects of domestic abuse and the ongoing efforts to bring enlightenment, education and training to our Marines and their families, domestic violence remains a reality in our military community. Bystander intervention, or taking a stand against domestic violence, and participating in community awareness can have a lasting, positive affect on all of our families, and each individual within our community.

Recognizing the warning signs of an abusive relationship can help to end the cycle of violence. It is likely that someone you know is a victim of domestic abuse. The person may be someone you serve with, someone from your community, a family member or friend. It is important to realize that many causes and conditions contribute to domestic violence, and it takes more than the usual effort to reduce the risk. Without every one of us doing our part, we cannot say our Marine Corps is fully ready to meet the mission of preventing domestic abuse. Any time a Marine and his/her family suffers from abuse, we fall short of our goals for readiness. Therefore, the message to everyone in the MCLB Barstow Community is clear and simple:

SPEAK UP: BE PART OF THE SOLUTION

Healthy relationships don't just happen. They take time and effort and support. We all face relationship challenges at some point. We know how it feels to want help, but not know where to turn to get it. We must do our part within the community to give our support, and stand up for our neighbors and ourselves to end domestic violence. Respect and trust are the foundation for healthy relationships. We know that successful, lasting relationships also require integrity, honor, courage, commitment and selflessness. But a healthy, safe community requires that each of us speak up, and be part of the solution. No matter how tough times get, commit to living by core values and working through problems in a healthy way or by lending a helping hand when it is needed. Core values are lived and reflected in our everyday practices and interactions. Just as each branch of the military has a set of core values, so should every relationship within our community.

As a military community, we need to commit ourselves to ending domestic violence by supporting the system that holds offenders accountable, provides victims with help and support and continues to educate and train our Marines and family members on positive, nurturing relationships and wholesome family values. It is our job as a community to keep everyone safe. Even simple actions can make a difference.

Domestic violence hurts children emotionally, and may cause long term harm. Modeling healthy relationships at home and showing children that communicating in a positive way builds trust and respect is one way we can break the cycle of abuse. The effects of domestic violence leave physical and emotional scars and creates a destructive cycle of violence where oftentimes those who were abused or witnessed abuse, become abusers themselves. No one deserves to be abused, and anyone can be a victim.

With heightened awareness and strengthened prevention, we, as a Marine Community, uniting for this cause, can also help break the cycle of violence and ensure that our Marine Corps Community is one of safety for everyone. Take a stand to stop domestic violence. In an effort to battle and eradicate domestic violence, October is Domestic Violence Awareness Month.

Therefore, as Commanding Officer, I hereby proclaim October 2016 as "Domestic Violence Awareness Month" aboard Marine Corps Logistics Base, Barstow, California. I call upon all Marines, family members and Civilian Marines to put forth an effort to speak out against domestic violence, to support efforts to assist victims and to develop the personal skills necessary to eliminate domestic violence in our relationships and in turn, in our community, to create a safer environment for all. For more information contact the Installation Family Advocacy Program at 760-577-6533



SEKOU S. KAREGA
Colonel, U.S. Marine Corps
Commanding Officer
Marine Corps Logistics Base Barstow, California

Combat Fitness Test for real conditions

Story and photos by: Keith Hayes
Public Affairs Specialist



The Combat Fitness Test was administered to Marines aboard Marine Corps Logistics Base Barstow 7 Oct.

The Marines first gathered at the pre-dawn hour of 6:30 behind headquarters building 15 to take part in the first event officially called movement to contact, which is an 880 yard run.

Following the half mile run the Marines assigned to headquarters battalion massed on Sorenson Field to compete in two more events dubbed the (bottom middle) ammunition lift and maneuver under fire designed to simulate the tasks they are most likely to encounter in a combat zone.

