

THE PROSPECTOR



Vol. 11, No. 4

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

March 24, 2022

MCLB Barstow's XO retirement **Women's History Month; Sgt. Polachek** **Child Abuse Prevention Month**



12WAYS your COMMISSARY helps you get healthy

2 DIVIDE YOUR CART

Use a purse or jacket to visually divide your cart in half. Fill the half closest to you with fresh produce, everything else in the other.

3 READ FOOD LABELS

Sneaky names for Sugar

- barley malt
- buttered syrup
- cane-juice crystals
- calamansi
- carb syrup
- corn syrup solids
- decalin
- diastatic malt
- ethyl maltol
- fructose
- fruit juice concentrate
- glucose solids
- golden syrup
- high-fructose corn syrup
- honey
- lactose
- malt syrup
- maltodextrin
- maltose
- marmalade
- refined syrup
- sorghum syrup
- sucrose

Trans Fat

hydrogenated or partially hydrogenated oil

Sodium

disodium guaiate salt
disodium inosinate (IMP)
disodium inosinate
disodium pyrophosphate
disodium sebacate
disodium stearate
disodium succinate
disodium tartrate
disodium tetraborate
disodium tetraborate pentahydrate
disodium tetraborate hexahydrate
disodium tetraborate heptahydrate
disodium tetraborate octahydrate
disodium tetraborate nonahydrate
disodium tetraborate decahydrate
disodium tetraborate undecahydrate
disodium tetraborate dodecahydrate
disodium tetraborate pentadecahydrate
disodium tetraborate hexadecahydrate
disodium tetraborate heptadecahydrate
disodium tetraborate octadecahydrate
disodium tetraborate nonadecahydrate
disodium tetraborate eicahydrate
disodium tetraborate heneicahydrate
disodium tetraborate triacontahydrate

1 PLAN AHEAD

- Check out the Sales Flyer, Thinking Outside the Box Recipe & Coupons
- Decide on a weekly menu
- Gather all the recipes you will need
- Make a grocery list

4 CHOOSE FROZEN, CANNED, DRIED & FRESH PRODUCE

Frozen, canned and dried can be just as nutritious as fresh and will last longer.

WATCH OUT FOR: Added sodium & heavy syrups

5 USE the NUTRITION GUIDE PROGRAM

Scan the aisles for this product tag

Here's what it means!

Thumbs Up
High nutrition quality food
High performance food

Low Sodium
Items that are low in sodium
Items that are low in sodium

Whole Grain
Items that are made with whole grain & contain at least 50% whole grain

No Sugar Added
Items that contain no added sugar
Items that contain no added sugar

Low Fat
Items that contain less than 3g total fat per serving
Items that contain less than 3g total fat per serving

Fiber
Items that contain at least 1g fiber per serving
Items that contain at least 1g fiber per serving

6 ENJOY COMMISSARY BRANDS

A full line of high-quality food items equal to or better than national brands.

FREEZING CHOICE

HEALTHY CHOICES

Healthy, wholesome GMO-free and organic options provide better choices through all natural ingredients.

7 PLANT-BASED OPTIONS

NOW AVAILABLE AT YOUR COMMISSARY

Healthy Alternatives

- 4 lbs. 90% Ground Beef
- 2 lbs. USDA Choice Top Sirloin
- 2 lbs. London Broil
- 4 lbs. Boneless Pork Chops
- 2 lbs. Sir Fry Beef

Economy

- 2 lbs. Boneless Pork Chops
- 2 lbs. Boneless Pork Tenderloin
- 3 lbs. Beef Cube Steaks
- 4 lbs. Chuck Roast
- 4 lbs. London Broil
- 4 lbs. Beef Stew Meat
- 3 lbs. 80% Ground Chub Meat

Fall Favorites

- 10 lbs. 70% Fresh Beef Patties
- 5 lbs. New York Choice Strip Steaks
- 7 lbs. Pork Baby Back Ribs (~2 slabs)

Recipes for each power box found on commissaries.com

8 MEAT POWER BOXES

Available only at participating commissaries

9 COMMISSARY MEAL KITS

3 options:

- Fresh Meal Kit**
A complete meal
- One-Pan Dish**
Cooks together in a single pan
- Premium Pairings**
Pre-selected recipes

Delicious Meals, Ready Whenever You are!

