

USVSG 9/11 Commemoration Grandparents' Day VPPPA Safety+ Symposium



#### COVER

#### Cover photo by: Kristyn Galvan

Lance Corporal Jayden Williams, administrative specialist at Marine Corps Logistics Base Barstow, California, plays the bugle at the United States Veterans Support Group 9/11 Commemoration Ceremony at Mountain View Memorial Park & Cemetery, Barstow, California, September 7.



Marine Corps Logistics Base Barstow, California Colonel Russell W. Savatt IV, commanding officer Sgt. Maj. Miller Daceus, base sergeant major **Communication Strategy and Operations Office** CommStrat Officer: Laurie Pearson CommStrat Planner: Vacant CommStrat Specialist: Vanessa Schell Multimedia Specialist: Kristyn Galvan Multimedia Specialist: Anthony Plummer

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#### Photo by: Kristyn Galvan

Graudates and course instructors at the Corporals Course Class 4-24 graduation ceremony, held at the James L. Day conference center aboard Marine Corps Logistics Base Barstow, California, September 13. Congratulations to Cpl. Jacxima Espera, Cpl. Samuel Mejia, Cpl. Jamil Shakir and Lance Cpl. Jayden Williams and to the graduates of the Lance Corporal seminar, Lance Cpl. Carmen Estrada and Lance Cpl. Samantha Kastner.

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### Sergeant Major's Corner

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

S eptember is Suicide Prevention Month. During this observance and throughout the remaining year of 2024, we reinforce our collective commitment to building a culture of warfighting excellence by preserving the health, safety, and wellbeing of our Marines, Sailors, civilians and their families. Suicides have a profound impact on affected individuals and their broader community. Survivors of suicide loss, including family, friends and communities, contend with grief and bereavement, and often face unique challenges such as shame, stigma and trauma that may not accompany other types of loss.

Effective suicide prevention requires a comprehensive, ALL-HANDS effort. We are collectively responsible for establishing psychologically safe environments that combat feelings of isolation and reduce suicidal ideation and behaviors. Marine Corps Logistics Base Barstow is committed to implementing support and resources that extend beyond ensuring access to mental health care and promoting lethal means safety. In addition to these important strategies to prevent suicide, the installation is also investing in initiatives that promote enhanced quality of life and quality of work.

The installation commanding officer expect MCLB Barstow leadership to leverage their influence and authority to enhance Quality of Service and suicide prevention efforts within the installation. When we prioritize each Marine, Sailor and civilian's QoS, we foster a sense of trust that their individual wellbeing - and the well-being of those they love - matters most of all. Let's put our words into actions through steadfast, responsive leadership and ongoing systems of support. It is through this dedication that we will be able to fully achieve the health and well-being of our MCLB Barstow family.

The theme of this year's Suicide Prevention Month is "Your Quality of Service Matters: Navy and Marine Corps Resources." Every Marine, Sailor and civilian deserves to serve in a climate where health and wellbeing needs extend beyond the workplace. Adopting a QoS approach acknowledges that experiences outside the workplace are necessarily intertwined with those experiences in the workplace, and both are critical to maintaining Marine, Sailor and civilian resilience. QoS aboard MCLB Barstow encompasses a commitment to excellence in operational readiness, care of service members and civilians, healthcare provision, family support and community engagement.

If you or someone you know is in crisis, resources for mental, physical, emotional and spiritual support are available 24 hours a day, 7 days a week and 365 days of the year.



a. The National Suicide Hotline: Dial 988.

b. The Veterans/Military Crisis Line: Dial 988 (press 1) or Text 838255 / https://www. veteranscrisisline.net/ / Pacific: +1 844-702-5493 or DSN 988.

c. Psychological Health Outreach Program: 1-866-578-PHOP(7467) for Navy and Marine Reservists and their families / Psychological Health Outreach Program (marines.mil).

d. Military OneSource: 800-342-9647 / https:// www.militaryonesource.mil/.

e. Vet Centers: 877-WAR-VETS (877-927-8387) / https://www.vetcenter.va.gov/.

f. Department of the Navy Civilian Employee Assistance Program: 844-DONCEAP (1-844-366-2327) / TTY: 888-262-7848 / International: 866-829-0270 / https://www.magellanascend.com/.

g. Local resources: MCCS (https://www.barstow. usmc-mccs.org), Marine and Family Services, Military Family Life Counselors, Unit Resiliency Counselors, chaplains and unit leadership/ supervisor.



