



PRO THE SPECTOR

Vol. 3 No. 16

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

August 28, 2014



IN THIS ISSUE:

**O-Course ... coming soon
to MCLB**

CLB-15 aboard MCLB



Photo by: Cpl. Samuel Ranney

Children from the Child Development Center on Marine Corps Logistics Base Barstow, Calif., wait in their designated safe central meeting area after a supervisor noticed a possible gas leak outside the building, Aug., 26. The children waited outside in the shade while security and emergency services, and maintenance personnel ensured the area was safe.

On The Cover:

Front Cover:

Photo by Carlos Guerra

Lance Corporals David Ramirez (left), a native of San Pedro, Calif., and Xaiver Lopez (right) a native of San Bernardino Calif., with 7th Engineer Support Battalion, level an obstacle course support beam on Marine Corps Logistics Base Barstow, Aug. 20. The obstacle course is slated to be operational by Sept., 2.

Back Cover:

Photo by Cpl. Norman Eckles

Sergeant Derek Spoor, noncommissioned officer-in-charge of the post office on Marine Corps Logistics Base Barstow, Calif., fires an M9 Beretta on the pistol qualification course, Aug. 22. Marines were given the opportunity to practice shooting and be coached before qualifying with the pistol.



Marine Corps Logistics Base Barstow, California
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Sgt. Maj. Karl D. Simburger, Base Sergeant Major

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The editorial content of this magazine is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer, Attn: Public Affairs, Box 110130, Barstow, CA 92311-5050. The Public Affairs Office is located in Building 204. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282. This magazine is an authorized publication for members of the Department of Defense. Contents of **THE PROSPECTOR** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps.

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Photo by: Laurie Pearson

A water wagon simulates an oil spill during a training exercise on Marine Corps Logistics Base Barstow, Calif., Aug., 14. During the exercise, security and emergency services personnel on base were evaluated on how they handled the situation and safeguarded the base.

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News Briefs

Military Mixer

The 24th annual Community-Military Mixer will be held at the Maj. Gen. James L. Day Conference Center on Marine Corps Logistics Base, Barstow at 6 p.m. on September 4, 2014.

This invitation only event is an opportunity for military and civilian personnel from the Marine Corps Logistics Base, the National Training Center, Fort Irwin and community leaders and residents of the High Desert to meet, make new friends and strengthen relationships in a friendly social setting.

Advance tickets for civilians, military E-6 and above are \$15. Cost for military personnel E-1 through E-5 is \$12.50. Tickets at the door are

\$17 except for "will calls." Tickets include a buffet and there will be a no host bar.

This is an invitation only event, tickets are available at the Chamber of Commerce, 681 N. 1st Avenue (Harvey House). Veterans Home of California Barstow, the NTC/Fort Irwin Public Affairs Office in Bldg. 983 and the MCLB Barstow Public Affairs Office in Bldg. 204. Deadline for advance ticket purchase is being extended to August 28, 2014.

For information or to purchase advance or "will call" tickets, contact the Barstow Chamber of Commerce at (760) 256-8617.



Leave Share Program

The following is a comprehensive list of individuals currently affected by medical emergencies and are in need of leave donations:

Lisa Bass, Khristopher Garcia, Amy Loughridge, Marilyn McKay, Clarisa Mattig-Smith, and Konrad Miles

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.

Thank you to all who donated leave to Cheryle Magorno after her car accident. She appreciates everyone's good wishes and is now **4** back at work at PAO.

ITT Specials

The Information, Tickets and Tours office has tons of great offers to make your summer sensational! These include:

Knott's Soak City, Hurricane Harbor, Raging Waters and hotel discounts.

For more information about these and other offers, contact ITT at 577-6541.

Ball Tickets

The 239th Marine Corps Birthday Ball will be held on Nov. 8, at the Mirage Resort and Casino in Las Vegas. Tickets will be starting at \$25, and room rates are \$210 a night. Rooms must be reserved no later than Oct., 8. For more information, contact Staff Sgt. Worley at 577-5821, e-mail Jeffery.j.worley@usmc.mil or stop by the S3 section of Bldg. 15.

USMC BALL 2014

Limited Edition, Bottle Opener Coins For Sale

This year's USMC Ball committee is selling bottle opener coins to raise money for this year's Birthday Ball. Please get them while they last for ONLY \$10. For more information, contact Staff Sgt. Worley at 577-5821 or email Jeffery.j.worley@usmc.mil or stop by the S3 section of Bldg. 15.

