

THE PROSPECTOR



Vol. 12, No. 4

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

April 14, 2022

MCLB Barstow VPP recertification

Cyber security

Month of the Military Child



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

MCCS MARINE CORPS

mccsBarstow.com

On The Cover:

Cover photo by: Laurie Pearson
Jennifer Grunwald, Family Advocacy Program prevention and education specialist, and Col. Gregory Pace, base commanding officer, help children from the Child Development Center, to plant Pinwheels for Prevention, as part of the base's focus on Child Abuse Prevention and Awareness Month aboard Marine Corps Logistics Base Barstow, California, April 11. The pinwheel garden is one of many activities on base highlighting the importance of protecting children from abuse.



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

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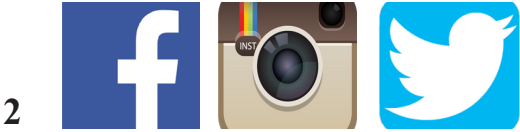
Photo by: Robert L. Jackson
Colonel Gregory B. Pace, commanding officer of Marine Corps Logistics Base Barstow, welcomes and greets members of the California Historic Route 66 Association prior to the organization's scheduled tour of the installation April 7. As part of the tour, members had the opportunity to take pictures with the CO and his staff officers in front of the Route 66 EGA, a windshield tour, and a stop at the gravesite of the original owner of the land, Walter H. Ross.

Contents

	OSHA preparation 5 & 10		SAAPM 5K 11
	Cyber Security 6-7 & 9		Calendar 12
	Military Child Month 8		

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

MARADMIN 183/22

EARTH DAY MESSAGE 2022

Marine Corps installations offer over 2.5 million acres of forests, mountains, deserts, beaches, and other terrain and associated airspace in which Marines can train and hone their skills. As Force Design shapes new Marine Corps mission sets, Earth Day 2022 celebrated on 22 April, provides us with an opportunity to reflect on how our individual and collective actions can affect our environment and our mission, now and into the future.

From individual actions like minimizing use of hazardous materials and properly managing trash and hazardous waste, to collective actions such as shifting to more sustainable energy sources, reducing waste, and protecting natural and cultural resources during training, there are many ways to reduce environmental impacts while accomplishing the mission. These initiatives can often also reduce costs and decrease regulatory and logistical requirements.

Earth Day is also an opportunity to increase awareness of your environmental responsibilities and initiatives by engaging with local communities whose support we need to maintain and enhance training. On and off-base environmental activities can provide opportunities to serve as role models in the community and to build partnerships. As COVID restrictions start to lift, I encourage Marines and installations to engage with the public to the extent health and safety precautions allow. Marines protect the nation in the air, on land, and sea. This responsibility includes protecting our natural resources and our surrounding communities through our daily actions. Additional information related to Earth Day can be found at: www.epa.gov/earthday.

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 181/22

HQMC SEMPER FIT SEEKS APPLICATIONS FOR THE 2022 ALL-MARINE RUNNING TEAM

Headquarters Marine Corps (HQMC) Semper Fit (MFS) is seeking applications from active duty/active reserve Marines interested in participating in the All-Marine Running Team.

The ALL-Marine Running Team is a men's and women's running team offering Marines the opportunity to represent the United States Marine Corps in competitions, including the Armed Forces Marathon Championships.

The minimum standards for applying are as follows:

Men

- 5k 17:00 Minutes
- 10k 35:00 Minutes
- 10M 58:00 Minutes
- Half 1:18 Hour: Minutes
- Marathon 2:48 Hour: Minutes

Women

- 5k 20:00 Minutes
- 10k 41:00 Minutes
- 10M 1:08 Hour: Minutes
- Half 1:32 Hour: Minutes
- Marathon 3:15 Hour: Minutes

Applicants are required to submit times from races competed in within the past year. The anticipated event in 2022 is the Armed Forces Marathon Championship (October 2022).

To be considered for participation applicant must include scores for the following All Marine Sports standard testing events, in addition to your sports experience/bio, in section VI of the application: Three Repetition Maximum (3RM) Deadlift, Bench Press and Squat; One Repetition Maximum (RM) Broad Jump and Pro-Agility; most current three mile and 880 yard running time. Detailed information on how to complete the events can be found at <https://slush.usmc-mccs.org/service/fitness/all-marine-sports/>.

