

THE PROSPECTOR

Vol. 16, No. 6

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

May 28, 2026



Memorial Day Remembrance 2026
MCG Horses Kitty & Reno Retirement
Mental Health Awareness Month

Behavioral Health

June Events

Tues, Jun 02
9AM – 10AM
Bldg. 363
Desert Housing
Community Center

NPSP Take-It Make-It

New Parent Support Program (NPSP) wants you to join for some fun crafts and resources to nurture creativity! Participating in this event encourages parents and their child/children to work together on activities to promote learning and development in the child, while also providing an opportunity to bond. For more information please call: (760) 577-6533.

Wed, Jun 03
9AM – 11AM
Bldg. 218
BH/ Library

Anger & Stress Management Workshop (Class 2)

Life in and around the military comes with unique pressures, but you don't have to handle them alone. This 8-week program offers proven strategies to help you manage stress, control anger, and navigate challenges with confidence.

Fri, Jun 05
5PM – 7PM
Bldg. 342
Leatherneck Lanes

Screens and Strikes

Join us for a fantastic evening of fun at Screens and Strikes, hosted at Leatherneck Lanes! You can enjoy discounted bowling and shoe rental along with an amazing movie screening. Be sure to drop by our FAP information table to gain access to valuable resources about the programs we offer here at MCLB.

Wed, Jun 10
9AM – 11AM
Bldg. 319
MCX

Domestic Violence Awareness Info Table

Come visit the Family Advocacy Program (FAP) info table and browse through the wide variety of resources we have available on domestic violence awareness. Whether you want to grab a quick pamphlet on the go, ask questions, or see what FAP offers, make sure to stop by and load up on valuable info!

Wed, Jun 10
9AM – 11AM
Bldg. 218
BH/ Library

Anger & Stress Management Workshop (Class 3)

Life in and around the military comes with unique pressures, but you don't have to handle them alone. This 8-week program offers proven strategies to help you manage stress, control anger, and navigate challenges with confidence.

Tue, Jun 16
10AM – 11AM
Bldg. 363
Desert Housing
Community Center

Playgroup

The New Parent Support Program will be hosting a Playgroup for parents with children under six years of age. Join us for crafting, story time, play time, and to meet other parents! For more information, please call: (760) 577-6533.

Wed, Jun 17
9AM – 11AM
Bldg. 218
BH/ Library

Anger & Stress Management Workshop (Class 4)

Life in and around the military comes with unique pressures, but you don't have to handle them alone. This 8-week program offers proven strategies to help you manage stress, control anger, and navigate challenges with confidence.

Tue, Jun 23
1000-1100
Bldg. 363
Desert Housing
Community Center

NPSP Infant Massage

Infant Massage is a wonderful and nurturing way to connect, communicate, and bond with your infant. Learn about the power of touch in bonding with your baby, and the benefits of massage for your baby's circulation, digestion, and emotional well-being. This class is offered to families that have infants 0-12 months old. For more information or to register, please call (760) 577-6533.

Wed, Jun 24
9AM – 11AM
Bldg. 218
BH/ Library

Anger & Stress Management Workshop (Class 5)

Life in and around the military comes with unique pressures, but you don't have to handle them alone. This 8-week program offers proven strategies to help you manage stress, control anger, and navigate challenges with confidence.



For more information:
(760) 577-6533
barstow.usmc-mccs.org



COVER

Cover photo by: Kristyn Galvan

Sergeant Major Mario Virto, base sergeant major, shakes hands with retired Sgt. Maj. Harold G. Overstreet, the 12th Sgt. Maj. of the Marine Corps, at the annual Run for the Wall event, where veteran motorcycle riders run various routes along Route 66 from California to the Vietnam Memorial in DC, aboard Marine Corps Logistics Base Barstow, California, May 13.



