

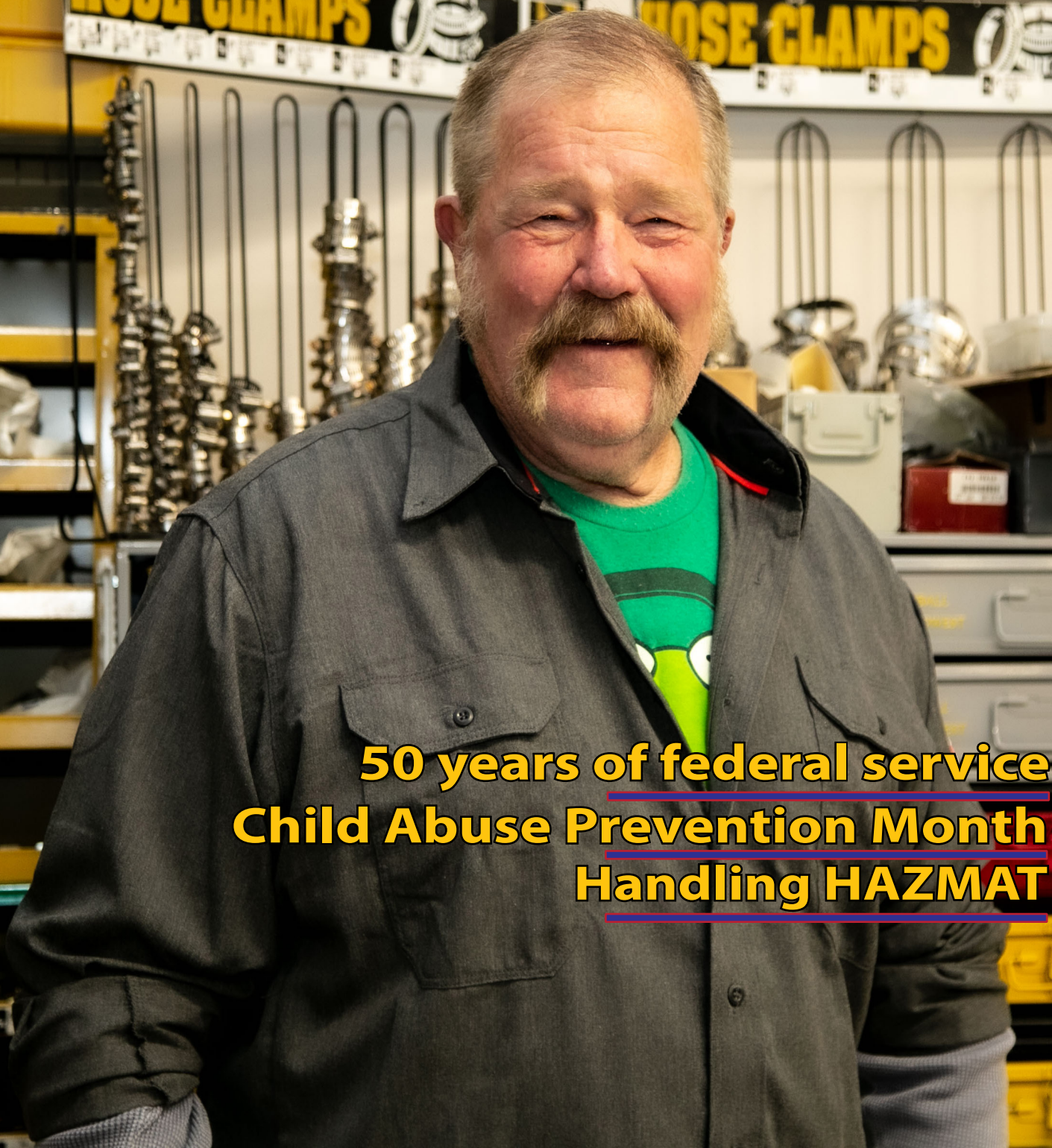
THE PROSPECTOR



Vol. 13, No. 5

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

March 24, 2023



50 years of federal service
Child Abuse Prevention Month
Handling HAZMAT

On The Cover:

Cover photo by:

Donald Leroy Fearon, Facilities Maintenance work leader, celebrates 50 years of federal service during a luncheon held in his honor aboard Marine Corps Logistics Base Barstow, California, March 23. Fearon entered into federal service in 1972, when he started boot camp. He served on the USS Constellation, then on Mare Island in 1977. In September of 1995, he was sent to Barstow, noting that it was 120 degrees Fahrenheit and the Ford Bronco he was driving did not have air conditioning, making a dunk in his friend's swimming pool a daily event. He has worked on both the Yermo and Nebo sides of the base and continues to serve as a maintenance work leader, today.



