



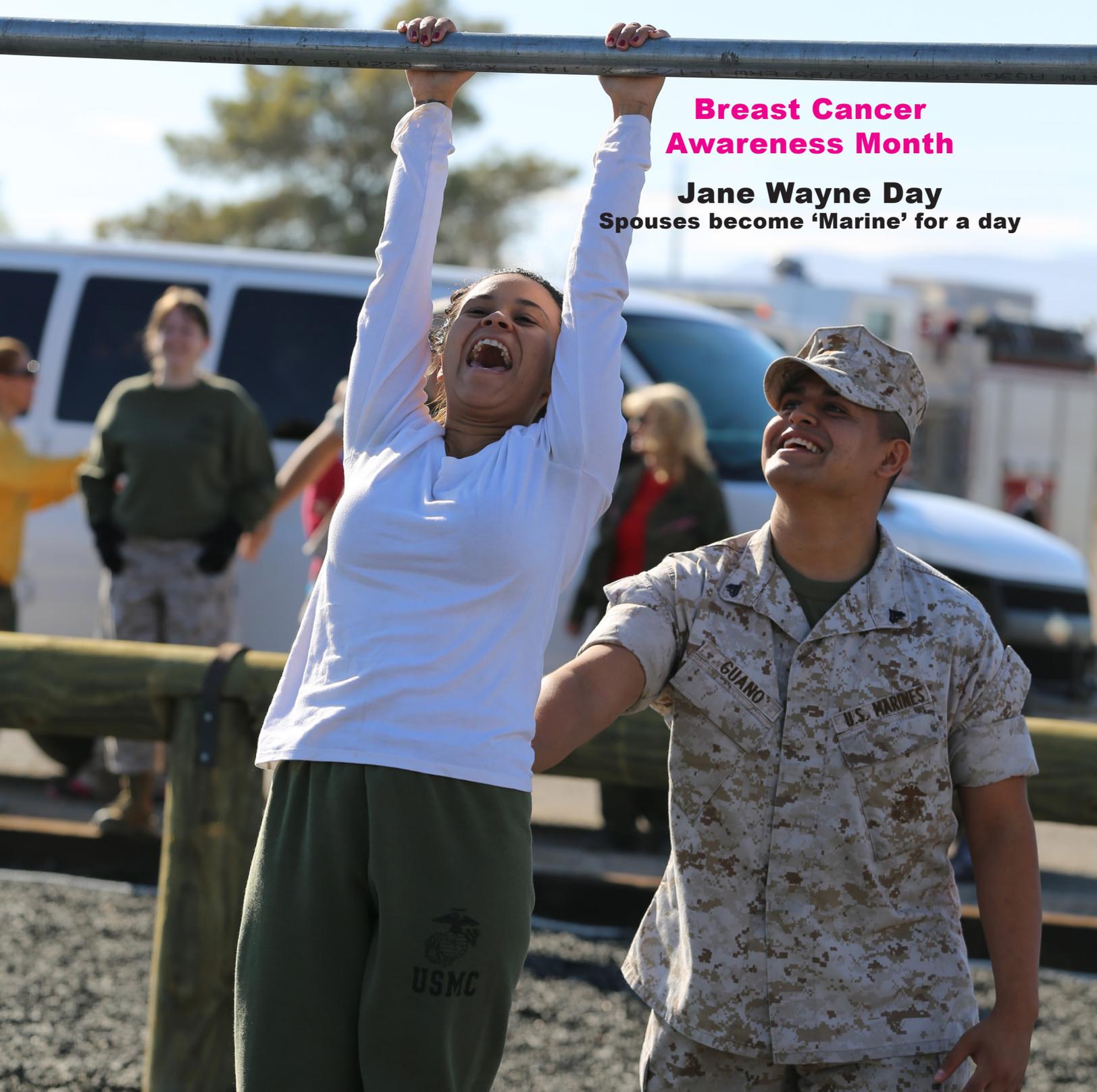
# PRO THE SPECTOR

Vol. 3 No. 20

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

October 23, 2014

IN THIS ISSUE:



**Breast Cancer  
Awareness Month**

**Jane Wayne Day**  
Spouses become 'Marine' for a day

## On The Cover:

### Front Cover:

**Photo by: Cpl. Samuel Ranney**

Corporal Diomar Guano, postal clerk on Marine Corps Logistics Base Barstow, Calif., assists his wife, Stephanie Guano, in completing the O-Course on Jane Wayne Day, Oct. 17. Jane Wayne Day allows military spouses the opportunity to be a 'Marine' for a day.