There were several tasks within the maneuver



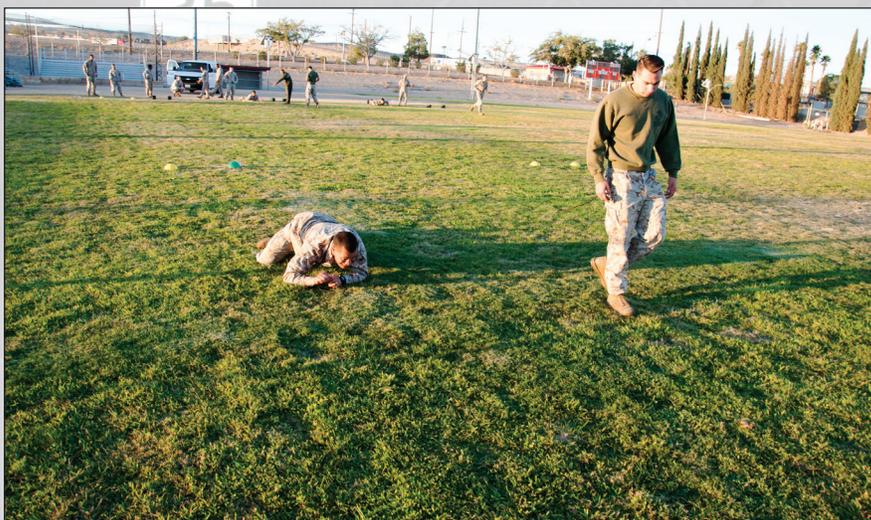
ions in battle



under fire portion of the CFT including the sprint, the high crawl, the diagonal run, (top left) the (buddy) drag, (top center) modified high crawl, (top right) the fireman's carry, (right middle) modified high crawl, (right bottom) the ammo carry, and the grenade throw.

All Marines were required to perform the same tasks regardless of age or gender, but the scoring of each event took in to account the age and gender of the participant.

At the conclusion, all Marines participated in the optional final event, the grab, lift and eat, that had all of the participants chowing down on breakfast provided by the senior noncommissioned officers aboard base.



Marine of the Quarter: Pfc. Jacob A. Brown

Story and photo by: Keith Hayes
Public Affairs Specialist

Private First Class Jacob A. Brown is the Marine of the Quarter for Marine Corps Logistics Base Barstow, Calif.

Brown is a clerk in the adjutant department aboard MCLBB.

This is the first time the Chicago native has achieved the title since he joined the Corps back in November of last year.

Brown believes he was selected as Marine of the Quarter for the 3rd quarter of calendar year 2016 because he feels he rises to the challenge and gets the job done.

"I guess people are noticing my hard work," he said. "There's been a lot of Marines (leaving) over the past few months and many times I'd be the only person in the office, and even though I'm brand new here I'm still able to hold down the shop and whatever they throw at me."

The 19-year-old Marine explained why he chose the Corps for his military service.

"I had a cousin who was in the Army," Brown said. "He said the Marines would be more of a challenge and they had a good reputation, so I joined."

He enjoyed the experience of boot camp at Marine Corps Recruit Depot Parris Island, N.C.

"I don't think it was hard," Brown said. "I think it was what you'd expect. Just people telling you what to do and you do it. They're just trying to see if you're a good fit for the Corps. I enjoyed (military combat training) at (Marine Corps Base) Camp Pendleton the most when I was throwing grenades. I met a lot of good people there."

Brown attended Personnel Administration School at Camp Johnson in Jacksonville, N.C., home of Marine Corps Combat Service Support Schools, before landing his first assignment at MCLB Barstow.

"I finished in the top ten in a class of 30," Brown said. "I had a really good time and met a lot of cool people."

"I'm good with numbers; that's one of the reasons I

like working in the Adjutant's Office," he said.

Brown said he will be taking advantage of the educational benefits the Marine Corps offers.

"I'm planning on using (the benefits) in the next couple of months so I can have that school background. Most likely I'll be going for a bachelor's," he said. "I'll probably major in accounting."

"I chose administration so when I ever got out of the Corps my knowledge of the admin (Military Occupational Specialty) would open the door for many civilian jobs," Brown said.

The one thing he will remember the most about being a Marine is the friends he's made.

"I've built bonds with so many people over the past few months than I think I did in my entire life and I still keep in contact with them and the friends that I made here in Barstow. It's been really nice," Brown said.

Being in the Corps has taught Brown a few things that will stay with him the rest of his life.