THE PROSPECTOR

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

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One Container, One Recycling Solution.



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"Empty Contents Prior To Disposal"



Plastics

Plastic bottles, cups, milk cartons, rigid plastic containers, plastic bags.
"Empty Contents Prior To Disposal"



Paper

Plain paper, newspaper, magazines, Wrapping paper, etc.



Glass

Glass bottles (green, clear and brown) jars, etc
No mirrors, ceramics, light bulbs, windows, dishes or half full containers.



Not Suitable For Recycling

Food, tea bags, rubberbands etc.
NO LIQUIDS



Please Note: All recyclable items must be emptied of its contents and dry before disposal.



Marine Corps Logistics Base, Barstow
Environmental Division, Bldg. 196
Barstow, Ca 92311
760*577-JUNK

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



Marine Corps Logistics Base Barstow

Barstow, California



SOCIAL MEDIA RESOURCES

- » School L
- » EFMP
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- » Sexual A
- » Voting A

COMMAND

SPECIAL NOTICE

LEATHERNECK LANES EVENTS

MARCH 29 - APRIL 05, 2023, SPRING BOWL,
DAILY STRIKE ENTERED INTO A DRAWING FOR A HAM - ALL AGES,
DRINK AND SNACK SPECIALS

APRIL 9, 2023, BUNNY BOWL,
\$2 a GAME BOWLING, MOVIES, DRINK AND SNACK SPECIALS

APRIL 14, 2023, 1700-1900, SCREENS & STRIKES,
MOVIE: SHAUN THE SHEEP: FARMAGEDDEN (G)
\$2 a GAME BOWLING, MOVIE, DRINK AND SNACK SPECIALS

MAY 05, 2023, CINCO DE MAYO BOWL,
\$2 a GAME BOWLING, MOVIES, DRINK AND SNACK SPECIALS



mccsBarstow.com

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MARINE CORPS LOGISTICS BASE BARSTOW
Sexual Assault Awareness and Prevention Month
PROCLAMATION 2023

WHEREAS, April is National Sexual Assault Awareness and Prevention Month, a time to heighten prevention, awareness and education to shed light on the serious problem of sexual assault, and

WHEREAS, the Department of Defense recognizes this observance via service-wide Sexual Assault Prevention and Response Programs that focus on education, prevention, and intervention, and provide 24/7 response to incidents of sexual violence, and

WHEREAS, the Marine Corps program is called Sexual Assault Prevention and Response and the Marine Corps joins the combined services of the Department of Defense in sharing this year's awareness campaign titled,

Step Forward: Prevent. Report. Advocate.

WHEREAS, sexual assault negatively impacts victims, offenders, and commands, and detracts from war fighter performance and readiness, and is not keeping with the high standards of discipline required by military persons and civil servants, and

WHEREAS, preventing sexual assault focuses on the ability of every service member, especially those in leadership positions, to build a climate of respect in which sexual assault will not be tolerated, and create a supportive environment where victims feel comfortable reporting.

NOW THEREFORE, in recognition of the valuable work done with coordinated efforts of the Sexual Assault Prevention and Response Program, Marine Corps Community Services, Provost Marshal Office and the Staff Judge Advocate, I, Colonel Gregory B. Pace do hereby proclaim April as Sexual Assault Awareness and Prevention Month aboard Marine Corps Logistics Base Barstow.


Gregory B. Pace

Colonel, U.S. Marine Corps
Commanding Officer
Marine Corps Logistics Base Barstow



**2023 Child Abuse Awareness Month
MCLB Barstow, California**

**Proclamation
CHILD ABUSE PREVENTION MONTH**

Child abuse is a serious crime that affects our military community regardless of gender, rank, or age. Certain life situations, such as deployments, single parenting, domestic violence, and other stressful events, can contribute to the likelihood of maltreatment, particularly when parents lack sufficient positive parenting support and resources, which may also interfere with mission readiness. Child abuse is 100% preventable and "Rock-Solid Families Start Here!"

Marine Corps Logistics Base Barstow seeks to build awareness and increase the use of positive parenting resources to help military parents have adequate tools to help prevent child abuse and neglect at the installation.

