

THE PROSPECTOR



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

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The Art of War

vet uses painting to help with PTSD



On The Cover:

Anthony Plummer, a maintenance worker with Installation and Logistics Division on Marine Corps Logistics Base Barstow, stands with a painting he donated to the MCLB Barstow Historical Gallery Feb. 26. While not at work, Plummer can be found coaching sports at a local school or painting for friends and colleagues. Plummer uses his artwork as a way to cope with post-traumatic stress disorder from his multiple tours while serving in the Marine Corps

THE PROSPECTOR

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Photo by Cpl. T. Allen Bricker

Sergeant Clarence Trainer, an amphibious assault vehicle mechanic with Fleet Support Division on Marine Corps Logistics Base Barstow, receives a quilt from Joanna Jenkins, an accounting technician with Marine Corps Community Services' Financial Management Branch, during a ceremony held at Building 15, Feb. 20. The organization makes quilts for service members who are or have been deployed overseas.

On the web

Website:

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

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Photo by: Rob Jackson

Lance Corporal Luis Castro, an administrative clerk with Headquarters Battalion, Marine Corps Logistics Base Barstow, Calif., demonstrates Marine Corps push-ups for “Young Marines,” Feb. 23, at Excelsior Charter School, Victorville, Calif. The Young Marines is a youth program promoting mental, moral and physical strength. It’s the Marine Corps’ focus for its Youth Drug Demand Reduction efforts. This is the first year for the Young Marines Program in Victorville.

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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

Energy tips from Tony Mesa, MCLB Barstow's energy manager
Did you know,

if every household in the United States lowered its average heating temperature by six degrees over a 24-hour period, we would save the equivalent of more than 570,000 barrels of oil per day?

Leave Share Program

The following is a comprehensive list of individuals currently affected by medical emergencies and in need of leave donations: **Johnny Davis Jr., Eileen Garcia, Cindy Hernandez, Roy T. Turnwall 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.

**New Base Library
Hours**

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Effective immediately, the base library located inside of McTureous Hall will have a change in hours. It will be open Monday through Thursday from 8 a.m. to 6 p.m. The library will be closed on Saturdays, Sundays and holidays. For any questions, comments or concerns regarding Personal & Professional Development Programs, please call 760-577-6118.

Girls Night Out

The Desert View Housing Community Center will be holding a get together open to all active duty spouses, today 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 11a.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 760-577-6533.

MCLB Barstow: more than what meets the eye

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

Combat Correspondent

What is the first thing you think of when you hear about Marine Corps Logistics Base Barstow, Calif.?

It may not be the most well-known of military installations; however people may think of it as Barstow's second largest employer. They may recall the one and only Marine Corps Mounted Color Guard stationed here or perhaps just think of Marines in general. One aspect of MCLB Barstow that may not be as prominent is Fleet Support Division on the Yermo Annex of the base ... comprised mainly of civilians.

Their current mission is Retrograde and Redeployment in Support of Reset and Reconstitution (R4). The thousands of troops returning from Afghanistan and Iraq means thousands of pieces of equipment returning as well, and that gear doesn't take care of itself.

For more than 18 months FSD has been processing, inspecting, accounting for, re-issuing, storing and managing thousands of pieces of gear, explained Gregory Johnson, head of the movement and maintenance (M2) branch here.

The R4 mission is in direct support of the Marine Corps. It's the leading activity in operational efficiency and equipment accountability within the logistics command, stated in the Marine Corps Logistics Command vision statement.

Johnson, who has been with FSD for more than 20 years, explained that it's a continuous mission. FSD receives equipment and vehicles every day, such as Humvees, Mine-Resistant Ambush Protected Vehicles (MRAPs), trailers, trucks and other vehicles.

There are millions of outdoor and indoor square feet used for storing, said Johnson. However, with all of the gear constantly coming in, finding space for everything often poses a challenge.

The equipment is often strategically re-arranged and re-located to create even more space, Johnson explained. The idea of using shelves and stacking some of the equipment also creates a lot of space. Also, the Marine Corps has been transitioning out of obsolete gear; that gear is disposed of to make room for the new (gear).

The force of more than 100 civilian employees working along-side about 20 Marines are constantly employed, said Capt. Dustin Rowland, operations officer of FSD. "It's a day-to-day mission."

