

THE PROSPECTOR



Vol. 14, No. 2

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

January 25, 2024



Federal service awards
Presidential volunteer
Meal solutions



COMBATING TRAFFICKING IN PERSONS U.S. DEPARTMENT OF DEFENSE

STOP Human Trafficking

Force, fraud, or coercion to compel a person to provide labor, services, or commercial sex.

Victims come from all backgrounds and can be women, men, and children.

Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking.

Recognize SIGNS

Physical/Environmental Indicators include signs of abuse, no identification, confined to worksite.

Psychological/Behavioral Indicators include submissive, anxious, lack of free will.

REPORT IT

Chain of Command

Local Law Enforcement

DoD Inspector General Hotline

1-800-424-9098 or visit <http://www.dodig.mil/hotline>

National Human Trafficking Hotline

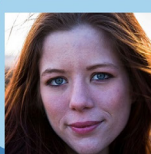
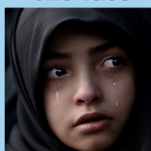
1-888-373-7888.



For more information go to:
CTIP.defense.gov/



**There's no
One face**



On The Cover:

Cover photo by: Kristyn Galvan

Lieutenant Colonel Arturo Manzanedo, base executive officer, presents Saul Contreras, Office of General Counsel, an Honoray Desert Rat award during his retirement ceremony held aboard Marine Corps Logistics Base Barstow, Ca., Jan. 10, 2024. Andrea VanLanen, Deputy Counsel for the Commandant of the Marine Corps, and Tracey Madsen, Marine Corps Logistics Command Counsel, were two of many who regaled attendees with stories of Contreras' 37 years in federal service. The MCLB Barstow legal assistance office has the responsibility of offering complimentary legal aid and support to uniformed service members, their eligible dependents, retirees, and other eligible clients in matters pertaining to personal, civil legal issues.



THE PROSPECTOR

Marine Corps Logistics Base Barstow, California
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Sgt. Maj. Miller Daceus, base sergeant major

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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>



Marine Corps Logistics Base Barstow

Barstow, California



SOCIAL MEDIA

RESOURCES

» School L

» EFMP

» FOIA

» Sexual A

» Voting A

COMMAND



Photo by: Lance Cpl. Adrian Estrada

The Marine Corps Mounted Color Guard presents the national and organizational colors at the San Diego Rodeo at Perco Park in San Diego, Jan. 12, 2024. The Marine Corps Mounted Color Guard travels throughout the nation to

perform at events such as rodeos, parades, and military ceremonies. Mustangs are typically used in the detail, preserving American heritage and symbolizing freedom.

Contents



**Carbon
monoxide
safety**

4



**Presidential
volunteer**

8



**February
events**

5



**Weingarten
notice**

9



**Federal
service
awards**

6-7



**Meal
solutions**

10

Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards



FEBRUARY IS **TEEN DATING** VIOLENCE AWARENESS MONTH

INFORMATION TABLE

Thu, Feb 1 | 10am-Noon

Stop by the MCX and grab some educational material regarding teen dating violence awareness. We hope to see you there!

TEEN BOWLING NIGHT

Fri, Feb 9 | 5pm-7pm at Leatherneck Lanes

Join FAP for a night of bowling, win a prize, and learn about healthy relationships! Bowling and shoes will be free for teens and tweens, first come first serve basis (ages 10-17). Promotional snack and drink options will be available for individual purchase. Registration required.

TWEEN SCAVENGER HUNT

Wed, Feb 21 | 3:30pm-4:30pm at SAC Bldg 64

FAP is hosting a Scavenger Hunt for teens & tweens at the School Aged Center (SAC). We will share some tips on how keep your cool, stay positive, and maintain healthy relationships. There will also be a chance to win a prize! Register Today!