All applications must have a completed SECTION VIII-COMMAND ENDORSEMENT, to be considered. The application form can be found at <https://slush.usmc-mccs.org/services/fitness/all-marine-sports/>. Interested Marines must submit an application to participate directly to MFS no later than 10 April 2022. Please email completed applications to ombmccsportsapplications@usmc-mccs.org.

To participate, Marines are required to have a valid Government Travel Charge Card and an active Defense Travel System account. Funding for All-Marine Sports will be provided by HQMC.

OSHA's on the way!

Story by: Laurie Pearson
COMMSTRAT Chief

The Occupational Safety and Health Administration will be aboard Marine Corps Logistics Base Barstow May 16 to 20, 2022 to conduct a safety audit.

The safety audit is part of the OSHA process to evaluate the base for recertification compliance of the Voluntary Protection Program in order to recertify the base's Star Site status.

"MCLB Barstow achieved star status in 2008, with recertification approved in 2012 and again in 2017. If we are approved, this would be our 3rd recertification," said Sara Diaz, Safety and Occupational Health specialist. The entire base is in preparation for the OSHA visit. Directors need to prepare their departments. This entails taking a look at your departments and making sure they are up to the safety standards that the base has set. Base personnel are already required to engage in training percentages and program compliances. So, you are preparing for the audit by 'playing the game the way we practice.'

Base Safety asks that when personnel are out and about, make sure the area is tidied up and make sure that people are aware of VPP audit dates.

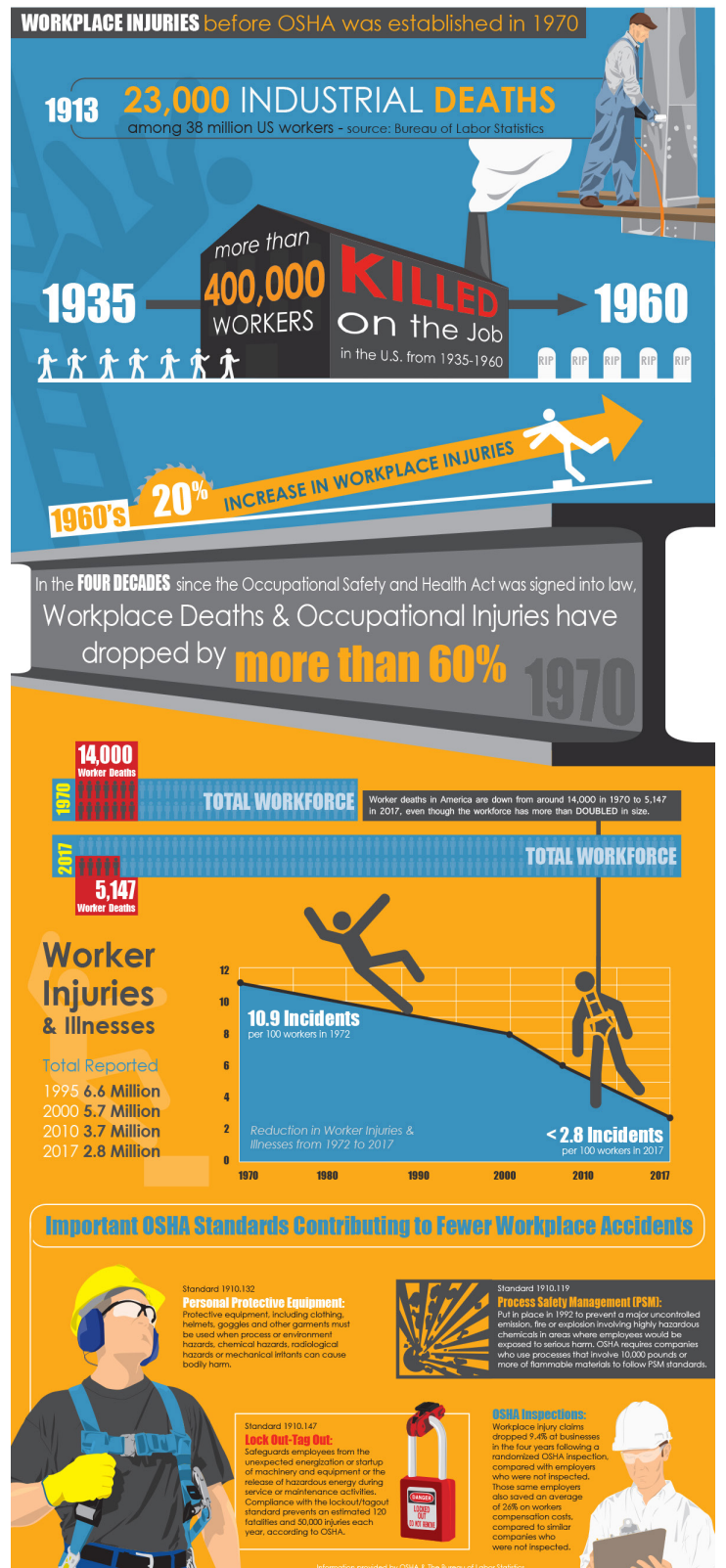
"Conduct on the spot questions with your employees in order to ask them about VPP and if they are unaware of the program, then let's educate them," Diaz said.

