FSB Employee Recognition Day
USO visits MCLB Barstow
Commander's Forum
FIGHTERs
BLOOD DRIVE

You can now donate Plasma or Double Red Cells at our blood drive! Sign up now!

PROUDLY HOSTED BY

Barstow MCLB

James L. Day Center, Building 38
Wednesday, June 16 from 11 AM to 4 PM in the conference room.

For appointments contact Summer Crank at 760.577.6478 or at summer.daems@usmc.mil

Blood donations (min. 36 days apart per donor) are tested for COVID-19 antibodies. These results may provide valuable insight into a donor’s potential past exposure to this coronavirus or an immune response developed after receiving a COVID-19 vaccine. For an exploration of your results, visit LifeStream.org/mybloodtestresults.

Donate and receive a special edition Fearless Fighters shirt, while supplies last.

To all the member of our community who are First Responders, LifeStream thanks and salutes you.

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Cover photo by: Jack Adamyk
Steven Ortiz, supply systems analyst, 1st Force Storage Battalion, goes down an inflatable water slide with son, Jaxson, during the Employee Recognition Day held on Marine Corps Logistics Base Barstow, California, May 25. This ERD marks the first event for 1st FSB that allowed face masks to be removed, if fully vaccinated.

On The Cover:

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

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On the web
Links in this publication are interactive in the online version

Website: http://www.mclbarstow.marines.mil
http://www.twitter.com/#!/MCLB_Barstow
A message to Marine Team Barstow:

MCLB Team,

The famous hymn, Amazing Grace poses, “Through many dangers, toils, and snares, I have already come; 'tis grace hath brought me safe thus far, And grace will lead me home.” Dealing with COVID-19 these last 16 months has been difficult on so many fronts – socially, emotionally, financially, psychologically ... and for some, medically. I’m grateful for the distinct light at the end of the tunnel. The infection rates, ICU capacity, and number of daily COVID deaths have all sharply declined as many in our society have become vaccinated. The elderly population and those with compromised immune systems have most notably been proactive in getting vaccinated. Effective 17 May, those who are fully vaccinated are authorized to take off face coverings while aboard MCLBB – this said, we fully support those who choose not be get vaccinated and instead continue to wear a mask to do their part to end the spread. Thank you to everyone, for continuing to remain mission focused throughout!

Promotions
- Lance Cpl. Cantu (Base)
- Gunnery Sgt. Garcia (1st FSB)

Congratulations!

New joins
- Sgt. Garcia (Base)
- Pfc. Aldapa (1st FSB)

Welcome aboard!

Recognition

The following individuals were recognized with awards for their character and achievement:
- 1stSgt Deanda: Navy and Marine Corps Commendation Medal
- SSgt Curtis: Navy and Marine Corps Achievement Medal
- Adam Maul: Length of service award (25 years) – 1st FSB

Well deserved!

Semper fidelis

Colonel Craig C. Clemans
Commanding Officer
Marine Corps Logistics Base Barstow
Bob Hope USO visits Barstow

Story by: Laurie Pearson
COMMSTRAT Chief

Military personnel, their families and civilian employees were treated to a Bob Hope USO barbeque held at the Beer Gardens aboard Marine Corps Logistics Base Barstow, California, May 21.

The event included food, music, games to play, and a video game truck where participants could compete for prizes and bragging rights. “The USO has been a great help to Marines worldwide,” said Gunnery Sgt. Cordarro Homes, headquarters company gunnery sergeant. “We are grateful that they selected MCLB Barstow to help bring Marines, civilians and families together. This helps with the transition of getting back to the norms around the installation.”

As pandemic protocols begin to lessen, allowing for Department of Defense personnel and families who have been fully vaccinated to forego the previously required masks, and to partake in more in-person events, this barbeque was a greatly appreciated celebration.

