

THE PROSPECTOR

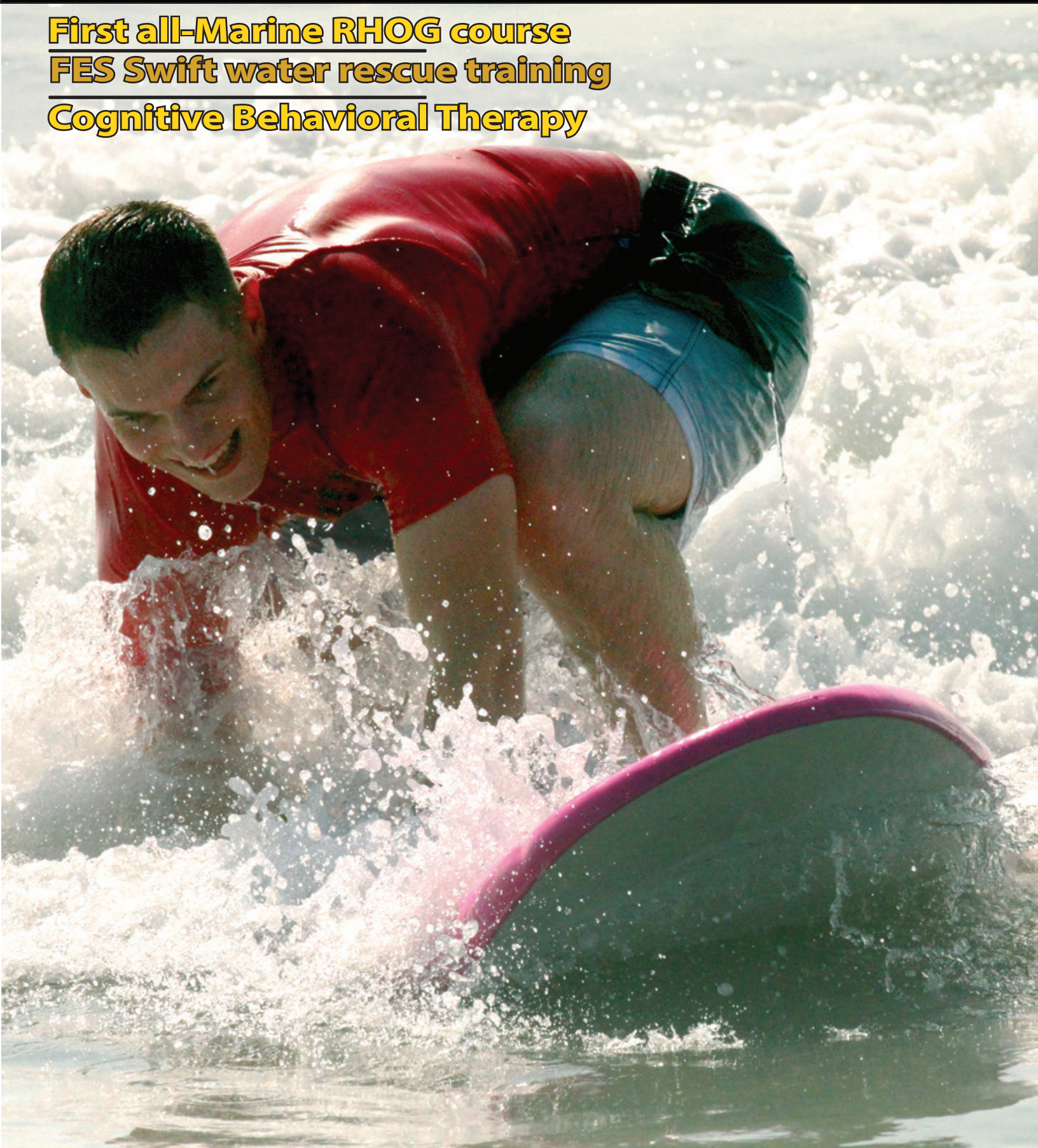


Vol. 9, No. 19

Serving the Corps for 75 Years
Marine Corps Logistics Base Barstow

October 8, 2020

First all-Marine RHOG course
FES Swift water rescue training
Cognitive Behavioral Therapy



TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDC.GOV/FLU #FIGHT FLU CDC

On The Cover:

Cover photo by: Danielle West

Lance Corporal Christopher Garcia, network transport technician, attempts to stand up on his soft-top surfboard, during a "Learn to Surf" trip sponsored by the Single Marine Program, held at Del Mar Beach, Marine Corps Base Camp Pendleton, California, Sept. 18. Five Marines from Marine Corps Logistics Base Barstow attended the event, learning to surf and enjoying some time at the beach with perfect weather, after months of quarantining due to the Covid-19 pandemic. The surf lessons were two hours long, with some instruction on the beach, then some lessons in the water, after which the Marines had free time to practice their new skills. The SMP program also provided transportation to and from the event, as well as lunch and dinner.



THE PROSPECTOR

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

Communication Strategy and Operations Office

CommStrat Officer: Rob L. Jackson
CommStrat Planner: Keith Hayes
CommStrat Chief: Laurie Pearson
Editorial Assistant: Vacant
Visual Information Chief: Jack Adamyk
Graphic Specialist: Vacant

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

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Got news?

Call us! (760) 577-6430

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



HOME > MCLB BARSTOW

Marine Corps Logistics Base Barstow
Barstow, California

SOCIAL MEDIA RESOURCES

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- >> EFMP
- >> FOIA
- >> Sexual A
- >> Voting A



Photo by: Danielle West

Marines from Marine Corps Logistics Base Barstow, California listen to their instructor during the "on dry land" portion of their surfing lessons during their "Learn to Surf" trip sponsored by the Single Marine Program, held at Del Mar Beach, Marine Corps Base Camp Pendleton, Calif., Sept. 18. The Marines also received hands-on instruction in the

water with soft-top surfboards, then had free time to practice their new skills. They enjoyed being outdoors with perfect weather, and the SMP also covered their transportation to and from the event, as well as their lunches and dinners as part of a complete adventure package.

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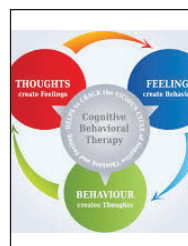
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'Best of all worlds': Commissaries' fall promotion to offer over 200 store brand products at up to 20% savings

Submitted by: Kevin L. Robinson
DeCA public affairs specialist

FORT LEE, Va. – More than 200 commissary store brands will be available at savings up to 20 percent during one of the Defense Commissary Agency's largest ever private label promotions Oct. 12-25.

"Our customers will see some of our leading private label products in several categories put together in a unique sales promotion," said Tracie Russ, the agency's sales director. "This sale brings together the best of all worlds – quality products at deeper savings, video recipes and more."

Customers worldwide can expect to see commissary store brand products from six categories: breakfast, snacks, dinner, dessert, coffee and household products. The commissary website, www.commissaries.com, will also have three video recipes complete with a downloadable shopping list and links to each of the products on sale.

Working through supply chain challenges inherent with the COVID-19 outbreak, DeCA and its private label supplier SpartanNash managed to find the right mix of products for the October promotion, said Jennifer Ferrell, private label program manager.

"This is without a doubt one of our biggest commissary store brand promotions ever," Ferrell said. "We're excited to offer our customers supporting recipes on our website and on our social media to help add some spice to this deal."

Commissary store brands are also partnering with CLICK2GO locations and the agency's industry partners. In

with more coming in February 2021. With an overall commissary inventory of about 26,000 items, store brands make up about 4 percent of that total.

Commissary store brands are sold under seven names: Freedom's Choice (food items) and HomeBase (non-food items); along with TopCare (health and beauty), Full Circle

Market (natural and organic food options), Tippy Toes (baby products), Flock's Finest (wild bird food for hopper, tube or platform feeders); Pure Harmony (high quality pet food that provides grain-free options using meat, poultry or fish as the first ingredient; and Wide Awake (ready to drink coffee beverages). TopCare, Full Circle Market, Tippy Toes, Flock's Finest, Pure Harmony and Wide Awake are not exclusive to DeCA.

"Our commissary store brand products allow us to offer the savings our customers have earned with the quality they deserve," Russ said. "Together, with the savings offered on national

brands, the commissary benefit is stronger than ever."

For more commissary info visit:
www.facebook.com/YourCommissary,



the coming weeks, the first 200 online ordering/curbside pickup customers can look forward to sampling store brands at newly launched CLICK2GO sites.