The audit team will consist of two OSHA representatives, and some Special Government Employees to assist them with the audit process.

"A lot goes into an audit," Diaz explained. "Auditors will walk around our entire base's footprint, in order to take a look at functional areas and make sure that the base is providing a work place that is free from recognized hazards. During the walk-around, they will speak to the civilians and Marines, and ask about some of the tasks that each does in their respective positions. They will also ask them what they know about VPP.

They will also ask if the individuals know how to report a safety hazard or an accident. In addition, they may inquire about what type of Personal Protective Equipment is used and they may ask questions about particular jobs.

OSHA Improvement of Worker Safety



Russian cybersecurity threats increasing – Become a Cyber Sentry

Story by: Laurie Pearson
COMMSTRAT Chief

With new cyber threats targeting Americans, the Cyber Security Section aboard Marine Corps Logistics Base Barstow offers guidance to shore up security parameters for military personnel, civilians and families on base and at home.

“A cyber-attack may be defined as many things, but most commonly is referred to an attempt to breach computers and accounts to steal data,” said Michelle Noice, Information System Security Officer, Cyber Security Section, S-6 Communications Department. “Thousands of attacks occur daily, ranging in types of attack vectors to include malware, phishing, vishing, ransomware, denial of service, cross-site scripting, SQL injection and more. It is our duty to be vigilant and protect our data.”


An SQL injection, is a Structured Query Language injection, also known as SQLI, and is a common attack vector using malicious code for database manipulation to access information that was not intended to be displayed. The information may include any number of things, including sensitive data and customer details.

“The most current cyber threats are malicious cyber activities engaged by the Russian government,” said Noice. “The Cybersecurity and Infrastructure Agency and other unclassified sources revealed that Russian threat actors are targeting industries and organizations within the United States and other Western nations. Their intentions are to suppress certain social and political activity, and to steal intellectual property, as well as to deter, disrupt, degrade, and deny U.S. military missions and operations.”


Cyber-attacks frequently target users of social media and websites by using phishing attempts with emails and other messages that include malicious links or attachments.

“Nefarious actors may steal credentials, impersonate users with fake websites, and guess passwords by brute force,” Noice explained.


Top 10 Cyber Threats




1 Social Engineering
Any network is hackable if an employee can be duped into sharing access.




2 Third-Party Exposure
Vendors, clients, and app integrations with poor security can provide access to an otherwise well-protected network.




3 Configuration Mistakes
Even the most cutting-edge security software only works if it's installed correctly.




4 Poor Cyber Hygiene
Employee training is essential to ensure those with network access maintain safe cyber practices.




5 Cloud Vulnerabilities
Online data storage and transfer provides increased opportunities for a potential hack.




6 Ransomware
Hackers can capture sensitive data or take down networks and demand payment for restored access.




7 Mobile Device Vulnerabilities
Devices that connect to multiple networks are exposed to more potential security threats.



8 Internet of Things
Smart technology users may not realize that any IoT device can be hacked to obtain network access.



9 Poor Data Management
When massive amounts of unnecessary data are kept, it's easier to lose and expose essential information.



10 Inadequate Post-Attack Procedures
Security patches must be as strong as the rest of your cybersecurity protections.

On March 21, 2022, the White House released a Statement by President Biden on our Nation’s Cybersecurity, specifically regarding potential cyber-attacks by Russia.

President Biden stated: “From day one, my Administration has worked to strengthen our national cyber defenses, mandating extensive cybersecurity measures for the Federal Government and those critical infrastructure sectors where we have authority to do so, and creating innovative public-private partnerships and initiatives to enhance cybersecurity across all our critical infrastructure. Congress has partnered with us on these efforts — we appreciate that Members of Congress worked across the aisle to require companies to report cyber incidents to the United States Government.”



