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QUARTERLY CONNECTION



NOVEMBER - DECEMBER 2011 EDITION

VOLUME 6 • ISSUE 23



Marine Corps
Community Services
MCLB Barstow, CA



Cover: On Sunday, September 11, 2011, ten years since the devastating terrorist attack known as 9/11, Barstow High School's Langworthy Field Hosted "Remembering Our Heroes: A 9-11 Tribute 10 Years Later" which included the "American Veterans Traveling Tribute" displaying a 380 foot traveling Vietnam Memorial Wall with 58,253 names inscribed. The event featured a gold dog-tag tribute to all the men and women who gave their lives for the global war on terror, the Ft. Hood 2009 shooting, honors for fire fighters and law enforcement who lost their lives on 9/11, a tomb of the unknown soldiers replica, a Korean War tribute, and a depiction of statistics from every war/conflict the USA has ever been involved in. One key speaker included our own Col. Daniel P. Ermer.

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Marine Corps Community Services QUARTERLY CONNECTION

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Barstow, CA

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Marine Corps Community Services

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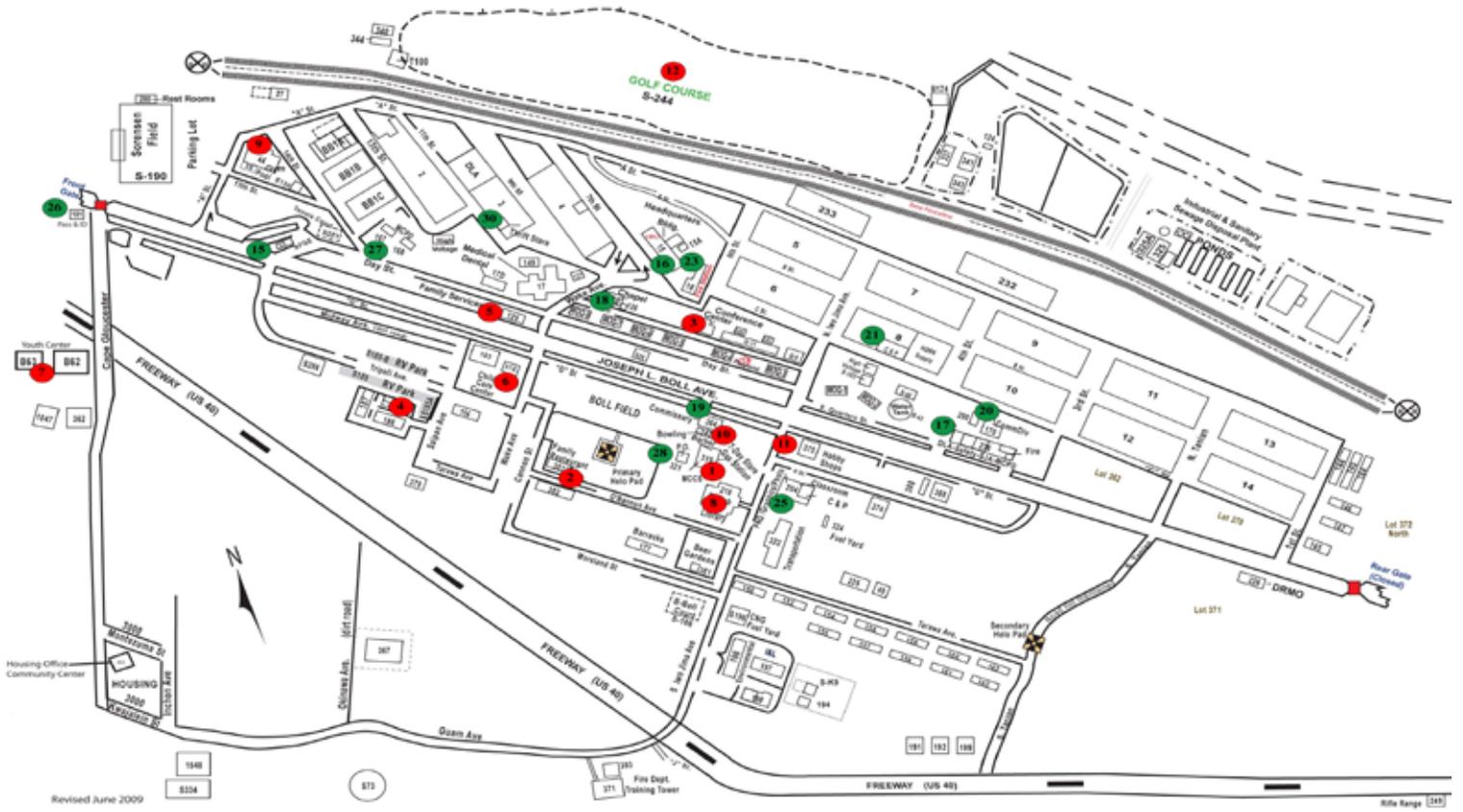
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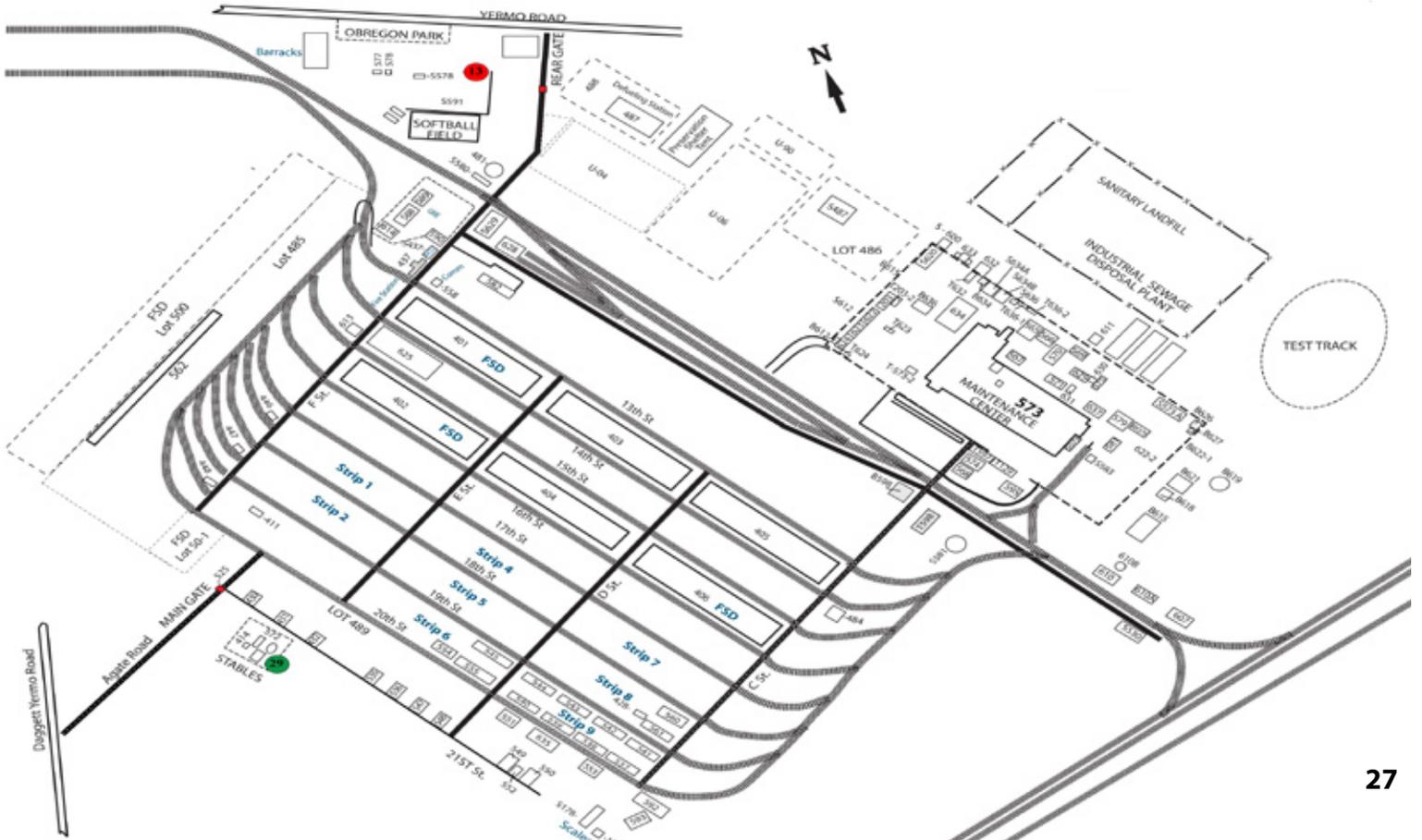
E-mail: BarstowMarketing@usmc-mccs.org