"I've learned to be more humble and know that there's always room for improvement," he said. "It used to be when somebody gave me advice I wouldn't listen to it as much, but now I believe that every bit of good advice can help you out a lot."

"For example, I wanted to get a really nice car, but people told me it's not a good idea to get an expensive car when you're a low rank like a Pfc. Start out with a car with lower payments and cheaper insurance that won't eat up your paycheck and you can still enjoy yourself," Brown said.

"I've learned to respect those who have more experience than me and to always be open to learning new things," he said.

Being at a desert base such as MCLBB has been a unique experience for Brown, who came from a big place, nicknamed the



(Left) Private First Class Jacob Brown waits for his turn to dive into a bag of warm breakfast foods after completing the Combat Fitness Test, Oct. 7, at Sorenson Field aboard Marine Corps Logistics Base Barstow. Brown is a clerk in the adjutant's office who was selected as Marine of the Quarter for Marine Corps Logistics Base Barstow for the 3rd quarter of calendar year 2016.

Windy City.

"Chicago is a colder place, and it's windy too, but the desert wind is no joke," he said. "In Chicago, buildings can block the wind, and you have someplace to hide behind to get out of it, but in the desert, you have nowhere to go, it's just open space. You just have to put your head down and do the walk."

All in all, Brown has really enjoyed being a Marine.

"I'd tell anyone the Corps is a good place to be," he said. "I'd tell them it's a great experience and will set you up in life, put you in a great place, looks good on a résumé and is a great foundation for your life."

"My family thinks I'm doing great things right now," Brown said. "They see that I could be very successful. Everything I do is for them. I just want my family to know that I'm doing what I have to do, so don't worry about me."

Brown shared some inspirational words his seventh-grade basketball coach told him that he's never forgotten and said it has shaped his personal philosophy about life.

Good, better, best, never let it rest, until your good is better and your better is best." 

Domestic violence prevention month

Story and photo by: Laurie Pearson
Public Affairs Specialist

As part of this month's focus on Domestic Violence Prevention and Awareness, Victor Rivas Rivers, an actor, athlete, activist and author was invited to talk with Marines and civilians about his troubled childhood and his road to survival and salvation during a presentation at the Maj. Gen. James L. Day Conference Center aboard Marine Corps Logistics Base Barstow, Calif., Oct. 6.

His life story is spelled out in his book, "A Private Family Matter: a Memoir" in which he portrays his life, racked with abuse at the hands of "the madman," his father.

"There were scars on my body I could identify and enumerate a chronicle of my thefts – marks given to me at ages four, five, seven, eight, ten, and so on – because, I was told, I deserved to be punished."

He recounted tales of verbal and emotional abuse, even kidnapping, which he and his siblings and mother endured at the hands of a violent, crazed man. Even their brief attempts to get assistance from law enforcement were unsuccessful with the police saying it was "a private family matter," hence the title of his book of memoirs.

Rather than follow in the footsteps of his father, as so many children do, Rivers embraced the help of those in his life whom he deems "angels" put in his path by God to help him, protect him, feed him and



Signs posted at the Desert Sanctuary portray unfortunate statistics regarding domestic violence during their open house held in Barstow, Calif., Oct. 5. Domestic violence remains the number one under reported crime in America.

guide him. Not all children are so lucky.

"Three quarters of society has either been a victim or know a victim of domestic violence," said Angelica Mora, victim advocate for MCLB Barstow. "What happens a lot is once the children see the abuse or once the children are abused themselves then that's when the victim feels like they can leave, or like they have a real reason to get out."

Unfortunately, the damage may well have already been deeply embedded into the child's behavioral

wiring.

"Sometimes the boys will identify with the aggressor," said James Maher, section head of Behavioral Health for MCLB Barstow.

"Sometimes when girls grow up in that type of environment, it's almost like it's normal and it's something that's almost expected."

"The younger the children are, the more it affects them," Mora said. "We tend to think that children are resilient and so they're going to be okay. The truth is, it has more of an effect on that infant than it will on an older child. You just don't see it until they get older. They become physically violent, or they have mental health issues or physical issues. It has been proven that children who live in homes where physical violence is present, if they don't get help for it, they tend to die younger. They have heart disease, etc."