### Back Cover:

**Photo by Nate Lopez**

Staff Sgt. Frank Kovach, training chief on Marine Corps Logistics Base Barstow, Calif., walks with his son, Blake Kovach, 4, during MCLB Barstow's Domestic Violence Prevention Survivor Walk, Oct. 21.



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Sgt. Maj. Karl D. Simburger, Base Sergeant Major

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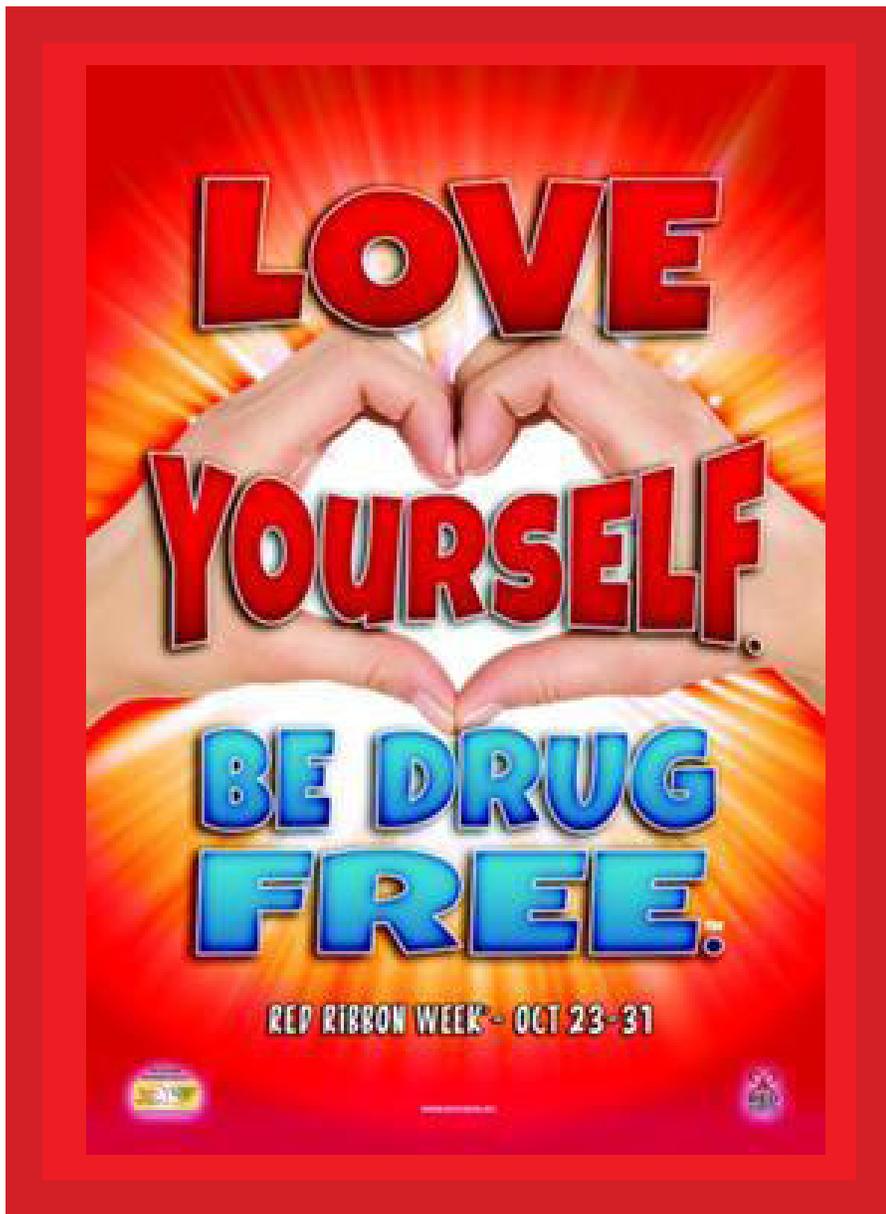
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The National Family Partnership organized the first Nationwide Red Ribbon Campaign. NFP provides drug awareness by sponsoring the annual National Red Ribbon Celebration. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America.