So far they’ve had an event at Marine Corps Airs Ground Combat Center 29 Palms. They also hosted a coffee event aboard MCLB Barstow, May 12, at which they invited base personnel to enjoy coffee and refreshments for an hour.

“Now that we have less restrictions, and more resources, we are really glad to be able to host a barbecue and help the Marines and their families (and other military personnel and civilians on base) enjoy some lawn games,” Ollila said. “We are looking forward to hosting a lot more events over the next several months in order to boost morale for those who work for our military.”
Highlighting resiliency during Mental Health Awareness Month

Life is riddled with challenges, especially over the last year, and Behavioral Health staff aboard Marine Corps Logistics Base Barstow, California, are highlighting the importance of resiliency during May, Mental Health Awareness Month.

“Resiliency is the ability for someone to bounce back from struggles, such as failure and loss,” said James Maher, Licensed Clinical Social Worker and Behavioral Health Section head. “Resiliency is recognizing that life is a roller coaster ride, filled with ups and downs, and embracing the conviction that you have the strength and ability to take the ride.”

One of the things that helps people gain and maintain that resiliency is to find a sense of purpose.

“There will be times in everyone’s life that will be painful or frustrating,” Maher said. “Whether that purpose is driven by faith, nature, family, or helping others, there are endless options. The idea is to focus outside of one’s self, rather than thinking in terms of ‘me, me, me,’ but rather focusing on something bigger than the self. Have a sense of purpose helps people get through difficult times.”

Self-care is another way to enhance one’s resiliency. This will look different to everyone. What works for you? Self-care comes in four general categories: Physical; Psychological; Social; Spiritual.

Physical self-care may include ensuring medical well-being, getting a massage, or a manicure and pedicure.

“It could also include eating healthy meals, and exercising,” said Jesica Grow, New Parent Support Program coordinator, Family Advocacy Program clinician. “Psychological self-care might be taking stress management classes which we offer, in order to learn how manage stress so that you can deal with difficult situations, which we know we all go through, in a manner like we wish to handle it.”

Social self-care might include attending events such as the USO BBQ which took place on base May 21, so that you can get out of the house, socialize with others, listen to music and engage in some of the games with friends and family. Spiritual self-care could be attending church services, or hiking in nature, or whatever moves you personally to feel grounded and healthier.

“Having faith means believing in something outside of the self,” Maher explained. “It helps people to bounce back and not dwell on negative situations too much. It allows us to focus on the positive more and to try to find the silver linings in things, rather than turning to things like drugs or alcohol to cope. It’s allows for a sense of confidence that a person can find something better in time.”

This does not mean that someone is delusional, and believes that life is wonderful all the time. Rather, they gain a sense of confidence in themselves, that they’ll have the ability to get through tough times.

“We want to help people move beyond surviving and on to thriving in life,” Maher said. “One of the things we can help teach people is a process of ‘self talk and locus of control’ which helps a person acquire an internal locus of control and involves developing positive self-talk to remind one’s self that they are capable of handling life’s challenges.”

Strategies to improve self-talk

Story by: Laurie Pearson
COMMSTRAT Chief

MAY
IS MENTAL HEALTH AWARENESS MONTH
#breakthestigma
Mental Health Awareness Month

include:
• Identifying though patterns
• Challenging negative thinking
• Replacing those negative thoughts with more positive and constructive thoughts

“The idea is to replace the negative self-talk with more realistic appraisals, using less emotionally-charged wording, changing negative situations to neutral or positive events, and converting self-limiting statements to thought-provoking questions.”

Examples of Negative vs. Positive Self-Talk:
• “There’s no way I can do that!” vs. “I can take some deep breaths and stay calm.”
• “Life isn’t fair!” vs. “I don’t have to figure out everything right now.”
• “Why me?” vs. “I can ask for help. That makes me strong, not weak.”

“Another way to build resilience is to make meaningful connections,” Grow said. “Developing healthy relationships, and accepting support from those who care about you and will listen to you strengthens your resiliency. It’s also important to accept that change is part of living. Certain goals may no longer be attainable, as a result of circumstances, so perhaps it is time to focus on what you can alter, and new goals.”

