



PRO THE SPECTOR

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

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Battle Color Detachment Visits Barstow

**On the road
with the MCG**

On The Cover:

Front Cover:

Photo by Lance Cpl. Garrett White

Colonel Michael L. Scalise, commanding officer of Marine Corps Logistics Base Barstow, Calif., addresses Marines from the Battle Color Detachment after a performance on Sorenson field here, March 11. The BCD, composed of the U.S. Marine Drum and Bugle Corps, the Marine Corps Silent Drill Platoon, and the Official Color Guard of the Marine Corps, is currently on its national installation tour.

Back Cover:

Photo by Lance Cpl. Garrett White

The Marine Corps Mounted Color Guard, stationed on Marine Corps Logistics Base Barstow, Calif., ride in the Mardi Gras Rex Parade, in New Orleans, March 6. The rain did not stop the Marines, their steeds or the myriad revelers from participating in the 5-mile parade.



Marine Corps Logistics Base Barstow, California
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Photo by: Carlos Guerra

Lance Corporal Brian Ramirez, adjutant clerk on Marine Corps Logistics Base Barstow, Calif., serves fellow Marines and base employees during a Navy Marine Corps Relief Society Barbecue, March 4. Attendees each donated \$5 to the NMRS for a plate.

On the web

Website:

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

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





Photo by: Carlos Guerra

The Marine Corps Logistics Base Barstow Color Guard presents the Colors at the Master Gunnery Sergeant James Brewer Street Renaming Ceremony on MCLB Barstow, March 5. Brewer, a Montford Point Marine and recipient of the Congressional Gold Medal, received this honor posthumously for his exemplary service.

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Photo by: Lance Cpl. Samuel Ranney

Marines with Headquarters Battalion on Marine Corps Logistics Base Barstow, Calif., go on a battalion hike for unit physical training, Feb. 28. Marines here are continuously adding distance and intensity to their hikes to build endurance.

News Briefs

Leave Share Program

The following is a comprehensive list of individuals currently affected by medical emergencies and are in need of leave donations: **Tyrone Wilford Holt, Ernest Langford, Amy Loughridge, Cheryle Magorno, Jennifer Marsh, Clairisa Mattig-Smith.**

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.

Energy Tip:

Recycle your old glass bottles. The energy saved from recycling one glass bottle will light a 100-watt bulb for 4 hours.

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Spouses Social

The Spouses Social is a monthly get together with other active duty spouses to build new friendships, offer support and learn new things. There will be a different topic of discussion each month.

Green Eggs & Ham

The Family Restaurant will be serving green eggs and ham for St. Patrick's Day, March 17. Breakfast will be \$5.25. Lunch will be corned beef and cabbage for \$6.95. Receive a free dessert at lunch if you purchase breakfast.

Parenting Class

Marine and Family Programs will be holding the Positive Parenting Program, March 15, at the multipurpose room on base. There will be a class for children up to 12-years-old at 9:30 a.m. and one for teenagers at 1:30 p.m.

Play Group

In conjunction with Marine and Family Programs, Playgroup is an opportunity for children, ages 0 - 5, and mothers to interact with other children and each other in a fun and structured setting. Planned meetings are scheduled on March 14, from 9 - 11 a.m., at the Desert View Housing Community Center. On March 21, Playgroup will be held at Bldg. 17, temporarily the base library.

Thrift Store

The Navy-Marine Corps Relief Society Thrift Store here has a new number. They can now be reached at 760-577-5880.

Library Services

Due to remodeling, the base library has moved to Bldg. 17, on the corner of Day Street and Wake Ave. Story Time and Craft is to be held every other Wednesday of the month, at 10 a.m.

LIFE IN THE MOUNTED COLOR GUARD

Story and photos By:
Lance Cpl. Garrett White
Combat Correspondent

HOUSTON, Texas - 'Everything is bigger in Texas' is a common phrase said by natives of the Lone Star State and in many ways that is a true statement.

It is the largest state in the contiguous United States and is home to several of the largest cities and metropolitan areas in the U.S. Houston, the largest city in Texas as well as the fourth-largest in the U.S., is also home to the largest and longest running livestock show and rodeo in the world, the Houston Livestock Show and Rodeo (HLSR).

Apart of the HLSR is the Downtown Rodeo Parade, a 76 year old event where downtown Houston is transformed into a celebration of its Western heritage.