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

#TDVAM



barstow.usmc-mccs.org

Celebrating 30, 40 and 50

Story by: Sgt. Anika Lewis
COMMSTRAT Specialist

December 13, 2023, the command at Marine Corps Logistics Base Barstow held an awards ceremony for accomplishments achieved throughout the base in the fourth quarter of fiscal year 2023. Colonel Gregory Pace, base commanding officer, and Sgt. Maj. Miller Daceus, base sergeant major, presented several awards to civilian employees and Marines. Among those recognized were Michael Vasquez, Richard Wiley, and David Madrid. The men were honored for 30, 40 and 50 years of federal service, respectively.

Michael Vasquez, born June 1972, is a born-and-raised resident of Barstow, California. When he was 20 years old, he began his federal service at MCLB Barstow. He explained what initially interested him in the position.

“In Barstow, you have the option of working for the railroad or the Marine base,” Vasquez said. “My dad worked for the railroad, and I didn’t want to work with my dad. I didn’t like the time off the job offered either, so I decided to apply at MCLB Barstow.”

Vasquez originally applied for a trainer-helper position. In a matter of months, he was officially hired as a maintenance mechanic. Although he had applied for a different position, Vasquez already had more of a mechanic background, so he thought the position would be a good fit. He was also grateful for the job’s pay.

“I just got a job, and it was good money,” he said. “I remember I was working at H&E making \$5 an hour in 1992. The mechanic job paid \$10.74, more than double what I was making at my old job, so I was happy. I wanted to start immediately.”

Thirty years later, Vasquez said his favorite part about the job is the opportunity to learn and practically apply that knowledge in his personal life.

“Everything you do as a maintenance man, you do at home,” he said. “When stuff breaks at work, you learn here, and if it also breaks at home, you can figure it out. That’s the good thing about working as a maintenance mechanic – everything we do reflects on stuff at home.”

When asked what his secret has been to work for three decades, Vasquez joked that simply paying the bills and living a good life were the

biggest motivators that keep him going. Even when he received his 30-year length of service award, he originally did not think it was a big deal because he felt all it took was for him to show up to work every day. Only after receiving congratulations did the reality of Vasquez’s accomplishment sink in.

“This career has bettered me because it kept me from roaming

the streets and kept me working toward my goal of retirement,” Vasquez admitted.

Although he is committed to his work, Vasquez looks forward to retiring in the future. He is planning to continue working in federal service until he reaches 42 years. Once retired, Vasquez said he would most likely stay in Apple Valley or live near one of his three children.

In addition to Vasquez receiving recognition at the ceremony, Richard Wiley was also awarded for completing 40 years of federal service. He is serving as the Installation Geospatial Information Services Manager at the Public Works division aboard MCLB Barstow. Wiley has been working there since late 1982 after his former job had laid him off for five months.

“My duties include electronic mapping of the installation and vary anywhere from basic, base map infrastructure down to environmental data if needed,” Wiley said.

As a geospatial information and services manager, Wiley said he works closely with Headquarters Marine Corps, as well as various organizations on base. The maps he creates aid the base in power outages, security, utility plans, and environmental plans.

“My favorite part about the job is taking a piece of paper and turning it into a finished product,” Wiley said. “I enjoy hearing a customer say, ‘This is exactly what I’m looking for’.”

Wiley says he has learned a lot during his career. Common sense, a proper work-life balance, and the ability to balance workloads with limited personnel are all skills he has learned throughout his career. Wiley said his position has also helped him handle his emotions better, teaching him that everything does not have to be taken personally.

“When I received my length of service award, I was reminiscing about what we used to do and how



Photo by: Kristyn Galvan

Michael Vasquez, maintenance mechanic at Marine Corps Logistics Base Barstow, presents his 30-year length of service award with Col. Gregory Pace, base commanding officer, and Sgt. Maj. Miller Daceus, base sergeant major, at a quarterly awards ceremony on base, Dec. 13, 2023. Vasquez said his biggest motivation to work is to pay the bills and live a good life.

