

THE PROSPECTOR



Vol.2 No.3

Serving the Marine Corps since 1947
Marine Corps Logistics Base Barstow, Calif.

February 14, 2013

Presidents Day

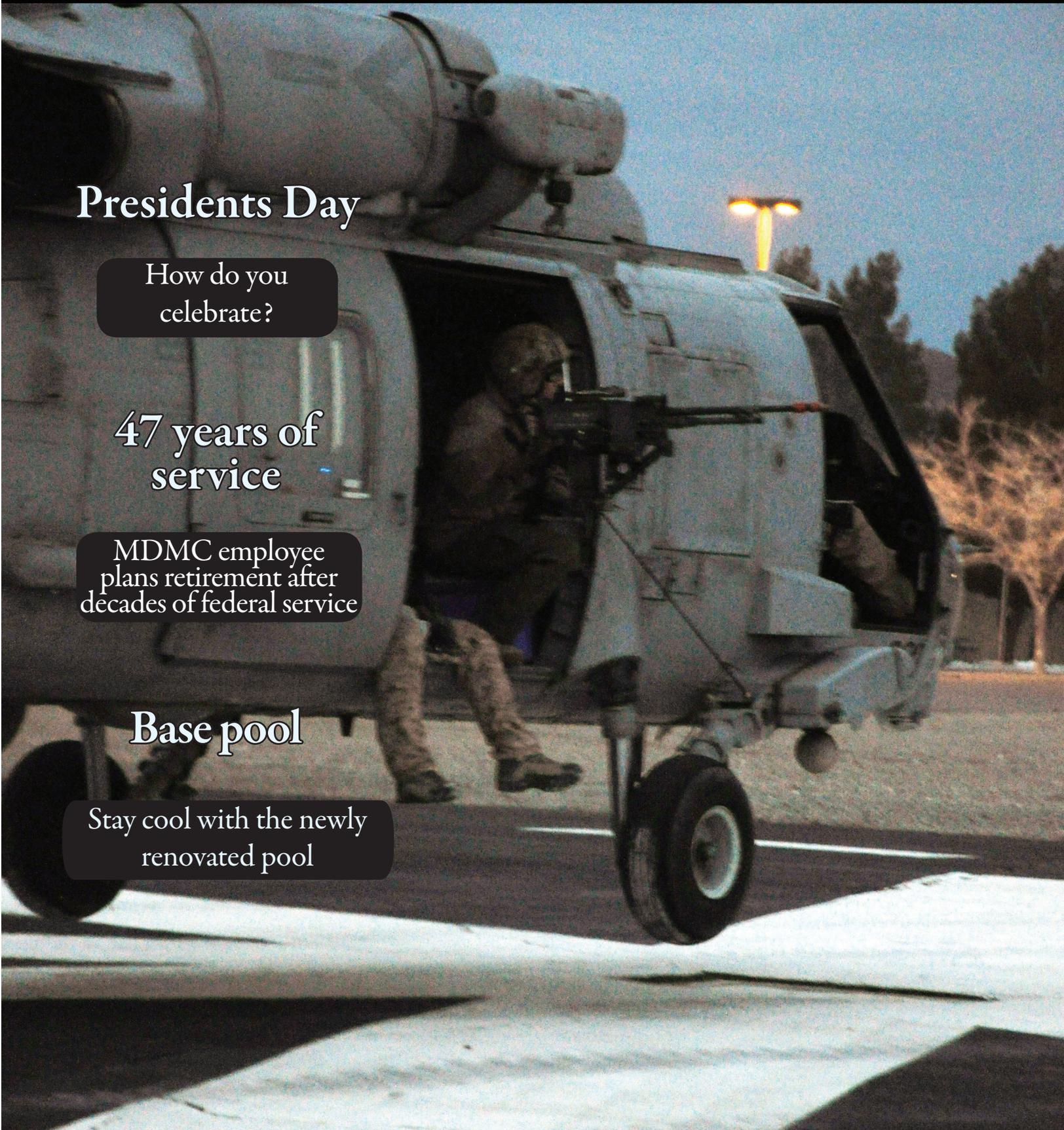
How do you
celebrate?

47 years of
service

MDMC employee
plans retirement after
decades of federal service

Base pool

Stay cool with the newly
renovated pool



Free Tax Help!