### CDC & SAC Grandparents' Day

**Photos by: Kristyn Galvan** *Multimedia Specialist* 







Child Development Center and School Aged Children Program hosted s'mores with grandparents and family members, to celebrate Grandparents' Day at Marine Corps Logistics Base Barstow, California, September 6.





## **United States Veterans Suppor**

**Photos by: Kristyn Galvan** Multimedia Specialist

The United States Veterans Support Group held the third annual 9/11 Commemoration Ceremony at Mountain View Memorial Park & Cemetery, Barstow, California, September 7. During the ceremony, Sgt. Maj. Miller Daceus, base sergeant major, Dr. Paul Courtney, mayor of Barstow, and other distinguished individuals offered their reflections. The Marine Corps Logistics Base Barstow Walking Color Guard presented colors, while representatives from American Cruisers, Miss Barstow, the Veterans Home of California - Barstow and the Silver Valley High School California Cadet Corps laid wreaths to honor those who have fallen. Emergency personnel, including firefighters, police officers and first responders convened to commemorate and express their respects. The ceremony was concluded with a 21-gun salute, demonstrated by Soldiers from Fort Irwin National Training Center.









# t Group 9/11 Commemoration









## VPPPA Safety+ Symposium 2024

**Story & Photos by: Vanessa Schell** *CommStrat Specialist* 



(left to right) Vanessa Schell, Maj. Maurice Taylor, provost marshal, Col. Russell Savatt, base commanding officer, Sara Montez-Diaz, Zwieba Bunnell, Ruby Adams and Sgt. Maj. Miller Daceus, base sergeant major, all MCLB Barstow personnel who attended the VPPPA Safety+ Symposium, pose in the hotel lobby, Aurora, Colorado, August 28.

Arine Corps Logistics Base Barstow personnel attended the 40th annual national convention for Voluntary Protection Program Participants' Association, held in the Denver metropolitan area of Colorado for the first time in the history of VPPPA, August 25 - 28. The convention had over 2000 people in attendance from across the country, 171 of whom were local to Colorado.

During their time at the convention, held at the Gaylord Rockies Resort & Convention Center in Aurora, Colorado, MCLB Barstow command and VPP subcommittee members attended daily workshops, including Department of Defense breakout sessions on each day. As most of MCLB Barstow learned during the 101 Days of Summer stand-up this past summer, avoidable incidents with traffic safety, particularly those due to fatalities or accidents on motorcycles, has become an epidemic on base. This sentiment was reiterated by DoD representatives, as an issue that is also widely affecting many military installations.

During one of the DoD breakouts, Brad Baptiste, Region VIII VPP director of the Occupational Safety and Health Administration for the Denver region (and one of the local Colorado attendees), focused his presentation on the significant ways VPP is crucial to organizations, how robust safety practices can guarantee employees are safe in the workplace and how predictable workdays lead to employees safely returning home. "My job is to help those of you in VPP that want to stay in and those of you who are not in, who don't want to get in. The biggest benefit of VPP is that day after day after day is typically safe and injury free."

Ahead of the conference, Zwieba Bunnell, safety specialist from MCLB Barstow, attended Special Government Employee training, which is typically two and a half days but was shortened to two while he and fellow trainees took a working lunch off-site to conduct a mock audit for a commercial site that, coincidentally, had previously been audited by Jacob Taney, an MCLB Barstow SGE, in 2022. The site ultimately decided to withdraw out of VPP and

their upcoming audit is for their recertification.

OSHA's newest element in VPP Star achievement is VPP Elite. Due to the base's one-year conditional status in 2022, the process for eligibility has started over. VPP Steering Committee chair, Sara Montez-Diaz, welcomed the determent. "It really opened our eyes on how different inspectors have different interpretations during VPP audits," said Montez-Diaz, who also serves as the lead safety and occupational health specialist in MCLB Barstow's Base Safety Office. VPP members also learn the importance of utilizing resources. "I actually reached out to Mr. Baptiste a lot about our one-year conditional, even though he is not our region director, however we support his region a lot with our SGEs and I feel comfortable enough to call him and ask for advice. I welcomed the one-year conditional, it opened our eyes a lot, with Navy medicine especially, and it helped us get the support we needed and provide better services to our organization."