THE PROSPECTOR

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Social Links and Website

OUR OFFICIAL BASE SOCIAL MEDIA AND WEBSITE
CAN BE FOUND AT THE FOLLOWING LINKS:

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

Facebook: <http://www.facebook.com/MCLBBarstow>

Instagram: [mclb_barstow_official](https://www.instagram.com/mclb_barstow_official)

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

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

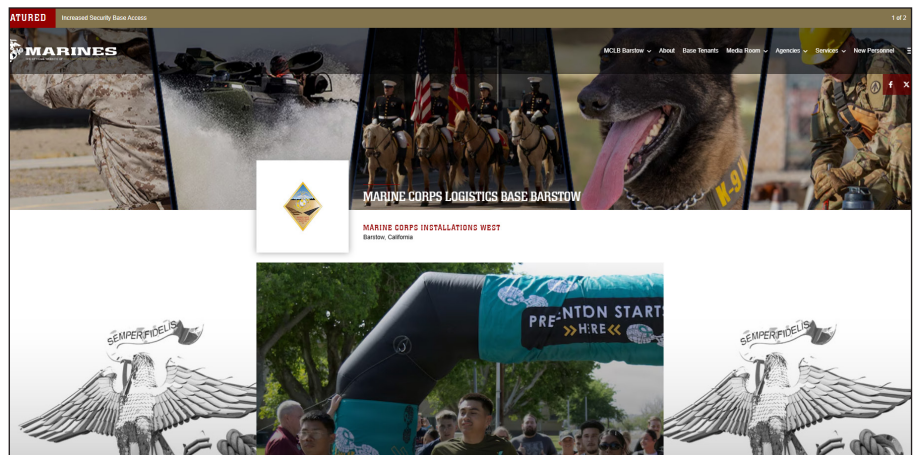




Photo by: Leo Ritualo

Personnel from Marine Corps Logistics Base Barstow Provost Marshal's Office, Barstow Police Department, California Highway Patrol, and San Bernardino County Sheriff's Department participate in a shooting competition at the Barstow Police shooting range in Barstow, California,

May 15. The event represented the inaugural competition following the COVID-19 pandemic, with the team from the MCLB Barstow Provost Marshal's Office securing first place in the team category.

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Kitty & Reno Retirement

Photos by: Katherine Cortez & Sgt. Davin Tenbusch



Two of the horses with the only Mounted Color Guard in the United States Marine Corps were honored during a retirement ceremony held at the stables aboard, Marine Corps Logistics Base Barstow, May 15.

Reno, also known by his war name Bodfish, and Kitty, also known as Marjah, have made an impact on the lives of the stable keepers through their unwavering attentiveness and willingness to participate in practices, ceremonies, and events. Though they are animals, they are very intuitive and require their handlers to treat them with care, compassion, and respect.

"Kitty is involved in some of my most memorable moments, she is the first horse I trained with and rode when I first got here, it's a sentimental bond with her, she is the easiest horse I have ever come across, she is the most affectionate with people and as someone who has had a fear of being bitten this was surprising for me and welcoming" said Robert.

Reno (Bodfish), coming in as a wild mustang into a structured program had to learn the ropes differently than the other military working equine and has set expectations for the other horses to be able to accomplish, regardless of where each one has come from and the level of expertise they have upon entering the MCG.

The stables aboard MCLB Barstow are home to the only MCG team in the Corps. This team is the face of the Marine Corps and a recruiting tool at parades, rodeos, community events, and more, across the entire country, and represents the high standards expected of Marines .

Each member has a vital role that contributes to the overall mission of the Marine Corps. In honor of their dedicated service to the USMC, Kitty and Reno, were formally retired from their role in the equine team. This retirement ceremony emphasized traditions and customs of the Marine Corps heritage.

"It's very rare that civilians see a military working equine retirement ceremony or the new adopter taking the horse with them, so ceremonies tend to show more of what we do" said Gunnery Sgt Brian Robert staff noncommissioned officer in charge of the MCG.

The horses are obtained through the Wild Horse and Burro Program, and trained to perform with the team. Transforming a wild mustang into a horse capable of performing in high visibility ceremonies and events, requires dedication and structure.