“It is our duty as Active Duty and Federal Government employees to ensure consistent defense. All Marines, Civilians, and Contractors can make an impact at every level,” said Dr. Michael Simko, Installation Information Technology officer.

One of the ways that the Marine Corps is addressing cybersecurity, is by encouraging Marines and their families, as well as civilians, to become Cyber Sentries.

“A Marine Cyber Sentry is responsible for protecting military networks and the country against cyber-attacks from enemy forces,” Noice said. “Marine Force Cyber Commands provide guidance to the Marine Corps to create a cyber-minded culture to keep our organization battle-ready, agile, and more resilient due to the persistence of cyber threats. Cyber defense begins with the organization’s cyber culture. Maintaining a defensive, in depth strategy on cyber hygiene and the command’s cyber culture is imperative to reduce risk of cyber threats.”

“Cyber-attacks are increasing every day,” Simko said. “It is strongly recommended that all Marines, civilians, and contractors review their cybersecurity posture both at home and at work. This includes securing your home network, devices such as computers, laptops, tablets, Internet of Things, and mobile devices. When assessing your current cybersecurity posture, it is best to assess each device as it pertains to confidentiality, integrity, and availability. Confidentiality refers to the ability of the device to encrypt network traffic or data. Integrity refers to software and files not being altered. Availability refers the device being readily available for use and its intended purpose.”

- To harden your home network and devices:
- On your router – you must change the preset name and password. Choose the highest level of encryption available such as Wi-Fi Protected Access 2. Disable or set a different password for your guest network. WPA3 is an even better encryption solution available on some new routers. However, it is not yet compatible with all devices on a home network.
 - Keep your software updated. Install and use anti-virus and anti-malware tools. Updating software does not include just Windows or Mac system updates. Be sure to update individual pieces of software also to the latest version, such

DeCA celebrates Military Child Month

Story by: Kevin L. Robinson
DeCA Public Affairs Specialist

Children of authorized commissary shoppers can help save the environment and enter to win a chance at a \$25 gift card in the Defense Commissary Agency's Month of the Military Child contest April 1-30.

"Our military youth experience many sacrifices associated with living in military families – moving from place to place and in many instances watching a parent deploy," said Marine Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the DeCA director. "During April, the Month of the Military Child, we celebrate our military families and applaud their children for the adversity they've overcome."

- Photos. Participants must upload a photo of their child completing one of the elements on the Month of the Military Child Passport to <https://shop.commissaries.com/militarychild> for a chance to win a \$25 Commissary Gift Card. Photos with copyrights will not be accepted. Each passport activity asks that the child complete an element that makes the world a better place in one or more of the following areas: 1) Recycling, 2) Composting, 3) Reusing a grocery bag or 4) Planting
- Passports can be downloaded at <https://shop.commissaries.com/militarychild> and parents, teachers or other adult can verify completion of those activities by signing and dating the activity. Participants with one or more completed elements can visit their commissary to receive a Certificate of Participation from their commissary representative

APRIL IS MONTH OF THE
MILITARY CHILD

Participate in our
Earth Day Challenge
for a Chance to **WIN a \$25**
Commissary Gift Card



*One world.
One chance.
Make it great for them.*

SCAN THE CODE
FOR FUN EARTH DAY
ACTIVITIES!







[HTTPS://SHOP.COMMISSARIES.COM/MILITARYCHILD](https://shop.commissaries.com/militarychild)



www.commissaries.com

MPNR22068

This year, DeCA is using an Earth Day theme with the tagline, "One world. One chance. Make it great for them." to engage children of eligible commissary shoppers from Kindergarten through 12th grade along with their parents, caregivers or teachers. More information and full rules of the contest can be found on <https://shop.commissaries.com/militarychild>. The following is a short summary of contest requirements:

"I cannot wait to see some of their contest passports," Saucedo said. "This contest is a wonderful way to honor our military children and encourage their responsibility for taking care of the environment."

Cyber Security, cont. from page 7
as Java, Microsoft Office, Adobe products, and more.

- Back up your data regularly to an external storage (hard drive or portable media). Disconnect external storage when not in use. Purchasing a monthly subscription with Microsoft or Google provides additional options for using cloud backup services and larger amounts of storage. If you use an external drive, you may want to also backup the external drive, as well. Similar to computers, the hard drive in the external drive can also fail, resulting in data being lost.