MCLB Barstow first became a VPP star site in 2008 and since then, personnel have been regularly attending VPPPA conferences. The installation was also the first VPP site in the Marine Corps' and had the first active duty Marine SGE. Ruby Adams, occupational health and health safety technician with MCLB Barstow's BSO, was one of the few who stood during the opening general session, for participation at more than 25 VPPPA conferences in the history of VPPPA.

"We're not deliberately going out and trying to find something," said Adams, of the safety personnel and VPP members during a recent subcommittee meeting. A primary goal of VPP is to send employees home safely. "If you see something, say something."

Consider joining the VPP subcommittee, so you can be empowered to positively affect change within the safety culture of MCLB Barstow. The VPP subcommittee meets every second Tuesday of the month and any MCLB Barstow personnel is eligible to join with supervisor approval.



(third from the left) Zwieba "Z" Bunnell, safety specialist, during the Special Government Employee induction, just before the opening general session, on the first full day of the national VPPPA Safety+ Symposium, Aurora, Colorado, August 26. Bunnell became the 11th SGE at MCLB Barstow.

### HDM & SNCO Breakfast

**Photos by: Kristyn Galvan** *Multimedia Specialist* 

Sergeant Major Miller Daceus, base sergeant major, and Staff Non-Commissioned Officers joined the High Desert Marines for their monthly breakfast held the first Friday of the month at Moose Lodge 1808, Hesperia, California, September 6. The Marines engaged with veterans, took part in competitions, and connected with the vast community members.











## **1FSB Workforce Recognition Information Day**

**Photos by: Kristyn Galvan** *Multimedia Specialist* 







1st Force Storage Battalion celebrated their Workforce Recognition & Information Day at the James L. Day conference center aboard Marine Corps Logistics Base California, September Barstow. *12*. Employees played games, won prizes and enjoyed food together. This event was organized to boost employee morale, foster a positive workplace atmosphere and acknowledge employee accomplishments through a peer-to-peer voting system within the organization. This initiative offers significant team-building opportunities for the battalion workforce and Marines.





### **Crime Prevention: Cell Phone Theft**

Written by: Vanessa Schell CommStrat Specialist

ellphone theft is on the rise, and so should our situational awareness when it comes to using and storing a cellphone while in public spaces. Join us for this three-part series, released consecutively over the next few editions of The Prospector, with support from the Provost Marshal Office aboard Marine Corps Logistics Base Barstow, California, Joe Baca, physical security specialist, and Robert Johnson, services chief.

A recent data breach at National Public Data, one of the largest background check companies, compromised over 2 billion personal records reports. As a result, Americans were made increasingly aware of security measures to protect themselves online or from identity theft and fraud. But what about when a thief takes your cellphone, whether they snatched it from your hands on the streets or took advantage of a crowded space to swipe it from nearby?

"Anyone with a cellphone is a likely target, thieves will choose to victimize persons who appear to be distracted or oblivious to their surroundings," said Johnson.

According to a report by ConsumerAffairs, in 2022, 97% of Americans have a smartphone, which is approximately 330.8 million people. ConsumerAffairs predicts that American smartphone owners will increase to more than 364 million by 2040.

"Teenagers are extremely vulnerable, they are constantly on their phone, texting or playing games using social media. Their heads are always down, fixated on the screen and not paying attention to what's going on around them," said Baca.

The first cellphone became available for public purchase in 1984 and the first iPhone was released by Apple in 2007, which was one of the first cellphones with a full touchscreen and phone features that were accessed through applications (colloquially shortened to "apps"). Since then, the technology of these types of cellphones, or smartphones, has only increased, allowing the usability to be comparable to a lowend computer or laptop. Now, almost everything is accessible through a smartphone using the browser or apps.

"Having a cellphone will always have risks, all of your personal information is stored inside, names, phone numbers, addresses, passwords and it is all readily available," said Baca.

"Cellphones are a vital part of our lives, most people can't remember a time when they didn't own one. We store everything inside them in a convenient one-stop shop for a thief," said Johnson. "Because cellphones have become essentially an extension of ourselves, we tend to overlook them as a security concern. Think about when you go out to eat or go for coffee, where do you leave your phone on the table? Is it in between you and the edge of the table or do you put it somewhere a thief would have to reach across you or between you and someone else to grab it?"