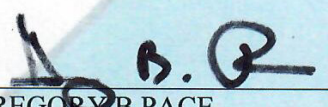
Parents might not always feel like they have everything under control, but the reality is that many parents feel this way. We want to help parents build a solid foundation for well-being that will help them feel secure and be a rock for their children. By providing them with community and peer support, we are giving them the tools to rock their parenting journey. This gives the positive parenting angle vibrancy and sends the message, "You rock, parents!" As such, the theme and tagline for 2023's Child Abuse Prevention Month is:

"MilParents Rock: Rock-Solid Families Start Here"

I call upon all members of the Marine Corps family to stand up against child abuse by continuing to build our awareness of the resources available to help military parents maintain a healthy environment for themselves and their children. Our military children are our priority! With the help of military parents and members of our community, together, we can eradicate child abuse. I hereby proclaim the month of April as:

CHILD ABUSE PREVENTION MONTH

I call upon all members of the Marine Corps family to stand up for those who cannot stand up for themselves, let us together eradicate child abuse.


GREGORY B PACE
Colonel, U.S. Marine Corps
Commanding Officer
Marine Corps Logistics Base, Barstow, CA

20232701

Date

Story by: Sgt. Anika Lewis
Visual Information Chief

More than 600,000 children in the United States suffer from child abuse annually, according to the National Children's Alliance website. This is an issue that affects both military and civilian children. The FY21 DoD Report on Child Abuse and Neglect reported 5,000 confirmed cases of child abuse in the military.

Child abuse includes both intentional and unintentional harm to a child. In reference to MCO 1754.11A, child abuse is the physical, sexual, emotional abuse, or neglect of a child by a parent, guardian, foster parent, or by a caregiver, whether the caregiver is interfamilial or extrafamilial, under circumstances indicating the child's welfare is harmed or threatened. Family Advocacy Program prevention and education specialist and victim advocate at Marine Corps Logistics Base Barstow Behavioral Health, Michelle Adams, expounded on the four categories of abuse.

"Physical abuse is physical harm to a child by actions such as punching, beating, kicking, biting, shaking, choking, hitting, burning, etc.," she said. "Neglect is failure to provide for a child's basic needs. Sexual abuse is any sexual activity toward or involving a child. Emotional abuse is a pattern of behaviors that have a negative effect on a child's psychological well-being, including

constant criticism, threats, and rejection."

She went on to say that a child's age can make them more susceptible to abuse. Most often, infants and young children are abused since they need constant care and are therefore vulnerable to physical or medical neglect. A child's health or any disabilities could also pose a risk for abuse. For the abuser, there are a variety of risk factors that could trigger abusive behavior.



APRIL IS NATIONAL
CHILD ABUSE
PREVENTION MONTH

"Some risk factors that may lead to being an abuser is a history of violence, lack of support, lack of parenting skills, substance abuse, adolescent parenting, or physical or mental problems that aren't being treated," said Adams.

She added that caregivers who use corporal punishment, negative communication styles, or have family members in jail may also be more likely to become abusive.

Child abuse can have both short-term and long-term effects, Adams specified. Short-term effects for children can include fear, low self-esteem, running away, or trouble sleeping. Long-term effects could be depression, suicide, drug abuse, or becoming an abuser themselves later. For parents, effects can include passing on

Prevention Month

generational trauma, poor mental health, or criminal and legal court proceedings.