0 years of federal service



Photo by: Kristyn Galvan

Richard Wiley, geospatial informational services and manager, take a moment to show off his 40-year length of service award with Col. Gregory Pace, base commanding officer, and Sgt. Maj. Miller Daceus, base sergeant major, during a quarterly awards ceremony on base, Dec. 13, 2023. Wiley said he plans to continue his career for at least three more years before retiring.

things have changed,” Wiley said. “In some cases, things have stayed the same, though. I was just focusing on the moment.”

Although he has already achieved 41 years of service, Wiley said he is planning to work at least three more years before retiring. Once retired, he and his wife plan on moving to Washington to be near their child and grandchild. Wiley looks back on his four decades of service with positivity.

“It’s been an interesting 40 years, to say the least, some good and some bad,” he reflected. “It’s been mostly good. I had a chance to work with a lot of fantastic people. I also enjoy working with the Marines I’ve worked with and have a lot of respect for them. There’s a lot of good people I’ve worked with, currently work with, and I suspect will work with in the future.”

The last employee to be awarded for his length of service during the December ceremony was David Madrid. He has been federally employed for 50 years, with his career beginning while he was in high school, working summer jobs on base. Later, he continued his federal service by working at the

base housing.

“My duties as lead housing manager include running housing, managing a budget, ensuring maintenance and repairs are completed, and reporting data to the region,” Madrid explained.

Madrid admitted that when he started working for the government, he did not plan to stay for as many years as he has. After completing 30 years, Madrid had originally thought he was ready to retire, but then he said things were too fun at work to stop. He also said another reason for continuing his career was to get a better retirement.

“The favorite part about my career has been making new

U.S. Army Corps of Engineers while in college. After graduation, Madrid served as a transplant engineer technician at MCLB Barstow’s Public Works division. After about 10 years there, he was then hired on to work at

friends,” said Madrid. “I was able to meet different characters and deal with different people.”

As in any career, there were good days and challenging days. Madrid said the most challenging part of his career has been concerning funding. He has had to overcome obstacles by juggling whatever budget he is allotted. He said he has grown in his career, though, and has learned to interact and work with many different personalities, good or bad.

“Receiving the 50-year length of service award felt good,” Madrid reflected. “It was a lot of hard work, and there were a lot of people that helped me get here. It’s good in a way, and it’s sad in a way because I know I must retire soon.”

Madrid also said his faith in God helped him get where he is today. After five decades of service, Madrid said he is planning to retire later this year. He and his wife are planning to move to Idaho to enjoy the cooler weather and mountains, as well as being near his daughter and his wife’s sister.



Photo by: Kristyn Galvan

David Madrid, Marine Corps Logistics Base Barstow housing manager, Col. Gregory Pace, base commanding officer, and Sgt. Maj. Miller Daceus, base sergeant major, take a moment to honor Madrid’s 50 years of federal service. Madrid plans to move to Idaho with his wife after he retires.

Presidential Volunteer

Story by: Sgt. Anika Lewis
COMMSTRAT Specialist

“Volunteering has changed me tremendously! It has given me a reason to get up and get out of bed.”

Kimberly Owens, a Marine Corps Logistics Base Barstow resident for five years, has found a new purpose in life. After being medically retired, Owens had originally wondered what her value to the community was. However, it was not long before she found her new mission – volunteering.

“Beth Simpson, the Installation Volunteer Coordinator, did a lot of influencing,” Owens said, remembering when she first started volunteering. “I started off doing small, random things, and then it snowballed.”

Four years later, Owens is now a faithful volunteer aboard the installation. She can be found serving at base events such as Toys for Tots, the spring and fall festivals, holiday events, Single Marine Program, and the Back-to-School Brigade.

“Volunteering makes me feel great,” Owens said. “Even though you don’t get paid cash to volunteer, you are paid in other ways such as having the satisfaction of making people happy. All the work you put into volunteering is worth it.”