Small steps in the right direction are better than no steps, or steps in the wrong direction. Set and move toward a realistic goal. What is one thing you can accomplish today that will help you move in that desired direction? It is also important to nurture a sense of optimism and find sparks of hope.

“It’s like the song in the movie ‘Trolls’ called ‘Get Back Up Again!’” Grow said. “When life knocks you down, you just get back up again, and you repeat that over and over again. You get back up and you learn from it, and you move forward.”

“One of the classes we teach is about Mindfullness,” Maher said. “It’s about focusing on the here and now, and helping to build one’s resourcefulness. It helps to remove fear of the past or future, and focus on what they’re doing at that moment in time. People can develop this skill through various techniques, to include listening to music, or creating art, or meditating. We can help explore what works for the individual.”

Another of the ways to build resiliency, is to exercise forgiveness.

“It’s important to forgive, which doesn’t mean you have to forget,” Maher said. “Forgive yourself or others, and make a choice to move beyond the anger, resentment or revenge. From there, you can learn to move on.”

Sometimes it is a matter of digging deep and learning to grow out of the adversities through something called Posttraumatic Growth Syndrome. A person can use the momentum of an adverse situation to create positive changes in their life after struggling with a life crisis or traumatic event.

“We can help people learn about the coexistence of suffering and growth,” Maher said. “We can challenge them to decide what they want to turn their pain into. Or challenge their decision to be bitter, or be better. Posttraumatic growth comes from the struggle to cope with the trauma, not from the traumatic event itself.”

The bottom line is, you are not alone. If you, or someone you know, is struggling, reach out. Call the Behavioral Health Section at 760-577-6533 to schedule an appointment or to sign up for a class. If there is an emergency mental health crisis, call the 24/7 support line at 760-577-6484 where someone is always ready to help you. If you are a civilian in need of support, contact the Department of the Navy Civilian Employee Assistance Program at 1-844-DONCEAP (1-844-366-2327) or https://magellanascend.com. Another resource on base is FOCUS.

UCLA offers a resilience training program for Military Families here on Base., called FOCUS (Families OverComing Under Stress). LaNella Mayberry is the Resilience Trainer and located in Bldg 126 and phone number is (760) 577-5882. FOCUS builds healthier, happier and stronger couples and families and one of its mottos is “don’t just get by, get stronger.” www.focusproject.org.
1st FSB celebrates outstanding performers

Ryan Reyes, 1st Force Storage Battalion, was recognized as the Contractor of the Year for his contributions, during the unit’s first Employee Recognition Day since pandemic held at Marine Corps Logistics Base Barstow, California, May 26.

Photo by Jack Adamyk

Rick Garcia, 1st Force Storage Battalion, was awarded a Certificate of Appreciation for his contributions as supervisor of Central receiving Issue and Accountable Property Office supervisor, during 1st Force Storage Battalion’s Employee Recognition Day held at Marine Corps Logistics Base Barstow, California, May 26.

Photo by Jack Adamyk

Ginny Ludwikowski, 1st Force Storage Battalion, was awarded a Certificate of Appreciation for her contributions, during 1st Force Storage Battalion’s Employee Recognition Day held at Marine Corps Logistics Base Barstow, California, May 26, 2021.

Photo by Jack Adamyk

Sgt. Cheng Vang (right), supply administrator, tosses a beanbag during a game of cornhole during 1st Force Storage Battalion’s Employee Recognition Day held at Marine Corps Logistics Base Barstow, California, May 26.

Photo by Jack Adamyk

Marines and Civilian Marines of 1st Force Storage Battalion came together for the unit’s first Employee Recognition Day held at Marine Corps Logistics Base Barstow, California, May 26.
While COVID-19 most frequently affects the lungs, other parts of the body may also be impacted, such as a loss of taste and smell. For a smaller number of people, instances of hearing loss are emerging, according to the International Journal of Audiology.