"What the BLM does before we get the horses is they saddle break them, meaning the horses are trained to have saddles on them. They are not the same saddles we use, but they are similar, and it is not like a start from zero," said Capt. Elizabeth Kemp, officer in charge of the MCG.



VPPPA Region IX Conference: Strengthening Safety Culture

Story by: **Kristyn Galvan**

Public Affairs Chief

Personnel from Marine Corps Logistics Base Barstow attended the Voluntary Protection Programs Participants' Association Region IX Conference, held April 14-16, joining safety professionals, industry experts and organizational representatives to discuss best practices, emerging trends, and the importance of maintaining a strong safety culture.

The conference focused on key areas including leadership involvement, employee engagement, confined space operations, electrical safety, job hazard analysis and the consequences of unsafe work practices.

"As a fairly new appointed supervisor, I found the session Management, Leadership, and Employee Involvement with Safety a good safety refresher in bringing a safety work mentality to the forefront of my position and department," said Danielle Wilson, supervisory quality assurance specialist. "This class stressed the necessity for a visible commitment to safety so others will follow the example you are setting. The class also discussed safety goals and establishing expectations, taking accountability for setting clear and concise boundaries/expectations, and the importance of employee involvement."

The summit opened with keynote speaker John Drebing, who emphasized the importance of value-based decision-making in safety while engaging the audience through interactive demonstrations. His message highlighted leadership, communication and the challenges individuals face when making decisions under pressure.

Drebing stressed that safety begins with values and is reinforced through leadership at every level.

"Safety starts with values, and leadership is where safety happens," Drebing said. "Clear communication and recognizing vulnerability during high-stress decisions are critical to maintaining a safe environment."

He also referenced the Space Shuttle Challenger disaster as an example of how failures in safety-driven decision-making can have lasting consequences, reinforcing the importance of upholding strong values even in mission-critical situations.

Breakout sessions throughout the conference provided attendees with



Photo submitted by: **Kyrstin Barela**

Marine Corps Logistics Base Barstow personnel pose with fellow safety representatives from various companies nation-wide at the VPPPA Region IX Conference in Reno, Nevada, held April 14-16.

practical tools and perspectives to apply within their own organizations. Topics included management and leadership in safety, employee involvement, contractor safety, and hazard identification.

For many attendees, sessions focused on leadership and accountability served as a valuable refresher on the importance of setting the example.

"With this being my first time, I didn't know what to expect. One of the key things I learned was that no matter how long we have been working, we tend to have cognitive failure; you see something, but your brain doesn't seem to register it," said Joe Baca, physical security specialist, describing



Photo submitted by: **Kyrstin Barela**

A panel discussion takes place during one of the sessions at the VPPPA Region IX Conference in Reno, Nevada, April 14-16.

his experience at the conference. "It's natural but you have to be self-aware because we can all do the same thing every single day, getting into that routine, but that is when it can also fail you."

Sessions emphasized the need for visible commitment to safety, establishing clear expectations and fostering employee involvement to create a culture where safety is a shared responsibility.

A panel discussion featuring members of the VPPPA board highlighted personal journeys in building and sustaining strong safety programs. Panelists shared that their commitment to safety was often driven by protecting both their families and their work teams.

"Safety is growing, it's evolving, just like technology evolves, but it also has to be simple where everybody can understand and it works," Baca said. "You cannot make safety complicated because once it becomes complicated, no one is going to want to do it. We have to make safety interesting and exciting to people so that they not only want to learn but that they get those negative words about safety out of their head and placid actions go away so that they don't let their guard down and have tragedy strike; tragedy doesn't wait for you to decide to take safety seriously, it can happen anytime, anywhere."

The final day of the conference featured keynote speaker Kina Hart, who delivered a message centered on personal responsibility and the lasting impact of workplace decisions. Through personal experiences, she underscored the importance of accountability and integrating safety into daily operations.

