

THE PROSPECTOR

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Serving the Corps since 1943
Marine Corps Logistics Base Barstow

October 10, 2024



Fire Prevention Week

Brigadier General Brown Visit

Domestic Violence Awareness Month

DOMESTIC VIOLENCE PREVENTION MONTH

FIND THE PURPLE RIBBON

October 1-25, find the Purple Ribbon hidden
on MCLB Barstow and bring it to
Behavioral Health, Bldg 218 for a prize!

Weekly clues will be posted on our Facebook,
@MCCSBarstowBehavioralHealth

For more information, call: (760) 577-6533



COVER

Cover photo by: Kristyn Galvan

Colonel Russell W. Savatt, base commanding officer welcomes Brigadier General Nick Brown, commanding general Marine Corps Installations West, at Barstow-Daggett Airport, Daggett, California, October 2. The general was embarking on a tour of Marine Corps Logistics Base Barstow.



THE PROSPECTOR

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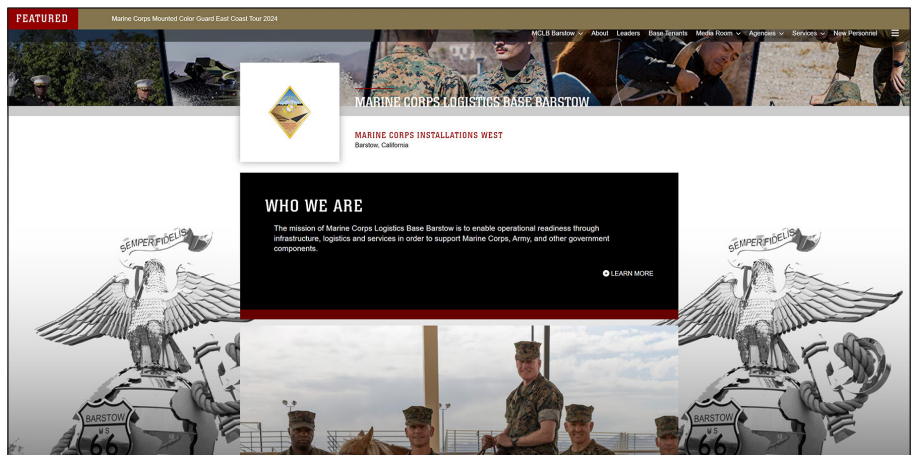




Photo by: Kristyn Galvan

Military and civilian employees participated in base-wide clean up to clear weeds and debris throughout Marine Corps Logistics Base Barstow, California, October 8. Personnel supported both the Environmental and

Safety departments by utilizing trash bags, gardening tools, and large equipment in efforts to clear the installation with weeds and trash that can come from the wind events in the High Desert.

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Sergeant Major's Corner

Written by: Sgt. Maj. Miller Daceus
Base Sergeant Major



In today's times, it is paramount for us as Marines, Sailors and civilian-Marines (GS, Contractors, NAF, etc.) to stay resilient and motivated in all our pursuits. Our commitment to excellence and duty calls for unwavering dedication, even in the face of adversity. As we navigate through the demanding tasks and responsibilities ahead in Fiscal Year 2025 (happy new year!!!), let us remember the core values that define us as Marines - honor, courage, commitment and those that work alongside Marines aboard Marine Corps Logistics Base Barstow. These values serve as our compass, guiding us towards success and fulfillment in all our endeavors.

It is natural to encounter obstacles and setbacks along the way, but it is our response to these challenges that truly sets us apart. Let us embrace each trial as an opportunity to learn, grow, and emerge stronger than before in Fiscal/Calendar Year 2025. Together, we can overcome any hurdle that stands in our path. The installation commanding officer and I urge each one of us to support and uplift your

fellow Marines, Sailors and civilian-Marines, fostering a climate of camaraderie and unit within our ranks and file. By standing shoulder to shoulder here on MCLB Barstow, we amplify our collective strength and resilience, making us an unstoppable force to be reckoned with.

In the days and weeks ahead entering a new year (fiscal), let us recommit ourselves to our goals and objectives with renewed vigor and determination. Our unwavering resolve and dedication will pave the way for success and achievement in all our missions. Remember, we are not just a team - we are a family bound by a shared purpose and calling. Together, we can overcome any challenge and achieve greatness beyond measure. Stay motivated, stay determined and stay proud to serve here aboard MCLB Barstow and our surrounding communities. Semper Fidelis.