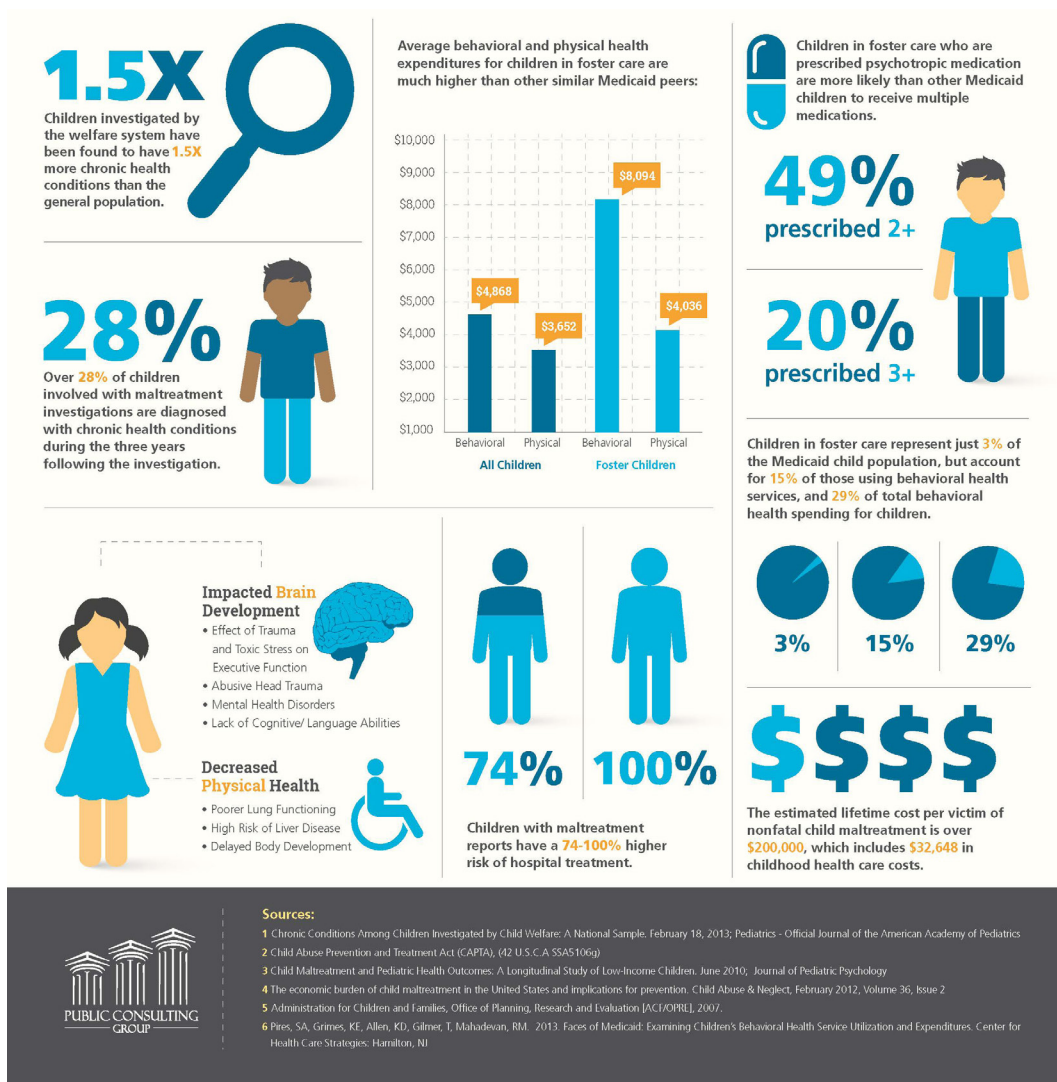
Signs of child abuse include unexplained physical injuries and bruising, behavioral changes, frequent absences, begging or stealing food and money, or having a caregiver who shows little concern for the child. If child abuse is occurring, it is imperative to report it immediately. Adams stated that by doing so, you could potentially be saving a child's life. Child abuse can be reported to the FAP hotline at 760-577-6533, Child Protective Services hotline at 1-800-827-8724, or the local Provost Marshal Office.

Adams further provided local resources that could help mitigate child abuse. Behavioral Health offers an array of parenting classes from the New Parent Support Program to the Positive Parenting Program. The clinic also provides counseling for stress and anger management, helping to provide healthy coping mechanisms. Adams also emphasized that the community can help prevent child abuse by coming together.

"The community can play a big part by supporting military parents as they learn more about child development, resources, and coping strategies which will strengthen the entire

military community. It can make a big difference if parents know they are not alone and that there are resources and a supportive military."

Some upcoming events for the base to come together and raise awareness for child abuse are the Family Advocacy Program proclamation



signing April 4 at 10 a.m. at the base Marine Corps Mart on Nebo Annex and Pinwheels for Prevention April 12 at 2:30 p.m. at the Child Development Center.



Handling HAZMAT

Story by: Sgt. Anika Lewis
Visual Information Chief

Jason Coppedge is a material handler and forklift operator leader with Marine Corps Logistics Base Barstow. He has worked in the Hazardous Materials warehouse on base for nearly six years and is a Subject Matter Expert on HAZMAT. He shared information on what HAZMAT is, how it should be handled, what to do in case there is a spillage, and how to properly dispose of it.

Anything that's going to cause or that can cause harm to some form of life, whether it's plant life, animal life, or human life, is HAZMAT Coppedge said.

One of the biggest mistakes people make when handling HAZMAT is simply not being careful enough, he said. People can become lackadaisical when handling HAZMAT, but each hazardous chemical has certain safety protocols. Such protocols, as well as the exact composition of a specific hazardous substance, can be found in your office's Safety Data Sheet.