In some cases, the stolen cellphones are resold, resulting in awkward or even compromising scenarios for the unwitting buyer and potential threats to the victim of the theft. Earlier this summer, after multiple cellphone thefts occurred at a bar in Los Angeles, one victim, a news producer from LA's Fox 11 news station, started to receive threatening messages to his new phone. The victim had remotely deactivated the stolen phone, allowing him to keep his original phone number, so the thieves sent threats in an attempt to scare him into releasing the number, likely so the stolen phone could be reused or sold. The stolen phone ultimately ended up in China, reported Fox 11.

While the theft of cellphones could occur at any time, in any place, some of the more common places for the theft is in restaurants and bars, during festivals or concerts and out of locked vehicles.

Take this article as a friendly reminder to doublecheck the security of your phone, sign out of money transfer apps, adjust the timeout of your phone's screen and secure or remove what is accessible from the lockscreen (such as Google Wallet or Apple Wallet). If you haven't already, also update security for signing into apps and making purchases or sending money.

"Times have changed. Pay attention, so you don't suffer a loss which could lead to irreparable financial and psychological damage," said Baca.

The next edition of The Prospector will include the next installment of this Crime Prevention series, which will delve into common scenarios of cellphone theft and how to improve situational awareness.



					30	Gold Star Mother's and Family's Day 7-11AM: Sunday Drive @ Marine Memorial Golf Course 11AM - 1230PM: SMP Volunteer @ Feed Barstow's Volunteer @ Feed Barstow's Hungry 29
28	8AM - 12PM: Domestic Violence Prevention Month: Information Bags @ Desert Housing Community Center 27	930AM - 130PM: Thrift Store Open 4 - 5PM: L.I.N.K.S. Foundations @ Bldg, 126 26	1 - 2PM: Prevention Hour @ Bldg. 218 2 - 3PM: (Kids class) Papel Picado @ Bldg. 218 4 - 730PM: SMP Movie Night @ Bldg. 375	9 - 10AM: NPSP Playgroup @ Bldg. 126 11 - 1130AM: (Adult class) Beginners Stitching @ Bldg. 218 4 - 8PM: Route 66 Cafe Dining Night @ Sugar Loaf Hill Bar 24	23	Fall Equinox 7 - 11AM: Sunday Drive @ Marine Memorial Golf Course Auto Skills - Open 22
10AM - 2PM: Thrift Store Open Auto Skills - Open 21	POW/MIA Recognition Day 5 - 9PM: SMP "Get Air" Trampoline Park Trip 20	930AM - 130PM: Thrift Store Open 10AM - 12PM: Stress Management @ Bldg. 218 <b>19</b>	9 - 10AM: L.I.N.K.S. Networking @ Bldg, 126 2 - 3PM: (Kids class) Bomba Dance Tutorial @ Bldg, 218 430PM - 730PM: Oktoberfest @ Sugar Loaf Hill Bar <b>18</b>	Constitution Day Citizenship Day 11 - 1130AM: (Adult class) Beginners Crochet @ Bidg. 218 4 - 730PM: SMP Poker Night @ Bidg. 375 <b>17</b>	Mayflower Day	Wife Appreciation Day Greenpeace Day 7 - 11AM: Sunday Drive @ Marine Memorial Golf Course Memorial Golf <b>15</b>
14	5PM - 7PM: EAP Information Table @ Bldg, 126 13	930AM - 130PM: Thrift Store Open 10AM - 12PM: Married & Loving It @ Bldg, 218 1 - 3PM: Volunteer Orientation @ Bldg, 126	Patriot Day 2 - 3PM: (Kids class) Amelia Pelaez Art Activity @ Bldg. 218 4 - 730PM: SMP Patriot Day BBQ @ Bldg. 375	9 - 10AM: (Adult class) Crafts & Coffee @ Bldg. 218 10 - 11AM: Infant Massage @ Desert Housing Community Center	9	<b>Grandparents' Day</b> 7 - 11AM: Sunday Drive @ Marine Memorial Golf Course Auto Skills - Open
Auto Skills - Open	6	10AM - 12PM: Married & Loving It @ Bldg. 218 4 - 730PM: SMP Italian Dinner Night @ Bldg. 375 5	2 - 3PM: (Kids class) DIY Guacharaca @ Bldg, 218 4	9 - 10AM: NPSP Take It Make It Activities @ Bldg. 363 9 - 10AM: (Adult class) Journaling, Organizing & Gratitude @ Bldg. 218 <b>3</b>	Labor Day	-1
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday