

# THE PROSPECTOR

Vol. 15, No. 2

Serving the Corps since 1943  
Marine Corps Logistics Base Barstow

January 28, 2025



**80's Family Night**  
**SVHS Criminal Justice Student Visit**  
**HITT Training for Marines**



FEBRUARY IS  
Teen Dating Violence  
Prevention Month



Wear **ORANGE** Day

TUE, FEB 4

Join FAP in promoting a safe and respectful environment for all young individuals. Bring awareness to **TDVPM** by wearing your favorite orange fashions and posting a selfie on social media using the hashtags **#TDVPM2025 #RespectThat**

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



**MARINE & Family** Family Advocacy Program



[barstow.usmc-mccs.org](http://barstow.usmc-mccs.org)

# COVER

Cover photo by: Kristyn Galvan

Children at the School Aged Care program work on calming painting crafts with the Behavioral Health team aboard Marine Corps Logistics Base Barstow, California, January 22. The goal of the craft time was to implement additional ways children, and adults, can advocate self-care when feeling upset, stressed, or overly stimulated.



THE PROSPECTOR

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## Social Links and Website

LINKS IN THIS PUBLICATION ARE INTERACTIVE  
IN THE ONLINE VERSION

Website: <http://www.mclbbarstow.marines.mil>

Facebook: <http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

Instagram: [mclb\\_barstow\\_official](https://www.instagram.com/mclb_barstow_official)

X: [MCLB\\_Barstow](https://twitter.com/MCLB_Barstow)

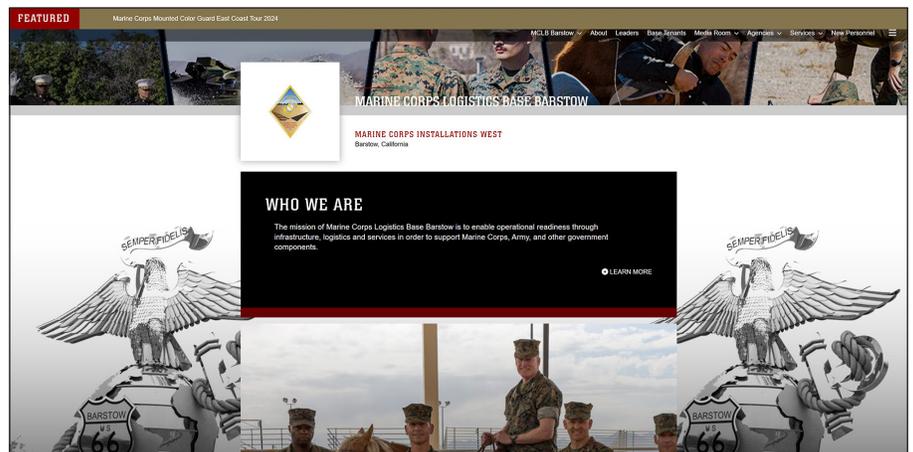




Photo by: Kristyn Galvan

The Provost Marshal's Office Special Reaction Team conducted classroom instruction, dry-fire training, and live-fire scenarios aboard Marine Corps Logistics Base Barstow, California, January 21. The SRT comprises a team of specially trained military and civilian police officers tasked with addressing crisis situations within the installation. Their training encompasses various

aspects, including weapon safety, weapon handling, dry and live-fire exercises with M18 pistols and M4 rifles, and drills aimed at enhancing the individual responses of SRT members during incidents.



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# Sergeant Major's Corner

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



I want to take a moment to reiterate an important principle that should guide all of our actions here at MCLB Barstow. The Department of the Navy policy, emphasizes the critical importance of early intervention when it comes to addressing harmful behavior, especially sexual harassment.

We all play a vital role in maintaining a respectful and safe work environment, and part of that responsibility is recognizing when behavior crosses the line and taking immediate action to correct it. DON policy encourages everyone to intervene at the lowest appropriate level when they witness unacceptable behavior, addressing it as soon as it occurs to prevent escalation.

