

# THE PROSPECTOR

Vol. 14, No. 21

Serving the Corps since 1943  
Marine Corps Logistics Base Barstow

November 7, 2024



**MCLB Barstow Trunk or Treat**

**Holiday Stress**

**Marine Corps Cake Cutting Ceremony**

Cover photo by: Manny Llanura

# HOLIDAY STRESS Management Workshop

Thu, Nov 14 • 1pm-3pm • Bldg 218

Are you feeling overwhelmed by the holiday season?  
**Don't worry, we've got you covered!**

Introducing our interactive workshop designed specifically  
to help you manage holiday stress.

Leave feeling empowered and equipped with  
the knowledge and skills to navigate the holiday  
season with resilience and peace of mind.

Reserve your spot today and take  
control of your well-being this  
holiday season.

To register, please call  
(760) 577-6533

**MARINE & Family** | Family  
Advocacy  
Program

[barstow.usmc-mccs.org](http://barstow.usmc-mccs.org)

**MC&CS**  
MARINE CORPS COMMUNITY SERVICES

Families took photos in their Halloween attire with pumpkins and hay bales at the annual Trunk or Treat event held at the parade deck aboard Marine Corps Logistics Base Barstow, California, October 30.



THE PROSPECTOR

Marine Corps Logistics Base Barstow, California  
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## Social Links and Website

LINKS IN THIS PUBLICATION ARE INTERACTIVE  
IN THE ONLINE VERSION

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

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

Instagram: [mclb\\_barstow\\_official](https://www.instagram.com/mclb_barstow_official)

X: [MCLB\\_Barstow](https://twitter.com/MCLB_Barstow)

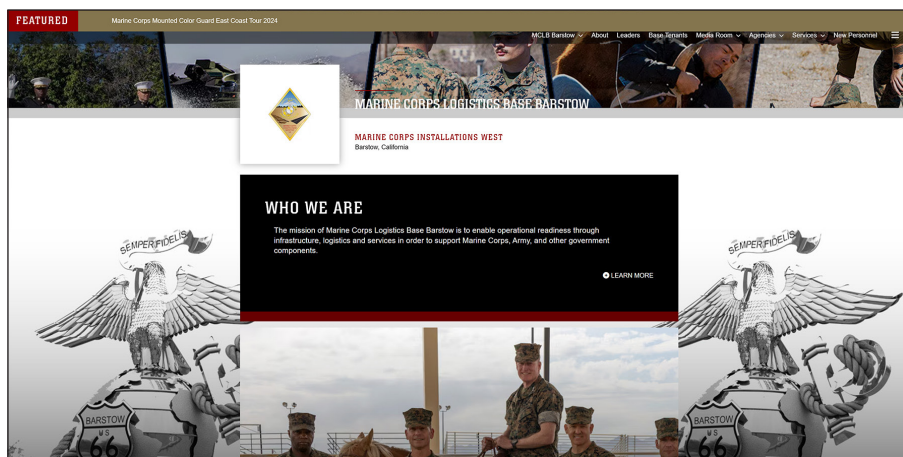




Photo submitted by: Michelle Bledsoe

Sparky, the fire prevention dog, firefighters, paramedics and fire prevention officers with Fire and Emergency Services greet children dressed for Halloween at the City of Barstow's Harvey House Halloween Bash, Barstow, California, October 26. The FES personnel provided candy and fire prevention information

to help ensure that families can have a safe Halloween. They also encouraged them to properly check their smoke and carbon monoxide detectors with each Daylight Savings time change in the Fall and Spring, to make sure they are functioning properly with fresh batteries.

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# Sergeant Major's Corner: Native American Heritage Month

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



**T**hroughout our Nation's history, Native Americans have demonstrated exceptional bravery and dedication, both in times of peace and conflict, while also striving for equal recognition and rights. We honor their rich heritage and unwavering commitment to our country. **As a reminder to Marine Corps Logistics Base Barstow's family, our priority of Building a Culture of Warfighting Excellence is focused on taking care of our people.** Force resilience and readiness begin and end with our people. As Marines, Sailors, and DON civilians provide the foundational strength for this installation. Please extend our heartfelt gratitude and appreciation for the contributions made by Native American Sailors, Marines, civilians, and their families, both past and present.