"It's the international standard," Coppedge said, referencing the SDS. "It gives you the A-Z on the chemical itself: composition, color, chemical makeup, first aid measures, firefighting measures, everything."


In addition to understanding the chemical's composition, Coppedge advised the use of Personal Protective Equipment when dealing with HAZMAT and provided some best practices. More information on the required PPE can also be found in the SDS.

"Any of the liquids, it's probably better to be careful to have gloves and be able to cover up your skin," Coppedge said. "Goggles or safety glasses are always going to be great because whether it's a powder or a liquid, either one can get in your eyes. If you have safety eyewear, you're going to be safe from it. If you think maybe there's going to be a splash, a face shield


Personal Protective Equipment (PPE)

Select and use the appropriate PPE to help minimize exposure to physical, chemical, mechanical, electrical, radiological & other workplace hazards.


WORK SAFE **BE SAFE**




Head Protection
Hard hats help provide protection from head impact, penetration injuries, and electrical injuries. Ensure hard hats fit properly and are well maintained.




Eye/Face Protection
Evaluate potential hazards and use spectacles, goggles, side shields, faceshields, or special shields and helmets to help provide eye and face protection.




Hearing Protection
Single-use earplugs, pre-formed or molded earplugs, and earmuffs can help prevent hearing damage, as well as reduce the physical and psychological stress of a noisy work environment.




Respiratory Protection
Perform a hazard assessment and select the proper respirator to help protect against the effects of harmful dusts, gases, smokes, fumes, mists, fogs, sprays or vapors.




Body Protection
Choose the proper clothing and gear for protection from heat, radiation, hazardous materials or wastes, scalding liquids, body fluids, and more. Include fall protection equipment and high visibility clothing when needed.



Hand Protection
Select the right gloves for the job to minimize injuries, such as cuts, lacerations, abrasions, chemical and thermal burns, and prevent harmful substances from absorbing into the skin.



Foot/Leg Protection
Foot guards, safety shoes, and leggings can help prevent injuries from sharp objects, falling or rolling objects, molten metals, electrical hazards, hot surfaces, and slippery surfaces.



HAZMAT STUDENT
OSHA SAFETY TRAINING COURSES

Visit [HazMatStudent.com](https://www.hazmatstudent.com) for 75+ Online Safety Training Courses, including 100% **Online PPE Training**.

Fit for spring?

Story by: Kevin L. Robinson
DeCA Public Affairs Specialist

Spring starts March 20 and what better time to start eating healthier than while celebrating National Nutrition Month? Well, the Defense Commissary Agency (DeCA) Sales Flyer for March 13-26 offers service members and their families extra savings to help them boost their health and wellness.

The commissary agency is also offering activities through social media to help customers start their goals, find a routine and create a path to wellness.

Customers can also further their commissary savings through the new and improved Your Everyday Savings (YES!) Program. YES! offers extra savings and value on products customers buy most. Look for the orange YES! label on store shelves.

To reach a higher level of savings beyond everyday low commissary prices, look for the Savvy Shopper best deals featured in the latest sales flyer.

DeCA's "Thinking Outside the Box" (TOTB) recipe for the period is One Pan Chicken Fajita Bowl. Thinking Outside the Box recipes are dietitian-approved, offering quick and economical solutions for home-cooked meals. Customers can save even more on the items

listed in these recipes.

More opportunities to save are available through the Pathway to Savings – "Instant Savings and Buy One, Get One (BOGO) Free" deals and Commissary Rewards Card digital coupons. Customers can save over \$150 through these deals. Many more digital coupons are available at <https://shop.commissaries.com/digital-coupons>. Pathway to Savings "BOGO Free" is not available at overseas stores; however, overseas customers can still enjoy instant savings by visiting their stores for specific selection and pricing.



DeCA has made shopping even easier with its Commissary CLICK2GO mobile app. Customers can access DeCA's Commissary CLICK2GO online payment, curbside pickup, digital coupons, the sales flyer, dietitian-approved

recipes and much more.

The mobile app is free for download through the Google Play and IOS app stores.

Other savings opportunities include the following options:

- "Kerrygold - St. Patrick's Day Giveaway." Customers can visit DeCA's Facebook, Instagram and Twitter pages, look for the post on the Kerrygold St. Patrick's Day Giveaway and comment on why they like Kerrygold butter. Tag a friend and selected winners will receive a \$25

would be great just to protect yourself.”

It is also important to know how to protect yourself and others should a hazmat spill or leak occur. Due to potentially harmful fumes, Coppedge recommended never standing downwind of a spill.