The Marines supplementing the civilian workforce creates a very efficient team of supply clerks and mechanics, explained Rowland.

"There are civilians out here who have been working on Humvees for more than 20 years; the Marines take away a lot of knowledge from them," said Rowland.

On the other hand, with newer equipment such as the howitzers, Marines such as Sgt. Michael Pressler, an ar-



A line of M-ATVs sit covered and aligned on Marine Corps Logistics Base Barstow, Calif., Yermo Annex. M-ATVs, an all terrain version of the Mine Resistant Ambush Protected vehicle (MRAP), are being brought back from Afghanistan, accounted for, repaired, and are now being maintained until they are requested for use in the fleet.

tillery mechanic here, bring a big contribution to the mission and enlighten the civilian counterparts, he added.

Upon receiving the equipment, FSD verifies all of the paperwork which came with it and then takes accountability for everything; this process alone can take seven to ten days, depending on the piece of equipment, explained Johnson.

"Our receiving area can be extremely congested," said Johnson. "We have a flow of equipment coming into receiving from both trucks and on railway."

After the receiving process, the gear is sorted through and any needed maintenance is made through Production Plant Barstow, Marine Depot Maintenance Command to make the gear serviceable again. FSD then finds a place for the gear; everything is organized by model. Then, covered and aligned on each other, said Johnson; "the Marine Corps way."

"The gear is maintained in serviceable condition until it is requested for, it is then shipped back to the fleet for use; whether that's for combat missions or training exercises," explained Johnson.

When requested, the gear is shipped out immediately, he added.

The mission so far has been successful, said Johnson. It has taken a lot of hard work from every single person; especially considering the high work load with the small work force. Many of the civilian employees are already in overtime doing whatever they can to do their part in supporting the war fighter.

The mission would not be going as well as it is today without our civilian workforce, explained Rowland.

The combined efforts of the civilians and Marines involved in this mission ensure the Marine Corps will always have the gear necessary to stay combat ready at all times.

Story by Sgt. Shannon
Yount

Press Chief

Many men and women aspire to be a part of something greater than them, which is why they choose to join the United States Marine Corps.

After more than two decades, one such Marine has achieved more than most and has come full-circle as he transitions back to civilian life . . . always carrying the title: U.S. Marine.

"I joined the Marine Corps for the challenge and even to this day, I see the Marine Corps as an elite force and it's a challenge to be amongst the best in the military," said Master Sgt. Lorenzo Lacy, who is leaving the active duty ranks after honorably serving the Corps for more than twenty years.

He stepped on the yellow footprints at Marine Corps Recruit Depot San Diego in

December 1990, shortly after graduating from Valley High School in Las Vegas, Nev.

"No one influenced me in joining the military, none of my family members were even aware of my intentions," said the Las Vegas native. "None of them would have thought I would be the one to join the military and when I did, they were all in shock," he further explained with a smile.

Looking back, Lacy enjoyed recruit training because it challenged him, "I enjoyed . . . every aspect of it," he said with a chuckle as he reminisced about his time with Mike Company, 3rd Battalion.

"It really pushed me to my limits both mentally and physically," he further explained. "I'm a competitor at heart."

After completing basic training, Lacy attended his military occupational specialty (MOS) school in Camp Johnson,

COMPETITOR LOOKS FORWARD TO NEXT

Jacksonville, N.C., where he gained the knowledge needed to become a supply administrative clerk.

"You have to be very knowledgeable in multiple aspects in this job field because supply is very broad. It's challenging but it's also rewarding," Lacy said.

Upon completion of MOS school, Pfc. Lacy reported to 1st Supply Battalion, 1st Force Service Support Group, Camp Pendleton, Calif., where he served as the Due and Status File (DASF) clerk for general accounts, Supply Company.

In December 1992, Lacy went on his first deployment with 1st FSSG, and deployed to the port of Mogadishu in Somalia in support of Operation

Restore Hope.

Operation Restore Hope took place as part of the United Nations Security Council's resolution 794: creating a protected environment that enables humanitarian operations in the southern half of Somalia. President George H.W. Bush responded to the U.N.'s request for assistance by sending more than 25,000 U.S. troops to Somalia. The objective of Operation Restore Hope was to rapidly secure the trade routes in Somalia so that food could get to the people.