Brigadier General Brown Tours MCLB Barstow

Photos by: Kristyn Galvan
Multimedia Specialist

Colonel Russell Savatt, base commanding officer, Sgt. Maj. Miller Daceus, base sergeant major, and Captain William Bomchill, director of operations, organized a base tour for Brigadier General Nick Brown, commanding general, Marine Corps Installations West, along with Sgt. Maj. Sherri Cook, commanding general staff secretary, MCIWEST, aboard Marine Corps Logistics Base Barstow, California, October 2. The itinerary included a walking tour of the Marine Depot Maintenance Command Production Plant Barstow, an observation of Rail Operations, an opportunity to meet and ride horses at the Marine Corps Mounted Color Guard stables, and a first-hand look into the ongoing renovations at Barracks 175 on Nebo.



Fire Preven

Photos by: Kristyn Galvan
Multimedia Specialist



The fire department conducted visits to the Child Base Housing Community Center, and Marine Depot to educate base personnel and families about fire prevention. Throughout the week, fire distributed goodie bags with Sparky to engage with, along with the opportunity for interaction with firefighters and emergency personnel. The event, which included blood pressure checks, fire alarm safety, and provided time for families to



ntion Week



Development Center, School Aged Care program, at Maintenance Command Production Pant Barstow prevention during Fire Prevention Awareness Week California, starting October 6. During each visit, had an animatronic fire engine featuring to see the inside of the fire engines. Additionally, agency services at the Coffee with a Firefighter informational conversations regarding smoke to ask questions about fire prevention at home.



United Against Abuse: Breaking the Silence

Story by: Kristyn Galvan
Multimedia Specialist



Photo by: Kristyn Galvan

Michelle Adams, Jennifer Grunwald, guest speaker Eunice Vargas, Lanell Mayberry and Nicole Dennehy Williams, pose in front of the Maj. Gen. James L. Day conference center aboard Marine Corps Logistics Base Barstow, California, October 3.

Domestic Violence Awareness Month is a nationwide initiative aimed at increasing awareness regarding domestic violence. Each October, various organizations and individuals come together throughout the country to collectively address and highlight the needs, voices and experiences of survivors. Domestic violence impacts individuals across all age groups and demographics, encompassing not only physical abuse but also emotional and financial abuse.

Michelle Adams, Behavioral Health office manager, stated, “Domestic violence does not discriminate, and it can happen to anyone regardless of race, ethnicity, financial status or educational level. It can also be many things to include physical, mental, emotional, spiritual and financial with many other subcategories falling underneath those. The Department of Defense looks at four categories of physical, emotional, sexual and neglect with multiple types falling underneath those four categories. More than one type of abuse also can occur to a person at one time. It can be serious as strangulation and homicide to a pattern of systematic power and control against a partner.”

DVAM plays a vital role due to the following reasons: It provides education in recognizing the indicators of unhealthy relationships is essential for safeguarding ourselves and our peers, opens discussions about domestic violence contribute to dismantling the stigma, thereby facilitating access to support for those who endure abuse, and, most importantly, it fosters empowerment survivors and current victims to share their story. Adams expressed, regarding victims of domestic violence, that, “Usually abuse is slow and gradual. Abusers can be charming and start off with a lot of love bombing which is known as the honeymoon phase. Over time there starts to be some red flags with them gradually exerting power and control known as the tension building phase and then finally into some kind of violent act of abuse known as the incident or explosion. These phases can become

more frequent over time and can even skip phases as abuse becomes more frequent jumping right from honeymoon to explosion at times. At times people might ask why don't they just leave, there can be a lot of reasons from fear, shame, intimidation, lack of resources, disability, financial constraints, immigration status, children, cultural context and more. The time a victim leaves the relationship that they are in danger the most, that is why it is important to have a victim advocate and safety plan for leaving the relationship in a safe way.”

Domestic violence manifests in various ways, including physical acts such as punching, slapping, and choking, as well as psychological tactics like threats, manipulation, and yelling, among others. Regardless of the circumstances, domestic violence is unacceptable in any form. “According to the National Domestic Violence Hotline website, 1 in 4 women and 1 in 7 men aged 18 and older in the US have been the victim of severe physical violence by an intimate partner and intimate partner violence alone affects more than 12 million people every year. The annual DoD Report on Child and Domestic Abuse for fiscal year 2022, there were 15,479 reports of domestic abuse, of which 8,307 incidents met criteria for abuse and of the met criteria abuse over 68 percent were physical abuse met criteria cases,” conveyed Adams.

Domestic violence encompasses a range of behaviors, including insults, threats, emotional abuse, and sexual coercion. Certain offenders may manipulate children, pets, or other relatives as a means of emotional control to compel their victims to comply with their demands. Per Psychology Today, individuals who endure domestic violence often suffer from reduced self-esteem, heightened anxiety, depression, and an overarching feeling of powerlessness, which may require significant time and professional assistance to address and heal.