## *A little history...*

Chapman Scanandoah, born Har-Chico-Qui in 1870, near Lenox, New York, was a member of the Oneida Tribe, part of the Iroquois Confederacy. Descended from warriors who had supported the U.S. in past conflicts,

Scanandoah enlisted in the U.S. Navy in

1897, showcasing Navy values through 15 years of service. Despite limited educational opportunities for Native Americans at the time, he completed his education at Hampton Normal and Agricultural Institute, in Hampton, Virginia, and later worked as a machinist in the U.S. Navy. His service included assignments on various ships and a promotion to Chief Petty Officer. After his Navy career, Scanandoah continued to innovate, obtaining several patents for his inventions and contributing to the war efforts during World War I before returning to farming and life on the Onondaga Reservation in New York.

Minnie Spotted-Wolf, of the Blackfeet Indian Tribe, grew up working on her father's ranch doing such chores as cutting fence posts, driving a two-ton truck, and breaking horses which she believed prepared her for the rigorous Marine Corps boot camp. She was the first Native American woman to enlist in the United States Marine Corps, joining the Marine Corps Women's Reserve in 1943. Spotted-Wolf served as a heavy equipment operator and a driver for visiting officers and generals on bases in Hawaii and California. Following her time in the Marine Corps, Spotted-Wolf earned her bachelor's degree in Elementary Education and went on to teach elementary school for 29 years. Minnie Spotted-Wolf was a pioneer for generations of women and Native Americans who would follow in her footsteps.

Native Americans have served in the Navy and Marine Corps for over 200 years. Today, there are approximately 11,600 Navy and the Marine Corps active-duty members, reservists, and civilians who identify as Native American. National Native American Indian Heritage Month offers us an opportunity to learn more about the unique challenges faced by Native American people and their contributions to the Department of the Navy and to the Nation.



# CDC: Halloween at the Commissary & Bldg. 15

Photos by: Kristyn Galvan  
Multimedia Specialist

*Children from the Child Development Center participated in Halloween festivities with personnel from the Commissary and in Building 15 aboard Marine Corps Logistics Base Barstow, California, October 29 and 31. Civilian and military staff dressed in Halloween costumes to hand out candy while still educating the children about the importance of eating healthy snacks.*



# MCLB Barstow's An

Photos by: Kristyn Galvan  
Multimedia Specialist



# Annual Trunk or Treat

*Marine Corps Community Services Barstow held their annual Trunk or Treat event aboard Marine Corps Logistics Base Barstow, California, October 30. The event featured a glow-in-the-dark Harry Potter-themed haunted tunnel, vehicles adorned with various Halloween motifs, a variety of games and prizes, as well as a costume contest open to participants of all ages, including pets.*



# Open Season: Ready, Set, Enroll!

Submitted by: Chad Trusty  
Human Resources Specialist

Open season is the time of year when you can make decisions about your benefits under the Federal Employees Health Benefits Program, the Federal Employees Dental and Vision Insurance Program, and the Flexible Spending Account Program.

Most FEHB plans will see benefit and rate changes for the upcoming year. Some plans are dropping out of the program and others are changing their service areas or coverage options. It is wise to review your coverage during this period to decide what coverage and premium best suits your needs for the upcoming year.

You can supplement your health insurance coverage by choosing dental and/or vision insurance coverage that will reduce your out-of-pocket costs for these types of care. You may also cancel your participation in these programs during this period.

A flexible spending account can save you money through lower tax withholdings. You can fund your account through pre-tax contributions from your salary and use the account to pay health-care-out-of-pocket or dependent care costs.

You cannot enroll, change your enrollment, or cancel your coverage in these programs outside the Open Season unless you experience a Qualifying Life Event. A qualifying life event is a change in your situation that can make you eligible for a Special Enrollment Period. Examples of QLEs include marriage, divorce, birth or adoption of a child, etc.

Your current enrollment in FEHB and/or FEDVIP will continue automatically. You will be subject to any changes in premiums, benefits, and service areas.

## Things to consider before Open Season

- What are my and/or my family's anticipated health care needs?
- What benefits are available?
- How much will it cost?

Once you have considered these questions, you can make more informed decisions about your benefits choices.

If you're satisfied with your FEHB plan and/or FEDVIP plan, you do not have to do anything. Your FEHB and/or FEDVIP enrollments will continue into the next year.

For more information, or to use OPM's FEHB/FEDVIP Comparison Tools, visit <https://www.opm.gov/healthcare-insurance/open-season>.

To change your FEHB or FEDVIP, visit the civilian benefits center at <https://civbenefits.dc3n.navy.mil> or call 1-888-320-2917. FEDVIP enrollment and administration can be completed at [www.benefeds.com](http://www.benefeds.com) or by calling 1-877-888-3337.