Shortly after returning stateside, Lance Cpl. Lacy received orders to 3rd FSSG, Okinawa, Japan, where he worked as a supply clerk for General Support Maintenance Company, 3rd Battalion.

In September 1994, Cpl. Lacy received orders back to the U.S. and reported to Combat Service Support Detachment 23, Marine Corps Air Station Beaufort, S.C. While stationed at MCAS Beaufort, Lacy worked as a maintenance float clerk and platoon sergeant.

"Once I picked up sergeant, the competitive side came out and I submitted my [administration action] form to become a drill instructor," said Lacy.

On the form, Lacy requested San Diego but when he was approved for orders at Marine Corps Recruit Depot Parris Island, he resubmitted the form because he wanted to become a drill instructor in San Diego, and train recruits where he began his Marine Corps career.

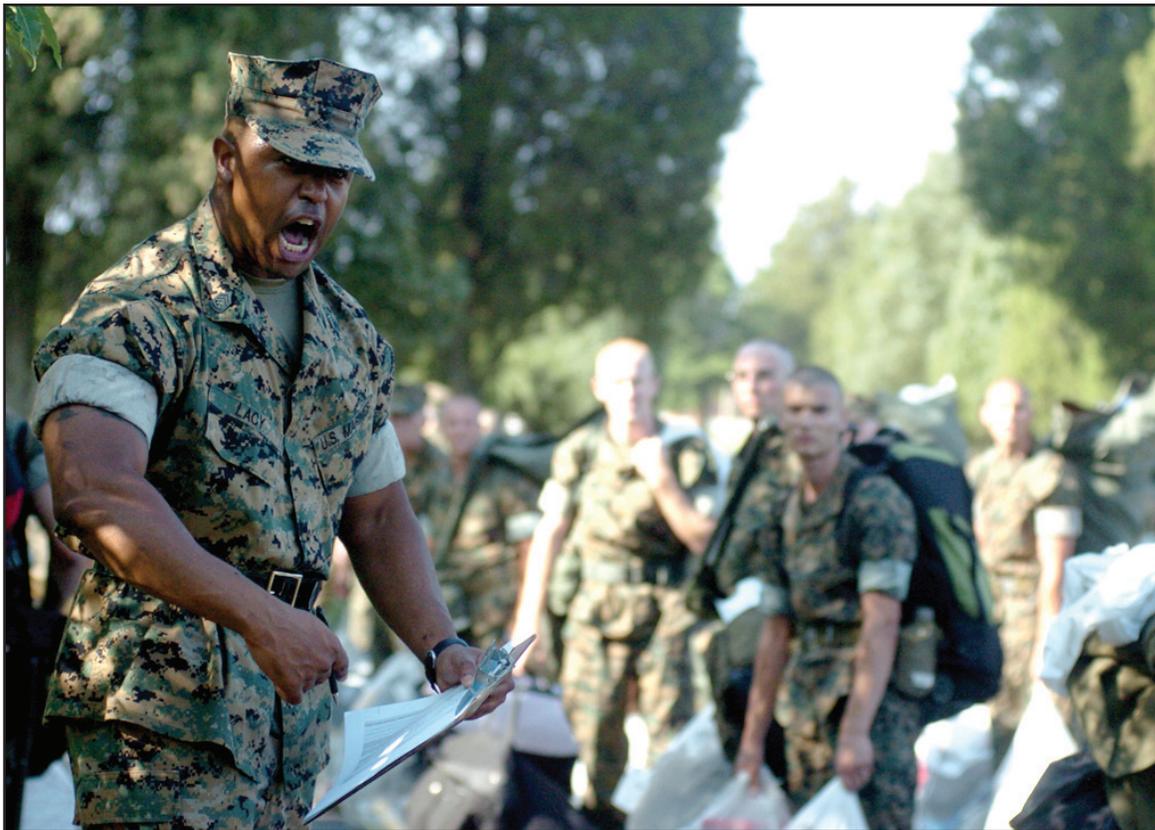


Photo courtesy of Master Sgt. Lorenzo Lacy

6 Gunnery Sgt. Lorenzo Lacy trains potential officers at the Officer Candidate School, Quantico, Va. Lacy's prior experience as a drill instructor led him to the opportunity.