Center for Disease Control published information about Adverse Childhood Experiences studies.

"If children grow up in a home with these factors, the more factors that are in the home, the more chances, not only that they're going to develop a mental health problem, but physical problem too, such as heart conditions, cancer," Maher said. "It's stress on the body and that stress will go to the weakest point in a body. Domestic violence is one of those factors."

"In a situation where maybe the parents are yelling and screaming at each other, the child picks that up, and it affects their nervous systems," Maher said. "Over time, if it's chronic, it can have long-term effects. Kids are forming an impression of the world at the time, and if they feel that the world is scary and frightening, then that's their view of the world."

Despite common assumptions, one in four women will be a victim of domestic assault in their lifetime, explained Mora, and one in seven men.

"It's a lot higher for men," she said. "They just don't report it as often. Three fourths of the population either knows somebody or has been a victim of domestic violence."

Another common misconception is that the victims are always women.

"Anyone can be a victim," said Col. Sekou S. Karega, base commander, as he introduced Rivers before his presentation. "No one deserves to be abused."

"There is some research posted on Facebook," said Carla Torres, licensed clinician at Behavioral Health for MCLB Barstow. "First it was a guy (attacking) a woman, and people would react, and come up to them and ask him what he's doing and ask if she is okay. When they reversed it, and the woman was beating on the guy, no one came up to her (to intervene) or to him to see if he was okay."

Whether it's a man or a woman, violence is unacceptable.

"In no

DV continued on page 10



instances should love hurt” said Rivers.

In an abusive relationship there is a common cycle: honeymoon, build-up then outburst. During the honeymoon phase, everything seems great and partners seem happy and in love, explained Mora. Then in the build-up phase, there is a building of pressure and stress in the relationship which then leads to an outburst which in the case of domestic violence becomes, over time, a physically violent act. Not all abuse is physical though.

In the cycle of abusive “Power and Control,” as described by The Duluth Model, abuse is outlined in several manners to include: emotional abuse; intimidation; isolation; minimizing, denying and blaming; threats regarding children or pets; coercion and threats against self or others.

The Duluth Model, was created in a small community in northern Minnesota as a way to change perspectives on how a community can work together to end domestic violence and they provide training to clinicians from all over the country. Opposite of the “Power and Control” wheel, is the healthy “Equality” wheel of non-violence which teaches the following: respect; trust and support; honesty and accountability; responsible parenting; shared responsibility; economic partnership; negotiation and fairness; non-threatening behavior.

“People can change,” said Maher. “They can change their belief system by first understanding why they farm the beliefs that they hold. Some people are

raised with a theory of dominance wherein respect is equal to obedience.”

This change is what Rivers embraced at the tender age of 15 while he was escaping his father’s wrath and embracing the kindness of people he calls his angels.

From a teacher buying him a meal card so that his father couldn’t starve him, or a friend’s father who happened to be an attorney, step-by-step, Rivers felt a pull toward a better life. When asked how to break the chain of abuse, Rivers said it was his Faith.

“I had faith in a higher power,” he said. “I had faith in myself.”

People reached out to him and taught him that he was a good human being worthy of being loved and worthy of loving in return. These lessons he now speaks about to others in hopes of encouraging them to follow in his shoes.

“Break that chain,” he said as if a call to action. If you’re not the one being abused, you may in fact be the angel in someone else’s life. Reach out to those in need.

Find or be an advocate for someone suffering abuse.

“Have faith,” he said. “Talk. Sometimes the best thing you can do for someone is to just listen.”

If you or someone you know are

in need of assistance, contact the Family Advocacy Program at 760-577-6533 or the Victim Advocate Hotline at 760-577-6484.

Also important to note is that there is help, for victims and abusers alike. 🐾



Artwork created by families participating in the art exhibit “A Window Between Worlds” is displayed at the Desert Sanctuary courtyard during their open house event held in Barstow, Calif., Oct. 5. The open house allowed Desert Sanctuary staff and members to thank community and service agencies for their support in assisting victims of domestic violence.

The stars come out



Susan Taylor poses with former actress Lee Meriwether, one of the stars of the original Star Trek series and 1955 Miss America, during the grand opening of the NASA’s Science on a Sphere event, Oct. 5. Meriwether was one of several stars of the show appearing at the event.