“Abuse is a learned behavior. Abusers usually were abused as children in an environment that taught them that abuse was normal, and they often don't see themselves as abusive. Others might have witnessed it among family members. Some learn it slowly through culture, friends, media, etc. When a person that was abused becomes the abuser themselves or when they end up in an abusive relationship as the victim this is known as the cycle of abuse,” Adams explained. “Abusive people believe that they have the right to control and restrict their partners lives and believe that their needs should be prioritized. They aim to tear down the equality in a relationship and make their partner feel they are unworthy or unloved and they enjoy exerting power over their partner.”

According to Military One Source, it is essential to recognize that your role as an upstander involves supporting the victim's decisions rather than imposing your own judgments based on what you might do in their circumstances. Domestic abuse revolves around issues of power and control; therefore, one of the most effective ways to assist someone in an abusive relationship is to focus on empowering them to

make their own choices regarding their safety and recovery.

Eunice Vargas, a guest speaker for DVAM, a survivor, and an advocate at Desert Sanctuary in Barstow, California, eloquently expressed a profound sentiment by quoting Ella Fitzgerald: "It isn't where you come from, it's where you're going that counts." Recognizing the indicators of domestic abuse is arguably more crucial now than it has ever been. You might notice ambiguous social media updates that raise concerns about a friend or neighbor. It is also possible that a friend confides in you about their situation. Additionally, residing in close quarters, as is common in installations, may lead you to observe and hear evidence of abuse occurring next door.

Aboard Marine Corps Logistics Base Barstow, the Family Advocacy Program provides assistance to individuals who have experienced domestic violence and abuse, offering services such as counseling, educational classes, and the support of dedicated advocates.

Jennifer Grunwald, Family Advocacy Program Prevention & Education specialist, said "as a victim advocate, I constantly remind myself of the crucial role trust plays in the process of helping someone who lost their voice regain their livelihood. Many times, survivors feel powerless, stuck, and hopeless about the situation they are in and do not know who they can trust or what their options are. Building trust is a key part of our work, as it provides survivors with a sense of security and support."

Family members, friends, or other loved ones can serve as an upstander by facilitating connections to resources and organizations that provide assistance. Additionally, offering emotional support and inquiring about how you can assist them is crucial. Medical News Today reported that it is important to remember that, on average, individuals may require approximately seven attempts to exit an abusive situation. Keep this in mind while supporting others, and ensure you are present for them when they are ultimately prepared to seek help.

"I am proud to say that I am able to help survivors feel empowered, not settle, and have a sense of hope that they will be safe and ultimately take back their lives. One of my goals is to empower survivors, give them a sense of help and control over their lives, and I am honored to be part of this journey." Grunwald articulated.

MCLB Barstow supports the 2024 DVAM theme, United Against Abuse, emphasizing the importance of breaking the silence by encouraging individuals to be upstanders rather than bystanders. It highlights our collective responsibility to understand the distinctions between healthy and unhealthy relationships, as well as to recognize the risks and signs associated with unhealthy dynamics. Furthermore, it underscores the importance of knowing how to refer individuals to appropriate resources when they require assistance.

The activities that will be provided during this month, along with the ways in which these events support individuals affected by domestic violence are:

October 1-30 - All month Find the Purple Ribbon Scavenger Hunt: There will be large purple ribbons hidden around base all throughout the month of October. After finding a Purple Ribbon, patrons can bring it to Behavioral

Health in building 218 for a special prize!

October 2 - 1000-1200, MCX, Bldg. 319, Resource Table. Patrons can come out and get Domestic Violence information and resources from 10 am – 12 pm while shopping at the exchange.

October 3 - 0830-1000, Bldg. 38, DV Guest Speaker: guest speaker Eunice Vargas from Desert Sanctuary, will be speaking on her experiences with domestic violence and how she broke the silence! Open to all authorized patrons and light refreshments will be served.

October 17 – The Last Drop Film Screening from 0900-1100 at Bldg. 38 is open to all patrons to view a 45-minute sci fi film on domestic abuse and gaslighting with opportunity for Q& A session after the film. Light refreshments will be served.



Photo by: Kristyn Galvan

Colonel Russell Savatt, base commanding officer, speaks ahead of the presentation at Maj. Gen. James L. Day conference center aboard Marine Corps Logistics Base Barstow, California, October 3.

Wear Purple Fridays: Every Friday in Oct: Post Selfie using #DVPM #UnitedAgainstDA #BreaktheSilence. Wear your favorite purple fashions and accessories and post a selfie using one or all of the hashtags to support survivors and bring awareness to domestic abuse.