10 DIETITIAN-APPROVED RECIPE POSTERS

Recipe posters are displayed alongside the products needed for the recipe. Pull out your phone, take a photo of the poster, fill your cart with the ingredients and you are ready for a nutritious home-cooked meal

11 RESOURCES on COMMISSARIES.COM

A wealth of information is available under the "Healthy Living" tab. EXPLORE!

Visit "YOUR COMMISSARY" on Pinterest

Don't Miss:

- nutritious recipes
- produce features
- special product pricing
- YES! (Your Everyday Savings) products

12 VISIT "YOUR COMMISSARY" on Pinterest

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On The Cover:

Cover photo by: Jack Adamyk

Lt. Col. John E. Bilas poses with Lt. Gen. Gregg P. Olson, Director of the Marine Corps Staff, The Pentagon, and retired Col. Jeffrey J. Kenney, U.S. Marine Corps with the U.S. Marine Corps Mounted Color Guard and Route 66 EGA on MCLB Barstow. March 18, 2022.

THE PROSPECTOR


Marine Corps Logistics Base Barstow, California
Colonel Gregory B. Pace, commanding officer
Sgt. Maj. Edward C. Kretschmer, base sergeant major

Communication Strategy and Operations Office
CommStrat Officer: Rob L. Jackson
CommStrat Planner: Vacant
CommStrat Chief: Laurie Pearson
Editorial Assistant: Adam Aikens
Visual Information Chief: Jack Adamyk
Graphic Specialist: Anthony Plummer

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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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



News Brief

Self-defense Class for all aboard MCLB Barstow

Every Wednesday from 05:00 pm to 06:00 pm

McCarver Hall Gym Barstow, CA, United States

Classes are set up to teach you to recognize and avoid dangerous situations and how to defend yourself in the event that you are attacked.

Ongoing class, patrons are encouraged to keep attending and learn something new in each class.

Open to all adult and children (12 and over).

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

MARADMIN 103/22

CHANGE TO RECRUITING STATION PREFERENCE INCENTIVE FOR RECRUITING DUTY SPECIAL DUTY ASSIGNMENT VOLUNTEERS

This MARADMIN announces a change to the Marine Corps Recruiting Command (MCRC) Recruiting Station (RS) preference incentive offered to Fiscal Year 2023 (FY23) recruiting duty volunteers. The volunteer period has been extended from 28 February 2022 to 15 June 2022.

The Recruiting Station Incentive (RSI) allows Marines to choose their preferred RS when they volunteer and complete the request with the unit career planner. Marines are encouraged to contact their Career Planner for the current RS availability.

Marines identified on the FY23 HSST list are not eligible for RSI.

Questions regarding the FY23 RSI should be referred to the POCs listed above.

Leave Share Program

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

Goodwill, Francis

John Rodriguez

Carlota Sanchez

Gerald Pederson

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

MARADMIN 138/22

TRAVEL TO EUROPEAN THEATER

Due to the ongoing armed conflict in Ukraine, Marines are prohibited from travel to Ukraine, Belarus, and Moldova. On 8 March 2022, the State Department issued a "Do Not Travel" advisory. CDR USEUCOM J3 MSG DTG 201310 FEB 22, THE UKRAINE, BELARUS, AND MODOVA TRAVEL RESTRICTIONS also prohibits service members' travel to these countries for official travel or leave. Civilian personnel are also highly discouraged from travelling to these countries. Additionally IAW DOD ELECTRONIC FOREIGN CLEARANCE PROGRAM, DoD official and leave travel to Russia is currently restricted. Any travel to Russia must be conducted IAW DOD ELECTRONIC FOREIGN CLEARANCE PROGRAM.

Effective immediately, all Marines, regardless of parent unit, and all other military personnel attached to Marine units traveling to Europe on official travel (TAD/TDY) or personal leave are required to submit a travel clearance request (TCR) via the Aircraft and Personnel Automated Clearance System (APACS). Civilian personnel attached to Marine units are also required to do so for official travel, and are highly encouraged to do so for personal travel.