Of equal or greater concern is that some people with hearing loss may be opting to delay treatment, in part due to COVID-19 exposure concerns with in-person medical appointments for testing and care. While hearing aid sales reached nearly 3.5 million in 2020, that represents a significant decline compared to the previous year, which may be attributed to the fact that the average person with hearing loss waits seven years before seeking treatment.

Hearing loss is the third most common chronic condition among older Americans, affecting more than 48 million people nationwide. Hearing loss may become even more widespread in the future, in part because of an aging population and the frequent use of earbud headphones, which can contribute to noise-induced hearing loss.

Here are five tips to consider related to hearing loss during the COVID-19 pandemic and in the future:

- **Prevent Hearing Loss Before It Starts.** Our ability to hear declines naturally as we age, especially among people over 65. But exposure to loud sounds – both one-time and cumulatively – can contribute to noise-induced hearing loss. To help reduce your risk, consider limiting exposure to loud sounds and the use of earbud headphones, especially when listening to music or movies on a mobile device. Consider over-the-ear headphones – especially models with noise-canceling properties – as those are generally considered a better option than earbuds. When using earbuds, follow the “60/60 rule”: listen for no more than 60 minutes at a time and at no more than 60% of the player’s maximum volume.

- **Look for Signs of Hearing Loss.** For some people in the early stages of hearing loss, there is an expectation – and hope – the problem will resolve itself or improve eventually. The reality is hearing loss tends to gradually worsen over time without treatment. Unlike a broken bone or other physical injury, hearing follicles don't regrow or repair themselves. Once someone has hearing loss, the most effective treatment is usually hearing aids. Common signs of hearing loss include turning up the volume on the TV or radio to levels that others find too loud, having trouble hearing people on the phone, and difficulty following conversations in noisy environments.

- **Evaluate Testing Options.** Online hearing screeners can help people identify potential signs of hearing loss and start the process for accessing care. Meanwhile, some primary care physicians are starting to offer hearing testing, making it more convenient to follow recommended guidelines, which include being screened at least every decade through age 50 and then at three-year intervals thereafter. Consider checking with your employer-sponsored or Medicare Advantage health plan, which may be able to connect you with an audiologist or hearing health professional for testing.

- **Recognize the Risks of Avoiding Treatment.** While some people may think diminished hearing is merely a nuisance or a sign of aging, it can have a significant impact on people's overall health and well-being. For instance, people with hearing loss are 32% more likely to be hospitalized and have a 300% greater risk of falling, according to the Better Hearing Institute. For people in the workforce with hearing loss, the condition reduces household income by an average of $12,000 per year; the use of hearing aids can mitigate up to 50% of that loss. Importantly, people with hearing loss who obtain treatment experience...
DeCA's Memorial Day Specials

Story by: Kevin Robinson
Public Affairs Specialist

Fort Lee, Va. – As America remembers the sacrifices of fallen service members during Memorial Day, the Defense Commissary Agency is taking this time to redouble its efforts in serving the military, the agency director said.

“Memorial Day reminds us that we can never forget the sacrifices of our military members who paid the ultimate price in service of our country,” said Bill Moore, DeCA director and CEO. “On this day, we rededicate our efforts to be THE grocery provider of choice for our eligible patrons – delivering a vital benefit exclusively for our military community and their families.”

Memorial Day is considered a personal observation for the men and women of DeCA because so many have a connection with the military community they serve, said Marine Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the agency director. “Many of our commissary workforce – nearly 65 percent – have direct ties to the military as spouses and other family members, reservists, military retirees and veterans,” Saucedo said. “So for us, this day is personal and reminds us that we owe our military communities our best as we deliver their benefit.”

Saucedo encourages commissary patrons to access the DeCA website and check out the Savings Center for current promotions, featured recipes, “Your Everyday Savings” items, the current sales flyer, commissary store brands and digital coupons with the Commissary Rewards Card.