## On the web

### Website:

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

### Follow us on:

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

[http://www.twitter.com/#!/MCLB\\_Barstow](http://www.twitter.com/#!/MCLB_Barstow)

2





Photo by: Cpl. Samuel Ranney

The Marine Corps Logistics Base Barstow Single Marine Program coordinator, A.J. Williams, (second from the left) poses with Marines stationed here for a group picture in front of Universal Studios, during an SMP trip, Oct. 17. The SMP gives single Marines the opportunity to leave base, build morale and enhance camaraderie.

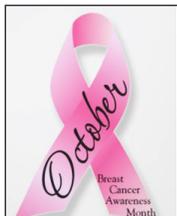
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# News Briefs

## Bullying Awareness

October is Bullying Prevention Awareness Month, and fortunately, more people than ever are aware that bullying exists—including in the workplace—and more institutions are adopting anti-bullying policies. However, victims of bullying still often feel embarrassed and isolated and may not know what they can do to defend against abusive behaviors directed at them.

The Department of the Navy Civilian Employee Assistance Program (DONCEAP) offers 24/7 confidential assessment, referral, and short-term consultation for any personal concern. Work/Life specialists will also help employees manage day-to-day responsibilities and life events by providing information and personalized referrals for child care, elder care, schools and financial aid, relocation, home maintenance, and other daily life needs. Plus, the program offers discounts on a wide variety of popular products and services.

**For 24/7  
DONCEAP assistance:**

1-844-DONCEAP  
(1-844-366-2327) | Domestic

1-888-262-7848 | TTY

1-866-829-0270  
International  
DONCEAP.foh.hhs.gov

## Leave Share Program

The following is a comprehensive list of individuals currently affected by medical emergencies and are in need of leave donations:

**Christopher Garcia, Amy Loughridge, Clarisa Mat-tig-Smith, Charmaine Runne, and Konrad Miles**

Anyone desiring to donate annual leave under the Leave Sharing Program may do so by obtaining a leave donor application form from the Human Resources Office. Ensure completed forms are turned into HRO as well. For more information, contact Michelle Cunningham at 760-577-6915.

## USMC BALL 2014 Limited Edition, Bottle Opener Coins For Sale

This year's USMC Ball committee is selling bottle opener coins to raise money for this year's Birthday Ball. Please get them while they last for **ONLY \$10**. For more information, contact Gunnery Sgt. Jeffery Worley at 577-5821 or email [Jeffery.j.worley@usmc.mil](mailto:Jeffery.j.worley@usmc.mil) or stop by the S3 section of Bldg. 15.

## ITT Specials

The Information, Tickets and Tours office has tons of great offers to make your summer sensational! These include:

Knott's Soak City, Hurricane Harbor, Raging Waters and hotel discounts.

For more information about these and other offers, contact ITT at 577-6541.

## Ball Tickets

The 239th Marine Corps Birthday Ball will be held on Nov. 8, at the Mirage Resort and Casino in Las Vegas. Tickets will be starting at \$25. For more information, contact Gunnery Sgt. Jeffery Worley at 577-5821, email [Jeffery.j.worley@usmc.mil](mailto:Jeffery.j.worley@usmc.mil) or stop by the S3 section of Bldg. 15.

## Career Resource

If you are looking for employment, check out the weekly employment listing provided by the Career Resource Center at [www.mccsbarstow.com/career-resource.html](http://www.mccsbarstow.com/career-resource.html). For employment job search, or resume writing assistance, call the Career Resource Program at 577-6533.