- Use strong passwords and challenge responses. Change the default password on devices. Try to aim for 12-16-character pass phrases, rather than a password if possible. Use a password wallet to securely store passwords. If you Google "strong password generator," there are tools available to create a strong randomized password with several options for selecting criteria.
- On your mobile device – use a Personal Identification Number, key lock code. Set auto-lock after none-use. Biometrics (facial scan and fingerprints) offer additional security on modern day smartphones.
- Disable location services on mobile devices when not needed. Disable Wi-Fi and Bluetooth to reduce attack when unknowingly connected to another device.

Social Media, such as Facebook, Instagram, TikTok and Twitter, are other platforms that can be used to initiate cyber-attacks through phishing, fake social media accounts, and website links.

"Breached user accounts are the most common attack, in which a hacker steals a user's authentication credentials upon login, collects personal data, and uses the information to access other systems, steal identities, or scope out additional targets," Noice said.

The best protocols to secure your social media account are:

- Keep personal information private on social media. Restrict access to only family and friends.
- Do not post any personal information such as birthdate, address, phone number, and location.
- Disable location settings and services. Photos can have geo-mapping attached and can identify your location.
- Use different and strong passwords for each of your social media accounts.
- Do not accept a friend request from someone you do not know.

"Per Maradmins 067/22, Defense Information Service Agency will provide anti-virus software for Marines, civilians and defense contractors with an approved .mil email address to use at home, free of charge," Simko said. "This subscription is good for one year at no cost and provide security for your home computer."

Anti-virus software can be downloaded from the McAfee website:

- For PC use <https://www.mcafee.com/windows/dod> company code DIS41FBC06
- For MAC use <https://www.mcafee.com/mac/dod> company code DIS75F9D61

For additional information about Cyber Risk Awareness and Cybersecurity, reference the following sites:

<https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/21/statement-by-president-biden-on-our-nations-cybersecurity/> and <https://www.cisa.gov/uscert/russia>.

8

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“You should know, when speaking to the audit team, to just be honest,” Diaz said. “They will look at the entire Safety Program by looking at our training records, medical surveillance, PPE we have on hand, and they will check to ensure that we follow OSHA standards with our programs. They will also want to know if we have employee involvement in VPP.”

The OSHA audit team will be checking to ensure that the command understands VPP and will want to ensure that base employees feel that they have a safe workplace.

“Everything we do, all of our programs and safety policies are in place,” Diaz said. “Personnel just need to understand that the OSHA audit team will be here and that you may get asked questions. If you are following what's already in place then you are doing your part. If you see a hazard or something we need to address, report it. If we are prepared then we will not need to repair while they are here.”

In order for the base to remain in the VPP program, OSHA evaluates the base and the Safety Programs every 3-5 years.

“This is our time to show that we are a safe installation and that we deserve to continue to be a VPP Star site,” said Diaz. “Our hope is that we will be recertified for the 3rd time, making us the first Marine Corps Installation to be recertified for a third time and we will have maintained this prestigious honor as a Star Site for over 14 years! I want everyone to understand that safety should always be on our minds, and our first priority. Our actions are what matters the most and that we continue to be safe so we can return home to our families and we can see our co-workers do the same. Safety is everyone's responsibility.”



Photo by: Robert L. Jackson
Colonel Gregory B. Pace, commanding officer of Marine Corps Logistics Base Barstow, welcomes members of the California Cadet Corps to MCLB April 1, at the start of the organization's annual

bivouac training event. The Cadets spent April 1 through April 3, training in areas of land navigation, swim survival, the obstacle course, and classroom work.

SEXUAL ASSAULT AWARENESS & PREVENTION MONTH

SAAPM 5K | RUN WALK



Step Forward. Prevent. Advocate.

Apr 29 • 1-3:30pm

The Major General James L Day
Conference Center

For information: (760) 717-8694

mccsBarstow.com/SAPR





April

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Pre-Tot Story Time/ Craft	6 Self Defense	7	8	9
10	11	12 Baby Story Time/ Craft	13 Self Defense Sponsorship Training	14 Relocation Workshop Volunteer Orientation	15 Play Morning	16
17	18	19 Pre-Tot Story Time/ Craft	20 Self Defense L.I.N.K.S. Networking Chat Make it & Take it	21	22	23
24 SNP Volunteer Activity	25 L.I.N.K.S. Foundations for Parents Volunteer Recognition & Spouse Appreciation	26 Baby Story Time/ Craft	27 Welcome Aboard	28 L.I.N.K.S. Foundations for Parents	29	30

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