



# BARSTOW LOG



## Turkey Dinner Give-Away



Photo by Lance Cpl. Dominic A. Smarra

Chaplain, Lt. Benjamin Warner hands Cpl. Brad Wurster one of the 25 turkeys that were passed out Nov. 21 for the Thanksgiving holiday. Along with the turkey, Marines were given a gift bag with other items such as potatoes, cranberries and dinner rolls for Thanksgiving dinner.

## MCI WEST CG PASSES TORCH

Story and Photo by  
Cpl. Damien Gutierrez  
Combat Correspondent  
MCB Camp Pendleton PAO

Camp Pendleton, Calif., Nov. 18. Jackson assumed command in September 2009, and after 36 years of honorable service will retire from the Marine Corps as the highest-ranking African-American in the Marine Corps.

Under Jackson's command, MCI-West has made vast developments to base infrastructure, training facili-

ties and numerous energy efficiency projects such as the \$24.6 million Wounded Warrior Battalion-West barracks. The project also received the title of LEED Platinum by the U.S. Green Building Council; the first time it has ever been given to the Marine Corps.



Maj. Gen. Anthony L. Jackson (right) passes the colors to Brig. Gen. Vincent A. Coglianese during a change of command ceremony, Nov. 18.

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Tyrone Holt, a maintenance mechanic with Maintenance Center Barstow, responded to an urgent work order and made repairs in a timely manner and we are satisfied with the quality of service provided. Thank you.

The steak and lobster lunch for the Marine Corps Birthday was fantastic. Kudos to the Family Restaurant team!

I would like to take this opportunity to acknowledge the outstanding work accomplished by Bill Payne and Bob Thomas from Installation Division. These two gentlemen responded immediately to an urgent request for repairs at the riding stables. Bill and Bob responded and made repairs in a safe manner for all. Thank you for your professional expertise.

Shayna Holt, a Quality Assurance Specialist with Public Works Division, is outstanding! She provided excellent customer service to a tenant on base. Her "can-do" attitude and take action approach is model behavior for other employees to emulate. Thanks, Shayna!

I want to thank Mark Yarbrough, a recreational attendant, and the rest of the staff at the Semper Fit Fitness Center. The place is always clean and inviting. It is a great place to spend the weekend. Keep up the good work!!

Cheri Magorno and Curt Lambert of the Public Affairs Office assisted in development of signs and frames for the employee of the month for Environmental Division.

PAO also took an excellent picture for our first employee of the month that is now displayed in Environmental Division.

Lucianna Wais with the Human Resources Office is an exceptional employee. Her response to any request for help is consistently professional, personable and immediate. Her "can-do" attitude is greatly appreciated and her expertise is unsurpassed. Ms. Wais knows far more than just her duties and has always directed me to the right person if what I need falls outside her duties. She also follows up with me to ensure that I received the assistance I needed. Ms. Wais is obviously a valuable asset to HRO and should be rewarded for her superior efforts and professionalism.

# Chaplain's Corner

## When giving thanks is routine

By Lt. Benjamin Warner  
Base Chaplain



I came to a conclusion a few years ago after working in an organization with several thousand employees. When I walked through the halls and ran into people I knew, they would ask me, "How are you doing?" The conclusion I reached was that they did not genuinely mean this question. Not because they're mean people, or disinterested, instead "How are you doing?" has become our normal greeting. Think about it: when you ask someone, "how you doin' today?" do you really want to hear about how awful they're doing because they spent the whole morning rushing around accomplishing nothing? No—it's a polite, preemptory greeting that we've all agreed we don't really want an answer to.

Why do I bring this up? Because my fear is that giving thanks has become a similar cultural phenomenon. We talk about giving thanks this week, but it's not something we necessarily stop to think about.

Am I really thankful, or do I use those words because it's the appropriate time of the year to do so? We live in a pretty privileged time. I've heard it said that if you live at the poverty level in America, you're in the top 5% of richest people in the world. I can't verify that, but I believe it's pretty accurate when many other nations have a median income of roughly a dollar a day.

Now, I have no problem with us being a culture of resources. Especially when you consider that

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### Chapel Services

**Catholic Mass**  
St. Joseph's Catholic Church  
505 E. Mt. View Barstow  
Sundays, 7:30 a.m. Misa En Espanol  
9:30 - 11:30 a.m. English

**Protestant Services**  
Sunday 9 a.m.  
**Jewish Congregation**  
Call 253-3532  
for more information

# Barstow Log

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## Just doing my job...



Photo by Lance Cpl. Dominic A. Smarra  
Sgt. Anthony Villalobos, a stableman with the Marine Corps Mounted Color Guard escorts a young woman on one of the horses during a Toys for Tots event at a residence in Victorville, Calif., Nov. 19.

# News Briefs

### Aspiring Leadership Program

The Lejeune Leadership Institute (LLI) is soliciting Civilian Marine nominations for the Aspiring Leadership Program (ALP) 2012-1. Full time permanent status GS-4 through GS-6 grade level non-appropriated employees can prepare for positions of greater responsibility and career development.

The ALP is a two-month program structured around classroom learning and self-study assignments which allow participants to tailor the program to specifically fit their developmental needs.

Contact Chad Trusty, Employee Development Officer at 577-6298 or [chad.trusty@usmc.mil](mailto:chad.trusty@usmc.mil) for applications or any questions.

### Executive Leadership Program

The Lejeune Leadership Institute (LLI) is soliciting Civilian Marine nominations for participation in the Executive Leadership Program (ELP) 2013-1. This program is open to full time permanent status GS-11 through GS-13 grade level or equivalents to include non-appropriated employees.

The ELP seminars are tailored to the federal work environment and focus on leadership skills and experience to help participants move to higher levels of leadership responsibilities.

Contact Chad Trusty, Employee Development Officer, at [chad.trusty@usmc.mil](mailto:chad.trusty@usmc.mil) for applications or 577-6298 for any questions.

### Leave share requests

The following is a comprehensive list of individuals currently affected by medical emergencies and who are in need of your leave donations: Patricia Benavidez, Katrina Sanchez, Anthony Santillanes, Amanda Zamora, Barbara Holt, David Nieman, Daisy Morales, and Alma Rodriguez.

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 Eichler at 577-6915.

### Toys for Tots Tuesdays

Every Tuesday morning from 5:45 to 7:30, starting Nov. 15 and running through Dec. 20, Marine Corps Logistics Base Fire Department personnel will be collecting toys at the front gates of the Nebo facility and the Yermo Annex. Bring a new, UNWRAPPED toy and help more than ever in the High Desert! Many children face the prospect of finding nothing under the tree this year. Your donation of a new toy can bring a joyful Christmas to an underprivileged child.



### Going Green

Refurbished electronics often sell for less than 50 percent of the retail price. They go through an intense defect-testing process and the warranties usually remain intact. You can save money and help reduce the amount of waste sent to landfills. Check with [www.dyscern.com](http://www.dyscern.com) and [www.refurbdepot.com](http://www.refurbdepot.com) for more information.

### Energy Tip

The California Energy Commission at [consumerenergycenter.org](http://consumerenergycenter.org) recommends using energy efficient microwave ovens to prepare vegetables. Crockpots can cook a whole meal for about 17 cents worth of electricity. Electric skillet can also prepare a variety of food items - and a toaster oven uses one-third the energy of a bigger oven. This is another Green Energy Tip from your MCLB Energy Team.

### Welcome Home Heroes

Celebrate the return of your fellow Marines at a Welcome Home Heroes Celebration. Hosted by Marine Corps Family Team Building, the event takes place at the Major General James L. Day Conference Center, bldg. 38, Dec. 1, from 4:30 to 6 p.m. Open to all Marine Corps Logistics Base Barstow patrons and their sponsored guests; light hors d'oeuvres will be served. For more information, contact Erin Swann at 577-6408.

### Trees for Troops

Come pick up your Christmas tree Friday, Dec. 9 beginning at 9 a.m. This is for military members only, one tree per military family. Pick up your tree at Desert View Housing Community Center. For more information, call MCCS Marketing at 577-5893/6968.

### TGIFY! TGIFY!

Every Wednesday in December is TGIF! TGIFY! Thank Goodness It's Friday (on Wednesday) - Thank Goodness for You! The month of December is "Handling the Holidays", classes include Dec. 14—Holiday Stress, Dec. 21—Where do I fit In and Dec. 28—Goal setting for The New Year. Classes are held at Desert View Housing Community Center from 1 to 2 p.m. For more information, Betty Murphy, Licensed Marriage and Family Therapist, General Counseling, Marine and Family Programs Division at 577-6533.

### SMP BIG MARINE, little Marine Relay

Join us for our Second annual Single Marine Program BIG MARINE, little Marine Relay Friday, Dec. 2 from 4:30 to 7:30 p.m. at the Semper Fit Gym, Building 44. Lots of competition with one little Marine and one Big Marine paired up to challenge all in sack, spoon egg run and balloon head races and other relay type games. There are lots of prizes and awards to be handed out so come join the fun. For more information call 577-5889.