## Today in History

On October 23, 1983, a suicide truck driver bombed the Marine barracks in Beirut. The Marines were there on peacekeeping duty during the Lebanon civil war. Out of the 1,800 Marines stationed there at the time, 220 were killed along with 21 from other services.

### Energy Tip:

Wash only full loads in a dishwasher and use only the shortest cycle that will get your dishes clean. If operating instructions allow, turn off the dishwasher before the drying cycle, open the door and let the dishes dry naturally.

# JANE WAYNE DAY: SPOUSES SAMPLE MARINE LIFE

**Story By:**  
**Laurie Pearson**  
Public Affairs Specialist

Spouses participated in Jane Wayne Day aboard Marine Corps Logistics Base Barstow, to sample a day in the life of their active duty loved ones, Oct. 17.

“It’s a lot of fun to be able to do things that most people can’t. After all, how many chances do you get to fire an M-16A4?” said Sarah Koepp, special projects director at Baker Valley Unified School District and wife to Sgt. William Koepp, career planner here.

The military spouses participated in several events throughout the day, to include a K-9 demonstration, scaling the newly built obstacle course, firing pistols and rifles at the range, observing a demonstration at the test track, and a railway demonstration.

“I always see what Marines do, but never realize just how difficult it can be to, say, run

an obstacle course, or hit a target. I get home from JWD with even more respect for what Marines do,” stated Miriam Hemme, wife to Capt. William Hemme, operations officer at Fleet Support Division, Production Plant Barstow.

Hemme also received the “Gung Ho Award,” by group applause, for her enthusiastic participation in the JWD events, which included her wearing a helmet equipped with a mounted camera to document the activities. She later enjoyed sharing the video clips and reliving the events in high definition with her husband, family members and friends.

“I enjoyed sharing the experiences with the other spouses the most,” said Hemme.

Julie Wilbanks, the Marine Corps Family and Team Building Director for MCLB, Barstow, and the Family Readiness Officer, who worked with military and civilians alike in planning Jane Wayne Day, emphasized the importance of bonding with other spouses.

“The camaraderie for spouses is important. It’s a chance to see part of what their husbands do while serving on active duty. They get to be involved and it’s fun to watch them interact,” said Wilbanks.

“I love being involved in the camaraderie of the spouses and our active duty members,” explained Koepp. “I think some spouses are afraid to try (JWD) because they think they will look silly or they won’t know anyone, but everyone is so supportive and I feel like it brings our community a little closer.”

For Kristina Waddell, a writer, homemaker, and wife to Sgt. Steven Waddell, platoon sergeant at FSD, there was a lingering sense of ‘accomplishment and delight’ to find that she was able to do more than she realized she could.

“Wow, it’s over ... I’m kind of awesome now,” she reminisced.

She even took away new ideas for a hobby she could enjoy bonding over with her husband.



Photo by Laurie Pearson

*Military spouses participate in Jane Wayne Day, at Marine Corps Logistics Base Barstow, Oct. 17. The event allowed loved ones to experience some aspects of military life.*

“(We will be) refining my new found ability to shoot a gun,” stated Waddell.

“(JWD) brings me closer to my spouse when I see firsthand some of the things he does,” said Koepp. “Before (JWD) I had no idea what he meant when he said, ‘I had to pull pits at the range today,’ now I know ...” she explained.

Many of the spouses reflected similar sentiments when it came to advice they would offer other spouses, such as: try something new; learn a new skill; spend time getting to know someone new; have fun; remain flexible.

“Semper Gumby ... Always Flexible,” said Hemme.