Questions about your state or federal personal income tax?

Free tax help is available for active duty and retired military members and their families.

Have your questions answered and get help preparing the following basic personal income tax returns:

Federal – 1040 EZ, 1040A, & 1040

State – 540 2EZ, 540A, 540, 540 NR, & 540NR – Short Form
Tax Preparation begins January 23, 2013

Location: Office of the Staff Judge Advocate, Building 236

Please call for appointment: (760) 577 - 6874

DLA Disposition Services site closed for training

Defense Logistics Agency Disposition Services Barstow will be closed from February 18, 2013 to March 04, 2013 to prepare for a systems upgrade. It will reopen in March as training continues and the computer system is deployed.

The organization is replacing its legacy computer system known as "DAISY" with its Reutilization Business Integration (RBI) solution.

RBI is expected to provide real-time asset visibility throughout the DLA supply chain. There is little or no delay between when data is entered and when it is available to other users. Items available for reutilization, transfer, donation, and sales will also have increased visibility.

For more information please contact David Haulman at (619) 228 – 5661 or view our website at <http://www.dispositionservices.dla.mil/>

On The Cover:

Marines with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Marine Corps Base Camp Lejeune, N.C., take off in an HH-60H Black Hawk helicopter after completing a training mission on Marine Corps Logistics Base Barstow, Calif., Jan. 23.

Back cover: Marines and sailors from Marine Corps Logistics Base Barstow, Headquarters Battalion, run during an all-hands battalion physical training event. Service members ran approximately three miles around the base, Jan. 28. Colonel Michael L. Scalise, commanding officer of MCLB Barstow, led the unit run.

THE PROSPECTOR

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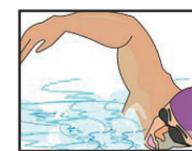
Photo by: Lance Cpl. Samuel Ranney

Marines with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Marine Corps Base Camp Lejeune, N.C., board a helicopter to finish a training exercise on Marine Corps Logistics Base Barstow, Calif., Jan. 23. The Marines fast roped from an HH-60H Black Hawk helicopter onto Sorensen Field here, and then tactically moved to the helipad where they boarded the helo.

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On the web

Website:

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

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http://www.twitter.com/#!/MCLB_Barstow





MARINE CORPS LOGISTICS BASE
BARSTOW, CALIFORNIA
PROUDLY PRESENTS THE
BATTLE COLOR CEREMONY

The world famous Drum & Bugle Corps, Silent Drill Platoon and Color Guard from the historic Marine Barracks, Washington D.C. will be featured Monday March, 11 at noon, here on Sorensen Field.



*The public is invited to this
FREE EVENT*

For more information, call the
Public Affairs Office at
760 577 - 6430

Right to Representation

Pursuant to Section 7114 (a) (2) (b) of Title V, U.S. Code, as amended by the Civil Service Reform Act (PL 95-454) this is to inform you that AFGE Local 1482 shall be given the opportunity to be represented at any examination of a bargaining unit employee of a management representative in connection with an investigation if: (a) the employee reasonably believes that the examination may result in disciplinary action against the employee; AND (b) the employee requests representation.

Leave Share Program

The following is a comprehensive list of individuals currently affected by 4 medical emergencies and in need

of leave donations: **Johnny Davis Jr., Eileen Garcia, and Lisa Wood.**

Anyone desiring to donate annual leave under the Leave Sharing Program may do so by obtaining a leave donor application form from the Human Resources Office. Ensure completed forms are turned into HRO as well. For more information, contact Michelle Cunningham at 760-577-6915.

Girls Night Out

The Desert View Housing Community Center will be holding a get together open to all active duty spouses, Feb. 28 and March 28 from 7-9 p.m. Come by for a night without the guys or kids. Spouses are encouraged to come play games, watch movies or just hang out

and socialize. There will be a different host each month. Childcare will not be provided.

Transitional Compensation Program Brief

The Family Advocacy Program will be holding a Transitional Compensation Program Community brief for abused family members March 14 from 11 a.m.-12 p.m. at McTureous Hall, building 218. The program offers assistance in extending financial and medical services for abused family members as they transition into abuse-free lives. For more information, contact Michelle Lawing at 577-6533.