Since being introduced in the spring of 2017, DeCA has added nearly 1,000 commissary brand items to store shelves,

Newest MCG member a horse enthusiast

Story by: Keith Hayes
COMMSTRAT Planner

Sergeant Amy M. Polachek has been a horse-person for nearly her entire life, which makes being a member of the Marine Corps' last Mounted Color Guard aboard Marine Corps Logistics Base Barstow, California her ideal job.

"I had been trying for three years to get assigned to MCLB Barstow as a member of the Mounted Color Guard," Polachek said. "This is my passion. It combines everything I love, being in the Marine Corps and riding horses. It's my dream job."

Polachek arrived at the base October 1, from her previous duty station at Marine Corps Systems Command, Quantico, Virginia, where she worked as an administrative specialist.

Born in Wilkes-Barre, Pennsylvania and raised in nearby Dallas, Pa., she has been a horse enthusiast since childhood.

"Ever since I was ten I wanted to own a Shetland pony," she said. "I would go to the library and get everything I could about horses. So my mom asked around and got me a job at a local barn where I worked on weekends mucking out the stalls."

"Eventually, that turned into a paying job," she explained. "I would get five dollars for mucking out however many stalls. I saved up my money and bought my own horse when I was 14. I still have that horse, Jubee. He's a Quarter Horse and he's 26 now."

In high school Polachek worked for multiple trainers "catch riding" and competing with show horses. She then went to school at Pennsylvania State University where she worked for their breeding program while also attending school at University Park.

"I began working for nationally and internationally known hunter and jumper riders as a groom, manager and exercise rider," she said. "I traveled for horse shows all around the United States for a few years prior to enlisting in the Marine Corps."



Photo by: Keith Hayes

Sergeant Amy M. Polachek adjusts the saddle on her horse "Tex", AKA Najaf, prior to taking him out for some training at the Mounted Color Guard Stables aboard Marine Corps Logistics Base Barstow, California, Oct. 6. The newest member of the last remaining MCG in the Marine Corps brings with her some impressive riding skills to add to the equestrian talent already assigned to the unit.

Because the process of being assigned to the MCG has changed, assignees to the unit are carefully screened for their horsemanship abilities, said Terry Holladay, base farrier.

"Three years ago you were assigned to the MCG just like you were to any duty station in the Corps," Holladay said. "You could never had ridden a horse ever in your life. Our job was to train you to ride, or if you did have some riding background, I would usually have to untrain you from bad habits and then retrain to ride the way the Guard needed you to ride."

Although her mother was a bit apprehensive about her joining the military, Polachek said her parents are now "incredibly happy" with her newest duty assignment with the MCG.

"All of the other members of the MCG I've met have been extremely professional," the sergeant said. "I've heard nothing but good things about this entire crew since the moment I walked in."

"Even when I was checking in everyone told me they're a good crew."

Her goal as a member of the Mounted Color Guard is to get "all of the riding skills I can in my toolbox," and to improve her horsemanship as much as she can.

"My philosophy of riding is to listen to your horse. If something goes wrong it may be because you weren't listening or you weren't asking questions in a way your horse understands. You have to learn the correct way to communicate with your horse to become the best rider you can," Polachek concluded.



Photo by: Jack Adamyk

Sergeant Amy Polachek, stableman with the Marine Corps Mounted Color Guard, shares some affection with MCG horse, Ford, in front of Semper Fit Gym, aboard Marine Corps Logistics Base Barstow, California, Oct. 7.



CLB1 and 1st TSB Marines engage i

Story and photos by: Laurie Pearson
COMMSTRAT Chief

Thirty-five Marines from Combat Logistics Battalion 1 and 1st Transportation Support Battalion participate in and graduate from the Railhead Operations Group training on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, Oct. 5.

These classes are open to all military branches, and are typically attended by a heavy representation of Army personnel, with representatives from other branches, as well.

"This all-Marine class was here to train, in part, for an upcoming Marine Corps Combat Readiness Evaluation System, which uses a set of standards by which a unit is evaluated in the performance of all tasks, as they pertain to combat readiness," said Chad Hildebrandt, Railhead Operations supervisor. "Marines of all ranks participate in the formal military schools lasting from two weeks to nine months, correspondence courses, unit military education programs, group discussions, and self-study. Fundamental training objectives are

based upon the MCCRES which evaluates certain tasks. This Railhead Operations Group course is one such training program."