Photo by Cpl. Samuel Ranney

*Corporal Diomar Guano, postal clerk on Marine Corps Logistics Base Barstow, Calif., assists his wife, Stephanie Guano, in completing the O-Course on Jane Wayne Day, Oct. 17. Jane Wayne Day allows military spouses the opportunity to be a ‘Marine’ for a day.*



Photo by Cpl. Samuel Ranney

*Participants climb ropes during the O-course portion of Jane Wayne Day, Oct. 17. Jane Wayne Day builds camaraderie amongst spouses as they share military experiences.*

# OCTOBER IS BREAST CANCER AWARENESS MONTH



## **Breast Cancer Awareness Month ...**

### **Continuing the battle, never giving up**

Courtesy of:

Sonja Morales, LPN

Cancer Awareness Committee Chair, Fort Irwin

Every October, increased awareness is brought to Breast Cancer by our nation. It affects our mothers, daughters and sisters-as well as our fathers, sons and brothers. Breast cancer is the second most common cancer and the second most common cause of cancer deaths in women in the United States. An estimated 200,000 newly diagnosed cases have been reported in 2014 so far and approximately 40,000 women have lost their lives. Breast cancer affects an estimated 200 men a year, and an estimated 400 cases result in death. And while most people are aware of the severity of the disease, many forget to take the simple steps to detect it. Detection and screening are your first defense against this disease. Self-exams, breast exams by a clinician, mammography and recognizing your norms can provide you some early warning signs. It is more likely to be cured if caught early. Over the last 20 years, breast cancer mortality rates have declined thanks to early detection and improved treatments.

In addition to conventional treatments, holistic treatments, such as a proper diet, proper sleep and regular exercise, have also been associated with decreased risk of many diseases, including breast cancer. The American Cancer Institute recommends that women be proactive with their breast health by utilizing the recommended screening methods, scheduling regular visits with their health care providers and getting mammograms-women 40 and older should begin getting mammograms every year.

All of us should be taking charge of our overall health.

**Take a stand-Get checked!!**

# Have a Happy and Safe

## Halloween on MCLB

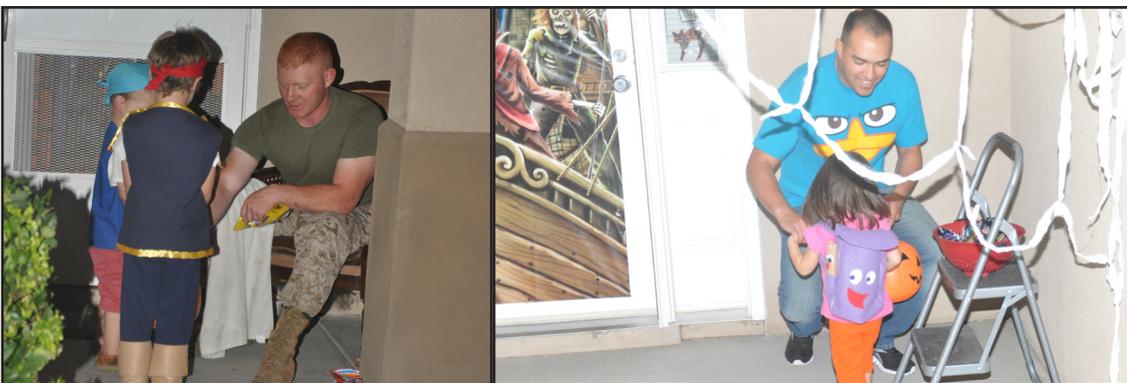
### Information compiled from Base Safety

Whether going out of town or Trick-or-Treating with family on base, Marine Corps Logistics Base Barstow's safety office encourages everyone to have a fun and safe Halloween. Here are a few guidelines for Trick-or-Treating on base and some safety tips.

**\*Base housing Trick-or-Treating will be from 6 to 8 p.m. All children must be accompanied by an adult and have a flashlight or reflective device.**

- Tell your children not to eat any treats until they return home.
  - Teach your children to never enter a stranger's home
- Make sure your child or a responsible adult with them carries a cell phone for quick communication.
- All motorists need to be especially alert and cautious when driving on Halloween because of the high number of pedestrians walking the streets.
  - Watch for children darting out from between parked cars.
- Discourage teens from driving on Halloween. There are too many hazards and distractions for inexperienced drivers.
  - Review all appropriate pedestrian and traffic safety rules with your children.
  - Insist that treats be brought home for inspection before anything is eaten
  - All costumes, wigs and accessories should be fire-resistant.
- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first.