MDMC employee racks up nearly 50 years of federal service

Story and photo by:
Cpl. T. Allen Bricker
Combat Correspondent

Production Plant Barstow, Marine Depot Maintenance Command, sees hundreds of employees come and go through the years. It isn't often they have an employee who sees almost five decades of work in the Marine Corps' largest single story structure.

Gilmore 'Butch' Grieves, an ordnance mechanic with the plant's artillery shop, has been working at PPB since 1976, a majority of that time in the same shop.

Although Grieves has spent more than 35 years at the Yermo annex of Marine Corps Logistics Base Barstow, his service with the government started 10 years prior to his tenure at PPB.

During this decade, Grieves spent much of his time sailing to locations across the world, while he served in the Navy, he explained.

Returning to his hometown of Needles, Calif., after leaving the Navy, Grieves didn't stick around long before relocating again, this time to Barstow.

"My brother-in-law told me about job openings in Barstow, so in 1975, I moved there. I needed a job to help support my family," he said. "I worked at a gas station for about four months before I got my job here at (Production Plant Barstow)."

Grieves didn't spend much time outside PPB before

moving inside after his entry-level position as a groundskeeper. He applied for a laborer job inside PPB's main building and began working on repairing amphibious assault vehicles, M107 Howitzers, and even a few Cold War-era M578 Light Recovery Vehicles.

During the next few years, he worked with these vehicles and in 1986, he began working on the vehicle he'd stay with until present day: the Light Armored Vehicle or LAV-25.

It wasn't long after Grieves began repairing the LAV-25s, his supervisors took notice of his excellent work. He was put into a leadership role where he continued to work hands-on with the light armored vehicles but also supervised others, and provided mentorship when needed.

"I know these vehicles inside and out. I've been working on them for over 17 years. I've been in a leadership position ... but it's still good to work with them," he explained. "I like being the leader who works hand-in-hand with others," he added.

Grieves has noticed the changes at PPB over the years he's been there: tactical vehicles from three wars the implementation of project managers, and 16 commanding officers.

In the 37 years Grieves has been here, he's gotten all the satisfaction he could from his work, he said. Knowing his work is the best he can do and having it recognized was all he



Gilmore 'Butch' Grieves, an ordnance mechanic with the artillery shop at Production Plant Barstow, Marine Depot Maintenance Command on Marine Corps Logistics Base Barstow, checks the wiring on the bottom of an LAV-25 turret, Jan. 29. Grieves has spent 37 years at PPB, a majority of it working on the light armored vehicles.

wanted, he added.

"I like taking pride in what I do. And being here for this long, nothing's new to me anymore. No one has to tell me what has to be done anymore," he said. "Because of this, I can focus on putting out a quality product."

While looking back on the times he's had at PPB, Grieves recalled some of his most memorable times he had while working here.

"I think one of the funniest times I've had while here was when I first started. I had my hair done like a perm," Grieves recalled with a laugh.

"Man, the guys never let me forget that time," he added.

After his 37 years with PPB, Grieves said he'll miss working on the equipment and with his coworkers most. In a few more months, Grieves intends to conclude his multi-decade career and retire to tend to his wife who's been diagnosed with cancer.

"I plan to retire June third and help my wife. Our ultimate plan is to move to Laughlin, [Nev.], since it's close to where I'm from. I'm looking forward to it so I guess we'll see how things pan out," he concluded.

PT, PT EVERYDAY

**Story and photo by
Lance Cpl. Samuel Ranney**
Combat Correspondent

Marine Corps Logistics Base Barstow offers myriad opportunities for Marines and civilian employees looking to get in shape. Whether it's for combat readiness or simply looking good for this upcoming summer, a great physique is just steps away.

Constant exercise and eating right helps Lance Cpl. Luis Castro, an administrative clerk here, with a first class physical and combat fitness test score, in pinnacle shape.

"I train my body through resistance training, cardio and eating as healthy as I can," said Castro.

Castro can do 40 pull-ups, twice the amount required for a perfect PFT score. He tells anyone who desires to do more pull-ups the same thing ... to simply do more pull-ups. Castro encourages Marines to do pyramids* to increase their maximum pull-up repetition. He also often does a max set of pull-ups followed by a max set of dips without resting. He will continue doing this until his muscles fatigue.