The Marine Corps Mounted Color Guard, Stationed on Marine Corps Logistics Base Barstow, Calif., present the Nations Colors during the grand entry at the Houston Livestock Show and Rodeo in Reliant Stadium in Houston, March 5.



Gunnery Sergeant Daniel Garcia, staff noncommissioned officer in charge of the Marine Corps Mounted Color Guard on Marine Corps Logistics Base Barstow, Calif., holds the nation's colors before riding in the Downtown Houston Rodeo Parade, March 3. The MCG traveled more than 1,500 to lead the parade and participate in other events in Houston.

Traveling more than 1,500 miles to lead the parade is the Marine Corps Mounted Color Guard, stationed on Marine Corps Logistics Base Barstow., Calif., said Sgt. Edgar Torrealba, non-commissioned officer in charge of the MCG.

The roughly two and a half mile route took the MCG through the streets of downtown Houston, where thousands of cheering spectators watched the MCG carry the National and Marine Corps Colors on their palomino mustangs.

Helping bring the MCG to the HLSR was Nicholas Low, coordinator for the armed forces appreciation committee for the HLSR and former active duty Marine.

"Having the MCG at the parade was vital to our mission," he explained. "As a committee we raise hundreds of thousands of dollars to bring in troops and their families to the event for armed forces appreciation day."

Having the MCG at the rodeo and parade helps raise awareness

for what the committee does, Low added. They have such a big presence at the parade, and it's huge in helping support our cause.

It also brings a new awareness and sense of pride for other service members seeing the MCG out at the parades, Low said.

"I'm a Marine, and I never knew about the MCG when I was in the Marines," he explained. "So it's impressive for them to see what goes on outside their MOS (military occupational specialty) or outside of whatever else it is they have done, so it's a sense of pride for them. Especially for their fellow Marines, it really helps build esprit de corps."

However, this ride was somewhat bittersweet, said Torrealba. It marked the first time Sgt. Moises Machuca, stableman with the MCG, and Gunnery Sgt. Daniel Garcia, staff NCOIC of the MCG, participated in the parade, but it would also be the last time himself, and Cpl. Bryanna Kessler also a stableman with the MCG, will participate in the parade as members of the MCG.

T MARCHES THROUGH BARSTOW

from MCLB Barstow's
Affairs Office



The Battle Color Detachment performed on Sorenson
Barstow, Calif. Hundreds of spectators from across the
featuring the U.S. Marine Drum & Bugle Corps, the
Guard. All are attached to Marine Barracks Wash-
ington. These Marines appear in hundreds of ceremo-

"The Commandant's Own," combines contemporary
and highly choreographed drill movements in a program

is unlike any other. With fixed bayonets atop their
rifles, they entertain the audience with their intricate drill routine,
The Drill Platoon's rifle inspector highlights the perfor-
mance, performing difficult rifle spins and exchanges.

The Battle Colors of the Marine Corps. The 54 streamers
commemorate the military campaigns in which Mar-
ines served the nation, from the American Revolution to

the national ensign, and is considered the senior ser-
vice position from among many other out-





The MCG ... can't rain on their parade

Story and photo By:
Lance Cpl. Garrett White
Combat Correspondent

In order to live up to the words of their Hymn, Marines prepare themselves mentally and physically to operate in any climate and place.

From the freezing temperatures of the Chosin Reservoir to the blistering heat in Iraq's deserts, Marines have made their mark in history by fighting in some of the most trying weather conditions imaginable.

This holds true even for units like the Marine Corps Mounted Color Guard, stationed on Marine Corps Logistics Base Barstow, Calif., said Gunnery Sgt. Daniel Garcia, staff noncommissioned officer in charge of the MCG. Although they are not a traditional deployable unit, the MCG performs in parades and ceremonies which may require them to stay outside in poor weather conditions for hours at a time.

This year was the first time the MCG participated in The Rex Parade, one of the longest running and most famous of Mardi Gras Parades in New Orleans, said Cpl. Bryanna Kessler, two-year stableman with the MCG. It was also the worst weather conditions she has had to ride through since being with the unit.

The parade route took the MCG through five miles of rain and freezing cold wind, said Sgt. Edgar Torrealba, NCOIC of the MCG. However, despite the trying weather conditions, the MCG performed with the same

composure and professionalism that is expected from Marines.

The horses also had to deal with a different kind of parade environment, Torrealba explained.

"(There was) debris, beads ... and railroad crossings covering the streets," he said. "There was loud music all along the route, lots of different colors, and the parade stopped three times. However, just like Marines, the horses improvised, adapted and overcame."