For the adults who participate in Halloween festivities, costume parties are lots of fun, but if you choose to drink, do so responsibly. The National Highway Traffic Safety Administration reports that Halloween is one of the most dangerous nights of the year for alcohol-related traffic deaths. Forty-four percent of all traffic deaths on Halloween occur as a result of driving while intoxicated. This is even higher than New Year's Eve, which averages 41 percent! If you drink, do so in moderation. Make sure to eat and alternate alcoholic beverages with non-alcoholic ones. Designate a driver or plan to take a cab before the first sip of alcohol!



*(Left) Children on Marine Corps Logistics Base Barstow, Calif., Trick-or-Treat with their families on base housing here. Trick-or-Treating on base will be from 6-8 p.m., children must be accompanied by an adult.*

Photos by Cpl. Samuel Ranney

# MCLB BARSTOW AT A GLANCE



There are many unique things about being stationed on Marine Corps Logistics Base Barstow; one of which is the chow hall ... there isn't one. Instead, there is a Family Restaurant where the Marines and base employees are treated as such -- family.

"We get to interact more with the customers," said Mona Garcia, food service worker here. "On other bases, the workers in the dining facility don't get that opportunity because of how many people they have to serve."

Dianne Ysals, manager of the Family Restaurant, added that the small community on base gives the employees and customers a better chance to get to know each other.

"We cook our food here with love and care," said Ysals. "We take the time to make the food so it tastes good. We know the majority of our customers personally and know how hard everyone works, so we try to make lunch a getaway."



(Left) Marines from Headquarters Battalion, Marine Corps Logistics Base Barstow, Calif., receive domestic violence prevention training through a musical performance, Oct. 14. 'Domestic Violence the musical?' by Fix the Hurt, aims to educate its audience on recognizing and preventing domestic violence using an interactive approach.



(Above) Gunnery Sergeant Robert Bansfield, inspection chief with Headquarters Support Battalion on Marine Corps Base Camp Pendleton, inspects the Bachelor's Enlisted Quarters on Marine Corps Logistics Base Barstow on behalf of the Commandant of the Marine Corps, Oct. 16. The inspection was to ensure the Commandant's 'Reawakening' guidelines are being followed Marine Corps wide.

# MCCARVER HALL NAMED AFTER BARSTOW NATIVE

**Story by:**  
**Keith Hayes**  
Public Affairs Specialist

McCarver Hall, the base gym, is one of the most visited facilities aboard Marine Corps Logistics Base Barstow and is named after a Marine who was the first resident of Barstow killed in action during the Korean conflict.

William Logan McCarver was born in Barstow September 9, 1930, to William Hazard McCarver and Eula Martha Evans.

McCarver enlisted in the Marine Corps in July 1948 in Los Angeles.

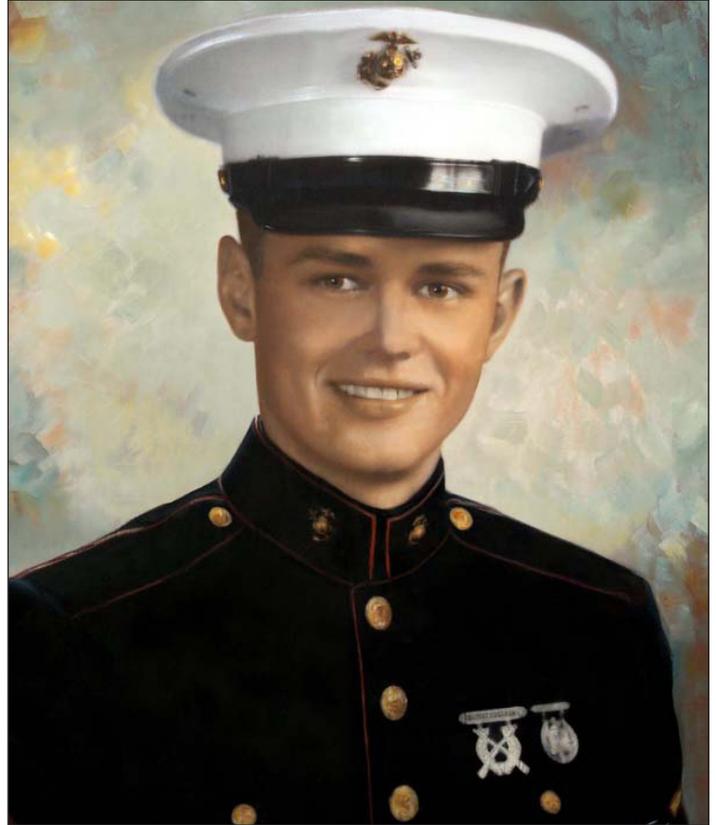
After boot camp at Marine Corps Recruit Depot San Diego, he reported in November 1948 to what was then Marine Corps Depot of Supplies in Barstow.

