



Base Christmas party brings family together



Photo by Cpl. Thomas A. Bricker

Employees of Marine Corps Logistics Base Barstow and their families watch a puppet show during the annual Christmas Party held Dec. 15 at the Maj. Gen. James L. Day Conference Center aboard the base. During the event, guests were able to dine, enjoy live music, several craft stations, a puppet show, and a photo opportunity with Santa Claus.

Trees for Troops spreads Christmas spirit to Marines, families

By Lance Cpl. Dominic A. Smarra
Combat Correspondent

The “Trees for Troops” program, founded by the Christmas SPIRIT Foundation in 2005, assisted by Christmas tree growers from across the United States, generously supports military families by providing fresh cut Christmas Trees to those living in CONUS, as well as to service members serving overseas.

The Christmas SPIRIT Foundation donated approximately 100 free Christmas trees to service members and their families aboard MCLB Barstow, as part of the Trees for Troops program in front of the Desert

View Housing Office, Dec. 9.

“This is a really great program, for a good cause,” said Gunnery Sgt. Cesar Castro, Base Operations Chief. “It’s nice to see that people recognize the hard work and sacrifice of service members and their families, especially during this time of year.”

Many of the trees had been donated by families and included a very special gift tag to express their thanks for what the military men and women have sacrificed.

“There was a letter that was attached to my tree from the family of a retired veteran who had recently passed away,” explained Castro. “The family wanted

to spread the joy of Christmas through the Marine Corps which had been a part of their family for so long, it was very heart warming.”

“This was the first Christmas tree that our family has put up together,” explained Pfc. Diomar Guano, a postal clerk aboard the base. “It was a great experience to be able to decorate the tree and have our daughter put the first ornament on it.”

For more information about the Trees for Troops program, or the Christmas SPIRIT Foundation, log on to their website at www.christmasspiritfoundation.org.

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New MARADMIN allows bags, bracelets in uniform

By Lance Cpl.
Lauren A. Kurkimillis
Combat Correspondent

Marine Corps Air Ground Combat Center Twentynine Palms

Marines are no longer restricted to wearing only issued bags in uniform. Civilian backpacks officially can now be worn in uniform, according to the results of Uniform Board 212 which were released in MARADMIN 695/11 Dec. 6, 2011.

Backpacks may be black, brown, olive drab, tan or a combination of these colors, according to the MARADMIN. MARPAT-printed commercial and

organizational bags are still authorized as well. Bags must be conservative and will be worn over both shoulders. Logos must be no larger than five-by-two inches big.

Other changes included the official approval to wear honor bracelets, meant to remember those killed, missing or captured in action, must be either black or silver and no more than half an inch wide. Engraved on the bracelet will be name, rank, operation and date.

There is no limit on how many can be on the bracelet can be worn at a time.

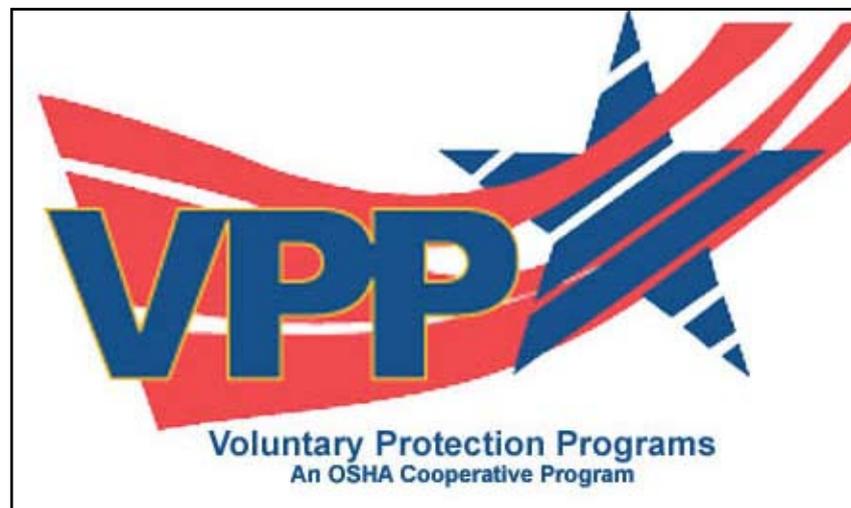
For more information or to see other changes, refer to MARADMIN 695/11.