DR AT HEART CHALLENGE ... CIVILIAN LIFE

In April 1997, Sgt. Lacy reported to Drill Instructor School, MCRD San Diego, Calif., and after graduation he picked up his first platoon with Mike Company, 3rd Battalion, Recruit Training Regiment. As a young sergeant, Lacy quickly earned the billet of Senior Drill Instructor, which was commonly held by staff noncommissioned officers.

“ Sergeants really had to compete for senior and that was a time for my competitive side to come out,” said Lacy.

Though the billet held extra responsibilities, Lacy did not shy away from the challenge.

“As a senior you are overall responsible for your recruits and your drill instructors,” he said.

Lacy explained that even though he was a senior, he was more detailed with the training of the recruits than was expected. He felt it was better to be more thorough, because the performance and discipline of the platoon is also an image of the drill instructors.

To this day, Lacy believes his hard work and commitment to the recruits was worth it because he got to see the end result.

“Having a recruit come there on day one and seeing their transformation to graduation [day] was rewarding,” he said.

While on the drill field, Lacy was meritoriously promoted to staff sergeant upon winning the Drill Instructor Meritorious Promotion Board.

After his tour on the drill field in August 2000, Staff Sgt. Lacy

transferred to Recruiters School, MCRD San Diego, where he worked as the school’s supply chief.

In April 2002, Lacy reported to Headquarters Company, 23rd Marine Regiment in San Bruno, Calif., where he assumed the duties as supply chief. In February 2004, he was promoted to gunnery sergeant.

In April 2006, because of his experience as a drill instructor, Gunnery Sgt. Lacy received the opportunity to train young men at the Officer Candidate School in Quantico, Va. While stationed there, he worked summer augments as a drill instructor/platoon sergeant. When Lacy was not training potential officers, he served as the supply chief for the Combat Visual Information Center, Headquarters Battalion, Marine Corps Base Quantico. In June 2008, he was promoted to master sergeant and continued his duties with OCS and HqBn.

Wanting to return to California, Master Sgt. Lacy received orders to Headquarters Battalion, Marine Corps Logistics Base Barstow in June 2009, where he was assigned as the base supply chief/staff noncommissioned officer in charge of the supply department.

A year later, Lacy volunteered for a six-month deployment in support of Operation Enduring Freedom. During his deployment, he was assigned as the G-4 supply chief for Marine Corps Forces Central Command [MARCENT], Tampa, Fla., and for MARCENT, Bahrain. After a successful tour,

he returned to the states and assumed his duties at MCLB Barstow.

What began as a challenge became a lifestyle for Lacy ... looking back he never thought he would have stayed in as long as he did.

“During [all of] my re-enlistments, I never planned for retirement,” Lacy said. Even to this day I’m still happy with my decision, he added.

As Lacy prepares to transition from the active duty ranks to the civilian work force, he plans on using his military experience.

“I will pursue opportunities in supply and logistics because I really enjoy what I do,” he said as he smiled.

Some may see this as the ending in one chapter of their life, but for Lacy he sees this as another challenge.

“This is another challenge for me in my life,” he said. “I thought this would be the perfect time for me [to retire] since I still have that fire inside me.”

As to the Marines who serve this country, Lacy expresses words of wisdom that he has utilized during his career.

“Know your job and learn as much as possible from your leadership ... and strive to make yourself a better person,” he said. “There have been multiple leaders I have admired, [took a page from their book] and [I’ve] become a better person for that.”



Photo courtesy of Master Sgt. Lorenzo Lacy
Sergeant Lorenzo Lacy leads his platoon as a senior drill instructor on Marine Corps Recruit Depot, San Diego. Lacy 7
picked up staff sergeant meritoriously on the drill field.

Veteran finds solace in painting

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

If you were examining art at an exhibition in Las Vegas or Los Angeles, there's a good chance you wouldn't guess one of the artists performs maintenance work at a military installation in California's High Desert.

During normal working hours, Anthony Plummer can be found virtually anywhere on Marine Corps Logistics Base Barstow, ensuring the base runs smoothly by working in several areas of maintenance. During his off-time, the 40-year old can be found hard at work on other projects; primarily his artwork.