“You want to get away from it for the inhalation hazard,” he stated. “If you’re more in a confined space, then I would definitely leave the area just because you’re not going to know how badly that might affect you.”

If a spill exceeds the quantity limit for that hazardous substance, the fire department needs to be called. Coppedge stated that it is best to evacuate the immediate area and monitor the spill from afar while waiting for the fire department to arrive. Whether you evacuate the entire building or just the section where the spill occurred, use your best judgement, he said.

Finally, people need to know the proper procedures for disposing of HAZMAT when it becomes hazardous waste.

Coppedge said, “Hazardous waste is any time you’re not going to be using the product anymore and you want to dispose of it in a proper manner so that we’re not just dumping it in the environment and causing some type of pollution.”

Disposing of hazardous waste in the proper manner means not dumping it in the garbage. Coppedge clarified that MCLB Barstow’s Environmental Division must be contacted, as they are the only ones on base able to properly dispose of this type of waste. When contacting the division, be prepared to share any pertinent information on the waste you are trying to dispose of. For hazardous waste disposal, the Environmental Division can be reached at (760)-577-7442.

Fit for Spring cont. from page 9

Commissary Gift Card. Please submit comment before March 17.

- **Monster Energy.** Commissary customers at participating stores can enter for a chance to win a Kawasaki motorcycle by scanning a QR code on in-store posters and displays. Contest ends Nov. 30.
- **Commissary Store Brands.** DeCA’s private label inventory of Commissary Store Brands include an assortment of items spanning the entire store to include Freedom’s Choice food, HomeBase non-food, TopCare health and beauty, Full Circle Market natural and organic food, Wide Awake ready-to-drink coffee products, Tippy Toes baby products, Flock’s Finest wild bird food and Pure Harmony pet food.
- **Dietitian-Approved Fueling Stations.** The commissaries’ grab-n-go Dietitian-Approved Fueling Stations are a great alternative to the drive-thru or can be used as a quick way to stock office and barrack fridges with quick, on-the-

go, snacks and meals. These stations are full of dietitian-approved snacks and meals that are nutritious and high-performance foods. They’re conveniently located near the registers in select stores. View the Deli Fueling Station page for a list of dietitian-approved salads, sandwiches and wraps.

- **“Box Tops for Education.”** General Mills is offering customers an opportunity to save money while supporting their local schools through the “Box Tops for Education” promotion. See store displays and high-value coupons for participating General Mills brands. This campaign is ongoing throughout the year.





INAUGURAL GOLF TOURNAMENT

GOLF 2023 TOURNAMENT

APRIL 20
THURSDAY|2023

ASHWOOD GOLF COURSE
10885 Apple Valley Rd,
Apple Valley, CA 92308

CONTEST PRIZES FOR HOLE IN ONE AND LONGEST DRIVE
RAFFLE CONTEST AND 50/50 DRAWING

REGISTRATION 7:00AM
SHOTGUN START 8:00AM

LUNCH 1:00PM
AWARDS PRESENTATIONS

ONE PLAYER **\$100**

FOURSOME **\$360**

LUNCH INCLUDED

SPONSORSHIPS AVAILABLE



Call to Register
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2700 Barstow Rd
Barstow, CA 92311



barstowcollegefoundation.org



March

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Infant Massage Warrior Wednesday	2 Rise & Read PREP	3 Friday Night Lights Sugar Loaf Social	4
5 Family Fun Day	6	7 Take it & Make it	8 Federal Resume Workshop Tax Preparation Warrior Wednesday: Active Duty Game Night	9 Career Assessment Smooth Move Volunteer Orientation PREP	10 Scholarships & Grants Friday Night Lights Screens & Strikes	11
12 Family Fun Day	13 Active Duty Movie Night Dinner	14 Pre-Tot Story Time/ Craft Anger Management	15 Warrior Wednesday: L.I.N.K.S. Networking Event Warrior Wednesday Teen Scavenger Hunt	16 Within My Reach PREP	17 Play Morning Friday Night Lights SMP Bowling	18
19 Family Fun Day	20 Monday Night BBQ	21 Baby Story Time/ Craft Anger Management	22 Warrior Wednesday: Rec Center Tournament Candlelight Vigil	23 PREP	24 SMP Trip: 6 Flags Friday Night Lights	25
26 Family Fun Day SMP Volunteering	27	28 Family Dining Night	29 Warrior Wednesday	30 PREP	31 Friday Night Lights	

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