3. If unable to submit a TCR via APACS, personnel are required to submit travel information to the MARFOREUR/AF Command Center at marforeurafcommandcenter@usmc.mil, or SIPR at marforeur-af-cmdctr@usmc.smil.mil. APACS is the primary method, and the MARFOREUR/AF Command Center should only be used as a last resort.

All personnel traveling to Europe, whether for official travel or personal leave, and regardless of the country to which traveling, are required to enroll in the U.S. State Department's Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/> prior to departure.

Questions regarding this MARADMIN should be directed to MARFOREUR/AF Command Center at DSN 314-431-2380, marforeurafcommandcenter@usmc.mil, or marforeur-af-cmdctr@usmc.smil.mil.

Child Abuse Prevention Month

Story by: Laurie Pearson
COMMSTRAT Chief

The Behavioral Health Section staff have planned a busy month of April with activities to highlight Child Abuse Prevention and Awareness aboard Marine Corps Logistics Base Barstow.

In the last Department of Defense Report on Child Abuse and Neglect, published April, 2020, there were 10,857 reported incidents of child abuse and neglect, with 5,369 of those meeting the criteria for abuse.

"This year's theme is "All In to end Child Abuse: Our MilKids Are Priority One!" said Michelle Adams, Family Advocacy Program prevention and education specialist, and victim advocate. "The theme or the focus can help steer the attention toward the cause of abuse and help people remember key phrases to instill the message. A theme like this can also play into any current trends we might be seeing to bring awareness to these issues."

One of the ways in which the theme is especially prominent in drawing attention to this cause is by implementing a hashtag on social media. On April 20, BH is hosting "Wear Blue Day," and base personnel, families and members of the community are asked to wear blue, then post a selfie to social media, using the hashtag #AllInToEndChildAbuse.

"Use of social media to bring awareness to this issue on a larger level," said Jennifer Grunwald, FAP prevention and education specialist, and victim advocate. "Some child abuse may be caused by a lack of education and knowledge in this area, which can be prevented with classes that FAP offers, such as Triple P Parenting."

Classes such as Triple P Parenting offer positive parenting tips, that focus on helping parents learn techniques to raise confident and happy children, manage misbehavior, set rules and routines and encourage the behavior parents want to see repeated. Some of the goals of April's focus are to garner attention to the cause, open communication

about abuse, educate people about causes and repercussions of abuse, and to remind people of the resources available.

There are many reasons people might be abused," Adams said. "The abuser might want to assert power and control over a victim, or it can be passed on by learned behaviors from prior generations. Or it could be because of a lack of proper education and knowledge."

Of the forms of child abuse, neglect is the most common type.

"We typically see over 61 percent of the met criteria incidents falling into the category of neglect for 2020," Grunwald said. "Physical abuse followed with over 20 percent, then emotional at over 13 percent, and over 4 percent for sexual abuse."

Of the abusers, the perpetrators of the abuse, they are primarily a parent, caregiver, extra familial caregiver or other family member.

"Sometimes the abuser may be someone unknown, or a stranger, but those cases

are pretty rare," Adams said. "Other ways abusers may select their victims is through grooming, isolation, and instilling fear and intimidation. This is more prevalent with the advent of social media."

The long-term effects of exposure to abuse can be seen for decades if not properly treated.

"Some long term impacts of child abuse can be brain damage caused by head trauma," Grunwald explained. "Child abuse has also been known to be linked to long term health problems such as malnutrition, vision problems, high blood pressure, functional limitations and more. There is a study called the ACES Study, which stands for Adverse Childhood Experiences Study, which highlights long-term physical and other health complications for victims of abuse.

Anyone who wants to look up more information on the link between childhood trauma and the long term health effects can read those studies to learn more. The bottom line? Childhood exposure to abuse can lead to things like dying younger, risk of cancer or other terminal disease."