'Tis the season to be extra cautious ...

*Make your house safer
by following a few
holiday safety tips.*

- Check condition of electrical outlets.
- Limit the number of extension cords plugged into each other.
- Check the condition of all electrical cords.
- Check the flammability of your wreath.
- The placement of a tree (real or artificial) inside the room is very important. Don't block exits or put too close to a heat source.

- Keep your live tree fresh. Water it regularly.
- Secure the tree from tipping over.
- Keep tree away from whatever traffic is in the room.
- Decorate the tree safely.
- Be sure all of your guests designate their drivers in advance, or help arrange ride-sharing with sober drivers.
- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.



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

Just doing my job...



Photo by Cpl. Sean Palmer

Cpl. Jennifer Rudiger, base operations, Headquarters Battalion, Marine Corps Logistics Base Barstow, serves pizza during a toys for tots event at the Pizza Factory in Phelan, Calif., Dec. 7.

Barstow Log

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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 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 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**

Sierraclub.org recommends recycling your old eyeglasses. There are organizations that redistribute eyeglasses to people who can't afford a new pair. You'll improve somebody else's quality of life and extend the life of those old frames you were going to throw out.

Energy Tip

Laptop computers draw 15 to 25 watts of electricity use, compared to 150 watts for a conventional desktop computer setup. The experts at Underwriters Laboratory at <http://www.safetyathome.com> suggest when you upgrade, go with a laptop, and take your old computer to an e-waste recycling station. This is another Green Energy Tip from your MCLB Energy Team.

Texas Hold 'Em Poker Tournament of Champions

The tournament will take place Dec. 20 in the Maj. Gen. James L. Day Conference Center, bldg 38. The \$25 buy-in includes \$5,000 in chips. Check-in begins at 5:30 and game play begins at 6 p.m. Sign up at the Family Restaurant, Oasis Temporary Lodging, or the Marine Corps Exchange Community Store. This is open for all Marine Corps Logistics Base patrons 18 years and older and their sponsored guests. For more information, call 577-6428.

TGIF! TGFY!

Every *Wednesday* in December is TGIF! TGFY! Thank Goodness It's Friday (on Wednesdays) – Thank Goodness for You! The theme for December is "Handling the Holidays" and classes include: 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, contact Betty Murphy, Licensed Marriage and Family Therapist, General Counseling, Marine and Family Programs Division at 577-6533.

Burn Your Own Steak and Family Dining Nights

Burn Your Own Steak Night and Family Dining Nights return to the Maj. Gen. James L. Day Conference Center and Sugar Loaf Hill

Bar. Burn Your Own Steak and Family Dining Nights start at 4:30 and lasts until 8 p.m. The Sugar Loaf Hill Bar will be open as well but only on Tuesday and Thursday evenings. The prices for Burn Your Own Steak Night on Tuesdays are Active Duty \$10.95 and civilians \$12.95. The prices for Family Dining Night on Thursdays are Military \$6.50, Children ages 5-12 \$6.50, civilians \$7.25, (children under five are free). For questions or comments, call 577-6296.

MCK

The month of December features Early Bird Gas Days at your Marine Corps Exchange. Get a discount on gas Thursday Dec. 15 from 7 to 9 a.m. and Saturday Dec. 31 from 10 a.m. to noon. Cold weather is upon us, let it snow in your exchange. Come by and pick up a snowflake, then take it home and decorate it using your imagination, glitter, colors, pom-poms, noodles etc., bring it back to the exchange for free goodies. We will hang your snowflake in the store to make it snow.

Story Time

It's story time each Tuesday from 10:30 to 11:30 a.m. Come to the Base Library at McTureous Hall (Bldg. 218) for our weekly story time. We will have crafts, puppets and great stories. For more information, contact the library staff at 577-6395, or email at [\[ryBarstow@usmc-mccs.org\]\(mailto:ryBarstow@usmc-mccs.org\). Visit our website at \[www.mccsbarstow.com/library\]\(http://www.mccsbarstow.com/library\).](mailto:Libra-</p>
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Victim Advocacy Services Community Brief

A presentation Dec. 21 at 10 a.m. on Victim Advocacy Services will show how VAs represent the interests of all victims of domestic abuse and sexual assault. Emphasis is on VA information and services. The presentation is at the Desert View Housing Community Center. For more information, contact Michelle Lawing at 577-6533.

SMP

Join the Single Marine Program at Victoria Gardens for dinner and shopping night, Dec. 17 from 5 to 9 p.m. in Victoria Gardens, Rancho Cucamonga. You can finish your last minute shopping in single Marine style with a nice dinner included. To get more information or to pre-register, contact SMP coordinator A.J. Jacobs at 577-5889.

STAY IN THE LOOP!

Visit www.mccsbarstow.com or pick up a Quarterly Connection Magazine at any of your MCCS facilities.

Army-Marine Corps annual flag football rivalry continues

Story and photo by
Cpl. Thomas A. Bricker
Combat Correspondent

Camaraderie: you can't coach it but with the right resources, you can practice, build upon, and maintain it.

Marines, sailors, and civilians with Marine Corps Logistics Base Barstow and soldiers from National Training Center Fort Irwin proved this during the third annual Army vs. Marine Corps flag football game held at NTC Ft. Irwin Dec. 10.

The game is held each year during football season to continue the good relationship between the Marines and sailors of MCLB Barstow and soldiers

at Ft. Irwin.

The idea originated three years ago from an MCLB employee.

"I thought it would be good for the Marines to play a game like this," said A.J. Jacobs, sports coordinator aboard MCLB Barstow. "It's a great way for the ones who love to play sports to enjoy playing them and build camaraderie with the Army while doing it."

A month prior to the game, the Marines, civilians, and lone sailor of the team began practicing basic fundamentals of football such as route running, conditioning, and strategizing plays.

"Going into the game, I thought we'd have a good game," said Cpl. Jimmy Cryan, a

separations clerk with Headquarters Battalion aboard MCLB Barstow. "We were practicing plays and putting together a pretty good team. I thought we'd have a good chance to compete with them," he added.

Previously, the games have been one-sided, with the Army taking a commanding lead throughout the majority of each of the games and without a score from the Marine Corps' team. This year, while taking another loss from the Army's team, the Marine Corps managed to answer back with a score. The game ended with a final score of 8-34 and the Army retaining their bragging rights for yet another year.

"We lost; it's as simple as that. There's no excuse as to why we lost. All we can do is practice more, work harder, and see how that works out," Jacobs said.

Although the game has ended, Marines of MCLB Barstow hope to keep up with the friendly competition throughout the year.

"I'd love if we had a scrimmage or two against them," said Cryan, a Toledo, Ohio native. "I've played for the team for two of the three years now and it's great. I won't be around next year so I'd loved to get in one more [game] before I go," he added.

At the end of the day, the members of the MCLB team accomplished what they planned this game to do; build camaraderie between the two.

It was great that the members of both teams were all able to come together to put on this game and have some fun doing it, Jacobs concluded.



Cpl. Brian Chandronnet, Armory Chief aboard Marine Corps Logistics Base Barstow puts pressure on the quarterback of National Training Center Fort Irwin's flag football team during the third annual Army-Marine Corps Flag Football game held Dec. 10 at NTC Ft. Irwin. Chandronnet, a defensive lineman with the Marine Corps' team recorded three sacks during the Army's 8-34 victory.

Understanding, managing holiday stress

By Lance Cpl. Dominic A. Smarra
Combat Correspondent

Many people the world over associate the winter holidays with festive decorations, gathering with loved ones and plenty of home-cooked meals and special treats.

Yet, no matter how many people know it's coming and no matter how hard they try to avoid it, holiday stress happens every year.

Marine Corps Logistics Base Barstow offers help for those who wish to lessen the all too familiar holiday stressors, by offering classes every Wednesday in December at the Desert View Community Center.

"These classes are just a way of letting people know some practical suggestions to help them prioritize what is and is not, important during the holiday season," says Betty Murphy, Marine and Family Program Counselor.

The triggers, she says, are the same every year: too much shopping and prepa-

ration to do, end-of-year job responsibilities, and family gatherings, among them.

One reason why stress is so recurrent during the holidays is that people fall into the same patterns year after year, such as waiting too long to shop, Murphy says.

"People put a lot of pressure on themselves," says Murphy.

"There are several things that can make holiday stress more manageable, that require very little work. Say no when you can to avoid any extra activities. Also, whenever possible, try to go at 'off times' for shopping rather than prime times, to avoid traffic."

Murphy also says that people tend to place very high expectations on themselves in terms of what gifts to buy, how big a party to throw or how many family members to see, and that can present some real problems.

"Having realistic expectations can make a major difference," Murphy says. "People need to try to make the present as good as it can be, and enjoy the moment."



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Two Marines from Marine Corps Logistics Base Barstow select Christmas Trees during the annual Trees for Troops event at Desert View Housing Office aboard MCLB Barstow, Dec. 9.



Photo by Sgt. Alvin D. Parson Jr.

The U.S. Marine Corps Medium Helicopter Squadron 764 (HMM-764), 4th Marine Aircraft Wing, delivered Santa Claus, Richard E. McCallum, and toys to the children of the Havasupai tribe. HMM-764 joined Flagstaff Community Toys for Tots Organization to complete Operation Havasupai.

ARTICLES SUBMITTED FOR PUBLISHING IN THE BARSTOW LOG MUST BE RECEIVED BY THE MCLB PUBLIC AFFAIRS OFFICE (BUILDING 204) NO LATER THAN THE THURSDAY PRIOR TO THE DESIRED PUBLICATION DATE.

Today in U.S.M.C. history

Dec. 15, 1948: The Secretary of the Navy signed a "Memorandum of Agreement" with the State Department which laid the basis for the modern Marine Security Guard program at U.S. embassies throughout the world.

Top's Picks

The season is winding down and for all intents and purposes, the teams slated to be in the playoffs looks to be set to go. There are a few teams that could be eliminated from playoff contention this weekend although in the hunt, like the Cardinals, Seahawks, Raiders and Chargers, but it will depend upon how they fair this weekend. Tennessee gets help by getting to play the Colts, the Cowboys hopes are still alive if they can get by Tampa Bay, and the Bengals can stay alive by beating the Rams.

Saturday, Dec 17

*Dallas @ Tampa Bay

Sunday, Dec 18

- *Cincinnati @ St. Louis
- Miami @ Buffalo*
- *Tennessee @ Indianapolis
- Washington @ NY Giants*
- Seattle @ Chicago*
- *New Orleans @ Minnesota
- Carolina @ Houston*
- *Green Bay @ Kansas City

- *Detroit @ Oakland
- NY Jets @ Philadelphia*
- Cleveland @ Arizona*

- *New England @ Denver
- *Baltimore @ San Diego

Monday, Dec 19

- *NY Giants @ New Orleans

Security tip of the week



TAKE A BITE OUT OF CRIME

You can make it tougher for identity thieves to steal your personal information by guarding credit card, Social Security and Personal Identification Numbers. Those are already on file with the financial institutions you do business

with. Immediately report your lost or stolen checks. The numbers contained on your checks can give clear access to a thief. Destroy unused "pre-approved" credit card offers. Thieves could apply for a card in your name and have it sent to their house and you wouldn't know it until the unpaid bills showed up on your credit history. Make sure your mailbox is secure to keep thieves from raiding it for credit card information or financial statements. The major credit reporting companies can, for a small fee, provide you with a list of anyone who has accessed your credit report. The three major companies are; Equifax 1-800-685-1111, Experian 1-888-397-3742, TransUnion 1-800-916-8800.



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!