The Oakland, Calif., native began painting shortly after his passion for art was discovered.

"My fourth grade art teacher told me I had an eye for art," explained Plummer. "It makes sense since I always liked art, music, and dance," he added.

His artistic side lay dormant for most of his childhood and adolescent years for various reasons despite his love for it.

"While I was playing football in school, I didn't do much painting; I didn't have much time for it," Plummer said.

During Plummer's time in school and while playing sports, he suppressed his artistic side because



A painting of Marvin Gaye created for Cpl. Nicholas Williams by Anthony Plummer

of what other people might have thought. He explained that many of the guys he played football with, and later served in the Marine Corps with, might not have understood why he liked art so much or may have seen it as 'unmanly.'

After high school, Plummer spent nine years in the Marine Corps as an artilleryman. During those nine years, he deployed to Somalia, Kuwait, Qatar, and Japan. Back home, Plummer had a difficult time adjusting to life and was diagnosed with post-traumatic stress disorder after his time in the Marine Corps.

When he left the Marine Corps in 2000, Plummer landed a job at MCLB Barstow as a maintenance worker, upkeeping the water systems and other facilities in need of repair. It was in this phase of his life, Plummer started back up on his artwork again after nearly a decade-long hiatus.

"When I started painting

again, people saw it and started asking me to do something for them," Plummer explained. "Before I knew it, I was getting paid to paint."

There may be many people on base who know of Plummer's artistic talent but many more do not. Those who've seen his art and the luckier ones to have pieces done for them are more than content with the paintings.

"I was at the barracks with Mr. Plummer while he was working on maintenance one day and we started talking about painting," explained Cpl. Nicholas Williams, the assistant barracks manager with Headquarters Battalion, MCLB Barstow. "I was really impressed with his work after he showed me a few pictures of his paintings. I even asked if he could do one for me," the Dallas native added.

Plummer's painting style and technique help make his work unique and distinguishable. His paintings are

normally interpretations of pictures people bring him, usually of people he doesn't know personally. He often incorporates a gold coloring in parts of his work to bring attention to a particular spot on the painting, something he wants the viewers to notice, he explained.

Many of those who have become fans of Plummer's artwork discovered him by word of mouth from those who've commissioned him for a painting.

"He had done a painting of Marvin Gaye for me," Williams said. "After I got the finished work, I was so excited I had to tell people about it. The man has a God-given talent," the Marine exclaimed about his painting he now proudly displays in his barracks room.

Plummer has displayed his work outside the High Desert as well. Recently, he had a painting displayed at an exhibition in Las Vegas.

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MARINES GIVE MORE THAN MILITARY SERVICE

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

Three Marines on Marine Corps Logistics Base Barstow, Calif., Yermo Annex, with Fleet Support Division, were presented the Military Outstanding Volunteer Service Medal, Feb. 22, outside of a local restaurant in Lenwood, Calif.

Sergeants Seth Mallett and Christopher Vega, and Cpl. Miguel Verdin were presented this unique medal in front of their peers and family members, by Capt. Dustin Rowland, the operations officer with the unit.

The Marines have been selflessly volunteering at veteran's homes, soup kitchens, elementary schools, and many

youth outreach programs throughout their time in service, explained Rowland.

"There is no hour count; it takes continuous service and a significant impact on the community for at least three years," said Vega.

The continuous and selfless dedication to the command's community outreach program positively impacted the citizens of Barstow through sustained, direct, and consequential efforts. Through their generous devotion of time, they made a favorable difference by volunteering their services to numerous local programs, stated in the award citation by Col. Stephen Medeiros, commanding officer of Marine Depot Maintenance Command.

Mallett volunteered for the Riffian Wrestling Club in July, 2012. The club supports youth activities through wrestling. With his assistance, the non-profit organization raised more than \$8,000. He has also devoted many hours supporting the Veterans home, including coordinating the 2012 5K VA Barstow Mud Run; it raised more than \$20,000 for the Veterans home and other organizations within the community.

The Louisiana native explained that he often looks for children outreach programs to volunteer for. Being a father himself, Mallett enjoys programs where he can help children in need.