MCLB Barstow bids farewell to Base XO

Photos by: Jack Adamyk



Lt. Col. John E. Bilas stands at attention with retired Col. Jeffrey J. Kenney (left), U.S. Marine Corps, and Edward C. Kretschmer (right), MCLB Barstow base sergeant major as Bilas' retirement order is read on March 18, 2022 on MCLB Barstow, CA.



Lt. Col. John E. Bilas' and wife, Kim walk arm-in-arm after receiving his retirement orders during his ceremony after 28 years of service in the U.S. Marine Corps.



Lt. Gen. Lt. Gen. Gregg P. Olson, Director of the Marine Corps Staff, The Pentagon, delivers a speech at Lt. Col. John E. Bilas' retirement ceremony.



Miriam Munoz, Field Representative, Thirty-Third District of California, displays a certificate of recognition for Lt. Col. John E. Bilas from Assemblyman Thurston Smith.



Sonia Miranda, Veteran Services Director/Field Representative for the 8th District of California, presents Lt. Col. John E. Bilas with a certificate from Congressman Jay Obernolte, Eighth California District.



Lt. Col. Benjamin R. Heredia, Commanding Officer, 1st Radio Battalion, celebrates along with Lt. Col. John E. Bilas during his retirement in front of the Route 66 EGA on MCLB Barstow, CA.



Keith Varney, MCCS Manager, MCLB Barstow, congratulates Lt. Col. John E. Bilas on his retirement.

A look forward with Sgt. Amy Polachek

Story by: Laurie Pearson
COMMSTRAT Chief

What lies ahead for the only female on the last Mounted Color Guard for the Marine Corps, located aboard Marine Corps Logistics Base Barstow, California as she rounds out her tour?

Sergeant Amy Polachek, stableman, has been riding with the MCG for nearly two years. Although there were other women on the MCG throughout her stay, they have transitioned elsewhere and the team now has all men, except for her. For National Women’s History Month, we are taking a look at what her future holds. First step? Skillbridge!

“I’m trying to attend Skillbridge in June, but the exact location is yet to be determined as I am still conducting interviews,” Polachek said.

Skillbridge is a transition program for all Department of Defense, active duty military personnel. Within the program, and while still under the employment of the United States Marine Corps, she is planning to serve out the last six months of her military career in the transition program, helping build relevant skills in her desired long-term career of choice.

“What I’m able to do is go work for a facility where they have competition horses, show jumpers, specifically, and experienced trainers,” Polachek explained. “I can be their right hand man and learn everything about competition horses, properly caring for them, and how to work with them as they get to that level of the sport. I can also learn to develop young horses to get to that level.”

Skillbridge offers this type of transitional experience in just about any industry you can think of, she explained.

“If someone wants to go work in manufacturing or for a marketing firm, it’s available,” she said.

“You’re in that company, learning and training, for the last six months of enlistment, in my case.”

So far she has interviewed with three different training facilities that specialize in the jumping show horses she wants to focus on. She’ll be interviewing with two more, then will have to decide which location and facility she wants to embrace during the next chapter of her life.

“I’m trying to choose which place will be the best for me and help me reach my goals,” Polachek said. “One is in Florida, another is in Houston, and three are in California.”

Regardless of which training facility and trainers she is able to work with next, one aspect of the career choice is similar to her role here with the MCG and that is a lot of travel.

“It’s the nature of the job, you travel a lot,” she said. “Horse shows are all over the country. There are horse shows globally, but for the position I’ll be doing with Skillbridge it’ll be on a national level.”

Polachek has been working with horses for more than 21 years, with nearly 2 years of that being with Mounted Color Guard.

“I’ve been in the Marine Corps for six years so far,” Polachek said. “I was an administrative clerk in Hawaii and at Quantico before arriving in Barstow to join the Mounted Color Guard. It’s quite an honor.”

One of favorite aspects of being on the Mounted Color Guard has been learning to continuously work with different horses.