Energy Tip:

Repair leaky faucets promptly. One faucet leaking one drop per second can waste 2,400 gallons of water a year. That's 13 years worth of drinking water for one person.

CG OF MCI-WEST TOURS MCLB BARSTOW

Photos By:
Cpl. Norman Eckles
Combat Correspondent

Brigadier General Edward D. Banta, Commanding General of MCI West-MCB Camp Pendleton, visited Marine Corps Logistics Base Barstow, Calif., Sept. 19. Banta received a tour of the base from Col. Michael L. Scalise, commanding officer of MCLB Barstow.

Banta was taken to Marine Depot Maintenance Command on the Yermo Annex and given a detailed tour of the Marine Corps' largest one-story building here. He was then escorted to the Nebo Annex where he was given a brief and ate lunch at the base's family restaurant. He was also shown the wind turbine on base, as well as base housing and the barracks.



O-Course Coming to Barstow

Compiled by The Prospector staff

Since Aug., 12, Marines with 7th Engineer Support Battalion, from Marine Corps Base Camp Pendleton, have been on Marine Corps Logistics Base Barstow, Calif., constructing an obstacle course. The approximately 300 by 100 meter course is slated to be operational by Sept. 2. Marine Corps O-courses are used to promote combat conditioning and physical fitness.





Photo by Carlos Guerra

SERVICE AND SAFETY HONORED AT QUARTERLY AWARDS

Story By:
Laurie Pearson
 Public Affairs Specialist

Quilts of Valor, Apple Valley Region Chapter, a group of volunteers who design, create then

donate quilts to military personnel and their families, honored Sgt. Steven B. Waddell, a returning hero, during the Welcome Home Heroes portion of the 3rd Quarterly Awards breakfast on Marine Corps Logistics Base Barstow, Aug., 20.

The quilt is a red, white and blue tribute to ‘anyone who serves, past or present,’ said Dee Brawley, one of the quilters and presenters of today’s quilt. To date, Quilts of Valor has presented 104,364 quilts and will continue to do so even after there are no active conflicts, Brawley concluded.

Another Quilts of Valor volunteer, Nancy Hiles, stated “We are so grateful to our active duty members who are willing to serve, so we present these quilts full of hugs.” This was a continuation of a theme highlighted in the opening prayer.

During the opening ceremony, Salvation Army Maj. David Ebel, acting chaplain for MCLB, announced that he is “honored and grateful to serve the people who keep us safe.”

He has served as a chaplain for more than 26 years in fire stations, five years in hospitals and 14 months in jails. His service dog, Bucky ‘Wonderdog,’ accompanied him to the ceremonies. Bucky is a proud member of the Compassionate Canine Corps. He is trained to assist with daily tasks, as well as dog therapy, with the goal to be cross trained in trauma therapy to offer comfort, along with his owner, during disasters.

The awards banquet was led by Col. Michael L. Scalise, commanding officer of MCLB Barstow, and Sergeant Maj. Karl D. Simburger, base sergeant major of MCLB Barstow. They presented individuals with awards for specific accomplishments, such as Certificates of Commendation for work in support of the administration of MCLB, and for excelling during inspections in their functional areas. “It is great attitude coupled with competence that make people excel in their jobs,” said Scalise. “MCLB is a great



Photo by Carlos Guerra

Sergeant Steven B. Waddell, with Fleet Support Division, Production Plant Barstow, receives a quilt from Quilts of Valor during Quarterly Awards breakfast, Aug., 20. Quilts of Valor volunteers make quilts for deserving service members around the world.

place to work, and a great place to serve.”

Scalise and Simburger also presented awards for group and divisional successes in areas such as Safety. Scalise gave high praises to the safety award winners.

“Their collective efforts, as well as those of their staff, contribute to the outstanding safety record for MCLB Barstow,” Scalise stated.

Results of the Command Climate Survey, conducted in June, 2014 here indicated that every functional area of operation has improved over the last year. This remarkable record, said Scalise “has everything to do with focusing on each other, and reporting incidents when you see them.”

The quarterly awards breakfasts are intended to honor the efforts of all those serving MCLB Barstow, whether active duty, reservists, retirees or civilians. Scalise closed by echoing the sentiments of Quilts of Valor volunteer Hiles, “It is because of what they do, that we get to do what we love to do.”

CLB-15 ON BOARD FOR RAIL OPS

Story By:
Cpl. Samuel Ranney
Press Chief

Marines from Combat Logistics Battalion – 15, stationed on Marine Corps Base Camp Pendleton, visited Marine Corps

Logistics Base Barstow, Calif., for guidance in rail operations, Aug., 15.