### Base Christmas Party

Base Christmas Party, Thursday, December 15, from 5-9 p.m. in the Major General James L. Day Conference Center, bldg. 38. Christmas crafts and puppet show for the kids will be in Santa's Candy land! (Tennis court area) Make sure your little ones bundle up. There will be live music, dinner, Santa Claus, and crafts. For more information, contact MCCS Marketing at 577-6968.

### Burn Your Own Steak and Family Dining Nights

Effective Immediately, Burn Your Own Steak Night and Family Dining Nights return to the Major General James L. Day Conference Center and Sugar Loaf Hill Bar. Burn You Own Steak and Family Dining Nights start at 4:30 and run until 8pm. The Sugar Loaf Hill Bar will be open as well but only on Tuesday and Thursday evenings. Burn Your Own Steak Night on Tuesdays- Pricing: Active Duty \$10.95 Civilian \$12.95 Family Dining on Thursdays-Pricing: Military \$6.50, Children ages 5-12 \$6.50, Civilian \$7.25, (children under five are free). For questions or comments, call 577-6296.

### SMP Poinsettia fundraiser

Support the Single Marine Program, be a secret Santa and purchase a beautiful Christmas Poinsettia for co-workers, family or friends, Monday through Friday, Dec. 5 through 9 while supplies last. For more information, contact SMP coordinator A.J. Jacobs at 577-5889.

### MCCS

November is the month for giving thanks. Bring in a canned or boxed item to donate and receive a small fountain drink at the Marine Corps Exchange. Also, don't forget the Nov. 25 Black Friday Early Bird Special and great discounts throughout the store.

### STAY IN THE LOOP!

Visit [www.mccsbarstow.com](http://www.mccsbarstow.com) or pick up a Quarterly Connection Magazine at any of your MCCS facilities.

# Domestic Violence: Holidays no excuse for domestic abuse and violence

Story by Michelle Lawing

Victim Advocate

Marine and Family Programs Division

MARINE CORPS LOGISTICS BASE, Barstow – During November and December, stress runs high in most families. Finances are stretched to buy gifts or to travel to see family members. Seeing those family members we don't quite get along with or not being able to see relatives and friends can add even more stress to a relationship. Excessive alcohol consumption can also be an added factor this time of year. Sometimes our expectations of what should

happen compared to what actually happens, can give us the holiday blues. Many of us try to outdo ourselves during the holidays and arguments can flare up; but what about physical or mental abuse during the season? How can it be prevented?

Thanksgiving and Christmas are prime times for abusers who try to exert control over their victims. The abuser knows the victim wants to be with family and friends but many abusers use this to get a tighter grip on their victims -- causing even more stress. One lady I spoke to about this said, "The look of satisfaction on his face, as I cried on Christmas Day because he took the car keys from me so I couldn't go to my parent's house, made me sick to my stomach."

Communication has to be on the top of everyone's list. Talking your feelings out in a calm manner is the most important thing to remember. If you feel a situation is going to get out of hand, try to excuse yourself from the other

person to have a cool down session then agree to come back together when things are calm. Planning ahead can also help tremendously. Set a budget and stick to it. If you have kids, money is always tight.

If you do find yourself in an abusive situation, it is critical that you get help. Go to a relative or friend's house. Using seasonal stress as an excuse to have to withstand a beating or verbal assault is not right. Abuse is abuse no matter what time of year it happens. So many women will defend their abusers because "the holiday's just get to him" as I've been told.

There are many resources out there to help, especially during the holidays. Churches, shelters, and even your local police department are there to help. For more information on this topic and resources for help aboard Marine Corps Logistics Base Barstow, contact Michelle Lawing, Victim Advocate, Marine and Family Programs Division, bldg. 129 at 577-6533.

*Thanksgiving and Christmas are prime times for abusers who try to exert control over their victims.*

- said Michelle Lawing

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Jackson also received a Distinguished Service Medal and was recognized in a letter by President Barack Obama for his leadership.

Coglianesse now serves as commanding general of MCI-West after leaving his position as the Deputy Director for Operations, J-3, Joint Staff at the Pentagon.

"My family and I have been blown away by the warmth and the welcome given to us by the Jacksons and those of Marine Corps Installation-West. I'm going to try and maintain the successes [you have] had and reinforce them," said Coglianesse, referring to the many accomplishments Jackson has made on base. "On behalf of the Marine Corps you have a great reputation amongst all ranks, thank you so much."



Photo By Cpl. Damien Gutierrez

Brig. Gen. Vincent A. Coglianesse addresses the crowd attending the chain of command ceremony of commanding general of Marine Corps Installation-West at Camp Pendleton, Calif., Nov. 18. Maj. Gen. Jackson relinquished command to Coglianesse after 36 years of honorable service.

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we are also one of the most generous societies that have ever existed. But, does our generosity come from thankfulness and contentment? Generosity can just as easily be motivated by guilt. Maybe you're like me, and you're thankful for the people in your life, the relationships you enjoy, and the blessing of a fulfilling job. Yet, my thankfulness is not often coordinated between brain and mouth. I don't always do a good job of telling my family and friends how thankful I am for what they mean to me. I have a tendency to go home and gripe about work. Of course there's nothing

wrong with griping about your day. However, at the end of that day, I'm guessing you're happier having a job to gripe about than not having one at all.

So, how do we change this pattern where thanksgiving is replaced by run of the mill? As in all life transformation, it starts in the little things. Being thankful is a choice that can become an attitude. When I come home, I can see it as an assault with requests for homework help, or I can see it as an opportunity to invest in the lives of my children. When I look around me at other people, I can choose to see what I don't have, or I can choose to treasure what I do have.

You'll never be perfect in this, though. Just being 50/50 on thankfulness will radically change the way you look at life. But if it has to start somewhere and at some time, why not this week with the holiday where we are focused on it? Happy Thanksgiving.



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Today in U.S.M.C. history

Nov. 23, 1950: U.S. military personnel in Korea celebrated Thanksgiving week with a temperature of 20 degrees below zero.

## Top's Picks

This Thanksgiving weekend of the NFL is filled with a full slate of intriguing match ups beginning with Green Bay at Detroit on Thursday. This game should be one of the best of the day if you eliminate the later match up between Baltimore and San Francisco. The Top is picking the Lions in a mild upset. If you want to see two great defenses go at it, then eat your turkey dinner and get ready for a slugfest between the Ravens and 49ers. This game, even though played in Baltimore, should be a toss-up and a great game. Here's the rest of the match ups. Have a great Thanksgiving and enjoy the games.

Thursday, Nov 24  
Green Bay @ Detroit\*  
Miami @ Dallas\*  
San Francisco @ Baltimore\*

\*Washington @ Seattle  
\*Chicago @ Oakland  
\*New England @ Philadelphia  
Denver @ San Diego\*  
Buffalo @ NY Jets\*  
\*Pittsburgh @ Kansas City

Sunday, Nov 27  
Minnesota @ Atlanta\*  
Arizona @ St. Louis\*  
\*Carolina @ Indianapolis  
\*Tampa Bay @ Tennessee  
\*Houston @ Jacksonville  
Cleveland @ Cincinnati

Monday, Nov 28  
\*NY Giants @ New Orleans

## Security tip of the week



TAKE A BITE OUT OF CRIME

Ensuring a fun and safe holiday vacation with your family begins before you walk out the door. Make your house look "lived-in" while you're gone by having a neighbor pick up your mail and newspapers. Put the lights and a radio or TV on timers. Take only essential credit cards and plan to use

them or traveler's checks instead of cash wherever possible. Pack your things in inconspicuous luggage. Keep a separate record of the contents of checked luggage. Keep anything of value such as medicine and jewelry in a carry-on that stays with you. Plan your route carefully to avoid getting lost and becoming vulnerable when stopping for directions. Stick to well-lighted streets at all times. Always lock your car when it's parked, even if the stop is brief and keep valuables out of sight, preferably locked in the trunk. Traveling safely with your family also means sticking together and keeping an eye on your children at all times. Make sure your children know where you are staying (name and address), and teach them what to do if they get lost or separated. You might want to agree on a meeting place, just in case.



Remember to drop your selections off at the Public Affairs Office, Bldg. 204 on Nebo, or submit by e-mail to BSTW\_PAO@usmc.mil, by close of business Friday. Good luck!

# Corps' honors holiday tradition

Story by Sgt. Shannon E. McMillan  
 Combat Correspondent

MARINE CORPS LOGISTICS BASE, Barstow – For Marines, the holiday season is not the same without fulfilling one specific tradition that helps spread holiday cheer to the less fortunate children in our country.

The tradition began in 1947, when retired Marine Corps Col. William L. Hendricks, who was serving as a major in the reserves, was asked by his wife, Diane, to deliver a handcrafted doll to an organization that gave toys to needy children. After much research, discovering no such organization existed, Hendricks spearheaded a toy collection drive in the Los Angeles area that eventually became what we know today as ‘Toys for Tots.’

During the first toy drive, Hendricks and a group of reserve Marines in the Los Angeles area collected and distributed 5,000 toys to needy children. Because of its success, the Marine Corps adopted Toys for Tots in 1948 and expanded it to a nationwide campaign.

For more than 60 years, active and reserve Marines have been fulfilling the tradition of collecting and distributing new and unwrapped toys from October to December of each year.

According to [www.toysfortots.org](http://www.toysfortots.org), since the participation of the Corps, more than 400 million toys have been distributed to more than 188 million needy children.

“This charitable endeavor has made U.S. Marines the unchallenged leader in looking after less fortunate children at Christmas,” the website states.

The Toys for Tots program has brought holiday cheer to children across our nation for more than 63 years, and like most Marine Corps traditions, the Marines plan to keep this custom alive.

Those interested in donating toys to the campaign can contact Gunnery Sgt. Michael Bate at (760) 577-7302 or visit [www.toysfortots.org](http://www.toysfortots.org).

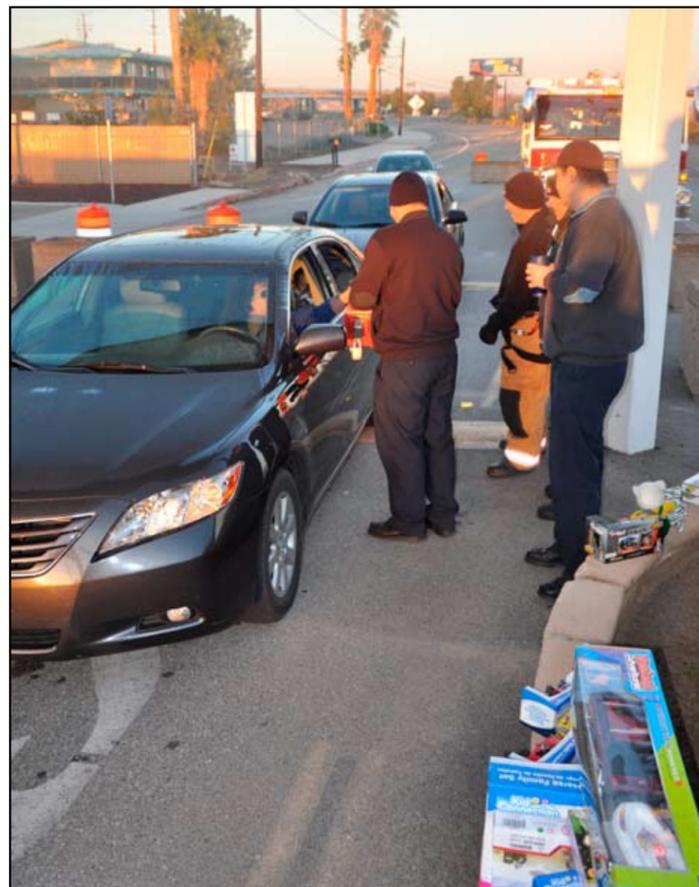


Photo by Pfc. Victoria Fairchild

Firefighters aboard Marine Corps Logistics Base Barstow stand at the front gate collecting money and toys for the Toys for Tots campaign during “Toys for Tots Tuesdays” aboard base, Nov. 22.



Photo by Lance Cpl. Dominic A. Smarra

Gunnery Sgt. Michael Bate, staff noncommissioned officer of the Marine Corps Mounted Color Guard, receives a donation from the Ryan McEachron foundation for the Toys for Tots campaign.

## Special events MCLB Barstow will be supporting

Toys for Tots Night at Chili’s in Barstow on Dec. 16, from 11 a.m. until 10 p.m. For each flyer presented on Toys for Tots night, Chili’s will donate 15% of sales to MCLB Barstow’s toy drive fund. To receive a flyer please contact Gunnery Sgt. Bate at (760) 577-7302.

Pizza Factory is scheduled to host a Pizza Night for Toys for Tots on Dec. 7 from 4 p.m. until closing. The Pizza Factory will donate 10% of sales to the Phelan Chamber of Commerce and Toys for Tots.

### Toy Drop-Offs

MCLB Barstow will be hosting a drop-off location at Los Domingos on Dec. 8 from 4 until 10p.m.

Until the end of the campaign toys can be dropped at listed locations. Toys n’ More in Lenwood, Walmart in Barstow, Rite Aide in Barstow and the Marine Corps Exchange on base.