Owens said she volunteers because she loves to and is not concerned about receiving recognition. However, at MCLB Barstow’s quarterly awards ceremony, December 13, 2023, Owens was presented the President’s Volunteer Service Award for serving 214 volunteer hours in a year.

The President’s Volunteer Service Award was created by the President’s Council on Service and Civic Participation in 2003 to recognize

and honor volunteers for the positive impact they make on America, presidentialserviceawards.gov states. The award has bronze, silver, and gold levels, with volunteers meeting a minimum of 100 volunteer hours within 12 months.

“It was a great honor to receive the President’s Volunteer Service Award,” said Owens. “It was even more of an honor to show my family and my grandson. I want him to know for his future that there is something he can do, and that people don’t always have to get paid for everything they do.”

Owens strongly recommends volunteering to anyone. She said it is a great way to get out of the house, meet new people, and do something for the community. The Installation Volunteer Coordinator concurred.

“Volunteering is a win-win situation,” Simpson said. “The organization benefits, and the volunteers benefit greatly.”

Servicemembers, their families, and any civilian ages 13 and up who work or reside on base are eligible to volunteer with the Installation Volunteer Program. However, Simpson explained individual organizations and departments on the base may have additional criteria, so it is important to be aware there may be other requirements as well.

“To begin volunteering, you need to first attend our volunteer orientation,” she explained. “During the orientation, you learn your rights and responsibilities as volunteers on the installation. Volunteer orientations are held on the second Thursday of every month



Photo by: Sgt. Anika Lewis

Colonel Gregory Pace, commanding officer, Marine Corps Logistics Base Barstow, presents Kimberly Owens, a volunteer on base, with the President's Volunteer Service Award during an awards ceremony on base, Dec. 13, 2023. The award recognizes and honors volunteers for the positive impact they make in the community.

at 1 p.m. in building 126. You can register via Eventbrite, phone, or email.”

The next step to volunteering is getting connected with the organization you will be volunteering with. The specific organization will then interview each volunteer. If the applicant is accepted, onboarding will be conducted as well as any necessary training for the volunteer position.

“Volunteers cannot replace paid employees,” Simpson clarified, “but they bring unique perspectives and diversity to the team. They contribute those little extras that make program and services shine, benefiting both the organization and our military families.”

Simpson said volunteering is an excellent way to expand

Volunteering continues on page 11

WEINGARTEN RIGHTS

EMPLOYEE NOTICE

ANNUAL NOTICE OF “WEINGARTEN” (UNION REPRESENTATION) RIGHTS FOR BARGAINING UNIT EMPLOYEES

- **Employees in bargaining units represented by an exclusively recognized labor organization are entitled to an annual notice of representational rights.**
- **The Federal Service Labor-Management Relations Statute, 5 U.S.C., Chapter 71, Section 7114(a)(2)(B), provides employees represented by a labor organization the right to request union representation in conjunction with investigations conducted by agency representatives.**
- **As a bargaining unit employee you have the right to request representation (Invoke your “Weingarten” rights) in any examination by a representative of the Agency in connection with an investigation if, (1) you reasonably believe that the examination will result in disciplinary action against you, and (2) you request representation.**
- **You may request representation prior to or during the examination. Once requested the Agency will afford the Local Union a reasonable amount of time to speak with the employee and attend, if the Local Union so chooses, before continuing with the examination. (Article 5, “Rights and Responsibilities of Management and the Union” of the Consolidated Master Labor Agreement (CMLA) between USMC and AFGE of 19 January 2022).**
- **The Agency is not required to inform employees of their “Weingarten” rights before or during an investigative examination.**

18 January 2024

Commissary meal solutions

Story by: Kevin. L. Robinson
DeCA Public affairs specialist

Building nutritious eating habits has numerous health benefits and typically, we strive to begin the new year vowing to do better. The first week or two may go well; however, as the new year progresses, we may find ourselves overwhelmed with the perceived time commitment this new goal requires.

The Defense Commissary Agency (DeCA) understands not only the importance of committing to a healthy lifestyle for our military customer, but the challenges that commitment may bring, and strives to equip patrons with resources to assist them in meeting their nutrition goals. That's the message from Deborah Harris, DeCA's dietitian and health and wellness program manager, who holds a master of Public Health degree and is a registered dietitian and certified diabetes care and education specialist.

Defense Commissary Agency's 'Thinking Outside the Box (TOTB)' is one of those resources. These meal solutions, featured in the commissary sales flyer every two weeks, offer the commissary patron dietitian-approved recipes requiring 10 minimal ingredients which

are quick and easy to prepare.

The 'Thinking Outside the Box' featured recipe ingredients are offered at significant savings during the sales period. These recipes provide nutrition information, tips and always align with the Dietary Guidelines for Americans so you can be sure they are healthy and economical.

"Small, consistent changes that fit into our lifestyle will make the biggest impact in our ability to maintain healthy behavior," Harris said. "Adding the featured Thinking Outside the Box recipe to your meal plan each week is a simple way to make meaningful changes that will be consistent."

Shopping for TOTB recipe ingredients is easy when using Commissary CLICK2GO. Simply open your sales flyer on shop.commissaries.com, find the featured TOTB recipe and click each recipe ingredient to add to your cart. Fill your basket right from your online sales flyer.

To help with your TOTB meal planning, DeCA has prepared



a refrigerator card, available for download on corp.commissaries.com, showing the TOTB recipe that will be featured during each 2024 sales period.

'Thinking Outside the Box' recipes are always accessible on corp.commissaries.com under the "Healthy Living" tab. This library features quick and easy, dietitian-approved recipes for appetizers, entrees, salads, side dishes and even desserts.

While choosing your recipes for the week, visit the Healthy Living tabs to learn about meal nutrition, the Dietitian Approved Thumb program, food preparation and setting nutrition goals.



Volunteering continued from page 8

your social circle and learn new skill sets. Marine Corps Logistics Base Barstow offers a variety of volunteer opportunities to meet an array of interests. Volunteer opportunities include the Navy and Marine Corps Relief Society thrift store, the Single Marine Program, SAPR 5K, base luau, and Trees for Troops. Simpson said a list of additional volunteer events can be found at barstow.usmc-mccs.org.

“What I enjoy most as the Installation Volunteer Coordinator is seeing volunteers connect with the community,” Simpson reflected. “Volunteers really seem to thrive once they find their niche, and it’s almost contagious. They bring other people in, and they volunteer in multiple organizations and not just one. I love seeing them happy and thriving in their community because they left their house, got out of their comfort zones, and discovered a new world of volunteering.”

The next, annual Volunteer Recognition ceremony is scheduled for April 24 at the Maj. Gen. James L. Day Conference Center on MCLB Barstow from 3 p.m. to 4 p.m. Simpson encourages organizations



Photo by: Kristyn Galvan

Kimberly Owens, a resident at Marine Corps Logistics Base Barstow, displays her President's Volunteer Service Award with Col. Gregory Pace, base commanding officer, and Sgt. Maj. Miller Daceus, base sergeant major, during an awards ceremony on base, Dec. 13, 2023. The award recognizes her 214 hours of volunteer service in a 12-month period.

to send her nominations to specially recognize volunteers. For submissions, email the volunteer's name and story to the Volunteer Management Program at FR.MCLBB@usmc-mccs.org by April 1.

Whether you are interested in beginning your volunteer journey or are already working toward your own President's Volunteer Service Award, the Installation Volunteer Coordinator

is ready to provide support. For any questions regarding volunteering at MCLB Barstow, contact Simpson at 760-577-6675 or by email at beth.simpson@usmc-mccs.org.



-USMC- VOLUNTEERS



A LEGACY OF SERVICE

**SEXUAL HARASSMENT CAN LEAVE
ITS MARK ON ANYONE.**



**BE HANDS ON, TO KEEP HANDS OFF.
REPORT INCIDENTS.**