Open season will be available for all personnel beginning November 11-December 9, 2024. For questions or concerns regarding benefits, contact the Human Resource Office at 760-577-6487/6479.



**Federal Benefits**U.S. Office of Personnel Management

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**Federal Benefits FastFacts**

**What is Open Season?**

The annual Federal Benefits Open Season is coming! This is the time for you to think about your health, dental, vision, and tax-saving needs and to enroll or change your enrollment in any of the following programs:

- [Federal Employees Health Benefits \(FEHB\) Program](#)
- [Federal Employees Dental and Vision Insurance Program \(FEDVIP\)](#)
- [Federal Flexible Spending Account Programs \(FSAFEDS\)](#)

During Open Season, you can make elections you usually can't make any other time of the year.

All health or dental or vision plans are not alike. Open Season is about exercising your right of choice. By considering your health plan choices in advance, you'll have access to health care services and supplies you need, with a premium you can afford. Dental and/or vision coverage can fill in the gaps of any coverage you currently have or pay for services you currently don't get.

If you are already enrolled in FEHB and/or FEDVIP, those enrollments will continue automatically, although benefits and premiums may change. Be sure to check that your plan is still participating. You can find [FEHB](#), [dental](#), and [vision](#) plan information on our website by the first week in November. Changes you make to your FEHB or FEDVIP enrollment will remain in effect until the next plan year. You can only change your plan, plan option or enrollment type during Open Season or when you experience a qualifying life event, such as adding a child or a spouse's loss of other coverage.

A flexible spending account can help lower your taxable income. Your enrollment in FSAFEDS does not automatically renew. If you want to participate, you must re-enroll.

Do not rely solely on this fact sheet.  
Refer to the individual plan brochures before making your final decision.

# Holiday Stress Has Arrived

Story by: Laurie Pearson  
COMMSTRAT Officer

**B**ehavioral Health personnel are ready to help with holiday stress, aboard Marine Corps Logistics Base Barstow, California, this season.

“With the holiday seasons approaching, holiday stress can often take a toll on individuals,” said Michelle Adams, BH office manager, Family Advocacy Program prevention and Education specialist, and victim advocate. “Holidays can be stressful due to expectations, travel, and having additional family and friends around during the holidays. It can place a financial burden on some, or the thought of socializing can be overwhelming. There is also the pressure of commercialism, the extra sweets and food that might be tempting. In some cases people may have to plan between multiple gatherings, and much more.”

The “holiday blues” are something that a lot of people experience, as well, she explained.

“This may especially be the case if there is loss of a loved one and they are not here to share the holiday experience,” Adams said. “The blues may also be caused by being away from loved ones, especially if deployed.”

In some cases, individuals may also be dealing with some form of Post Traumatic Stress Disorder, per Adams. She also indicated that stress can impact all aspects of life.

“Stress can be impactful to the health physically, and mentally,” Adams said. “People might be forgetting things, or they may have headaches, or they may

experience things such as fatigue, upset stomach or nausea, confusion or poor concentration, etc.”

The Family Advocacy Program is here to help!

“The FAP offers a Holiday Stress Management course during the holiday seasons that you can take advantage of. We also have an 8-week Warrior Maintenance Stress Management course to take advantage of,” she said.

The Holiday Stress Management course will be held November 14, 1:00 – 3:00 p.m. at the base library located at McTureous Hall, building 218. The next course will be offered December 5, 1:00 – 3:00 p.m. at the same location.

“They can register by calling 760-577-6533,” Adams said. “People can also sign up any time for the WMSM classes and we will work with your schedule individually, or as a whole department.”

Adams also suggests that everyone makes time for self-care during the holiday season!

“You can do this in many ways from mindfulness and mediation, staying active with volunteering and getting outdoors, deep breathing, getting enough sleep and more!”

If you, or someone you know, is experiencing holiday blues, or additional stress, reach out for support. You are not alone.



**Warrior Maintenance:**  
Improve your well-being and reduce health risk factors

**MARINE & Family**

Family Advocacy Program

**MC&CS**  
MARINE CORPS



# Marine Corps 249th Birthday

Photos by: Kristyn Galvan  
Multimedia Specialist

Colonel Russell Savatt, base commanding officer, and Lieutenant Colonel Richard Johnson, base executive officer, lead the traditional Marine Corps 249th Birthday Cake Cutting Ceremony aboard Marine Corps Logistics Base Barstow, California, November 7.

Marines conducted a ceremonial sword detail and cake-cutting to commemorate the occasion, with the first piece being presented to the oldest Marine in attendance, Lt. Col. Johnson then the youngest Marine, LCpl Isaiah Gomez. After the ceremony, a luceon featuring steak, lobster, and additional delicacies was held at the Maj. Gen. James L. Day Conference Center.



# Day Cake Cutting Ceremony



*National Native American Heritage Month*  
*National Epilepsy Awareness Month*  
*National Diabetes Month*

# NOVEMBER

| Sunday  | Monday                       | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|------------------------------|--|---|--|--|--|
| <b>Daylight Savings Ends</b><br><br>7 - 11AM: Sunday Drive @ Marine Memorial Golf Course<br><br><i>Auto Skills - Open</i> |                              |  |   |  | <b>National Cappuccino Day</b><br><br>5 - 7PM: FAP Info Table at Screens & Strikes @ Bldg. 342           | <i>Auto Skills - Open</i><br><br>2                             |
|   |                              |  |   |  |  | 9  |
|   |                              |  |   |  |  |  |
| <b>Marine Corps Birthday</b><br><br>7 - 11AM: Sunday Drive @ Marine Memorial Golf Course                                  | <b>Veterans Day</b>          | 9 - 11AM: Journaling, Organizing & Gratitude (Adult Class) @ Bldg. 218<br><br>9 - 10AM: Take It, Make It NPSP Class @ Bldg. 363  | 10AM-12PM: Classes & Training Information Table @ Bldg. 319<br><br>2 - 3PM: Week 1 Kids Class-DIY Kachina Doll @ Bldg. 218                              | 930AM - 130PM: Thrift Store Open<br><br>9AM-11AM: Triple P: Positive Parenting Program @ Bldg. 218<br><br>8 -10AM & 10AM - 12PM: Homeshool Hub | <b>National Epilepsy Awareness Month</b><br><br>5 - 7PM: FAP Info Table at Screens & Strikes @ Bldg. 342 | High Desert Marines Bull<br><br>9                              |
| 3   | 4                            | 5  | 6   | 7  |  |  |
| <b>International Students Day</b><br><br>7 - 11AM: Sunday Drive @ Marine Memorial Golf Course                             | 11                           | 9 - 10AM: Crafts & Coffee(Adult Class) @ Bldg. 218   | 2 - 3PM: Week 2 Kids Class-Buffalo Hide Paint @ Bldg. 218   | 930AM - 130PM: Thrift Store Open<br><br>1PM - 3PM: Holiday Stress Management Workshop @ Bldg. 218<br><br>8 -10AM & 10AM - 12PM: Homeshool Hub  |  | 10AM - 2PM: Thrift Store Open<br><br><i>Auto Skills - Open</i> |
| 10  | 11                           | 12   | 13  | 14   | 15   | 16   |
| 7 - 11AM: Sunday Drive @ Marine Memorial Golf Course<br><br><i>Auto Skills - Open</i>                                     | 18                           | 11 - 11:30AM: Beginners Stitching (Adult Class) @ Bldg. 218<br><br>1PM - 2PM: Prevention Hour Sign-Up @ Bldg. 218<br><br>4 - 8PM: Route 66 Cafe Dining Night @ Sugar Loaf Hill Bar | 1 - 2PM: Prevention Hour @ Bldg. 218<br><br>2 - 3PM: Week 3 Kids Class-Talking Stick @ Bldg. 218<br><br>3:30 - 4:30PM: Turkey Scavenger Hunt @ Bldg. 64 | 930AM - 130PM: Thrift Store Open<br><br>4 - 5PM: L.I.N.K.S. Foundations @ Bldg. 126<br><br>8 -10AM & 10AM - 12PM: Homeshool Hub                | <b>Thanksgiving Day</b>  | <b>National Espresso Day</b>                                   |
| 17  | 25                           | 19   | 20  | 21   | 22   | 23   |
| 7 - 11AM: Sunday Drive @ Marine Memorial Golf Course<br><br>11AM - 1230PM: SMP Volunteer @ Feed Barstow's Hungry          | CreatesSpace Classes: Closed | CreatesSpace Classes: Closed   | CreatesSpace Classes: Closed  | <b>Black Friday</b>  | CreatesSpace Classes: Closed   | <b>Small Business Saturday</b>                                 |
| 24  | 25                           | 26   | 27  | 28   | 29   | 30   |

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