Plans had been in the works to do a Mardi Gras parade for the past three years, explained Torrealba. Unfortunately, financial and logistical constraints made that impossible until this year. So, despite the weather conditions, it was good to be able to get out and do the parade, he added.

In addition to being the first time the MCG participated in a Mardi Gras parade, this is the first time the MCG has participated in an event in the state of Louisiana, said Kessler. It's also one of the rare occasions the MCG has done an event east of the Mississippi.

"A lot of people don't know we (the MCG) even exist," Kessler added. "Or they think we are limited to Southern California or the Southwest."

The MCG wants more exposure in the eastern states ... the only way to do that is to do events nation-wide, said Torrealba.

Due to the success of the parade, plans are already in the works for the MCG to come back next year, said Torrealba. If everything works out, the MCG will return next year and have an increase in nation-wide events.

FITNESS CORNER: ATTENDING TO YOUR HEART RATE PAYS OFF

Article submitted By:
Shelley Lamey
Semper Fit Director

The most important part of developing a personal plan for physical fitness is to know why you want to become fit. As simple as this may sound, it is critical for success. If your goal is weight loss, you'll approach fitness differently than if your goal is building strength and endurance. Once you know why you want to become fit, you can easily decide what you can do to reach that goal.

If your goal is to become aerobically (endurance) fit, you will need to exercise your heart and lungs while exercising your body. This means paying attention to your Heart Rate.

The term "Heart Rate" is used to describe how many times the heart beats in a minute. At rest, your heart beats about 70 times per minute. This is called the resting heart rate. Maximum heart rate, on the other hand, is the maximum times your heart should beat during exercise.

How hard should you be exercising to improve heart and lung function? To find this out you need to know your Target Heart Rate.

Generally, people are advised to exercise hard enough to raise their heart rate between 60 to 80 percent of their maximum heart rate. This range is known as their Target Heart Range, or THR. To achieve the most benefit from aerobic exercise, strive to do the exercise on a regular basis and continuously within your THR.

The Target Heart Range is found by first subtracting your current age from 220 to get your maximum heart rate. Next, multiply that number by 0.6 and 0.8 to determine your Target Heart Range. For example, the Target Heart Range for a 28-year-old is 115 to 163 beats per minute. The steps in calculating the range are:

- 220 minus the age of 28 is 192, to get the maximum heart rate.
- 192 times 0.6 is 115, the lower end of the Target Heart Range.
- 192 times 0.85 is 163, the upper end of the Target Heart Range.

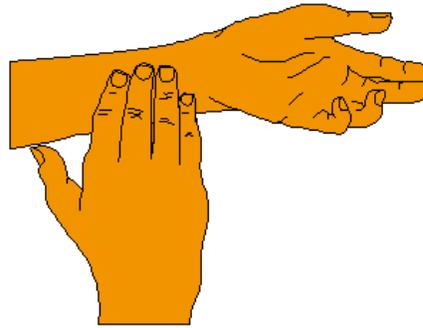
Thus, the THR while exercising is between 115 and 163 beats per minute.

Keeping Track

While exercising, take your pulse to determine if you are in your THR. If you are below your THR, exercise a bit harder, and if your THR is too high, slow down a bit. Strive to remain within your THR. If you find that it's too difficult to exercise within your THR, that's OK. By doing any exercise you are gaining many benefits.

A word of Caution

If you are overweight, have high blood pressure, heart problems, bone or joint problems, or are over age 40, check with



a medical provider before starting an exercise program.

Aim for the low range of your THR when you first begin your fitness plan. Gradually work up to the higher range as you become more physically fit.

Taking Your Pulse

In order for your exercise program to be beneficial, you should try to exercise within your target heart range (THR). To determine your THR the formula is 220 minus your age multiplied by 0.6 and by 0.85. When and how do you take your pulse to know if you're within your THR? How do you find your pulse? Which is better: to find a pulse on your neck or on your wrist? How do you start counting? For how long do you take it?

Finding and Taking Your Pulse

To find it, place your index finger and middle finger on your wrist about a half-inch to an inch below your thumb. Find your pulse by pressing down lightly until you feel an intermittent throbbing sensation in your wrist. That's your pulse.

For many years people have been instructed on the way to find their pulse on the side of their neck. Caution must be taken to prevent the restricting of blood flow to your head. Pressing too hard and too long can lead to dizziness or fainting. This can lead to an increased risk for injury.