The best part about volunteering with the community is the reaction you see from them and the relationship you build, explained Verdin.

"My favorite so far was the soup kitchen at a Catholic Church in Barstow," explained the Oregon native. "It gave me the opportunity to interact with different people in the community and see the positive impact we were making through our volunteer service."

Vega explained that he has been volunteering since he joined the Marine Corps

eight years ago.

"It's a great feeling when you see the community's reaction to Marines giving their free time to support them," explained the Chicago native. "The most rewarding part is bringing a smile to another person's face; the community here is extremely supportive and it's a great way to give back to them."

A.J. Jacobs, the Single Marine Program coordinator here, is a great person to go to for Barstow Marines looking for places to volunteer, said Vega.

"A.J. directed me to community meetings out in town, from there I just started networking and found a lot of different programs to put my time into," explained Vega.

Mallett and Vega are both getting out of the Marine Corps shortly but plan on continuing their volunteer service outside of the military. Verdin who is staying in, also plans to continue his volunteer service.

This is one medal that any Marine can earn; giving back to the communities who support us is a great feeling explained Vega. The Marines all encourage their peers to get together and support the community in any way possible.



(From left to right) Corporal Miguel Verdin, Sgts. Christopher Vega and Seth Mallett, Marines on Marine Corps Logistics Base Barstow, Calif., Yermo Annex, display their Military Outstanding Volunteer Service Medals, Feb. 22, in Lenwood, Calif. The Marines earned their medals by continuously volunteering for the past three years.

PPB's calibration lab strives for success

Story and photo by
Lance Cpl. Norman
Eckles

Combat Correspondent

Employees working at Production Plant Barstow, Marine Depot Maintenance Command must have full trust in the tools they use every day; the same tools used to restore combat equipment that protect and transport our service members.

The Marines and Civilian Marines at the Calibration Lab on Marine Corps Logistics Base Barstow, Yermo Annex, know exactly how to fix any problems that may arise with testing equipment.

“We ensure that mechanical and electrical test equipment is working within certain test points that the technician may use it at or specified tolerances, [tolerance is the amount of deviation a test equipment may output on a desired test point], this enables second echelon maintenance and the technicians to perform their jobs with equipment correctly and safely,” said

Lance Cpl. Joshua Houck, calibration technician with the Fleet Support Division on MCLB Barstow.

The Calibration Lab technicians fix multi meters, which are used to check the electrical current pulsing through various pieces of equipment, and very

equipment, that measures the correct signals and amplitude. There is also a radiatic section, where equipment is repaired and tested for radiation, explained Jermaine Sutton, electronic calibration technician with FSD.

The calibration process is a step-by-step process that can be tedious at times, Houck revealed.

The men and women that work in the electronic side of the shop, also known as calibrators, can each repair six to seven tools a day. The radiatic section can fix more than 30 pieces of equipment a day. The process can vary from a half an hour or could take multiple days. It depends on what gear comes into the lab, explained Sutton.

There is also a mechanical side of the lab that repairs and test torque wrenches, pressure gauges, weight scales and dial indicators. Each person in the lab, on average, fixes five pieces of equipment a day, explained Kyle Williams, an electronics measurement technician with FSD.

“We calibrate all of the mechanical tools that are used on the base,” said Williams.

Like any job in the Marine Corps, being a calibrator is no easy task. It's a challenge these men and women take on with pride every day, explained Houck.

“When tools come into the shop broken and in need of



Lance Corporal Blong Yang, a calibration technician on Marine Corps Logistics Base Barstow, Calif., Yermo Annex, tests a torque wrench to get an accurate pressure reading, Feb. 25. The calibrators in the shop, on average, fix seven to eight tools a day.

repair, workers are encouraged to find a solution and fix the problem; that's an amazing feeling,” said Williams. “When you see your work come together like that it's rewarding.”

The technicians understand that their work can mean life or death for a service member out in the field ... they all take their jobs very seriously, explained Sutton.

When Sutton was an active duty Marine, his first duty station was in Cherry Point, N.C. When he first arrived a Helo crashed, this resulted in a base investigation, explained Sutton. “The investigation came all the way down to the calibration lab. They checked our equipment and everything else we use. This made me realize that what I produce could take someone's life if it's not done properly,” he

concluded.