The following sales promotions offer more opportunities to save just in time for Memorial Day:

- **Military Appreciation Month Sidewalk Sales.** Stateside commissaries continue to hold weekend sidewalk sales, with many scheduled sometime between now and May 31, featuring extra savings on a variety of everyday items. As a bonus, over 60 Commissary Store Brand items will be offered with average savings of 20 percent over already low prices. Selection and sale dates vary by store and event dates are subject to change. Patrons can check their store’s web page for sale dates and hours or talk to their store manager for more details or updates. Overseas stores may have their own special sales based on what they have on hand.

- **“Celebrate the Savings.”** Commissary customers can get $25 off their next shopping trip when they buy $75 in participating Procter and Gamble (P&G) products and scan their Commissary Rewards Card at checkout. Qualifying purchases must be made in a single transaction through June 13. The $25-off digital coupon will be added to their rewards card and must be redeemed by June 30.

- **Savings on children favorites.** The commissary is offering savings on select items for our younger customers: Freedom’s Choice juices; Yoo-hoo Cartons – 21 percent savings; Hawaiian Punch – 18 percent savings; Freedom’s Choice Mac-N-Cheese – 15 percent savings; Motts Apple Juice – 15 percent savings; and Caprisun – 10 percent savings. Savings available May 24 - June 6.

- **Deals on snacks.** Check out your commissary to save on the following: Jollytime Popcorn and Soda – 46 percent savings; Ritz Crackers – 30 percent savings; Pringles and Hutches – 29 percent savings; Ritz Chips – 20 percent savings; Pace Salsa – 21 percent savings; and Cheez-Its – 20 percent savings. Savings available May 24 - June 6.

- **Cat treats.** Don’t forget your pets: Purina Cat Treats – 25 percent savings. Savings available May 24 - June 6.
Barbecue savings. Commissary customers can grab savings while they last on the following items: Ziploc Storage Bags – 53 percent savings; Kingsford Charcoal Lighter Fluid – 37 percent savings; Dixie Bowls and Plates – 36 percent savings; Kings Hawaiian Rolls – 28 percent savings; Bush Beans – 24 percent savings; Heinz Relish, Pickles, Vinegar and Mario Olives – 20 percent savings; and Sparkling Ice – 10 percent savings. Savings available May 24 - June 6.

Special Memorial Day promotions. Check out these special industry promotions in time for Memorial Day:

- **Mini loaf of French bread (May 25-31)** – check store availability

- **Boar’s Head new Pitchcraft slow-smoked turkey breast and American cheese (May 26 - June 1)**. Save $1 per pound where Boar’s Head meats and cheeses are available. While supplies last.

- **Super Soda Sale** – Coca Cola, Pepsi, Dr. Pepper and Canada Dry. Save an average of 44 percent (May 27 - 31)

- **Fresh meat savings through Power Box purchases**. Commissary customers can save up to an additional 25 percent on the following beef and pork packages. Check with your meat department to learn more about these sizzling offers:
  - Tailgate Special Power Box offers about 19 pounds of different cuts of beef and pork
  - Economy Power Box offers about 15 pounds of different cuts of beef and pork
  - Healthy Alternative Power Box offers about 16 pounds of different cuts of beef and pork
  - Fix it and Forget It Power Box offers about 15 pounds of different cuts of beef

**Organic meat savings.** Deal of the Week promotions will be available in stateside stores, including Alaska and Hawaii. Stores will be promoting organic tenderloins, ribeye and striploins while quantities last.

**Commissary Store Brand promotions.**
Throughout May, stateside stores only, Freedom’s Choice products will be on sale while supplies last: 48-ounce ice cream varieties; 4-pound Boneless Skinless Chicken Breast; 16-ounce bottled dressings; and 12-ounce Pasta Shells & Cheese and Mac & Cheese Deluxe Dinners.