Castro is currently striving toward a 300 PFT, a perfect score.

"I want to get a lot faster so I've been focusing more on cardio and endurance training than I normally would," said the Puerto Rico native. "I want to get my three-mile run time under 18 minutes in order to achieve a perfect score."

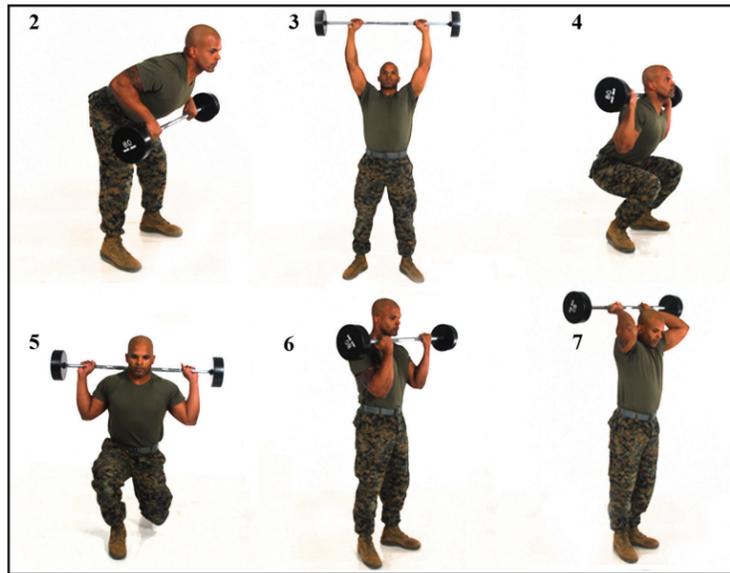
"My motivation is my competitive edge. Marines are naturally competitive so you always have to strive to be the best in order to stay ahead of the game," said Castro.

When the gym is closed,

excuse. Instead of going off-base, the Family Restaurant's healthy alternatives should be utilized. The restaurant offers tuna salad, fish, chef salad, a grilled chicken sandwich, and a salad bar, explained Diane

ing trainer. She encourages Marines to take advantage of the opportunities they have here to get in shape.

"Physical fitness to a Marine is being combat ready. No matter what your military



Castro's favorite workout is as follows:

- 1) A set of pushups until muscle fatigue
- 2) Bent over rows (10 reps)
- 3) Military press (10 reps)
- 4) Barbell squats (10 reps)
- 5) Barbell lunges (10 reps each leg)
- 6) Barbell curls (10 reps)
- 7) Triceps' extensions (10 reps)

*Perform four sets in this order, only resting in between sets (not exercises.)

Lance Corporal Luis Castro, an administrative clerk on Marine Corps Logistics Base Barstow, demonstrates the weight lifting portion of a full body workout he learned from a YouTube video. The workout consists of **four** sets of seven exercises. There are no rests in-between exercises, but between each set take three minutes to hydrate and recover for the following set.

or when he gets tired of his regular workout routines, Castro explained that he often uses YouTube and imitates other people's workouts. Mike Chang, the lead trainer for Six Pack Shortcuts, for example, offers many beneficial health tips and workouts. One of Castro's favorites is Mike Chang's "High Intensity Muscle Building Workout."

No matter how much you work out, a major part of being in good shape is your diet and eating habits. Being seconds away from nothing but fast food restaurants may pose a challenge to some, but it's no

Yslas, the restaurant's supervisor. Also, the grilled chicken may be ordered by itself and added to the salad bar. The salad bar includes many vegetables and protein, such as hard boiled eggs, turkey, and ham, breakfast is no different, plain scrambled eggs, egg whites, oatmeal and substituting tomatoes for hash browns are just some of the healthy choices.

For more workouts, dieting tips or any guidance on physical fitness Marines here can see Shelley Hines, the base Semper Fit director, fitness trainer and combat condition-

occupational specialty, we as Marines must be mentally and physically ready for anything," said Castro. "Marines have a standard; we must uphold that standard and be the best."

There is no question that Marines should be in good shape. However, service member or civilian, everyone wants to look and feel good. The base gym is free for Marines and Department of Defense employees and there's plenty of room to run here on MCLB Barstow; put down the potato chips and take advantage. Here's health to you and to our Corps!