It's essential that we all understand the power of early intervention. By engaging early, we can prevent negative behaviors from growing into something more harmful, and we can avoid creating a hostile work environment. These tools can help us address issues before they become more serious, improving our command climate and overall performance.

As leaders (that's everyone), it is our responsibility to engage in early intervention, to immediately correct inappropriate behavior, and to ensure that all of our teammates are protected. We must take all reasonable steps to stop harmful behavior before it can escalate.

The DON remains unwavering in its commitment to the principle of keeping faith with those who serve. Sexual harassment and other harmful behaviors are not just violations of policy—they are a betrayal of the trust we have with our teammates and our Nation. We must all do our part to ensure that MCLB Barstow remains a place where everyone feels safe, respected, and valued.

Thank you for your dedication to upholding these standards and making our Installation a better place for everyone. Semper Fidelis.



# MCCS 80's Family Night

Photos by: Kristyn Galvan  
Multimedia Specialist

Civilian and military personnel, along with their families, joined MCCS Barstow for a 80's themed family night at the Maj. Gen. James L. Day Conference Center aboard Marine Corps Logistics Base Barstow, California, January 16. The evening was enriched with live music from Red Rabbit, a variety of food and beverages, games, and an array of throwback costumes, including pets.



# SVHS Criminal Justice

Photos by: Kristyn Galvan  
Multimedia Specialist

Students from Silver Valley High School's Criminal Justice program observed and joined in on demonstrations with the Provost Marshal's Office and Special Reaction Team aboard Marine Corps Logistics Base Barstow, California, January 23. Students were able to learn about different weapons utilized by PMO and SRT, along with interact with the K9's on their obstacle course and during bite training.



# Justice Student Visit



# HITT Training: Improving Marine Readiness

Story by: Kristyn Galvan  
Multimedia Specialist

Physical well-being is a cornerstone of overall readiness and performance for U.S. Marines due to several critical factors.

According to Everydayhealth.com, high-intensity interval training has gained significant popularity as a workout method over the past several years. The Marines practice a similar version called High Intensity Tactical Training. This training approach offers a remarkable array of benefits within a brief duration, including enhanced physical fitness, improved cardiovascular health, and increased cognitive sharpness.

“The program helps Marines by providing a training model that includes all trainable physical qualities for well-rounded fitness and physical capabilities,” said Ben Adams, health and fitness supervisor, Semper Fit Gymnasium.

## Combat Readiness:

Marines are often required to perform under extreme conditions in combat situations, which demand physical strength, endurance, and agility.

“The High Intensity Tactical Training program, soon to be Warrior Athlete Readiness and Resiliency, is a comprehensive model of physical training. It provides Marines with a framework for training that is safe and effective,” Adams explained. “The HITT program is endorsed by the National Strength and Conditioning Association due to its base in sound scientific training principles. Key takeaways of the HITT Level one course are proper technique in the seven foundational movements, organization of workouts, and appropriate amount of exercise volume, intensity, and rest to develop different physical qualities. Additionally, they are introduced to proper nutrition and recovery strategies to maximize performance and readiness.”

Physical well-being ensures that Marines can endure long missions, carry heavy equipment, and respond to high-stress situations with the energy and capability needed to succeed, maintaining warfighter readiness.

## Mental Resilience:

Physical fitness and well-being also play a key role in mental health. Exercise can help reduce stress and anxiety, which are important for maintaining focus and making sound decisions under pressure.

“The HITT program has been instrumental in enhancing the overall fitness and readiness of our Marines. It not only helps to build strength and endurance but also promotes mental resilience,” said Sgt. Maj. Miller Daceus, base sergeant major.

The discipline required for physical training also fosters a strong mental attitude, helping Marines stay focused and resilient in the face of challenges.

## Injury Prevention:

Marines who maintain a high level of physical fitness are less prone to injuries, particularly in physically demanding environments. “The approach mitigates repetitive use injuries by balancing strength training and cardiovascular training frequency, volume, and intensity,” said Adams. “Also, strength training with proper technique has been shown reduce the risk of noncontact and repetitive use injuries.”