Marine Corps Logistics Base Barstow (NEBO)



Marine Corps Logistics Base Yermo (ANNEX)



Marine Corps Community Services Directory

MCCS FACILITIES

(#) INDICATES LOCATION ON MAP

MCCS ADMINISTRATION

MCCS Director's Office (1)
 577-6733
 Bldg. 319
 Mon-Fri 7:00 am - 3:30 pm

NAF Personnel/Training
 577-6140
 Mon-Fri 7:00 am - 3:30 pm

Financial Management
 577-6391
 Mon-Fri 7:00 am - 3:30 pm

Marketing Office 577-6968
 Mon-Fri 7:00 am - 3:30 pm

RETAIL SERVICES

MCX Community Store (1)
 256-8974
 S. Iwo Jima Ave., Bldg. 319

Mon-Fri 6:30 am - 7:00 pm
 Sat & Sun 10:00 am - 5:00 pm
 Holiday 10:00 am - 5:00 pm
 Gas Pumps 24/7 Credit Card Access

Yermo MCX (13) 577-7092
 Yermo, Bldg. 596
 Mon-Fri 8:00 am - 2:00 pm

During Rotation
 Sun-Sat 8:00 am - 5:00 pm

Vehicle & RV Storage
 256-8974
 24 Hour Access

Barber Shop 577-6688
 Mon, Tue, Sat, Thur 9:00 am - 5:00 pm
 Fri 9:00 am - 2:00 pm

FOOD & HOSPITALITY

Family Restaurant (2)
 577-6428
 O'Bannon Ave., Bldg. 301

Breakfast
 Mon-Fri 5:30 am - 8:00 am

Lunch
 Mon-Fri 10:30 am - 1:30 pm

Major General James L. Day Conference Center (3)
 For information call 577-6269

Sugar Loaf Hill Bar (3)
 For information call 577-6269
 James L. Day St., Bldg. 38

Lanzer's Lounge
 For information call 256-0212

Oasis Temporary Lodging Facility & RV Park (4)
 577-6418
 Bldg. 185A

7 days a week 8:00 am - 10:00 pm

GOLF COURSE

Tees & Trees (12) 577-6431
 Mon-Sun Sunrise-Sunset

MARINE CORPS FAMILY

TEAM BUILDING

7th St., Bldg. 15
MCFTB Office (16)
 577-6675/6408
Fax 577-6414
 Mon-Fri 7:30 am - 4:00 pm

MARINE & FAMILY SERVICES DIVISION

M&FSD Office (5) 577-6533
 Wake Ave. Bldg. 129
 Mon-Fri 7:00 am - 3:30 pm

General Counseling
 Civilian Employee Assistance Program (CEAP)
 Substance Abuse Counseling
 Family Advocacy Program (FAP)
 Victim Advocacy Program (VAP)
 New Parent Support Program
 Exceptional Family Member Program (EFMP)
 Warrior Strengthening Program
 Personal & Professional Development Program
 Financial Counseling
 Transitional Assistance Management Program (TAMP)
 Relocation Assistance Program (RAP)
 Family Member Employment Assistance Program (FMEAP)
 Career Resource Management Center (CRMC)
 Retired Activities Office
 Education Services
 Library Services

O'Bannon Ave., Bldg. 218
Library Services Center (8)
 577-6395

7 days a week 10:00 am - 6:00 pm

Education Services Center
 577-6118/6018
 Mon-Thur 6:30 am - 4:30 pm
 Friday 8:45 am - 4:30 pm

CHILDREN SERVICES

Child Development Center (6)
 577-6287
 Wake Ave., Bldg. 372

Mon-Fri 5:45 am - 5:45 pm

Youth Activities Center (7)
 577-6499
 Cape Gloucester Ave., Bldg. B-62

Mon-Fri 2:30 pm - 6:00 pm

School Age Care (7)
 577-6617
 Cape Gloucester Ave., Bldg. B-63

Mon, Tues, Thrs, Fri ... 5:45 am - 8:30 am
 & 3:00 pm - 5:45 pm

Wed 5:45 am - 8:30 am
 & 1:00 pm - 5:45 pm

SEMPER FIT GYM

Fitness Center (9) 577-6898
 15th St., Bldg. 44
 Mon-Fri 5:00 am - 9:00 pm
 Sat & Sun 8:00 am - 3:00 pm

RECREATION BRANCH

Recreation Program Mgr (9)
 577-6971
 15th St., Bldg. 44

Mon-Fri 7:00 am - 3:30 pm

Desert Lanes (10) 577-6264
 Bldg. 342
 Wed & Thurs 11:00 am - 7:00 pm
 Friday & Sat 1:00 pm - 9:00 pm
 Sun 10:00 am - 6:00 pm

Information, Tickets & Travel (10) 577-6541
 Bldg. 342

Mon & Tues 8:30 am - 3:30 pm
 Wed, Thurs, & Fri ... 8:30 am - 6:00 pm
 Sat & Sun 10:30 am - 5:00 pm

Auto Skills Center (11)
 577-6441

Wood/Rock Hobby Shop (11)
 577-6692
 S. Iwo Jima Ave., Bldg. 375

Wed-Fri 12:00 pm - 8:00 pm
 Sat & Sun 8:00 am - 4:00 pm

OTHER FACILITIES

Base Head Quarters (16)
 7th St., Bldg. 15
C.O.'s Office 577-6555
X.O.'s Office 577-6556

Sergeant Major 577-6238
Base Duty Officer 577-6961
Business Performance Office
 577-6618

Base Inspector's Office
 577-6373
Adjutant Division 577-6145

Military Personnel Division
 577-6727
Civilian Mgmt. Support Div.
 577-6638

Human Resources 577-6479

BUILDING 236 (17)
 Joseph L. Boll Ave.
Base Safety 577-6001
Office of General Counsel
 577-6249

Staff Judge Advocate
 577-6771
Defense Logistics Agency
 577-6434

AFGE (15) 577-6010
 'C' Street, Bldg. 33

CHAPEL (18) 577-6849
 Wake Ave., Bldg. 128

COMMISSARY (19)
 577-6403
 Bldg. 364

COMMUNICATIONS

DIVISION (20)
 577-6751
 Bldg. 170

CONTRACTING & PURCHASING (21)
 577-6931
 Warehouse #8

FIRE STATION (23)
 577-6731
 7th Street, Bldg. 18

MOUNTED COLOR GUARD (29) 577-7302
 Stables, Yermo

PAO (25) 577-6430
 'H' Street, Bldg. 204

PASS & I.D. (26) 577-6969
 Joseph L. Boll Ave., Bldg. 101

PMO (27) 577-6669
PMO Dispatch 577-6666
 'C' Street, Bldg. 167

POST OFFICE (28) 577-6297
 Bldg. 321

TAVSC (25) 577-6034
 'H' Street, Bldg. 204

THRIFT STORE (30)
 256-0444
 Warehouse #3

BEQ - PETTIT HALL
 577-6611
 Bldg. 175

* Thank You *

Your support helps to improve the quality of life for our Marines, Sailors, Military Retirees, and Civilian Marines aboard Marine Corps Logistics Base Barstow, CA.



Ontario Auto Center



TANGER OUTLET CENTERS



MARTINSBURG INSTITUTE

TURKEY FOOD SAFETY TIPS

Throughout the holidays, many people enjoy a traditional turkey dinner.

How NOT to Thaw a Frozen Turkey

There are four ways to thaw a frozen turkey — and three of them are bad. Each one, for one reason or another, increases the likelihood of contracting or spreading a food-borne illness. And that's not the way you want to remember your Thanksgiving.

1. **Don't Thaw At Room Temperature.** That includes thawing the bird on the kitchen counter, or the front porch, or in the garage, or in the trunk of your car, or any other clever place you can think of. Thawing at room temperature isn't just a bad method, it's terrible. Uncooked meat or poultry (including frozen) shouldn't be left at room temperature for more than two hours; any longer than that and you're just begging for a case of food poisoning.
2. **Don't Thaw In the Microwave.** Given the size of the average home microwave oven, this method isn't a realistic option for most people. If you have a turkey small enough to cram into your microwave, you don't really need to resort to this method in the first place.
Still, if you've got access to some sort of industrial-sized microwave oven, you still don't want to do this. Given the number of different power levels, minutes per pound and other variables, the most likely outcome of microwave thawing is a turkey that's still frozen in some parts, while other parts are already cooked. Not good. Stay away from this method.
3. **Don't Thaw In Cold Water.** You could safely defrost your

frozen turkey this way. However, you need to allow 30 minutes of thawing time for every pound of frozen bird, and you must keep the water at 40° F or colder the entire time. For your average 12lb frozen turkey, that's 6 hours of temperature monitoring and water changing.

4. **Do Thaw In the Refrigerator.** Thawing in the refrigerator is the only safe way to defrost a frozen turkey. Here's how to do it:
 - Make sure that your refrigerator is at 40°F or colder.
 - Leave the turkey in its original wrapper.
 - Place the bird on a tray or in a pan to collect any juices that leak out.
 - Keep it at the bottom of your fridge so that any leakage won't contaminate anything below.
 - Allow 24 hours for every 4 to 5 pounds of frozen turkey.

Taken from <http://culinaryarts.about.com/od/safetysanitation/a/turkeythaw.htm>





ALL AMERICAN BBQ



MCLB TOUR



Employees of the Quarter

Each of the Division Heads selected an employee as their respective Employee of the Quarter. The following employees have been selected:

- Business Operations - Bryon Grieder**
- General Support - Brenda Bland**
- Semper Fit Gym - A.J. Jacobs**
- M&FSD/MCFTB - Jennifer Van Norman**

Congratulations to each of these employees for their outstanding service. In recognition, Mr. Fulham (MCCS Director) treated them to lunch at Idle Spurs.



Regional Accreditation vs. National Accreditation and other considerations

By Francis Villeme, Education Services Officer, Marine Corps Logistics Base Barstow, CA

The Secretary of Education is required by law to publish a list of nationally recognized accrediting agencies that have been determined to be reliable authorities as to the quality of education or training provided by the institutions of higher education and the higher education programs they accredit. The U.S. Department of Education does not accredit educational institutions and /or programs. The Secretary of Education also recognizes State agencies for the approval of public postsecondary vocational education and nurse education.

The purpose of accreditation is to ensure that education provided by institutions of higher education meet acceptable levels of quality. Accrediting agencies, which are private educational associations of regional or national scope, develop evaluation criteria and conduct peer evaluations to assess whether or not those criteria are met. Institutions and/or programs that request an agency's evaluation and meet that agency's criteria are then accredited by that agency.

Both types of accreditation qualify schools to offer federal financial aid to their students. If a college is neither, regionally or nationally accredited, you cannot receive federal financial aid to attend that institution. Remember accreditation is not the only factor that allows for Title IV or federal student assistance funds. Be sure to ask your admissions counselor whether or not their school is eligible.

The main issue for consideration is the transferability of credits from one school to another. Nationally accredited institutions will usually accept credit from regionally or nationally accredited institutions, regionally accredited schools often do not accept credit from nationally accredited institutions.

Another issue to consider is acceptability by prospective employers. Very few employers will question the name of the college you attend, or its accreditation status, they will consider the programs accreditation. This means you should check your program accreditation as well as the Institutions accreditation for added value. So the school may hold acceptable accreditation but the particular program does not. Careful selection is necessary for appropriate and valued program acceptability. Example of this would be a RN program with a regionally accredited institution and does have National League for Nursing Accrediting Commission (NLNAC) approval versus one that does not.

Another consideration you need to ask: "Is the program recognized or authorized for certification requirements for the State I plan to work in". Often online schools will offer degrees that are approved in one state but are not accepted in another or that special requirements must be met in order to qualify for state certificates.

Bottom line if you are confused, visit the Personal and Professional Development, Education Services program and allow us to assist you.



M&FSD, P&PD, Education Services, McTureous Hall, Building 218
Phone: 760-577-6118



iPhone Apps that Help People with Disabilities Be More Independent

By Matthew Stoloff, Esq. | August 20, 2009

One of the great things about the Apple iPhone is that users can download many fun and useful applications that are easy to use and serve specific purposes. Apple's iPhone Dev Center allows computer programmers around the world to develop iPhone applications for any specific purpose and share it with others for free (or for a fee). The iPhone is less than 3 years old (it was first released in January 9, 2007 according to Wikipedia), and many iPhone developers have created apps for people with various disabilities to help them be more independent. What follows is by no means an exhaustive list:

For the blind and visually impaired:

- AccessTech News has compiled an outstanding list of iPhone applications that will work with VoiceOver.
- While it's still under development, the folks at Velti recently reported that scientists at iVisit have designed an iPhone app that will "recognize a variety of everyday objects."
- Although it's not quite a standalone app, Bruno Fosi designed a *Silicon iPhone touch case* that provides tactile feedback. No word when exactly it'll be launched on the market.



For children with autism or developmental delays:

- Proloquo2Go is a "natural sounding text to speech" app.
- iConverse "displays 6 different icons that represent a person's most basic needs. When activated by touch, the icons give both an auditory and visual representation of the specific want or need." This is reviewed in Scothoser's Corner.
- iCommunicate is an app that develops a storyboard, which is "a collection of pictures that convey a concept."
- iReward is designed to reinforce a certain behavior by providing motivation and a reward, e.g., a gold star, a new toy, etc.

For individuals with speech disorders:

- Locabulary appears to be a text-to-speech app that is based on your GPS location.
- Proloquo2Go is a "natural sounding text to speech" iPhone app.



For the Deaf and hard-of-hearing:

- Tunewiki is a fantastic (and free) app works like closed captioning for radio. When a song plays on the radio, a small box at the bottom of the screen shows the lyrics, line by line. Note: the lyrics will only scroll appropriately at the beginning of each song. If you switch stations to the middle of the song, the lyrics will appear, but it will not point to the appropriate line until the beginning of the next song.
- Imagine turning your iPhone into a hearing aid. The purpose of SoundAMP, Amplitude, and iHearClear are to amplify sound. (To read a written review about SoundAMP, see TechCrunch. Reviews about Amplitude may be found at the AppleInsider and the The Apple Blog.)
- iPhone users who are just learning American Sign Language can learn over 800 words in ASL with iSign. A good review of this app and an explanation of iSign's limits may be found at ATMac.
- While it's not an iPhone app, it's worth mentioning that AT&T is offering a discounted plan for the deaf and hard-of-hearing. The plan is \$40 per month and includes unlimited SMS messages, unlimited data usage, and Visual VoiceMail. For the link and more info, see The Boy Genius Report. As reported in Gizmodo, there is apparently an "eligibility application" to qualify for the discount.

For the dexterity challenged:

- A Special Phone allows the user to shake the iPhone a number of times, and it will dial the number that you want. A review of the Special Phone (along with a six minute video demonstration) may be found at the iPhone App Reviews blog.
- FluidTunes gives the user "control over your music using only a camera, and your hands, head, or feet."
- Paul Natsch's post, iPod Touch Apps for the Dexterity Challenged, reviews two speech recognition apps: Voxie and Vocalia.
- See also Ricky Buchanan's iPhone Voice Commands.



Glucose Buddy
by SkyHealth

For individuals with diabetes:

- Users can "manage" their diabetes with Glucose Buddy. A video demonstration of this app may be found here.
- Manny Hernandez at tudidiabetes.com found three other iPhone diabetes apps (DiabetesLog, DiaMedic, and GlucoseLog). Read users' personal perspectives in the comments section at the tudidiabetes.com blog.
- There's an interesting product called LifeCase & LifeApp System designed by two graduate students who won a \$10,000 prize. This product is not yet on the market, however.



90 Days of Winter

November 1st - December 30th. All youth bowlers (14 and under) get one FREE game per day per youth on Wednesday-Friday.

Turkey Bowl

Bowl three strikes in a row and win a FREE turkey. Come bowl any day of the week, November 2nd - 18th. Open bowling only, one turkey per customer.

Christmas Bowl

Bowl three strikes in a row and win a two FREE games on your next visit. Come bowl any day of the week, December 1st - 30th. Open bowling only.

King of the Desert Tournament

9-pin no tap. December 1st - 10th. Make that strike count for something more than an impressive scorecard to boast about!

Colorama

Throw a strike, when the red pin is in position 1 and win a FREE game for your next visit.

Customer Appreciation Day

50/50 Special (Friday & Saturday) November 12th & 13th, December 17th & 18th. \$0.50 per game per person, \$0.50 shoe rental. \$0.50 hotdog and \$0.50 soda. Thank you for supporting Desert Lanes Bowling Center!

Lunch Time Special

Wednesday & Thursday | 11am-1pm | Bowl as many games as you can for only \$4.00.

Must Be Crazy Wednesday

Come in and enjoy some bowling fun! Bowl three games for just \$5.00 all day long (shoe rental included).

Beat the clock! Sunday

Come in with your family and friends on Sunday. The earlier you come in, the less it costs to play! Beat the clock before 1pm and pay \$1.00 per game per person.

Prices

- Active Duty- \$1.50
- All others- \$1.75
- Children- \$1.50
- Shoe Rental- \$1.00

Snack Bar Prices

- Popcorn \$0.50 | Candy \$0.75
- Chips \$1.00 | Hotdog \$1.00
- Hotdog w/cheese \$1.50
- Nachos \$1.50 | Pizza \$1.25
- Bud & Bud Light \$1.50
- Heineken & Corona \$2.00

NEW! SNACKS!

Party Packages Available Call 577-6264



Autumn/Fall Season is here!!

- Comfort Inn Gaslamp Vouchers for \$55.50 & \$67.00 located in San Diego, next to shopping centers, live entertainment, music, dining, sports bars and nightclubs; only a few miles from SeaWorld
- Blue Man Group Show Tickets \$81.00 & \$92.00 Located at The Venetian in Las Vegas
- Arizona Charlie's Hotel \$31.50 & \$53.50 in the Las Vegas, Boulder Location
- Football Vouchers for San Diego State Aztecs Games for only \$5.00 (Football Schedule 2011)

November 5th at 5 pm | November 19th at 5pm
December 3rd at 5 pm

- San Diego Zoo & Wild Animal Park, free admission for kids 11 and younger for the month of October in honor of the zoo's founding.
- San Diego Zoo & Wild Animal Park are offering one free ticket to all active duty military members. Ask us how.
- Universal Studios all year pass for only \$59.00. Offer ends December 31, 2011.
- SeaWorld's Salute to our Military continues to the end of the year. Active duty can get up to four free tickets for spouse and children with proper ID. Active duty only are welcome to register online.

Please come by and see what we have to offer at our Information Tickets & Travel Office Bldg. 342 and pick up a price list to plan your next getaway!!

For more information contact us at 577-6541



Transition Assistance and Family Member Employment Assistance Program

Tips in finding a job in a difficult economy!

The vast volume of job search information on the Internet is overwhelming. From countless job search sites, to endless blogs and company career sites you could spend years just looking at all of the data.



Schedule Your Time - You should set a schedule to ensure you balance your search. Doesn't matter whether you pick specific days to do specific tasks or limit your time each day to specific tasks; the key is to plan your time.

Make Your Target List - Take the time to create a list of recruiters, job search sites and companies in your network. It's worth the effort to do your research up front rather than an unorganized "hunt and peck" approach.

Advertise, Advertise, Advertise - If no one knows you are looking for a job they can't hire you, can they? There are many ways you can raise your profile, from LinkedIn to job search sites to company career sites.

Search While You Sleep - Leverage job alerts from a selected number of job search sites and company career sites. Done correctly, you will get email notices when jobs are posted that match your search criteria.

Information provided by: <http://careeralley.com/careers/4-tips-for-getting-a-job>

The Career Resource Center provides resources on job search techniques, resume writing, federal applications, career assessments, dressing for the workplace, and creating an individual transition plan. Call 760-577-6533 for an appointment or visit the Career Resource Center in building 129 (Marine and Family Programs).



FAMILY CHILD CARE



Family Child Care (FCC) here on Base is a quality choice. Family Child Care offers a family/home atmosphere with a small group of children. The FCC professional offers a variety of planned individual activities along with group activities to meet each child's developmental needs. The FCC can offer care where both an infant and a school age child can be in the same place. It is often the best setting for children who need a smaller setting than a children's center due to shyness or special needs.

All Family Child Care homes must meet high standards of quality. They receive a certificate after meeting many requirements. This can be seen in the fact that the Family Child Care home professional must have extensive initial and on-going training in numerous subject areas. She and all family members above the age of twelve years must undergo a series of background screenings. They have regular fire, safety and sanitation inspections by trained professionals as well as regular home monitoring and technical assistance by the FCC Director. Each home is individually insured. The FCC Program offers an equipment and toy lending library so the homes are equipped with developmentally appropriate materials. The lending library also saves the Family Child Care Provider from spending money on supplies. If you are interested in your child receiving care in a Family Child Care home on Base, call Anna Droegemeier, Resource and Referral Specialist at 577-6804 or 577-6287 and she will refer you and help to get your child enrolled.

If you are interested in becoming a Family Child Care Provider, please call Grace Walls, FCC Director at 577-6049 or 577-6287 and she will begin the process to help you start your own business in Family Child Care.



iPhone Apps for Disability and Vision Impairments

<http://www.disabled-world.com/assistivedevices/apps/iphone-apps.php>; By Greg DiFalco, Independent Living Aids LLC

With technology advancing faster than most of us can adapt, it is often difficult to see the usefulness of the latest gadget. The designers of the iPhone, however, have realized that their new phone can be used for more than just listening to music or playing games. Listed below are some incredibly helpful applications available for the iPhone that can truly make your life easier.



iPhone App

Vision Applications

Your eyesight is an incredibly valuable asset. The applications below test your vision, exercise your eyes, tract your acuity, or just help with routine activities, making your life easier and more independent.

Vision by AppZap - This application helps test and protect your vision. It includes various functions such as eye exercises that keep your eyes healthy and minimize eye-strain, fun games like optical illusions and stereograms, as well as tests tracking your color vision, astigmatism, retinal function and visual field. It also provides practical information relating to different aspects of vision.

Eye Test by Bokan Technologies - A portable testing tool for near visual acuity, color test and visual illusions, this application tests your visual acuity with the Snellen Chart and records your results to see how your vision has changed over time.

Splash 'n' Dash - Eye Training by Kendi Tech - Exercise and challenge your eyes with momentary vision and focus ability tests. The application flashes a 6 digit number for a quarter of a second and then you have to enter it into the program, which tracks your results over time.

Colorblind by Andrew Borland - A game that challenges your ability to memorize and create colors, this application stretches your ideas about color in a completely new way.

ISpectrum Color Blind Assistant by Wishbone Apps - An application that is essential for the colorblind, ISpectrum identifies any color by name. With over 500 verified colors,

the application uses your camera and zoom tools to focus in on the items you need, providing fast and efficient help and the touch of a button.

Braille

Learning Braille is important to many family and friends of those who are blind; however, it is sometimes difficult and time consuming to learn. These applications make learning Braille easy and portable, allowing you the ability to communicate with your loved ones quickly.

Bumps - A Braille Guide by Izatt International - Learn the Braille alphabet with three convenient methods including a quick reference guide with all 26 letters displayed, flash cards and word play. This application is a great way to learn Braille while on the go.

Learn Braille by Paul Ziegler - This application helps anyone with regular sight learn and master Braille. The program helps you learn Braille with standard letters and symbols as well as Braille in Japanese, Hebrew, Korean and Chinese.

Braille Clock by Peter Elst - Practice your Braille numbers with this Braille Digital Clock.

Linguistical by glyph.org.uk - This program helps you learn to sight read Braille as well as a variety of other languages. A language learning tool, the system was designed to increase your vocabulary skills while you're on-the-go.

ASL Programs

American Sign Language (ASL) is broken down and

demonstrated through a variety of fantastic programs. Find the level that works best for you and increase your communication skills with your friends and family. If you are interested in the basic ASL alphabet, you can use American Sign Language (ASL) Alphabet by DMBC, ABC Sign by iDev2.com, or Hand Speak by Imagine Software. More advanced applications are listed below.

Sign Smith ASL by Vcom3D - This application comes in three different versions. The Lite version includes 20 signs and is a great start for learning ASL. The Essential version increases your skills to 100 signs while the Ultimate level contains 1,200 signs. The 3D application provides easy to follow instruction, allowing you to learn basic words and greetings and continuing to full conversations.

ASL by Zoosware - Another program available in three levels, the ASL program is easy and enjoyable application that lets you learn at your own pace, tracking your progress along the way. The Lite version contains 50 words, Pro has 700 and Ultimate contains 1,400 signs.

Baby Sign ASL by iDev2.com - A video phrase book with over 200 signs useful for children, Baby Sign provides your child with the ability to communicate before they can even speak. It is believed that learning sign language as a baby enhances their learning skills, increases your baby's IQ, increases self-esteem and builds trust.

Other Helpful Aids

The iPhone also has a variety of other applications that can help with your daily routine. From tracking your medication to your glucose levels, these programs can become a life-saving addition to your daily routine.

Pillboxer by Nixwire - Track all your medications, vitamins and supplements in one place. This helpful application includes a full database of 11,000 FDA approved medications, visual pill box icons that let you track the medications taken during the week, a web reference to look up detailed information about your medication, notification if you've missed any scheduled times and much more.

Glucose Buddy - Diabetes Helper by OneAppOneCause - This application is a smart, easy and effective way to track your blood glucose, food, exercise and medicine. A convenient way to record all of your healthy steps in one place, and help manage your medical care.

Disabled World Updates App on iPhone - The world can be a tough place for those who are disabled or handicapped. Not only is there the challenge of living with your disability, but for many a handicap also brings the stress of living on a fixed income. Whether you yourself are disabled or you help to care for a disabled person this is a must have app. Disabled World Updates delivers the latest news on overcoming disabilities, and new technologies to help you cope with your situation. Whether your life is affected by autism or paralysis there are new discoveries made everyday. So get this app and the next update might just be the one that makes all the difference to you and your family - <http://www.pcworld.com/appguide/app.html?id=116769>

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For more information and assistance, call Deborah McGough, EFMP Case Worker at 577-6533 or stop by M&FSD, Bldg. 129.





**A do-it-yourself facility, stop by and explore the many ways to save money on car care costs!
Tool usage: Standard (SAE) and metric – at no cost!**

Tune-up's... Oil Changes... Rotate Tires... Is your vehicle making a strange noise or sensation? Check it out using one of the lifts at the Auto Skills Shop!



NEW!!! Hours Of Operation
Wednesday - Friday
12pm - 8pm
Saturday & Sunday
8am - 4pm

DATES TO REMEMBER:

NOVEMBER

Thursday, 10th - Know your basic car care
Friday, 11th - Closed (Veterans Day observance)
Sunday, 20th - Customer appreciation day - Free lift use
Thursday, 24th - Closed (Thanksgiving Day)

DECEMBER

Wednesday, 14th - Preparing an emergency kit for your car/truck
Sunday, 25th - Closed (Christmas Day)

General Shop Services Price List

Bay/Stall Use (Without Lift)	\$3.00/hour
Lift Use	\$5.00/hour
Tire Change/Mount	\$4.00 each
Tire Balance (Including Weight)	\$4.00 each
Tire Repair (Including Plug)	\$5.00 each
Tire Disposal Fee	\$2.00 each
Battery Charge	\$5.00/day
Brake Lathe Machine Front or Rear Drum	\$8.00 each
Rotors Turned	\$8.00 each
Vehicle Inspection Checklist	Free

For questions call the Auto Skills Center 577-6441



Do-it Yourself Project Center. "...Give me a dream that allows me to fly - and a place to create it, with all the tools, nearby!"

Do you have a project idea? ... or maybe a special gift you would like to make? It's easy to do-it yourself at this facility! The holidays are coming up fast! Come in to the Wood/Rock Hobby Shop to make the perfect homemade gift for your family and friends. Slice and polish your favorite rocks or make a pendant, necklace, ring or bracelet with a smaller polished rock. Utilize our Wood/Rock Hobby Shop to make a great wood/rock project for the wood/rock lover in the family. Wooden Ornaments available.

DATES TO REMEMBER

NEW!!! Hours Of Operation
Wednesday - Friday 12pm - 8pm
Saturday & Sunday 8am - 4pm



November:
Sunday, 6th - How to refinish old wood instruction
Friday, 11th - Closed (Veterans Day observance)
Sunday, 28th - Tool of the month ~ Dove-tailed jig
Thursday, 24th - Closed (Thanksgiving Day)



December:
Friday, 2nd - Tool of the month ~ Sand blaster/etching glass
Sunday, 25th - Closed (Christmas Day)
All month - Make a wooden Christmas ornament

*All wood, rocks and other project materials must be supplied by the customer, unless otherwise specified. Price list is available at the shop Bldg. 375.

Orientation & Safety Training is available daily as needed... just ask! 577-6692.

**TGIF ... Thank goodness it is Friday ...
ON Wednesdays**

TGFY ... Thank goodness for YOU!

Wednesdays | 1pm - 2pm | Desert View Housing Community Center



**November is
Communication
Refresher**

2nd - Assertiveness
9th - Defense Mechanisms
16th - Irrational Beliefs



**December is
Handling the Holidays**

14th - Holiday Stress
21st - Families - Where do I Fit In?
28th - Goal Setting for the New Year

For further information, contact Betty Murphy, LMFT at 577-6533
Classes are subject to change without prior notice.



Domestic Violence during the Holiday Season



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 is usually an added factor at 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 out do ourselves during the holidays and arguments happen. But what about abuse

during the season? How can it be prevented?

Thanksgiving and Christmas are prime times for abusers who use 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 victim stated, "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. Setting a budget and sticking to it. Also helps with alleviate holiday stress.

If you do find yourself in an abusive situation, it is critical that you stand up and get help. Get to a safe place and call the police if the situation requires. Using the 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 of the holidays.

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 contact Michelle Lawing, Victim Advocate in Marine and Family Programs, Bldg. 129, 577-6533.



Holiday Safety Tips

The holidays are an exciting time of year for kids, and to help ensure they have a safe holiday season, here are some tips from the American Academy of Pediatrics (AAP).

Trees

1. When purchasing an artificial tree, look for the label "Fire Resistant."
2. When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
3. When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
4. Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help keep your tree from drying out and becoming a fire hazard.
5. Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

Lights

1. Check all tree lights—even if you've just purchased them—before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
2. Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
3. Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
4. Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
5. Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Decorations

1. Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
2. Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked over.
3. In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of the reach of children to prevent them from swallowing or inhaling small pieces. Avoid trimmings that resemble candy or food that may tempt a young child to eat them.
4. Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.
5. Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child or can cause a fire if near flame.

Food Safety

1. Bacteria are often present in raw foods. Fully cook meats and poultry, and thoroughly wash raw vegetables and fruits.
2. Be sure to keep hot liquids and foods away from the edges of counters and tables, where they can be easily knocked over by a young child's exploring hands. Be sure that young children cannot access microwave ovens.
3. Wash your hands frequently, and make sure your children do the same.
4. Never put a spoon used to taste food back into food without washing it.
5. Always keep raw foods and cooked foods separately, and use separate utensils when preparing them.
6. Always thaw meat in the refrigerator, never on the counter top.
7. Foods that require refrigeration should never be left at room temperature for more than two hours.

Happy Visiting

1. Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.
2. Remember that the homes you visit may not be childproof. Keep an eye out for danger spots.
3. Keep a list with all of the important phone numbers you or a baby-sitter are likely to need in case of an emergency. Include the police and fire department, your pediatrician and the national Poison Help Line, 1-800-222-1222.
4. Traveling, visiting family members, getting presents, shopping, etc., can all increase your child's stress levels. Trying to stick to your child's usual routines, including sleep schedules and timing of naps, can help you and your child enjoy the holidays and reduce stress.

Fireplaces

1. Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.
2. Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
3. Do not burn gift wrap paper in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.



Trees *for* Troops

Friday, December 9, 2011
Beginning at 9 am

MILITARY ONLY

**One tree per Military family.
First come, first serve.**

**Pick up your tree at:
Desert View Housing Community Center**

**In the event there are trees leftover, an
announcement will be made for civilians via widest
dissemination, MCLB Facebook or Twitter.**

For more information, call MCCS Marketing at 577-5893.

Base Christmas Party

Thursday, Dec. 15th, 2011
5pm - 9pm

Major General James L. Day
Conference Center (Bldg. 38)

Christmas crafts and puppet
show for the kids will be in
Santa's Candyland! (Tennis Court
Area) Make sure your little ones
are bundled up! (heater outside)

Provided by Marine & Family program and
Child Development Center

Live Music * Dinner * Candyland * Santa Claus * Crafts

For more information, call MCCS Marketing at 577-6968.

Open to all Active Duty, Retirees, and MCLB Barstow Patrons, their families and their
sponsored guests. If you have access to MCLB Barstow you may attend this event.



CHILD DEVELOPMENT CENTER PRESCHOOL PROGRAM

The Child Development Center's Preschool Program (CDC) has many opportunities available for your children. Whether you need your child to spend full days of hands-on, creative learning or just three hours a day; there are many options available to meet the needs of you and your child. Each day is filled with well planned activities designed to prepare your child for Kindergarten. The curriculum is planned to allow the child to become aware of and recognize the alphabet and numbers while having fun and working at their own pace. Your children have a consistent routine that includes outside play time, whole group activities, and rotating centers in all areas of development. Social and emotional development is just as important to the children preparing for Kindergarten. Children are encouraged to be self-sufficient and take charge of their own emotions. This is taught through role modeling and guidance from highly trained teachers. The CDC has a full-time Trainer and Curriculum Specialist that works with the teaching staff on a daily basis to ensure that every child receives a high quality learning experience and that the curriculum is up to date with current research on the most effective teaching methods. The CDC is nationally accredited by the National Association for the Education of Young Children (NAEYC). Many resources are available to the children that attend the CDC as well as small class sizes. The CDC provides cooked meals for breakfast and lunch and two snacks each day. The CDC Preschool Program provides an enriching environment for children that encourages growth and self-expression and a great opportunity to meet new friends and have a great time. The most important thing is that children develop a love of learning that will stay with them through Kindergarten and the rest of their education. At the CDC, we develop life long learners. Hope to see you soon!

Child Development Center: 577-6287
Hours of Operation: 5:45am - 5:45pm

Eligible patrons include children of active duty military, active duty reservists, retired military, civilian employees and contractors that work aboard the installation. Fees are determined on a sliding scale based on income. The CDC also has hourly care available. Come get your registration packet at the CDC, building 372.

Child Development Center event

Respite Care is free child care | Every other Saturday of each month | 9am-3pm |
November 5th & 19th | December 3rd & 17th | For active duty military. Children must be registered to participate in this program.



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Closed Sunday & Monday

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Fax (760) 256-3457 invebeautysupply_salon@verizon.net

Domestic Violence – Signs of Domestic Violence



Most relationships have difficult times, and almost every couple argues now and then. But violence is different from common marital or relationship problems. Domestic violence is a pattern of abuse that a partner-former or current partner, spouse, or boyfriend or girlfriend-uses to control the behavior of another. Domestic violence often starts with threats, name-calling, and slamming doors or breaking dishes, and it builds up to pushing, slapping, and other violent acts. If you are concerned about your relationship, ask yourself the following questions.

Does your partner:

- Embarrass you with put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Take your money or paycheck, make you ask for money, or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Threaten to commit suicide?
- Prevent you from working or going to school?
- Act like the abuse is no big deal or is your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you, choke you, or hit you?
- Threaten to kill you?

If any of these things are happening, you need to seek help. It's important to know that you are not alone. The way your partner acts is not your fault. Help is available.

Signs that someone you know is being abused

Do you have a friend, coworker, relative, or neighbor who you think may be in an abusive relationship?

Signs to watch for:

- Bruises or injuries that look like they came from choking, punching, or being thrown down. Black eyes, red or purple marks at the neck, and sprained wrists are common injuries in violent relationships. An injury such as bruised arms might suggest that a victim tried to defend herself or himself
- Attempting to hide bruises with makeup or clothing
- Making excuses like tripping or being accident-prone or clumsy. Often the seriousness of the injury does not match up with the explanation
- Having few close friends and being isolated from relatives and coworkers and kept from making friends
- Having to ask permission to meet, talk with, or do things with other people
- Having little money available; may not have credit cards or even a car

Other warning signs:

- Having low self-esteem; being extremely apologetic and meek
- Referring to the partner's temper but not disclosing the extent of the abuse
- Having a drug or alcohol abuse problem
- Having symptoms of depression, such as sadness or hopelessness, or loss of interest in daily activities
- Talking about suicide or attempting suicide. Encourage this person to talk with a health professional

Be supportive, and let your friend know that you are there to listen and help. For more information contact, Michelle Lawing, Victim Advocate in Marine and Family Programs, 577-6533.





Semper Fit Gym



HEALTH EDUCATION SEMINARS

Available 30-60 minutes to educate you on various topics:

- Physical fitness
- Nutrition
- Stress management
- Injury prevention
- Hypertension education and control
- Alcohol and substance abuse prevention and control
- Tobacco use and cessation
- Suicide awareness
- HIV and STD transmission prevention

Great American Smokeout

November 17th | The American Cancer Society is marking the 36th Great American Smokeout on November 17th by encouraging smokers to use the date to make a plan to quit smoking, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step toward a healthier life - one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are and where to go for help.

American Diabetes Month

November 1st - 30th | November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications.

MCLB WELLNESS PROGRAM

Authorized civilian Marines can now take administrative leave to participate in the Civilian Wellness Program (based on mission demands with supervisor approval). All civilian wellness participants can get a fitness and health assessment, exercise prescription, nutritional guidance, wellness classes and injury prevention/health improvement training. The Wellness Program Packet contains required medical, supervisory and release forms.

National Drunk, Drugged & Driving Prevention Month

December 1st - 31st | Drunk and drugged drivers continue to haunt our roads and highways causing more than 17,000 Americans to die each year; in 2003, 17,013 people died in alcohol-related traffic crashes. According to the Center for Disease Control and Prevention, impaired driving will affect one in three Americans during their lifetimes. In 1982, President Ronald Reagan started National Drunk and Drugged Driving (3D) Prevention Month in an effort to increase community awareness and promote safer streets.

SCHEDULE GROUP PT SESSIONS

Unit PT, Combat fitness training (CFT), Remedial PT and Progressive Functional training programs are available to Marines, MCPD and DOD Fire Dept.

- Progressive combat fitness test preparation & 100% success
- Schedule group training any time of day
- Learn prehab programs to prevent injury
- Core Strength and Balance
- Functional Dynamic Flexibility
- Circuit training including skill enhancements
- Nutrition guidance within training class

BLOOD PRESSURE CHECKS

Get your blood pressure checked anytime on our Blood Pressure Monitor located at the front desk or schedule an appointment. Pick up informational handouts to help lower your blood pressure.

Classes Now Available

Stop by the Semper Fit Gym for an updated class schedule.



For more information on any of the programs, call Semper Fit at 577-6898.

SINGLE MARINE PROGRAM



Movie Night

Wednesdays |
November 16th,
December 7th &
21st | 5pm - 9pm

SMP Rec. Center at Pettit
Hall! Free Food & Fun!



SMP Booze Free Weekend

Friday-Sunday, November (Date to be
announced) 5pm - 10pm All weekend
long activities, get a chance to win \$100
MCX gift card for participating.



BIG MARINE, little marine Relay

Friday, December 2nd

4:30pm - 7:30pm | Semper Fit Gym (Bldg. 44)

Join us for our 2nd Annual BIG MARINE, little

marine Relays. Lots of competition with 1 youth and 1 Marine
paired up to challenge all in relay type games. Sack race, spoon egg
run, balloon head race. Lots of prizes and awards. Come join the
fun!



Poinsettia Fundraiser

Monday-Friday, December 5th - 9th | While supplies last, be a
Secret Santa and give a beautiful gift of a Christmas Poinsettia.



Victoria Gardens Dinner and Shopping Night

Friday, December 17th | 5pm - 9pm | Victoria Gardens, Rancho
Cucamonga, CA | Finish your last minute shopping in single
marine style with a nice dinner included.



Questions, more information or to pre-register for SMP trips, call
AJ Jacobs, SMP Coordinator, at 577-5889.



Events/programs/trips are subject to change without prior notice.

Semper Fit Sports

All Marine Pick-up Games

November & December | Mondays and/or Tuesdays | 11am - 1pm | Come join our Marines in a variety of pick-up games from basketball to volleyball and indoor soccer. Join the fun!

Coed Volleyball

Mondays Starting in November
4:30pm - 5:30pm | Everyone welcome, ages 18 & up please! Come and join us for an afternoon of volleyball.

MCLB All Marine Flag Football Team

Monday & Wednesday | Practices on Sorenson Field. This team is for our 3rd Annual Army vs Marine flag football game that will be in December. (Date & time to be announced)

Ping Pong Night

Mondays in December | Semper Fit Gym Bldg. 44 | Open to all MCLB patrons. We have two tables to play on. Come in and learn how to play ping pong or just compete against each other.

SMP BIG MARINE, little marine Relay

Friday, December 2nd | 4:30pm - 7:30pm
Semper Fit Gym | Join us for our 2nd Annual BIG MARINE, little marine Relays. Lots of competition with 1 youth and 1 Marine paired up to challenge all in relay type games. Sack race, spoon egg run and balloon head race. Lots of prizes and awards. Come join the fun!

Army vs Marine Flag Football

Saturday, December 10th | Location and time to be announced | Join us for our 3rd Annual Flag Football Game as our bulldogs take revenge on the Ft. Irwin Army Soldiers who are 2 and 0.

Ping Pong Tournament

Monday - Friday, December 12th - 16th | Lunch time and after work | times to be announced | please sign up in the gym Bldg. 44

For sports details please look for our event flyers.

Youth Sports Fair



Friday, August 26, 2011

Events/programs are subject to change without prior notice.



Marine Corps Family Team Building

Spouse Social - Meet & Greet

Major General James L. Day Conference Center Bldg. 38 | 9:30am - 11:30am

Tuesday, November 8th - **Holiday and Traveling Safety**

Tuesday, December 13th - **Christmas Cookie Exchange** - please bake 3 dozen of your favorite cookies to share and exchange.

Girls Night In

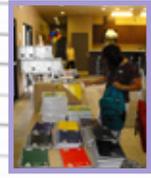
Desert View Housing Community Center | 7pm-9pm

November - No Girl's Night In
Thursday, December 29th

Come join us for a night without the guys and the kids! Spouses are encouraged to come play games, watch movies or just hang out! Different spouses can be the host for each month. Call to reserve your month.

Childcare is not being provided for this event.

Back To School



Wednesday, August 10, 2011

Welcome Home Heroes



Thursday, September 1, 2011

Jane Wayne Day



Friday, September 16, 2011

For more information on the above events/programs call MCFTB at 577-6675 or 577-6408. Events/programs are subject to change without prior notice. Childcare provided for active duty at the CDC, unless otherwise stated. Please call 577-6287 to reserve your spot today, Children must be registered at the CDC to qualify.



Victim Advocate Program

Classes presented by: Marine & Family Programs Division

Transitional Compensation Program Community Brief

Thursday, November 3rd | 1pm | McTureous Hall Classroom

An informative brief on the Transitional Compensation Program for abused family members. This program offers assistance in extending financial and medical services for abused family members as they transition into abuse-free lives. Application procedures and resources will be provided.

“Internet Safety: What Parents Should Know”

Wednesday, November 23rd | 10am | HRO Classroom Bldg. 204

Our children are our nation’s most valuable asset. They represent the bright future of our country and hold our hopes for a better nation. Our children are also the most vulnerable members of society. Protecting our children against the fear of crime and from becoming victims of crime must be a national priority. Unfortunately, the same advances in computer and telecommunication technology that allow our children to reach out to new sources of knowledge and cultural experiences are also leaving them vulnerable to exploitation and harm by computer-sex offenders. This presentation will help you begin to understand the complexities of online child exploitation.

Domestic Violence and the Holidays

Wednesday, December 7th | 10am | McTureous Hall Classroom

A presentation addressing Domestic Violence and the Holidays. Family violence occurs most often during the holiday season for a variety of reasons. Instructions will focus on the dynamics of domestic violence as well as provide you with practical information on warning signs and ways victims or potential victims can protect themselves. It will provide resources available on base, in town, and in California.