To determine your pulse, you can count for a full 60 seconds. However, this may take too long. Other common options are to count for 6 or 10 seconds.

- The 6-second method is done by counting the number of beats for 6 seconds. By adding a "0" to this number, you will get the number of heartbeats per minute.
- The 10-second method is done by counting the number of beats for 10-seconds. Then multiply that number by 6 to get the number of heartbeats per minute. A simpler method is to determine your THR and divide that by 6 to get the number of beats in 10-seconds that you want to reach.

When To Take Your Pulse

Practice taking your pulse till it becomes second nature to you. For instance, take your pulse while at work, watching TV, lying down, sitting, standing and jogging in place.

During exercise, take your pulse to see if you're within your THR. If you are not, slightly increase or decrease your level of activity depending if you are above or below your THR. Take your pulse after 5 minutes again to see if you have correctly adjusted your activity level. Once you've reached your THR, maintain that level of activity. If you reach a point where you are out of breath or feel ill, decrease your level of activity.

AROUND THE CORPS

A look at the Marine Corps outside of MCLB Barstow



Photo by Lance Cpl. Cedric Haller
Marine Corps Air Station Futenma, Okinawa, Japan - Lance Cpl. Justen C. Mitchell, front, hurries to hand off a fuel line Feb. 4 at a forward arming and refueling point during fast ground refueling training on Ie Shima Training Facility. A FARP is usually in remote locations where ground-fuel supply lines have yet to reach. Mitchell is a fixed-wing aircraft crew chief with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

(Below) A Marine with 1st Battalion, 9th Marine Regiment pays his respects to his fallen friend and brother, Lance Cpl. Caleb L. Erickson, aboard Camp Leatherneck, Afghanistan, March 7. Erickson, of Waseca, Minn., a motor transportation mechanic stationed out of Camp Lejeune, N.C., died while conducting combat operations in Helmand province, Afghanistan, Feb. 28, 2014.



Photo by Cpl. Joshua Young



Photo by Lance Cpl. Jericho W. Crutcher
San Diego, California - Sgt. Milton D. Zavala, Platoon 2169 drill instructor, observes and loudly encourages Company H recruits to apply proper technique as they progress through choke holds during a Marine Corps Martial Arts Program training session. Recruits must learn to properly execute each exercise to earn tan belts in MCMAP; a graduation requirement.



Photo by Lance Cpl. Andrew Koppers
USS ASHLAND, At Sea - A sailor with the USS Ashland (LSD-48) directs an amphibious assault vehicle into the well deck of the ship during a splash and recovery exercise, Feb. 27. The 31st MEU recently embarked upon the three ships of the USS Bonhomme Richard (LHD-6) Amphibious Ready Group for the regularly-scheduled Spring Patrol. The 31st MEU is the Marine Corps' force of choice for the Asia-Pacific region and is the only continuously forward-deployed MEU.

Chaplain's Corner: Cultural Diversity

Article submitted By:
U.S. Navy Chaplain Cmdr. Ray A. Bailey

Hello Barstow,

What a wonderful opportunity this is for me. Before joining the United States Navy Chaplain Corps, I served as pastor of the FSBC of Victorville, just about 25 miles south of you on Interstate 15. It was a wonderful 2 years in my life.

While serving as pastor in the High Desert from 2005-2007, I fell in love with the weather. The cold weather of the winter months was nice because it gave a refreshing break from the ultra-high temperatures of July-September! Yet spring was my favorite time of year. The weather so nice. The warm days and cool nights are wonderful.

As I think about your weather there in the High Desert, I am reminded of our awesome Heavenly Father! He is the creator and sustainer of this vast universe. This earth we call home is such a great place. We have the opportunity to enjoy His creation. We read in Psalm 136:2-9 "... to him who alone does great wonders...who by his under

standing made the heavens ... who spread out the earth upon the waters ... who made the great lights ... the sun to govern the day ... the moon and stars to govern the night;..." (Holy Bible/NIV).

I am also reminded of the wonderful way God refreshes his children. Some cool weather helps to prepare us for the extremely hot desert summer. God also refreshes us. By his amazing grace he blesses us with peace of mind and overwhelming joy to keep us in our most difficult days. God also refreshes us by reminding us there is more to life than this world. Our hope of eternal life with God in Heaven keeps us strong and motivated when nothing or nobody is able to keep us strong and motivated.

Thank God he refreshes us in body, mind, and spirit!