*Pyramids: Do a set of ten pull-ups followed by ten pushups. Do ten sets of each exercise, decreasing the total repetitions by one each time.

OBSERVANCE FOR BLACK HISTORY MONTH

By Sgt. Shannon Yount
Press Chief

Black History Month honors some important men and women in our country's history who've fought against inequality and injustice.

The birth of this observance began in 1926, when historian Carter G. Woodson, who has a doctorate in history and founded the Association for the Study of African American Life of History (ASALH), sought to create a date to recognize and honor the heritage, accomplishments and contributions made by black Americans to society, according to Marine Administrative Message 011/13.

More than 80 years later, we observe Black History Month every February. According to the MARADMIN, the theme for this year's observance is "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington." The theme marks two major milestones in the fight for civil rights and black history.

In the early 1900s, the movement for equal treatment of all Americans grew, regardless of ethnicity. Almost a century earlier, black men and women escaped the bonds of slavery and stood up against all odds to fight for civil rights.

One person in particular walked her way to freedom and helped others do the same. Harriet Tubman was born into slavery. At the age of 24, she married a free black man, John Tubman and changed her name from Araminta Ross to Harriet, after her mother. In 1849, in fear of being sold, Tubman escaped the

Maryland plantation where she was working. On foot, Tubman followed the North Star and made her way to Philadelphia. The following year, she returned to Maryland and escorted her sis-

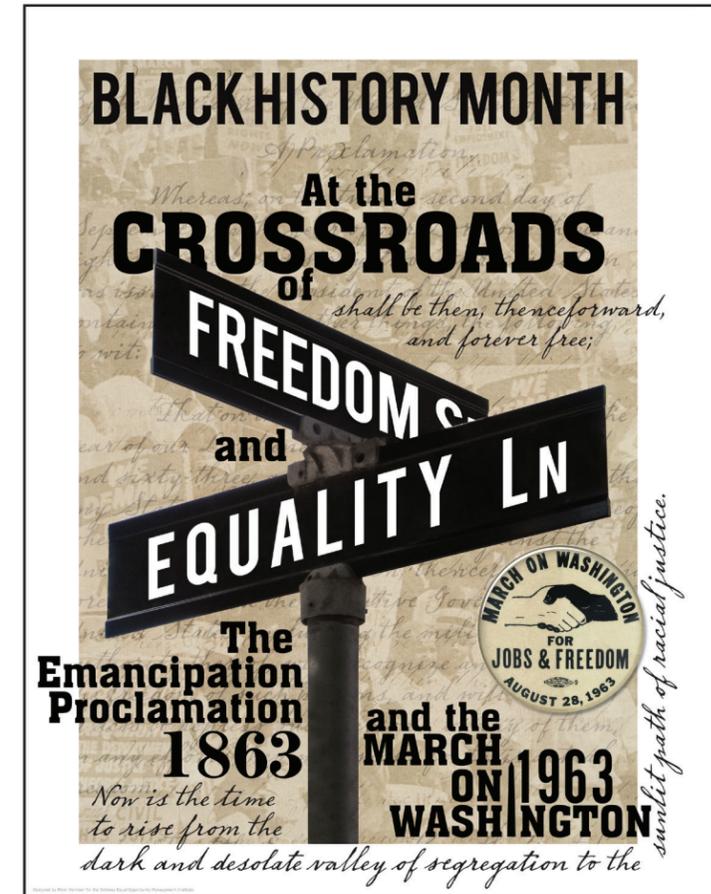
Talbot County, Maryland, and later changed his name to Frederick Douglass. With strong views on freedom and human rights, he tried twice to escape from slavery before he succeeded. He was as-

meetings, he would speak on his life experiences.

Due to Douglass' strength in inspiring, motivating and entertaining the audience, William Lloyd Garrison the editor of the abolitionist newspaper 'The Liberator,' wrote about Douglass. Shortly after the story was published, Douglass delivered his first speech at the Massachusetts Anti-Slavery Society's annual convention, according to his biography.

He wrote and published his first autobiography, 'Narrative of the Life of Frederick Douglass, an American Slave,' in 1845 at the urging of Garrison. The book was a success and translated into several languages across the world. Critics questioned the genuine author of the book; they didn't think a former slave without any formal education could have possibly produced such an eloquent novel. During his lifetime, he published three versions of his autobiography, after revising the first. 'My Bondage and My Freedom,' published in 1855, and 'Life and Times of Frederick Douglass' published in 1892, according to www.biography.com Frederick Douglass.