Her message reinforced that safety is not a single action, but a continuous commitment.

"Her message focused on workplace safety, personal responsibility, and the impact of choices," Wilson said. "She shared her personnel stories which helped to connect emotionally to safety practices. The core of her message was basically every decision at work can have a lasting consequence, personal accountability, and how safety works best when it's a part of everyday culture."

Leaders and participants alike emphasized that the lessons learned during the conference directly support the Marine Corps' commitment to readiness and operational effectiveness.

"Safety culture isn't a separate priority—it's the foundation of mission success," said Kyrstin Barela, safety specialist. "When every individual is committed to identifying risks, speaking up, and protecting one another, we build the trust and resilience that keep our installation ready, our people capable, and our mission sustainable."

The conference provided MCLB Barstow personnel with valuable insights and reinforced the importance of leadership, communication and accountability in maintaining a safe and effective work environment.



Memorial

Photos by: Leo Ritualo

Veterans, Marines, and members of the community gathered for a Veterans of Foreign Wars Memorial Day observance at Mountain View Cemetery in Barstow, California May 25. The ceremony reflected values of honor, courage and commitment, while recognizing the sacrifices carried by military families and veterans. Remarks by Capt. Maria Hurtado, Deputy Environmental Director at Marine Corps Logistics Base Barstow, emphasized the importance of remembering the fallen and continuing their legacy through service, unity, and support for one another.



Day 2026



Earth Day: Every Drop is a Mission

Story by: Katherine Cortez
Public Affairs Specialist

Earth Day, celebrated on April 22, honors environmental movements, raises awareness, and provides resources to protect the earth's natural resources.

At Marine Corps Logistics Base Barstow, California, the high-desert environment presents unique challenges and opportunities to improve sustainability, including the conservation of water, electricity, and gas. The base also promotes sustainability through wildlife preservation. By learning and understanding how our ecosystem is impacted, we recognize the importance of protecting local species.



Photo by: Katherine Cortez

Personnel participate in a base-wide clean up day by freeing the base of debris, weeds, and trash aboard Marine Corps Logistics Base Barstow, California, April 29.

Within the installation, Liz Barron, base natural and cultural resources specialist, and her team provide responsible land management and sustainment of training ranges and operations by managing soil erosion, maintaining native vegetation, and protecting watersheds.

“The community can contribute to the sustainability of our ecosystems by learning about local protected species, such as the Mojave Desert tortoise (*Gopherus agassizii*). Respecting this species and its habitat helps prevent federal land-use restrictions that can impact base operations,” said Barron.

The connection between environmental stewardship and operational readiness becomes especially clear when considering how training grounds are used. For example, “healthier landscapes recover faster from the high-impact stress of heavy equipment and tactical maneuvers, ensuring ranges stay open for the next rotation,” said Barron.

Small, everyday actions can significantly enhance sustainability across the base. “The collective impact is huge. One person turning off a light is a small act, but when hundreds of us do it, it makes a real difference in our energy consumption,” said James Nave, base resource efficiency manager.

8 Energy efficiency plays a critical role in base

logistics, helping strengthen operations while reducing vulnerabilities.

“Think of a single leaky faucet—one drip doesn't seem like much, but over a year it can waste thousands of gallons. When everyone takes responsibility for small actions like reporting leaks, recycling properly, and turning off vehicles instead of letting them idle, it adds up to massive savings and a more efficient base,” said Nave.

Marines, civilians, and other personnel can contribute to conservation efforts by taking simple, high-impact actions. “Become a ‘Leak Hawk.’ Water is gold out here. If you see a leak, report it to Public Works immediately, don't assume someone else will,” said Nave.

“Own your trash. Take two extra seconds to put cans, bottles, and paper in the correct recycling bin. When we throw everything in the trash, we're literally throwing money away. And ultimately, just turn it off, if you're the last person to leave a room, turn off the lights. Shut down your computer at the end of the day. It's the easiest thing to



Photo by: Leo Ritualo

The environmental team celebrated Earth Day by doing crafts using recyclable materials with children from the Child Development Center aboard Marine Corps Logistics Base Barstow, California, May 13.

do, and it has a big impact,” he added.