VPP Corner: Clutter causes casualties

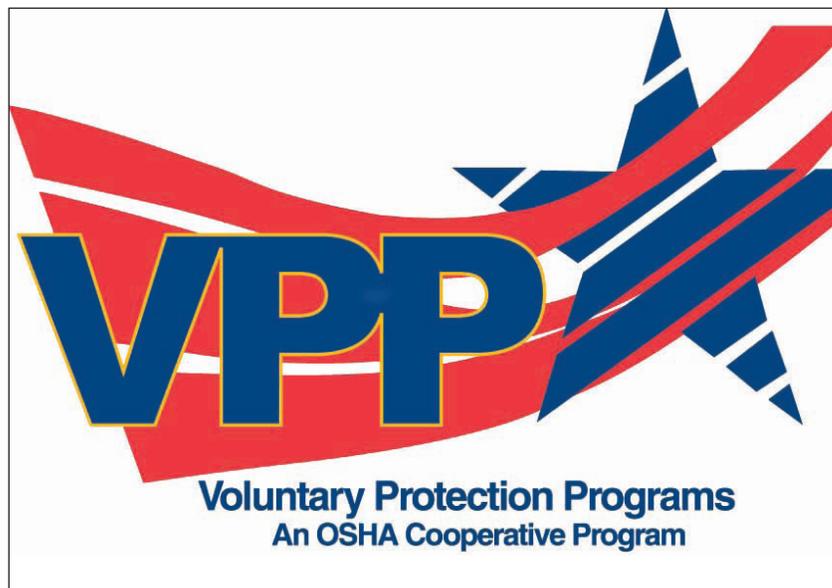
Submitted by: **Beth Claro**
Base Safety Office

What does housekeeping have to do with safety? Lots! A clean and orderly workplace is essential to avoid falls, fires and many other kinds of accidents and injuries. Good housekeeping is an essential element to a successful Voluntary Protection Program recertification.

Clutter and disorder contribute to many workplace accidents. Use this checklist to find and eliminate the hazards of poor workplace housekeeping:

- Floors are free of water, mud, grease, trash and waste materials.
- Traffic routes remain clear. They are free of tripping hazards such as electrical cables, hoses and stored materials.
- Exits and stairways are well marked. They are kept clear at all times, and are not used for storage.
- Fire extinguishers are kept charged according to a regular schedule. They are located where they will be easily accessible in case of a fire. They are not obstructed by stored materials.
- Trash cans are located where they are needed and are emptied regularly.
- Oily rags are disposed of in covered metal cans.
- Lighting is adequate for safety. Burned-out lights are replaced promptly.
- Supplies and materials

- are stored safely. They are stacked so they cannot fall.
- Any potentially hazardous materials are safely stored in the correct containers. They are correctly labeled and accompanied by Safety Data Sheets. Storage arrangements take into account the requirements of temperature, ventilation and humidity for various materials. Potentially incompatible materials are separated.
- Flammable and combustible materials are stored away from sources of ignition.
- Machinery is kept clean, free of oil, grease and dust.



- Equipment is maintained properly to prevent fires and accidents.
- Tools are cleaned and put away right after use. There are designated places for tools.
- Work stations are left clean at the end of the shift.
- Surfaces and equipment are checked regularly for hazards such as protruding nails and

- rough surfaces. These could cause accidents such as eye injuries, cuts and bruises.
- Stools and chairs are placed so they are not tripping hazards. They are kept in good repair. When chairs or stools are damaged, they are removed from service so they cannot be used accidentally.
- Drawers and cabinet doors are kept closed to prevent tripping accidents. Filing cabinets are filled from the bottom up to prevent them from tipping over.
- Any smoking is confined to certain designated areas.

Ashtrays are available and are used.

- Lunch areas are kept clean and free of trash. Washrooms are also kept clean and dry.
- Everyone takes responsibility for jobsite housekeeping. All employees know how to report safety hazards so

they will be corrected.

Remember, a safe workplace depends on each and every employee taking responsibility for good housekeeping to prevent fires, falls and other accidents. 🦁