The critical nature of their work is not lost on the technicians, explained Houck, if a torque wrench isn't properly calibrated and a motor transport mechanic uses that wrench to tighten a wheel on a Humvee, the wheel might not be secured all the way. This could result in the tire falling off in the middle of a combat zone during a convoy.

The Marines and Civilian Marines that work in the calibration lab commit themselves every day to ensure the tools being used at FSD, various maintenance shops, and elsewhere, are in peak and prime shape to get the job done and are an embodiment of fine detail, workmanship, perfectionist and ultimately support the war fighter, explained Lance Cpl. Blong Yang, calibration technician with FSD.

Chaplain's Corner

By Lt. Benjamin Warner
Base Chaplain

A few weeks ago, the season of Lent began. I know, I'm a little late in reminding you. Part of it is that I'm not really giving anything up for Lent this year. It's unusual for me, because I can remember for at least the last decade or so I've given up something during the 40 days leading up to the celebration of the resurrection of Jesus. It's not that somehow I'm more perfect this year, therefore don't need to learn any particular sacrifices. I think it's an issue of what I believe about spiritual disciplines. Let me explain that, because I'm sure many of you—when you hear the words “spiritual discipline” can only imagine those guys from Monty Python and the Holy Grail hitting themselves in the head with boards. That's not what spiritual discipline is really all about.

Spiritual discipline has taken on a negative connotation mostly because we believe discipline is a bad thing. Have you ever heard anyone speak about disci-

Lent and spiritual discipline

pline in a pleasant light? Even Scripture recognizes our distaste when it comes to discipline: For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it (Hebrews 12:11). From this, we see that all discipline has a purpose: if we undertake some sort of physical discipline (for example: regular exercise), we hope to have a benefit later on down the line (being healthier, faster, stronger, etc.). Or, if we look at discipline in child-rearing, we hope to change one set of attitudes for another in our children's responses to rules or authority figures.

Spiritual discipline is no different. If we find ourselves responding to life in a way that we don't like spiritually, we may undertake some form of spiritual discipline. Let's use an example of hopelessness. When we are faced with the challenges of life, we may recognize a tendency in our own hearts to lack hope. It doesn't have

to be anything drastic—hopelessness doesn't have to be so extreme that we hate life. But, we recognize that because of our faith we want to have more hope in how we respond to challenging life events. So, we undertake a discipline. Most likely in this case would be a discipline of prayer or Scripture memory, so that when we are faced with similar situations, we find a different response (eventually—because it's unlikely to have rapid change). There are many other disciplines that have been practiced throughout the history of Christianity: disciplines of generosity, fasting, meditation, solitude, and a host of other things that can reshape our character. There are many guides out there if you're interested in learning about how the disciplines can benefit your spiritual journey.

Like anything else, I believe spiritual discipline should be intentional. Otherwise, spiritual disciplines end up being a New Year's resolution (any of you still



keeping those?). It fades so quickly that it was never of any benefit, and really discourages us from seeking significant life change in the future. It does not good to engage a random discipline for the sake of looking spiritual. It also does no good to engage a discipline when you're not convicted of the need yet. Let me encourage you during this season of Lent to look at where your challenges are in your spiritual journey. Where do you want change, and what do you want that change to look like? Once you've established where you want to go, you can figure out the best way to get there. You wouldn't take a boat to travel across the desert, don't use the discipline of solitude to teach you generosity.

Art continued from page 8

Although he loves painting during his off-duty hours, Plummer has every intention of keeping it that way and doesn't wish to try to pursue it as a full-time career. While

working at National Training Center Fort Irwin for a short time, Plummer spoke with other veterans who were displaying symptoms of PTSD and, after being diagnosed with it himself, was part of a study to observe veterans functioning with PTSD. It

was around this time Plummer noticed the therapeutic nature of his artwork.

“I use it as a way to relax. It helps me express myself,” Plummer said. “It really helps me deal with my PTSD,” he added.

After he retires, Plummer

plans to spend more time painting. He plans to work on more contemporary pieces.

To see a piece of Plummer's work, look for the opening of MCLB Barstow's historical gallery where he's donated a painting of Lt. Gen. Lewis “Chesty” Puller to display. **11**