Photo by: Jack Adamyk
Sergeant Amy Polachek, stableman, Mounted Color Guard, Marine Corps Logistics Base Barstow, rode and spent time with her horse, Sunny, at the stables on MCLB Barstow, Calif., March 22nd, 2022

“You’re not stuck to just having one horse here,” she said. “It’s real world experiences riding all of these horses at all of these different events. You might be attending another rodeo, but there are a lot of external factors which are different, too. You must be able to rely on your leadership skills and horsemanship skills to get the horses through the events, successfully. It’s been a real confidence builder. It also helped me learn how to function better under pressure.”

One of the most challenging events was the San Antonio Stock Show and Rodeo. It’s an indoor venue, which poses unique circumstances.

“It is a really large crowd, but the arena is not that large. So, it feels confined,” she said. “There are lots of moving parts, moving people and horses. We really have to make sure that every part of our plan is sound before we walk into that arena. Every detail of the horses and where they’ll be has to be well coordinated before walking in and executing the performance well.”

Although she says that she’s learned a great deal from her time in the Marine Corps, and has experienced personal and professional growth, she is ready to move forward with her personal goals. As she was considering how to reach those goals, she was reminded of Skillbridge, which she’d learned about through other Marines in both Hawaii and Quantico.

“For the personal goals that I have, it’s the perfect opportunity to expand the knowledge that I want to have in my career,” Polachek said.

She will also be graduating with a bachelor’s degree in Business Management and Marketing from Pennsylvania State University before she leaves the Marine Corps. This is something she’s been working on for years, as well.

The end goal? She wants to one day have her own show and jumping horse training facility.

“Eventually, I want to own my own show jumping facility, with a breeding program, and a program to develop young horses that I’m raising and training myself to compete successfully at national level.”

“Being the only female on the MCG currently comes with pressure and it’s a learning experience. You’re representing women in the Marine Corps. When you go to any event, you’re the face of women in the Corps and have to make sure that you’re always giving the best representation of that, no matter where you go. I want other girls to see me and say ‘she’s making her dreams and goals happen.’”

She has learned to balance a toughness that comes from working with “the guys” with her innate compassion and empathy.

“We have to be able to hold ourselves up, and sometimes that’s up against the guys, and it’s not always an easy balance,” she said. “You have to remain true to yourself.”

With this in mind, Sgt. Amy Polachek, administrative clerk, stableman, horse lover, looks forward to achieving those goals.

Child Abuse, cont. from page 5

There is hope, however. There are ways to recover from an abusive childhood and one way is to seek help at the Family Advocacy Program in building 218, McTureous Hall (back of the Library), which provides services and resources such as general counseling, trauma informed therapy, classes and education.

“We also offer Parents as Teachers and we also have our New Parent Support Program which offers Baby Boot Camp, Play Mornings, and Take It Make It events,” Adams said. “We also offer Anger Management and Stress classes for teens and adults, as well.”

“If you suspect or know anyone that is being abused, please call FAP at the 24/7 Child Abuse and Domestic Abuse Helpline, 760-577-6484,” Grunwald said. “You can also tell a trusted person that you know will reach out and get you help.

There are many resources for help. You can start by calling the FAP at 760-577-6533. There are also other avenues such as a Chaplain, counseling options on and off base, a Military Family Life consultant, or calling the local Child and Family Services reporting hotline at 800-827-8724, calling PMO at 760-577-6666, the National CA Hotline at 800-422-4453 and Military One Source at 800-342-9647.”

You can also get involved in the many events coming up in April to share information in a fun way, such as Bunny Basket and Bunny Visit on April 13, at the Housing Community Center starting at 3 p.m. There will also be a Guest Speaker event on April 28 starting at 8:30 a.m. at the Semper Fit Gymnasium. For more information on the events, look through the March 24 edition of The Prospector or contact Behavioral Health at the number listed above.

Commissaries honor Vietnam veterans

Story by: Kevin L. Robinson
DeCA Public Affairs Specialist

Select commissaries and exchanges worldwide are planning recognition events to honor veterans, surviving spouses and their families for Vietnam War Veterans Day on March 29.

Vietnam War-era veterans who served from Nov. 1, 1955 to May 15, 1975 will receive commemorative lapel pins. Participants are advised to check with their local commissaries and exchanges for scheduled ceremonies.