Regular physical training builds strength and flexibility, which helps avoid strains, sprains, and other injuries that could hinder a Marine’s ability to carry out their duties.

## Mission Success:

As stated by Marines.com, the primary objective of the Marine Corps is to accomplish missions effectively, whether in combat, disaster relief, or peacekeeping. A physically prepared Marine is more likely to perform well across a range of duties, from carrying out combat operations to executing strategic maneuvers or performing complex logistical tasks. Physical well-being is essential for Marines because it directly impacts their ability to function effectively in high-stakes situations, maintain mental resilience, prevent injuries, foster teamwork, and contribute to overall mission success. “Through consistent training, we’ll see improved performance during physical assessments, fewer injuries, and increased morale across the board at MCLB Barstow,” emphasized Sgt. Maj. Daceus. “The program will offer Marines the tools to take ownership of their fitness, fostering a stronger, healthier force.”

These factors are interwoven into their readiness and ability to perform in any scenario, making physical fitness a top priority.

“I have only been with MCCS for a little over a year and I have only helped with HITT while TAD at Camp Pendleton,” explained Adams. “This is my first-time hosting and instructing the course here. So, I have not seen the fruits of the program first-hand. However, as a fitness professional, I have seen that a structured plan yields significantly greater results than random disjointed training.”



# HITT Training: Improving Marine Readiness

Photos by: Kristyn Galvan  
Multimedia Specialist



Marines participate in high intensity tactical training class at the base gym aboard Marine Corps Logistics Base Barstow, California, January 6-10. The class objective was to enhance the overall understanding of how to conduct physical training for Marines, enabling them to effectively implement proper practices and ensure warfighter readiness.



# Building 33 Demolition

Story and photos by:  
Laurie Pearson *COMMSTRAT Officer*  
and Kristyn Galvan *Multimedia Specialist*

Chad Mason, operator, and Chip Jorgensen, laborer, with Standard Demolition, and Cody M. Stevens Construction, Inc., work to demolish building 33 aboard Marine Corps Logistics Base Barstow, California, January 13, 2025, beginning a five day project.

“The building is 81 years old, and has been used in various ways, such as the union office, and former brig,” said Lt. Cmdr. Antoni Wyszynski, base Public Works officer. “Overall it was not cost effective to maintain. Considering its age and the hazardous materials in the building, like asbestos and lead, it didn’t make sense to keep it.”

Demolishing the building means that Facilities has reduced the footprint of maintainable buildings on base by another, roughly, 1430 square feet. It was vacated and slated for demolition in 2021, he explained. Removing the building also falls in line with the general practice across the DoD to remove excess facilities and reduce liabilities.

“It is a good practice to minimize facilities near entrances to bases so that, should someone get in, there are no nearby targets,” Wyszynski said. “That is why many bases, when you enter, have nothing but open space.”

The contractors removed and separated all HAZMAT prior to full demolition.

“They had to remove all the HAZMAT first, since it can’t be landfilled like regular construction debris,” he said. “They used an excavator to essentially tear up the building. They also had another worker to spray down the debris to keep the dust down. The debris was then removed via dumpsters, then they went after the concrete foundation with the excavator with a specific jack hammer attachment and removed the debris. Once removed they back filled the space with gravel and landscaping rock.”



# 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. (See Article 5, “Rights and Responsibilities of Management and the Union” in the Consolidated Master Labor Agreement 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.

7 January 2025



# MCCS VALENTINE'S DAY PAINT & SIP MARGARITA NIGHT

Join us for a fun, creative evening of painting, sipping, and celebrating love! Whether you're flying solo, with friends, or a special someone, it's the perfect way to unwind and unleash your inner artist.

**Date: February 14**

**Time: 4:30 - 7:30**

**Location: JLD, Bldg 38**

**Cost: \$15 p/person**

Payment due in advance NLT 12 Feb

In person @ Bldg 15, MCCS Office or

Apple Pay @ 760-590-2804

(add your name to the payment notes)

Space is limited, see you there!