The training, which commenced on September 24 and concluded October 4, gave the Marines both academic learning and hands-on training in overall railhead operations, to include safely loading tracked and wheeled vehicles, and then chaining them to the railcars for transportation.

"With these railcars, we play a kind of Tetris, almost," said Staff Sgt. Michael Bigelow, staff noncommissioned officer in charge of the Marines in training. "We figure out what combination of vehicles go together and what trailers, for each railcar. So, that way we can make sure that we are maximizing the space on each railcar for transportation."

There are six main areas of concentration in the course, as follows:

- Rail Operations Introduction
- Railhead and Rail Operations Safety Rules
- Railcar Characteristics
- Rail Spur Operations
- Load Securement
- Planning, Processing, and Execution (This is the section that focuses on documentation and communication outside of the organic unit)

"This type of training is important to the unit, as it will provide the leadership an assessment on the units' capability to conduct rail operations in support of CONUS (the 48 Contiguous States) and OCONUS (Outside Continental United States) movements," Hildebrandt explained. "The course is broken into both administrative and field training evolutions. The students will go through three days of classroom instruction, then they will go through one day of field familiarization and safety training. Training days 5-14, the students will be thrust into



Staff Sergeant Michael Bigelow, staff noncommissioned officer in charge, offers instructions to soldiers as they load and tie down equipment onto railcars as part of their period of instruction in the Railhead Operations Group training course on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, Oct. 1.

supporting, then leading a real world deployment which typically consists of supervising up to 600 personnel, loading up to 4,500 pieces of equipment, and managing the safe movement of over 100 million pounds of freight during their time



Marines offers instruction regarding placement and tension on chains as they load equipment onto railcars as part of the Marines' Railhead Operations Group training held on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, Oct. 1.



Marines and soldiers use an Abrams tank to maneuver and then load it onto the railcar as part of their Railhead Operations training.

in Railhead Operations Group class

in the course. We find this ‘baptism by fire’ method works the best as the students are paired with instructors throughout their time, and are forced to make critical decisions that are not notional, but could adversely affect real world operations. The students typical work day is from 0600-2000 every day of the course.”

Throughout one day, Bigelow, was tasked to oversee operations, ensuring that Marines and Soldiers were loading and chaining equipment to the railcars for transportation properly.

“I test chains for adequate tension and to ensure that if chains were to be inverted, it was done properly,” he said.

He also ensured communications between the Marines in preparation for movement and control measures. In some cases, a piece of equipment may not be operational, in which case it is maneuvered into place using another piece of equipment, then lifted by crane and placed on the railcar with precision.

“The vehicles have to be spaced out really specifically, and with the overhang that they have, there’s only so much room to maneuver,” Bigelow said. “They have about half an inch on either side. That’s a

concern that we have here, is to make sure that it’s on the railcar correctly, it’s straight and one side isn’t heavier than the other.”

They also use metal “spanners” to bridge the gaps between railcars, so that wheeled vehicles can be driven across the gaps, from one railcar to the next, whereas the bigger tracked vehicles do not cause the same concerns.

The cadre of instructors consists of four different personnel, all teaching different specific areas of the course. Master Sgt. Morakoth Somtakoune, Rail Operations chief, focuses on the leadership aspect of the MCCRES with the units’ key leaders. Antonio Flores, Lead instructor, focuses on safety, railcar characteristics, wheeled vehicle operations, and load securement. Staff Sgt. Jesse Curtis, instructor, focuses on the planning, processing, and execution of the course. While, Cpl. Jacob Iversen, instructor, focuses on the tracked vehicle operations, railcar characteristics, and load securement.



Marines work together to load a tracked vehicle onto a railcar as part of their training in Railhead Operations Group on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, Oct. 1.

“Currently, MCLB Barstow is the only known location for MCCRES in Rail Operations,” Hildebrandt said. “Units can coordinate this training by contacting the Railhead Operations Group Training School at 760-577-7781 or via email at MCLBB_RailOperations@usmc.mil.”



er a broken tracked vehicle into place so that the crane and Operations Group training held on the Yermo Annex ia, Oct. 1.



Marines work together to load a tracked vehicle onto a railcar as part of their training in Railhead Operations Group on the Yermo Annex aboard Marine Corps Logistics Base Barstow, California, Oct. 1.

FES does Swift Water Rescue Training

Story by: Keith Hayes
COMMSTRAT Planner

It may be hard to imagine in the middle of one the most waterless areas in North America that swift water rescue is a skill needed by first responders, but Marine Corps Logistics Base Barstow California's Security and Emergency Services trains continuously for just that possibility.

Deputy Chief Ryan Tworek and technical rescue crews staged the first of two swift water rescue training sessions September 23, with the aid of the private firm, Technical Rescue Trainers.

During the training staged in one of the flood control channels running throughout the base, Col. Craig C. Clemans, commanding officer, MCLB Barstow, turned out to observe the firefighters in action.

"Shortly after arriving, I was honored to be asked by the firefighters if I wanted to be the victim in a simulated water event and get 'rescued,'" Clemans said.

The colonel acted as a motorist stranded on the roof of his car trapped in the middle of a simulated swift-moving waterway during a flash flood.

"We established stable anchoring points on shore which were used to suspend 1/2" ropes running over the accident scene," Tworek explained. "We then sent a firefighter on a harness out on a series of pulleys along the high lines and lowered him down to the victim."

Clemans was then outfitted in a specialized victim harness so he could be attached to the firefighter and the rope system, then both were pulled to safety by land-based crews.

"Because of the major waterways of the Kern River and the Mojave River, which run very fast during the rainy season, swift water rescue takes on a great deal of urgency," Tworek said.

"Swift water rescue is a high risk, low frequency type of rescue, thank goodness, but we do get one or two a year," he continued.

A majority of the 2,000-plus emergency responses MCLB

Barstow Fire

Emergency Services responds to every year are for mutual aid calls, helping other first responder agencies in nearby communities.

"Our agency provides all-hazard response, meaning we can respond with crews trained in hazardous materials, emergency medical, fire suppression, and technical rescue," Tworek said.

National Fire Protection Association (NFPA) 1006 establishes the qualification standards for technical rescue. Specialized equipment and personnel trained in Rope Rescue, Structural Collapse Rescue, which is used in post-earthquake rescue response, Confined Space Rescue, and Floodwater Rescue are just a few of the technical rescue specialties, Tworek said.

"This was fantastic training and a privilege to be a small part of. I gained a deep appreciation of the physics involved with the lines and tension, and just how technical the work is that firefighters do in those rescue situations," Clemans said.

"Without this training, there is no way someone could intuitively know what's best to do in those situations," the CO concluded.



Photo by: Jack Adamyk

Colonel Craig Clemans, base commanding officer, is hoisted over a street to simulate a swift water rescue by Fire and Emergency Services personnel during training aboard Marine Corps Logistics Base Barstow, California, Sept. 23.



Photo by: Jack Adamyk

Deputy Fire Chief, Ryan Tworek with Fire and Emergency Services attaches a harness to Col. Craig C. Clemans, commanding officer, so he can be hoisted over a street in a simulated Swift Water Rescue Training course held aboard Marine Corps Logistics Base Barstow, California, Sept. 23.



Just doin' my job....



Photo by: Keith Hayes

Michael Brown, supervisor, M-777 howitzer section, greases up the exposed portion of the 777 to protect it from the effects of the baking sun at Production Plant Barstow, Marine Depot Maintenance Command, aboard the Yermo Annex of Marine Corps Logistics Base Barstow, California, Oct. 6.



Photo by: Keith Hayes

Crews from Fire and Emergency Services test the master stream atop a fire engine in front of building 322, Oct. 6. Often times depending on the terrain the water carried by the fire engine is the only source available and the master stream must be tested regularly to ensure it is in top working condition.

Energy Awareness Month

Every October, in recognition of Energy Awareness Month, I take the opportunity to promote installation energy security and acknowledge the important role energy plays as a mission enabler. Through robust energy planning, smart investments, and the dedication of energy managers and public works departments, Marine Corps Energy is modernizing infrastructure and reducing utility and maintenance costs to enhance installation energy security. The observance theme for 2020 is: "Power the Mission."

In 2020, installations began working on Installation Energy Security Plans. These holistic energy planning documents assess installation utilities and energy management programs, current capabilities, and critical requirements. While fulfilling Department of Defense and Congressional mandates, Marine Corps IESPs will go far beyond previously developed energy conservation plans, changing the way we think about installation energy as a program.

Marine Corps Energy continues to focus on preparedness and planning as the list of potential threats to installation resilience grows. MCICOM Installation Commanders, Marines, and civilians are encouraged to review plans to ensure critical energy requirements, mission down-time tolerances, and restoration priorities are included in emergency response and Continuity of Operations Plans. This type of collaborative planning will ensure we are able to power the mission during a prolonged power outage.

Throughout October, Commanders are encouraged to review installation energy initiatives, plan for or conduct an exercise, hold virtual educational programs, and promote energy resilience, reliability, and efficiency within their

commands and across their local communities.

Everyday actions taken by Marines to conserve energy can reduce our operating costs and the energy investments required to sustain critical loads, expanding the reach of limited resources for what matters most. Everyone has a part to play in increasing USMC lethality. Sustaining critical operations during a prolonged power outage should be a top priority for installation commanders, not only during Energy Awareness Month, but every month of the year.

Maj. Gen. E.D. Banta,
Assistant Deputy Commandant Installations and Logistics
(Facilities)



Overview of Cognitive Behavioral Therapy

Article submitted by: James Maher
Behavioral Health Section Head

Cognitive Behavioral Therapy is the combination of two theories and therapies to overcome a wide range of mental health conditions, most notably anxiety and depression. CBT has been studied and researched for years and is considered an Evidenced Based Practice which is a testament to its effectiveness when done correctly.

The “cognitive” part of CBT is based on the assumption that thoughts create attitudes and then attitudes drive behavior. So the intervention is to teach someone to think about their thoughts (in order to change them). One is unable to change what he/she is unaware of. So the first step is having someone identify their thoughts by keeping a journal and expressing their thoughts in the session. When someone is able to think about their thoughts (meta-cognition), then they can examine the thoughts. When someone is able to examine their thoughts, then he/she is able to weigh the thought to determine if it is true or not and decide whether they want to substitute a more positive, constructive thought. Children often pick up distorted views of themselves and how they fit in the world. By examining their thoughts now, adults can choose which thoughts are true and which thoughts are no longer beneficial to them.

However, CBT is not popular “positive thinking” which can deny problems and challenges in life. CBT attempts to help a person see things in a more balanced view, and yes, tip the scales towards positive thinking without discounting that there is a challenge. It relies more on positive problem solving than denial of problems.

Another underlying assumption for CBT is that it is not the event that creates anxiety, it is the way a person perceives the event. CBT examines Automatic

Thoughts and underlying schemas.

One illustration of this point I like to discuss in session is to ask the person to imagine three drivers, driving the same type of car behind another car. They have the same weather conditions and road conditions and each one briefly



takes their eyes off the road to find their ringing cell phone underneath clothes on the seat next to them. And as you guessed, the car in front stops and they crash into the car in front. Driver 1 gets out of his car and thinks “I’m an idiot”. He feels incompetent and unworthy and degrades himself for this accident. He doesn’t believe he should drive anymore. So he doesn’t learn how to be a better driver. Driver 2 gets out and yells at the driver in front “You idiot! If you hadn’t stopped I wouldn’t have run into you!” He doesn’t get ulcers because he believes everyone else has the problem. But he doesn’t learn from it either. He continues to make mistakes. Driver 3 has the exact same accident, gets out of his car, feels bad about what happened and takes responsibility but it doesn’t crush him. He decides to learn from it. He vows to never take his eyes off the road while driving. He might even enroll in a driving class, etc. He learns from his accidents or mistakes. It’s the exact same scenario but each one walks away

thinking and doing something different. Why?

In session, this example leads to discussion on ATs and underlying schemas that everyone has. For some these can be constructive and for others destructive. Therapy includes uncovering and examining one’s underlying schema, their view of the world and of themselves. The goal is to change the ATs by changing the schema so that it generates balanced, resilient thinking patterns (if the person wants to change).

The “Behavior” part of CBT relies on researchers like Pavlov and B.F. Skinner. Behavior Therapy is also an EBP. Like CBT, there are many techniques considered as Behavior Therapy. Exposure therapy, a technique in BT, when done by a trained professional, is still considered the treatment of choice for phobias and other anxiety disorders.

Behavior Therapy takes a different approach than CBT. It’s underlying belief is that when one changes one’s behavior then the thinking will change. BT is not interested much in how one is thinking when they come into therapy. They analyze the behavior that is problematic and focus on what the client wants to change. The goal is to change a behavior and then the thinking will change over time. A standard goal when working with people who are depressed is to have them do activities. Depression robs people of their energy and motivation. BT believes that a person may have to force themselves to move in the beginning and then that movement is reinforced by positive feelings and then any behavior that is reinforced is more likely to be repeated. Over time it becomes a habit and the person then begins to justify why they did it. And this leads to more of the positive behavior.

Two main branches of BT are

operant learning and classical conditioning.

This will be discussed more in a future article.

The point is that both of these therapies, cognitive and behavioral therapies are powerful in the change process individually. When used together they can produce change in a relatively short time frame. But the elements for change that are needed include motivation, effort and doing homework. Both of these approaches and CBT do believe in self-determination and respect for the client. A therapy may be wonderful, but if the client doesn't buy into it and is not willing to do work outside of the sessions, then little change will be effected.

The CCP is a short-term counseling program through MCCS- Marine and Family Programs, Bldg 218, which helps people overcome and/or manage problems as a result of anxiety or depression or grief and loss, adjustment issues, parenting issues, couples/relationship problems, etc. It is available to Active Duty Military and their dependents. Eligible people who live off base can still use the counseling services

for free on base. The CCP is also open for retirees and their dependents. If you have questions or want more information, please call Jim Maher at 760-577-6533.

References:

Cognitive Therapy:

- <http://psychology.about.com/od/psychotherapy/a/cbt.htm>
- psychologydegreeguide.org/cognitive-behavioral-therapy
- [Guide_to_Brief_CBTManual.pdf \(www.mirecc.va.gov/visn16/docs/therapists\)](http://www.mirecc.va.gov/visn16/docs/therapists)

Behavioral Therapy:

- <http://psychology.about.com/od/typesofpsychotherapy/a/behavioral-therapy.htm>
- <http://www.psychologycampus.com/behavioral-psychology/>
- <http://psych.answers.com/behavioral/basic-principles-of-behaviorist-psychology>



Fire Prevention Week 2020: Theme: Serve up fire safety in the kitchen



Gunnery Sergeant Brian Erdman, Test Measurement and Diagnostic Equipment Fleet liaison, assists his son, Damiean, in learning how to pet Ford, Mounted Color Guard horse, in front of the Marine Corps Exchange aboard Marine Corps Logistics Base Barstow, California, Oct. 7.

Sparky, fire prevention mascot, waves to children from the School Age Care facility as part of the Fire Prevention Awareness Week activities held aboard Marine Corps Logistics Base Barstow, California, Oct. 6.





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 function.

Postponed or Closed

- Self-Defense Classes
- Spin Classes
- Pass & ID Nebo 101 & Yermo 40
- 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 Alley open w/modifications (kitchen open):

- Call for details and hours which vary by the day - 760-577-6264

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 appointment to register 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:

- Open Tues - Sun 11 a.m. - 7 p.m.

Route 66 Cafe:

- Open for dine-in service. Can also orders in ahead at 760-577-6428.

Commissary:

- Open every Tues 9 a.m. - 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 will be verified.

Base Library:

- As of Monday, Sept 14, hours will be Mon - Fri 7:30 a.m. - 5 p.m.

Personal & Professional Development:

- Open Mon - Fri 7:30 a.m. - 4 p.m.

Behavioral Health:

- Open Mon - Fri 7:30 a.m. - 4:30 p.m.
- To set an appointment call 760-577-6533.

Auto Skills:

- Open every other weekend, Sat 8 a.m. - 5 p.m. and Sun 10 a.m. - 6 p.m.
- Aug 8 & 9, 22 & 23; Sept 5 & 6, 19 & 20.
- Call Bruce for further information: 760-577-6260, or cell at 760-267-1075

ITT: Opening Monday, Sept 14 - Mon & Thurs 11 a.m. - 1 p.m.

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