October 30 - 1600-1800, MCLB Parade Deck FAP Pumpkin Patch at the Annual Trunk O Treat. FAP will have pumpkins for family to pick out and take home with some pumpkins painted purple and some with DVPM hashtags on them. Family photo opportunity will also be available.

In addition to the FAP, there are supplementary resources and hotlines available for individuals experiencing domestic violence or for those who are aware of someone in a difficult situation. Please reach out to the following numbers:

FAP 24/7 Victim Advocate Helpline:

760-577-6484

FAP main office: 760-8577-6533

National Domestic Violence Hotline:

1-800-799-7233

<https://www.desert-sanctuary.org/>

Learn the Sounds of Fire Safety™



Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old.

If you don't remember how old the unit is, replace it!



**FIRE
PREVENTION
WEEK™**



MDMC PPB Employee Recognition Day

Photos by: Vanessa Schell
CommStrat Specialist

Production Plant Barstow, Marine Depot Maintenance Command held their annual Employee Recognition Day aboard Marine Corps Logistics Base Barstow, California, October 5. The event featured a variety of activities, including games, food, contests, face painting, car show, an awards ceremony, and additional entertainment for the whole family



National Disability Employment Awareness Month
 Breast Cancer Awareness Month
 Domestic Violence Awareness Month
 National Hispanic Heritage Month (ends Oct. 15)

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 11AM: Sunday Drive @ Marine Memorial Golf Course <i>Auto Skills - Open</i>	9 - 1030AM: Fire Prevention Week Community Outreach Table @ Bldg. 319	9 - 10AM: NPSP Take It Make It Activities @ Bldg. 363 9 - 10AM: (Adult class) Journaling, Organizing & Gratitude @ Bldg. 218	Rosh Hashanah 2 - 3PM: (Kids class) DIY Bookmark @ Bldg. 218 10AM - 12PM: Domestic Violence Awareness Month Information Table @ Bldg. 319	930AM - 130PM: Thrift Store Open 10AM - 12PM: Married & Loving It @ Bldg. 218 4 - 730PM: SMP Thursday Night Football @ Bldg. 375	DVAM: Wear Purple Fridays	Teachers' Day 10AM - 3PM: MDMC Employee Recognition Day @ Nebo Beer Gardens 10AM - 2PM: Thrift Store Open <i>Auto Skills - Open</i>
6	7	8	9	10	11	12
Metastatic Breast Cancer Awareness Day	Indigenous Peoples' Day	Students' Day	9 - 10AM: L.I.N.K.S. Networking @ Bldg. 126 11AM - 1PM: Education Fair @ Bldg. 218 2 - 3PM: (Kids class) Gratitude Journal @ Bldg. 218	Mental Health Day 9 - 1030AM: Coffee with a Firefighter @ Bldg. 363 930AM - 130PM: Thrift Store Open 10AM - 12PM: Married & Loving It @ Bldg. 218	Yom Kippur Coming Out Day DVAM: Wear Purple Fridays 5PM - 7PM: EAP Information Table @ Bldg. 126	10AM - 2PM: Thrift Store Open <i>Auto Skills - Open</i>
7 - 11AM: Sunday Drive @ Marine Memorial Golf Course	14	15	16	17	18	19
7 - 11AM: Sunday Drive @ Marine Memorial Golf Course <i>Auto Skills - Open</i>	20	21	22	23	24	25
Navy Day		9 - 10AM: NPSP Playgroup @ Bldg. 126 11 - 1130AM: (Adult class) Beginners Quilting @ Bldg. 218 4 - 8PM: Route 66 Cafe Dining Night	1 - 2PM: Prevention Hour @ Bldg. 218 2 - 3PM: (Kids class) M.Y.O. Book Cover @ Bldg. 218 4 - 730PM: SMP Scary Movie Night @ Bldg. 375	United Nations Day 930AM - 130PM: Thrift Store Open 10AM - 12PM: Red Ribbon Week Information Table @ Bldg. 319 4 - 5PM: L.I.N.K.S. Foundations @ Bldg. 126	DVAM: Wear Purple Fridays	Day of the Deployed
7 - 11AM: Sunday Drive @ Marine Memorial Golf Course		9 - 10AM: NPSP Playgroup @ Bldg. 126	3 - 8PM: SMP Haunted Tunnel @ Parade Deck	Halloween 10AM - 12PM: Married & Loving It @ Bldg. 218		
27	28	29	30	31		26

For more details, visit MCLB Bartstow's community events page at:
<https://bartstow.usmc-mccs.org/calendar-of-events>