CLB-15 needed an efficient and cost effective method to ship equipment to the Mountain Warfare Training Center in Bridgeport, Calif., for a humanitarian and disaster relief simulation exercise.

Chad Hildebrandt, rail operations director on MCLB Barstow, has been traveling to various Marine Corps installations to educate personnel about the training and logistical capabilities the rail head in Barstow has to offer.

Hildebrandt was in Camp Pendleton a week before their exercise, he explained. When CLB-15 discovered they could use the rail head as not only a training opportunity for future missions, but as means to send their vehicles out and save some money, they jumped on board.

“By shipping their vehicles via rail, (CLB-15) had a 40 percent cost savings as opposed to what they would have spent driving the vehicles,” Hildebrandt added.

Corporal Steven Flack, logistics and support specialist with CLB-15, added it was a great experience for their unit.

“Using rail operations to ship our vehicles to Bridgeport is extremely beneficial,” said Flack. “We don’t get many opportunities to train with rail operations ... the experience is great for everyone.”

The Woodland Hills, Calif., native, further explained that not only did using rail cars save money, it saved wear and tear put on the vehicles and



Photo by Carlos Guerra
Sgt. A.J. Heins, with Combat Logistics Battalion-15, participates in rail operations training aboard Marine Corps Logistics Base Barstow, Calif. on Aug 15. Chad Hildebrandt, rail operations director, (center) taught the Marines how to load, tie down, and prepare vehicles for transportation via rail in order to expand their logistical skill set.



Photo by Carlos Guerra
Marines from Combat Logistics Battalion-15 practice securing a Humvee to a rail car while aboard Marine Corps Logistics Base Barstow, Calif. on Aug 15. The Marines learned how to load, tie down, and prepare vehicles for transportation via rail in order to expand their logistical skill set.



Photo by Carlos Guerra
Marines from Combat Logistics Battalion-15 practice securing a Humvee to a rail car while aboard Marine Corps Logistics Base Barstow, Calif. on Aug 15. The Marines learned how to load, tie down, and prepare vehicles for transportation via rail in order to expand their logistical skill set.

time in the case of a breakdown if they were to have been driven there.

Corporal Flavio Barraza, motor transportation, agreed the training was beneficial for the unit.

“The training was great,” said Barraza. “The instructors were clear, concise and to the point. We learned how to tie everything down properly, safely and timely to ensure mission accomplishment.”

Barraza, who has never worked with rail cars before, added that it was a good experience and hopes it is utilized for future missions and training exercises.

“Overall, the training went well,” said Hildebrandt. “We were able to support their mission and give them hands-on training at the same time. Instead of doing it for them, (Marines with CLB-15) we instructed and supervised them so they can do it safely in the future.”

For a short class, the Marines caught on quickly; Hildebrandt is looking forward to their return for the full eight-day rail operations course, he concluded.

Gunny's Fitness Tips

Gunnery Sergeant Russell Garcia, communication chief and avid physique competitor, on Marine Corps Logistics Base Barstow, Calif., answers some common questions on diet.

How important is having a healthy diet?

First off, most people think they can 'out train' their diet. If I eat a certain food all I have to do is more cardio. It doesn't work that way. Eighty percent of your results will come from what and how you eat. I'm not saying training isn't important, but you can train all day and if you eat nothing but junk you will not end up with the results that most want.

If I'm always running and in the gym, can I eat whatever I want?

This goes with what I was stating above. You cannot eat anything and everything and get the results you want just because you do more cardio. I know there are some people that will argue and tell you that they can because no matter what they eat they stay thin or cut. Honestly, there are some people that just have a higher metabolism than most. Once they hit a certain age and try to rely on that, their body will start to slow down and so will their metabolism.

What are some things to consider when preparing meals?

Always plan ahead. Over the weekend is when you want to cook your proteins (chicken, turkey, beef). By doing this you will/should have enough to last you your full week.

What are some basic examples of some good, easy to prepare meals?

If you wanted very basic, then 6-8 ounces of chicken baked or grilled (not fried). About a cup of veggies (asparagus, broccoli, or brussel sprouts). Depending on what your carb intake should be then you would have ½-1 cup of rice. What type of rice will depend on your goals as well. Most will be sticking to brown. Now you can use seasonings, I know many of you think this sounds very boring but use Mrs. Dash to change this dish up each time you eat it. (All of Mrs. Dash products are sodium free). Now, I'm not telling you to use this as all 6 meals or even say this will be the right amount for YOU to eat. If you really want to get the best breakdown talk to a nutritionist or a trainer who specializes in meal plans.