For more than 50 years, Douglass played an active role in humanism and social justice. He achieved international fame as an inspiring speaker and writer. During his career, he gave thousands of speeches and editorials and imposed a powerful indictment against slavery and racism. He became a symbol of hope for his people and his life's work will always speak highly of being black in America, according to www.history.com Frederick Douglass.



ter and her family to the North. Over a ten-year span, Tubman completed 19 trips into the South and led more than 300 slaves to freedom, according to the Harriet Tubman biography at www.pbs.org.

Another prominent American who freed himself from the chains of slavery was Frederick Douglass; often referred to as the "father of the civil rights movement."

Douglass was a well-known abolitionist, writer, lecturer, statesman and Underground Railroad conductor. He was born into slavery as Frederick Augustus Washington Bailey, on a plantation in

sisted in his final attempt by Anna Murray, a free black woman in Baltimore whom Douglass had fallen in love with. On September 3, 1838, he boarded a train heading to Havre de Grace, Maryland and within 24 hours he was in New York, according to www.biography.com Frederick Douglass.

Shortly after, Douglass sent for Murray to meet him in New York, where they became man and wife on September 15, 1838. Douglass and his wife settled in a black community in New Bedford, Mass. He became one of the many leaders of the abolitionist movement. While attending

RETIRED MARINE CONTINUES TO PROTECT, SERVE

Story and photo by
Lance Cpl. Norman D. Eckles
Combat Correspondent

Due to his extensive knowledge and excellent work ethic, a recently retired gunnery sergeant of Marines has taken on a new role as a captain with the Marine Corps Police Department on Marine Corps Logistics Base Barstow, Calif.

Charles E. MacNeil II, became the operations officer for the MCPD in November 2012, after 21 years of service in the Marine Corps.

When MacNeil enlisted in the Corps, he originally wanted to be a military policeman, but a Marine Corps regulation stated he had to be at least 19 years old. Instead, during his first enlistment, he served as an infantry rifleman. After a successful four year enlistment, MacNeil decided to get out of the Marine Corps for personal reasons. When he re-enlisted as a prior service member nearly a year later, he chose the military police field, thus beginning a 16 year career.

When he applied for the operations officer position, MacNeil underwent an intense screening process. The screening process consisted of interviews, completing a physical

agility test, a psychological test, a full physical, and a drug test.

The 16 years of experience as a military policeman was a plus, said Danny Strand, director of security and emergency services on the installation, who has worked with MacNeil for two and a half years.

During his service in the Marine Corps, MacNeil deployed to Somalia, Iraq and Afghanistan. On his last deployment, because of his superior leadership traits, he filled a first sergeant billet as a gunnery sergeant. Because of this opportunity and his increased responsibilities within a large company of Marines, he gained experience in the logistics realm, Strand added.

MacNeil explained during his military career, he was an operations chief for security forces, Military Police Company, 2nd Marine Division, Camp Lejeune, N.C., as well as the operations chief for MCLB Barstow.

Due to his experience, MacNeil not only qualified for the operations officer job, his responsibilities closely mirrored those he held in the Marine Corps. One of his responsibilities



(Left to right) Lieutenant Amy Malinowski, operations chief, Capt. Charles E. MacNeil II, operations officer, and Lt. Justin Witcher, accident investigator supervisor, for the Marine Corps Police Department on Marine Corps Logistics Base Barstow, discuss the pending shift rotation for the month of March, Jan. 29. The shift rotation happens every six months to afford each officer schedule flexibility.

includes making sure that there are enough police officers on duty for each shift. He also looks out for their welfare, scheduling conflicts and providing guidance and direction when needed.

MacNeil uses his skills as a leader and applies them with every police officer he has by taking care of them and sticking up for them, explained Lt. Amy Malinowski, the operations chief for MCPD Barstow.

MacNeil said when he was on active duty, he always fought for his people; he figured that his job was to be there for his Marines.

MacNeil has the same mentality as when he was on active duty. He comes to work early and does not leave until the mission is complete, explained Strand.

He is doing an amazing job, said Malinowski. "He is the best operations officer we have had in many years."

He gives 100 percent in everything he does for the PD and has the ability to empathize with the police officers on duty. He understands them, and can relate to their issues because he has been in their shoes at one point, explained Strand.

As he continues his career in law enforcement, MacNeil will always have the Marine Corps mindset.

"When you have someone who has started from the bottom and worked their way through the ranks, you get a better product," said Strand. "The police department on base is excellent."

In Strand's eyes, it's the best in the Marine Corps.

MCLB brings treat for summer heat

Story by Lance Cpl. Samuel Ranney
Combat Correspondent

Marine Corps Logistics Base Barstow's pool will open for service members, Department of Defense employees and their families with new renovations for the summer season, May 25.

MCLB Barstow consists of service members and civilian employees from all around the country. Many of the personnel are not native to the High Desert climate, but luckily, the base pool will be newly renovated when it opens this summer, as the masses seek relief from the heat.

A 25-foot expansion is being made to the pool area for younger children to enjoy without actually being submerged in water; this gives the adults the opportunity to watch their children from the deck, instead of having to be in the kiddie pool with them, said Gary Fulham, the director of Marine Corps Community Services on MCLB Barstow.

The addition includes a tumble-bucket play center, tunnel arches, a star jet, a turtle that sprays water, and much more, said Fulham.

The expansion of the pool isn't the only improvement, explained Fulham. The bathrooms are also being modernized.

"The bathrooms will be renovated and cleaned out. Modern sinks and showers will be added to the facility as



Image courtesy of MCCC

This computer generated image shows Marine Corps Logistics Base Barstow's pool after the renovations. The pool will open for the summer season May 25, with a 25-foot extension for younger patrons and modernized restrooms.

well," explained Fulham. "They will also be more handicap-accessible."

The renovations will improve the use of the base pool and more importantly, it will make it a much safer environment for the younger patrons, said Fulham.

More than \$600,000 went into improving the base pool for MCLB Barstow personnel and their families, said Fulham, and he encourages patrons to take full advantage of it.

Headquarters Marine Corps approved the renovation in order to enhance fitness on the base, explained Brenda Petrucio, the recreation program manager here.

Admission for the newly renovated pool will come with minimal fees, explained Petrucio. Lap swimming however, Tuesdays - Fridays from 11 a.m.-1 p.m., will remain free.

The pool will have lifeguards on duty at all times, and swimming lessons will also be available, added Petrucio.

"Swimming is great for fitness and health. You can get in shape while enjoying the nice cool water in the pool during the long hot desert summer months," added Petrucio.

The 2013 pool season starts on Memorial Day, May 25 and won't end until Labor Day, Sept. 2. During the season, the pool will be closed on Mondays for cleaning. Family swimming will take place Tuesdays - Fridays from 1 - 7 p.m. Saturdays and Sundays will be family swimming only (no lap swimming) from 11 a.m. - 7 p.m.

Last year, it was not uncommon for temperatures to rise above 100 degrees, according to weatherchannel.com. Whether you're used to the High Desert heat or not, take advantage of the base pool this summer and stay 'cool.'

Fees are as follows...

Day passes:

- Patrons ages 2-10-- \$1.50
- Ages 11 and up-- \$2.00
- Guests-- \$2.50

Monthly passes:

- Individual-- \$15.00
- Family of 4-- \$35.00
- Each additional child-- \$3.75

Season passes:

- Individual-- \$35.00
- Family of 4-- \$90.00
- Each additional child-- \$7.50

Presidents Day: remembering the past

Commentary and photo collage
by **Lance Cpl. Norman D. Eckles**
Combat Correspondent

As far back as I can remember, there's a day each February that I've gotten off from school or work. It's called Presidents Day; but I couldn't tell you much more than that ... until now.

When I first researched this holiday and what American presidents have done for this country, it was easy to see why we have this holiday. From George Washington's multiple victories in battle to John F. Kennedy's inspiring plans for the U.S.

We have the day off to remember men like George Washington, Abraham Lincoln, Franklin Delano Roosevelt, John F. Kennedy and the other 40 men who became the nation's commander in chief.

George Washington, our first president, led the rebellion to victory, against the British Army in the Revolutionary War, and was one of the founding fathers of our country. Many academic scholars have agreed if we didn't have him, we would've lost the war. Would we, as a country, have seceded from Great Britain without him?