Defense Commissary Agency Director and CEO Bill Moore said it is only right that commissaries join the nation in recognizing the service and sacrifice of Vietnam War-era veterans and their families.

“When our nation called, they answered,” Moore said.

“We at DeCA are privileged to acknowledge their proud legacy of service. We also want to continue welcoming the millions of eligible veterans and their caregivers who are now authorized to shop on-base.”

Approximately 9 million U.S. military members served on active duty during the Vietnam War era. Out of the 2.7 million U.S. service members who served in Vietnam, more than 58,000 were killed and more than 304,000 were wounded.

Vietnam Veterans Day was first established by presidential proclamation in 2012 leading to the start of annual observance events in 2014. The Vietnam War Veterans Recognition Act of 2017 further established the events as a national observance to recognize Vietnam War-era veterans for their service.

At DeCA, supporting the military is part of the DNA of its workforce, with more than 65 percent of commissary employees having a direct connection to the military as a veteran, a retiree, a military family member or a reservist.



Defense of Department photo: Army Sgt. 1st Class Michael J. Carden.
After six weeks of restoration work, the newly restored Three Servicemen Statue was unveiled July 8, 2010, during a rededication ceremony near the Vietnam Veterans War Memorial in Washington, D.C.

“We appreciate the opportunity to serve our military veterans because we’re in essence honoring family,” Moore said. “My dad was a Vietnam combat vet, so this is personal for me. He became disabled as a result of his service, like so many of his fellow Vietnam veterans. They deserve the honor and respect of our nation for their selfless service and sacrifice in that war.”

“On this special day, March 29, we are taking time out to honor our Vietnam War-era veterans,” he added. “And for any of those vets who are disabled and can shop in our stores, we want to reach out to them and let them know the commissary is here to deliver savings on their grocery bill.”

2022 Volunteer Recognition Ceremony

★ Volunteer & Spouse Appreciation ★

Mon, Apr 25 | 10am-11am

MajGen James L. Day Conference Center, 38 Wake Avenue, MCLB Barstow

Service members, volunteers, service member spouses, and their families

The Commanding Officer Marine Corps Logistics Base Barstow requests the pleasure of your company at the Volunteer & Spouse Appreciation at the Major General James L. Day Conference Center, where volunteers and service member spouses will be recognized for Making a Difference In our community. Come celebrate and support their contributions!

Space is limited. Reservation required, please reserve your seat by Apr 20 at <https://VSA22.eventbrite.com>

Questions? Contact the Volunteer Coordinator 760-577-6675 FR.MCLBB@usmc-mccs.org

Mil: Uniform of the Day
Civ: Business Casual

Doors will open at 9:45am
Ceremony begins promptly at 10am
Refreshments served

 mccsBarstow.com

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March

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pre-Tot Story Time/ Craft Taco Tuesday	2 Self Defense Dinner Night	3	4	5
6	7	8 Baby Story Time/ Craft Taco Tuesday Stress Management 7 Habits: Families	9 Self Defense Family-Care Plan Federal Resume Workshop	10 Relocation Workshop Scholarships & Grants	11	12
13	14	15 Triple P Parenting Baby Story Time/ Craft Leading Across Generations 7 Habits: Families	16 L.I.N.K.S. Chat Self Defense Make It & Take It Movie Night	17 Wellness Series Lucky in Love Baby Bootcamp St. Patrick's Day Craft	18 Play Morning	19
20	21	22 Baby Story Time/ Craft Triple P Parenting Taco Tuesday 7 Habits: Families	23 Self Defense H.O.R.S.E. Movie Day at the Library	24 L.I.N.K.S. Foundations	25 Six Flags Magic Mountain Spring Break Breakfast Play Morning	26 Volunteer Base Cleanup
27 SMP Volunteer Activity	28 L.I.N.K.S. Foundations for Parents	29 Triple P Parenting Taco Tuesday 7 Habits: Families	30 Self Defense			

For more details, visit MCLB Bartstow's community events page at:
<https://www.mclbbarstow.marines.mil/MCLB-Barstow/Events/>