Can I have 'cheat meals' and still maintain a healthy diet?

Honestly, this depends on your goals. Many people think you have to eat 100% healthy foods all the time. If you are eating healthy all week long, there is nothing wrong with having a 'treat' one time over the weekend. The only thing is some people think this means a treat day instead of just having a treat meal. Also, there still has to be portion control. Some people also have a treat meal and then they have a hard time turning it back off. Once your body has something like a burger or a dessert, you want to have it again. So just remind yourself why you are doing what you are doing and remember your end goal.

I feel like it's too expensive to eat healthy, is there a way to eat healthy and enjoy my food on a budget?

Basically it will seem like it costs more to eat healthier. In a way, yes it does. This is because society has made fast food (junk) so cheap and easy that we tend to buy it. Now, if you look at the breakdown of what groceries cost you to buy healthier foods ... it's not really costing you more. So many people eat out so often, if you actually stay at home and cook your foods and only eat out once or twice a month, you will see it will balance out. Also, you will find that eating out is more of a treat and not just habit.

What are some benefits of preparing your own meals?

When you prepare your meals ahead of time it makes it easier on you the following day to stay on point. If you're suppose to have 6-7 meals a day, eating every 2.5-3 hours, you would be in and out of the kitchen making your meal. Instead you can make those meals the night before and just set an alarm on your phone and as soon as it goes off you just have to warm it up!

AROUND THE CORPS

A look at the Marine Corps outside of Barstow



Photo by Capt. Naomi Dorren

CONCON, Chile - Service members participating in Partnership of the Americas 2014 practice on/off drills on a MI-17 HIP helicopter, flown by Mexican pilots. Representatives from Argentina, Brazil, Canada, Chile, Colombia, Mexico, Paraguay, and the United States are participating in POA 2014 from August 11-22, 2014. This exercise is designed to enhance joint and combined interoperability, increase the combined capability to execute Amphibious Operations, Peace Support Operations, and Humanitarian Assistance/Disaster Relief missions, and further develop strong and lasting relationships the U.S. Marine Corps has established with partner nation's naval infantries/Marine Corps.



Photo by Petty Officer 1st Class Paul Seeber

August 22, 2014. AT SEA, Chile - The Chilean ships Rancagua, Almirante Riveros and Sargento Aldea sail alongside the Mexican ship ARM Usumacinta during Partnership of the Americas 2014. The ships are accompanied by two U.S. Marine CH-46E Sea Knights from HMM-364. Representatives from Argentina, Brazil, Canada, Chile, Colombia, Mexico, Paraguay and the United States are participating in POA 2014 from Aug. 11-22, 2014. This exercise is designed to enhance joint and combined interoperability, increase the combined capability to execute Amphibious Operations, Peace Support Operations and Humanitarian Assistance/Disaster Relief missions and further develop strong and lasting relationships the U.S. Marine Corps has established with Partner Nations naval infantries/marine corps.

CHAPLAIN'S CORNER:

KNOWING WHO TO BLAME ...

Submitted By:
Cmdr. Samuel E. Ravelo
CREDO Chaplain

After walking around campus for a couple of hours, I was approached by a campus policeman. He said his office had received a complaint was suspiciously walking around student, and I explained to I proceeded to show him ifying it, he wrote my and informed other that the "suspect" felt a sharp pain verbalized my to the police- It felt like I had visit my mom had called the made it clear police that I the president the students, thinking of me criminal. I knew the doing of one called in with con- blame the institu- of one person.

The same principle member. The military is of individuals with different styles. When someone has done whole institution for that person's action.

I know many individuals who have left the military because of the actions and behavior of one person and unfortunately they miss the opportunity to see the strength, power and the endless opportunities that the military offers. Never forget, the world is made up of individuals, but we have to be careful not to confuse one person with the world at large.

A couple of years ago I attended a chaplain's conference on the campus of the seminary where I graduated 15 years earlier. I was surprised to find out that not much had changed. I even saw two students who were still there after all these years.

that someone fitting my description campus. He asked me if I was a him the reason I was there. my military ID. After ver- name in his notebook units looking for me has been found. I in my heart and disappointment man. gone home to and my siblings police on me. I to the campus did not blame of the school, or even him for as a potential this action was individual who cerns; I could not tion for the behavior

applies to each military an institution made out personalities and leadership us wrong, we should not blame the