From a logistical standpoint, improving energy efficiency reduces dependence on utility providers and strengthens operational security. As base energy manager Tony Mesa explains, “it is crucial that we ensure our operations and mission remain secure and run without interruption by minimizing risks. The base cannot function without essential resources such as electricity, natural gas, and water, this is where we are most vulnerable.”

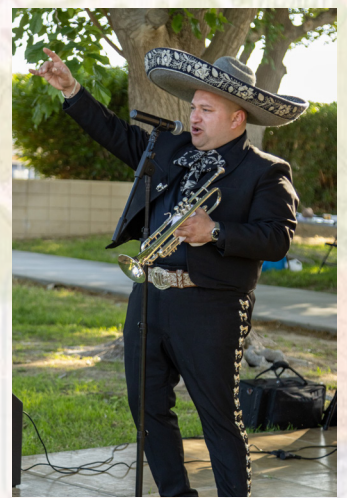
Energy conservation and environmental protection are essential to mission readiness and long-term sustainability. Each small action strengthens a more secure and resilient future. For more information, contact the environmental team at (760) 577-6183.



Spring Fest 2026: "Around the World"

Photos by: Leo Ritualo

Marines, civilians, their and families attended the "Around the World" themed Spring Festival hosted by MCCS Barstow aboard Marine Corps Logistics Base Barstow, California, May 1. The event showcased cultural booths and live entertainment, which included a mariachi band, a DJ, and a Brazilian dancer. Additionally, there were food and prize activities for children, highlighting the diverse cultures present within the community.



101 Critical Days of Summer Safety Training

Story submitted by: Sara Montez-Diaz
Safety & Occupational Health Specialist

Photos by: Kristyn Galvan

Risk management is a fundamental warfighting function that remains critical both on and off the battlefield, especially during the 101 Critical Days of Summer which occurs Memorial Day weekend through

Labor Day from May 22 to September 7, 2026. Historically the deadliest off-duty period, the Marine Corps has lost 51 personnel over the last five summers to preventable mishaps—primarily involving private motor vehicles, motorcycles, pedestrian incidents, and water activities—rather than combat operations. Every one of these deaths were preventable. These losses have significant operational consequences, as they degrade unit readiness and place an unnecessary burden on families and first responders. To mitigate these risks, active leadership engagement, and targeted Off-duty risk mitigation training before leave and during permanent change of station check-ins are essential tools for preventing further needless loss of life. This stand down is a time for our Marines, Sailors, and civilian employees an opportunity to learn how to take a 5-minute time out to assess the risk they may be taking which in the end could save their life. Our goal is that everyone has a safe, fun, and memorable summer as well as return to work in one piece.



MCCS PRESENTS

SUMMER *Bash* 2026

JUNE
26TH

JOIN THE ULTIMATE SUMMER CELEBRATION WITH
MUSIC, FOOD, AND WATER FUN FOR ALL AGES!

ACTIVITIES

CARICATURIST, FACE
PAINTING, BOUNCE HOUSES,
WATER SLIDES, GAMES,
RESOURCES BOOTHS, &
MORE!

TIME

5:00-8:00
PM

WHERE

BLDG. 38-JAMES
L. DAY & THE POOL
WILL BE OPEN

FOR QUESTIONS OR MORE INFO, CALL 760-577-6733
OR VISIT [HTTPS://BARSTOW.USMC-MCCS.ORG/](https://barstow.usmc-mccs.org/)

MCCS
BARSTOW

Mental Health Awareness Month

Story by: Kristyn Galvan
Public Affairs Chief

Marine Corps Logistics Base Barstow is recognizing Mental Health Awareness Month this May by emphasizing the importance of mental well-being and encouraging Marines, sailors and civilians to take advantage of available resources across the installation.