“As we observe Memorial Day, we at DeCA can do no less than provide value and convenience, while delivering superior customer service and the items patrons want at the best possible savings,” Moore said. “We hold ourselves accountable and are committed to exceeding our patron’s expectations as we deliver their commissary benefit.”

**COVID, cont. from page 9**

a lower risk of falls, dementia and depression, as compared to individuals who delay treatment. Consider Virtual Care and Home-Delivery Options. Some new regulations and companies are changing the way hearing aids are sold, helping to bring down costs. Through home-delivery options, people may be able to purchase quality, custom-programmed hearing aids for less than $1,000 per device – a potential savings of up to 60% compared to devices sold through traditional channels.[2] As technology has improved and programming has become more precise, people with hearing test results may be able to order custom-programmed hearing aids, have them delivered to their doorstep and then adjusted virtually through a smartphone, potentially avoiding the need for in-person appointments with hearing health professionals.

About 80% of people who could benefit from using a hearing aid do not actually use them, often because of cost, limited knowledge, or lack of access to a hearing health professional. By considering these tips, people may be able to maintain or improve their hearing health and contribute to their overall well-being.
MARINE CORPS LOGISTICS BASE BARSTOW

To preserve the health and welfare of base employees and to help limit the spread of COVID-19, the following are changes to base activities and areas of

**Postponed or closed**
- Self defense
- Spin
- Pass & ID Nebo 101
- Pass & ID Yermo 406
- Swim lessons
- Play mornings
- Wellness series

**MFP Virtual Events**
For a list of MFP virtual events, dates, times and links, contact Beth Simpson, MFP coordinator, 760-577+6675, or visit https://www.facebook.com/MCFTBBarstow/

**Modified hours and services**

**Leatherneck Lanes Bowling Center & kitchen open w/modifications:**
- Call 760-577-6264 for hours, reservations (recommended) and to place a food order.

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

**Semper Fit Gym:**
- Unmanned hours for all permanently assigned DOD employees on base begin Sept. 16. Call 760-577-6812 to make an appointment to register your CAC ahead of time.
- Combat room CLOSED.

**SMP/Rec. Center:**
- Single Marines only, no guests - Mon. - Fri. 11 a.m. - 1 p.m. and 3 p.m. - 7:30 p.m.
- Closed Thursday nights, as well as Sat. & Sun. during COVID restrictions.

**Oasis Pool and Water Park:** CLOSED FOR THE SEASON

**Route 66 Cafe:**
- Open for dine-in and take out. Can also call orders in ahead at 760-577-6428.

**Commissary:**
- Open every Tues. 9 - 9:30 a.m. for active duty and spouses only.
- Open Tues. - Fri. 9:30 a.m. - 6 p.m. and Sat. 8:30 a.m. - 5 p.m.
- NOTE: IDs are mandatory and will be verified.

**Base Library:**
- Open Mon. - Fri. 8 - 11 a.m. **Starting Feb. 16, hours will change to Mon. - Fri. 7:30 a.m. - 4 p.m.**

**Personal & Professional Development:**
- Available via Telework

**Behavioral Health:**
- Telehealth services available
- To set an appointment, call 760-577-6533

**Auto Skills Shop:**
- Open every other weekend, Sat. 8 a.m. - 5 p.m. and Sun. 10 a.m. - 6 p.m.
- Call Bruce for further information, 760-577-6260, 760-267-1075

**ITT:**
- Open Mon. and Thurs. 11 a.m. - 1 p.m.

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

**Thrift Store:**
- Open Tuesdays and Thursdays 9:30 a.m. - 12:30 p.m. and the first Saturday of each month 1 - 4 p.m.
- Closed November 24 and 26 for Thanksgiving holiday.

For additional information about the base, go to https://mclbbebarstow.marines.mil
For a complete list of MCCS hours and services impacted by COVID-19, go to https://mccsbarstow.com/impact/