The 16th president, Abraham Lincoln's actions led to the creating and

signing of the Emancipation Proclamation. The proclamation liberated blacks in the North from slavery and gave them the opportunity to live normal lives. If the proclamation was never created and



signed, would Americans still think it's socially acceptable to dehumanize a man or woman based on the color of their skin? Would the world have missed out on significant men in history, such as Jackie Robinson and

his athletic prowess or Martin Luther King Jr., and his words of passion?

In 1929, at the end of the Roaring Twenties, America's stock market crashed sending the U.S. into the Great De-

pression. In 1933, President Roosevelt created the New Deal, a series of economic programs enacted throughout the country to help stimulate the economy. He also created laws, acts and plans that combined, help pull the U.S.

out of the Great Depression.

Now think about if Roosevelt never became president. Would the U.S. have recovered as well as it did from the dismal economic state it was in? Would we have been able to go to war with our economy so low?

Seventeen years later, the U.S. elected a young man to be president, named John F. Kennedy. This man saved the U.S. during the Cold War. Kennedy spent two days negotiating with the Soviet Union and Cuba during the Cuban Missile Crisis in 1962. The crisis lasted 13 days. Kennedy "quarantined" Cuba from the Soviets by surrounding Cuba with naval ships, thus allowing Kennedy to negotiate with the Soviet's leader, Nikita Khrushchev, to take his nuclear weapons out of Cuba.

Imagine if Kennedy never negotiated with Soviet leaders. Would either country be in existence? What if a nuclear war happened, where would our country be today?

These four men played significant roles in society and changed the course of history for our country. Today, we enjoy many of the freedoms and luxuries we have because of them. This Presidents Day, let's take a moment to reflect on what presidents have done for this country and how they have paved the way for our future, and for generations to come.

Chaplain's Corner

By **Lt. Benjamin Warner**
Base Chaplain

Forgetting to be thankful

There's a tendency in my life, maybe in yours too, that I don't connect brain to mouth when it's important. For instance, Valentine's Day is coming up—that yearly reminder that our significant other should indeed be significant. For me, it's just one more reminder of how often I forget to tell my wife what she means to me. I think about her regularly, even to think positively of how important she is and what I treasure about her (rather than just the details of "Oh, I need to tell my wife X, Y, or Z). But that rarely means that information makes it from my brain into communication with her. In hindsight, I realize that this is detrimental to my own life—for sharing this care with my wife can only wind up benefiting both of us.

Now, I don't want you to worry about the state of my marriage. It's pretty stable and loving de-

spite my best efforts to forget what I know is best (and maybe you can learn from my example how to be more conscientious in communicating with your significant other this Valentine's Day). I write all of this to talk about a corresponding spiritual reality that happens in my walk with God. I am faced with various crises of one sort or another that create greater and lesser degrees of anxiety in my life. Due to these crises, I seek God in prayer, asking for strength, for relief, for peace, and any other number of things. Then, the event or crisis happens, I make it through it, and hindsight tells me that maybe that crisis wasn't really so bad in the first place. Here's where I fail to benefit spiritually. Maybe that crisis wasn't so bad, but that doesn't change the fact that I got what I asked for from God. Let me paint the picture another way.

Imagine you were asked to write a poem—it doesn't have to be long—but you knew in your heart that you were unable to do it, so you prayed for the ability. Then it turned out to be easier than first thought, would you attribute that to the easiness of poetry, or the result of prayer?

Maybe both are reasons for why you were successful. But, in the long run, I think our tendency as people is to forget about how strong our fears were on the front end and chalk up the relief to our overreactions. Like I said, maybe that is true and we did overreact. Yet, we should not forget that God has indeed done something. God has walked with us in the midst of our anxieties. God has shaped us into the sort of people who persevere even in the face of our anxieties. And, God has helped us on the other side to gain



some perspective so that maybe next time we won't have a freak out, but will generally trust that God is going to get us through the current crisis. What will help us do this is thankfulness. Note the beginning of Psalm 40: I waited patiently for the LORD; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD (Psalm 40:1-3). God's deliverance from the difficulty resulted in thankfulness and greater trust. Let's not allow ourselves to forget what God has done.