Mental health plays a critical role in overall readiness, resilience and quality of life. Maintaining psychological well-being allows individuals to effectively manage stress, perform their duties and support those around them.

“When we talk about being ‘ready’ for a job or a mission, we usually think about physical strength or knowing the technical stuff,” explained Ika Thomas, Family Advocacy Program prevention and education specialist and victim advocate. “But if you look at the research, your mental health is actually the ‘invisible engine’ that keeps everything else running. Whether you're a Marine on duty or a civilian at a regular job, your brain is what controls your performance.”

Behavioral Health services aboard MCLB Barstow provide confidential support, counseling and education to help individuals navigate personal and professional challenges. These services are designed to promote resilience and ensure personnel have access to the care they need.

“We often hear people say seeking mental health support is not a sign of weakness but of strength,” said Jesica Grow, Family Advocacy Program clinician and new parent support home visitor. “It takes strength to reach out for help and courage to prioritize your mental well-being. There doesn’t have to be anything ‘wrong’ to benefit from counseling services and we encourage you to consider ways you can strengthen your mental well-being. Remember, Behavioral Health is here to support you with many counseling service options to include counseling, classes, and resources.”

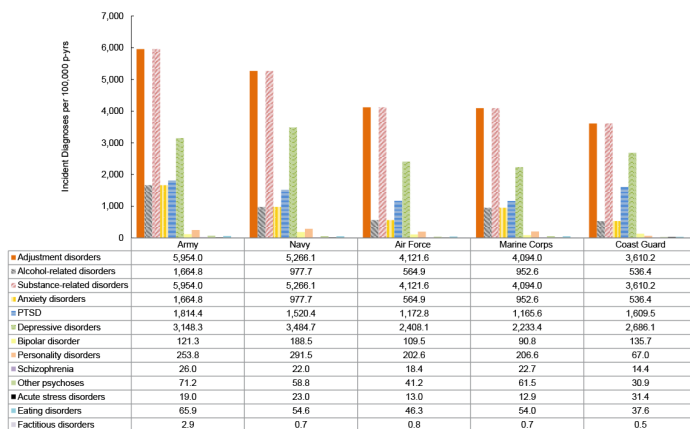
In addition to professional resources, small daily actions can support mental well-being. Prioritizing sleep, maintaining physical fitness, staying connected with others and taking time to decompress are all effective ways to manage stress.

Installation officials also encourage personnel to look out for one another and foster a culture where conversations about mental health are supported and normalized.

“Mental health is an important part of a Marine’s ‘total fitness’ and can directly impact their ability to perform their duties and to be mission ready,”

Grow said. “General Eric M. Smith, Commandant of the Marine Corps, stated, ‘I firmly believe that mental readiness is just as critical to our combat readiness as physical fitness.’ Marines and civilians alike can benefit from taking care of their mental health to improve their overall well-being and readiness.”

FIGURE 4 SUPPLEMENT. Incidence Rates of Mental Health Disorder Diagnoses by Branch of Service and Category, Active Component, U.S. Armed Forces, 2020–2024



Abbreviations: PTSD, post-traumatic stress disorder, p-yrs, person-years.

Graphic courtesy: Health.mil

From an informational article provided by Health.mil, an official website of the Military Health System, shows research reports over a five-year surveillance period that accounted for approximately 95% of all mental health disorders across the U.S. Armed Forces, severely impacting readiness, military occupations, long-term health, substance use, and potential suicidal ideation.

MCLB Barstow continues to provide multiple avenues of support for those in need, including Behavioral Health services, chaplain support and other community-based programs aimed at strengthening resilience and overall well-being.

Mental Health Awareness Month serves as a reminder that taking care of mental health is essential to sustaining a ready and capable force.

To learn more about behavioral health services available on our installation or to receive resources for other available counseling services, please contact behavioral health at 760-577-6533 or stop by building 218 during business hours Monday-Friday 0730-1600. The Military Crisis Line is available 24/7/365 by dialing 988 then press 1.