Victim Advocacy Services Community Brief

Wednesday, December 21st | 10am | Desert View Housing

Community Center (Location subject to change)

A presentation on Victim Advocacy Services. Discussion will show how VA’s represent the interests of all victims of domestic abuse & sexual assault. Emphasis is on VA information and services.

Contact Michelle Lawing, Victim Advocate at Marine & Family Programs at 577-6533 or stop by our office in Bldg. 129 for more information.



MCX Community Store

Early Bird Gas Day

Discount on Gas

November 3rd, 17th and 26th
December 1st, 15th and 31st

Every 1st and 3rd Thursday
(7am-9am) &
last Saturday (10am-12pm).



Closed to Honor the Holidays

Thanksgiving -
Thursday, November 24th &
Christmas -
Sunday December 25th



Black Friday November 25th
Early Bird Special and great
discounts throughout the store.



Help Santa out, your
local



MCX Community Store
has gift to go.

November is the month for Giving and Thanks

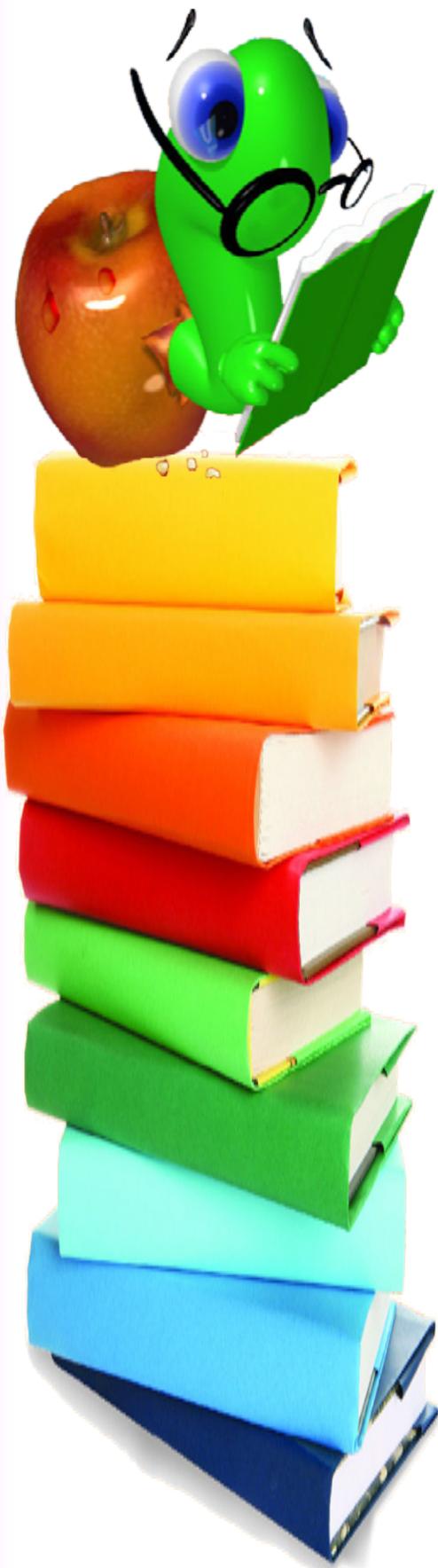
Bring in a canned/boxed item to
be donated and receive a small
fountain drink.



December ... 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, noddles etc. Bring it
back to the Exchange for a free
goodies. We will hang your
snowflake in the store to make
it snow.





Story Time

Every Tuesday
November & December
10:30am - 11:30am

Crafting for the Cause

10:30am - 11:30am
Thursdays
November 3rd & 17th,
December 1st & 15th

Book Club

Wednesdays
December 21st
4:30pm - 5:30pm

November is Military Family Month & Indian Heritage Month

Marine Corps Day

Thursday, November 10th

Veteran's Day

Friday, November 11th
Base Library Closed

National Game Day

Saturday, November 12th

National Recycle Week

Wednesday - Tuesday,
November 9th - 15th

America Recycle Day

Tuesday, November 15th

Thanksgiving Day

Thursday, November 24th
Base Library Closed

Christmas Holiday

Sunday, December 25th
& 26th | Base Library
Closed

Kwanzaa

Monday, December 26th
- Sunday, January 1st

For more information,
contact P&PD Library
Services at 577-6395 or
e-mail [LibraryBarstow@
usmc-mccs.org](mailto:LibraryBarstow@usmc-mccs.org)

Stay in the Loop visit
our website at
[http://www.
mccsbarstow.com/
library/index.html](http://www.mccsbarstow.com/library/index.html)

Library





Marine Corps Logistics Base
Barstow, CA
Cordially invites you to the
Seventh Annual
Military Retiree Open House
Tuesday, November 15, 2011
1100-1300
McCarver Hall, Bldg. 44

R.S.V.P. by calling or emailing
To: (760) 577-6968 or (760) 577-5893
E-mail: barstowmarketing@usmc-mccs.org

Schedule of Events

1100-1130 - Registration & Information Fair
1130 - Luncheon begins
1200 - 1300 - Information Briefs & Raffles



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10AUAM1754 • AC-0255

*You are cordially invited to celebrate the
return of your fellow Marines at a Welcome
Home Celebration in their honor*

Hosted by Marine Corps Family Team Building, the event will take place at the Major General James L. Day Conference Center, Building 38 on Thursday 1 December 2011 from 1630 - 1800

Open to all MCLB patrons and their sponsored guests.
Light hors d'oeuvres will be served.

for more information, contact Julie Wilbanks or Erin Swann.

MCFTB, at 577-6675 or 577-6408.



THRIFT STORE

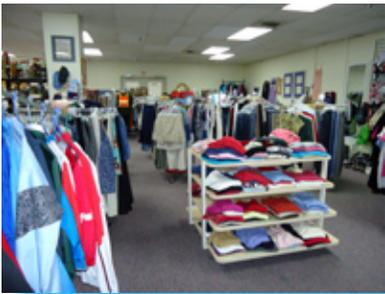


**Open weekly on Mondays and Wednesdays
10am - 12pm**

For those looking to save money and find great bargains, the Thrift Shop at MCLB Barstow (run by Navy-Marine Corps Relief Society Volunteers) offers active duty and retired service members, their families and Civilian Marines with DOD ID cards a place to purchase clothing, small household items, toys and books at nominal prices. Good condition used uniforms are available for active duty Marines and Sailors at a fraction of their original cost. From kitchen appliances, home décor and electronics to craft supplies and clothing for all ages, the Barstow Thrift Shop has a lot to offer.



The Thrift Shop is located in Warehouse #3, and the easiest way to find the shop is (upon entering the Front Gate), take Joseph L. Boll Avenue and turn left on Wake Avenue (the road to Building 15 also known as Headquarters Building). Next turn left on 9th Street (which is right across from the front of the Base Chapel). You will then see Warehouse #3 in front of you. Make a left on 11th Street, proceeding carefully around the warehouse. The Thrift Shop is located on your right (the east side of the building).



All sales received by the Thrift Shop are returned to the Sailors, Marines and their families in the form of relief services.

For more information, including information on volunteering, contact Mrs. Miriam White, Chair of Volunteers and Manager of the Thrift Shop at (760) 256-0444 or visit the Thrift Shop during their open hours.



NAVY MARINE CORPS RELIEF SOCIETY

Baby's First Seabag Program

Knit and crochet for expecting or new Navy and Marine Corps mothers.

Be a volunteer while working at home, supplies will be provided. Program starts Thursday, October 13, 2011. Come meet us every Thursday at 10am at the Base Library.

For more information call (760) 256-0444