With the outbreak of the Korean conflict on June 25, 1950, McCarver was transferred to Marine Barracks U.S. Naval Station Treasure Island where he was assigned to Company D, 2nd Battalion, 5th Marines, 1st Provisional Marine Brigade.

He and the brigade's 6,500 Marines, under the command of Brigadier General Edward A. Craig, sailed for the Korean peninsula on July 12, 1950.

McCarver arrived at Pusan, Korea, on August 2. He was killed in action by gunfire while defending his position at the perimeter on August 17, 1950, during combat in Changyong, Korea, three weeks before his twenty-first birthday.

On October 30, 1950, the commanding general of MCDS Barstow,



*Private First Class William Logan McCarver*



*Photo by: Keith Hayes*

Recreation attendants (left) Hanna M. Hazelett, a native of Barstow, Calif., and Joshua M. Ferreira, also from Barstow, display the plaque dedicating the facility to Cpl. William Logan McCarver.

Brig. Gen. Fred S. Robillard requested permission to honor Corporal McCarver's sacrifice by naming the Depot's newly minted gymnasium as McCarver Hall.

Visitors to the gymnasium might want to pause a moment to read the plaque located in the window to the right as you walk through the front door of the gym:

"Dedicated to Corporal William Logan McCarver, U.S.M.C., Born 9 September 1930, Killed in action in Korea on 17 August 1950."

McCarver was entitled to wear the Purple Heart, the National Defense Service Medal, the Korean Service Medal, the Republic of Korea Presidential Unit Citation, the United Nations Service Medal, the Republic of Korea War Service Medal and the Combat Action Ribbon (Navy).

His remains were transferred from the U.S. Army Cemetery at Miryand, Korea in August 1951 to its final resting place at Rose Hills Memorial Park in Whittier, California.

# AROUND THE CORPS

*A look at the Marine Corps outside of Barstow*



*Cpl. Clayton J. Filipowicz*

*Gen. James F. Amos, the 35th Commandant of the Marine Corps, passes the colors to Gen. Joseph F. Dunford, Jr., during the change of command and subsequent retirement ceremony Oct. 17, 2014 at Marine Barracks Washington, D.C. After more than 44 years of military service, Amos passed the duties as senior-ranking officer of the Marine Corps to Dunford, who has now become the 36th Commandant of the Marine Corps.*



*(Left) Corporal Spencer Perez (left), a scout sniper with Weapons Company, 2nd Battalion, 5th Marine Regiment, 1st Marine Division, talks a Marine through a rappel down Sardine Rock, Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., Oct. 4. Combat Logistics Battalion 6 teamed up with 2nd Bn., 5th Marines for a month-long Summer Mountain Warfare Exercise aboard MCMWTC, where they are learning survival skills in the Sierra Nevada Mountains. The training package helps to ensure the readiness and relevance of 2nd MLG forces to be employed in support of combatant command requirements.*

# CHAPLAIN'S

# CORNER

## A HEAVENLY DAY ...

**Submitted By:**  
Chaplain Earls,  
LT, CHC, USN

I remember a few weeks ago when I was headed into work after a long, and I do mean long weekend. I'm sure you know what I mean when I say that the last thing I wanted to do was begin the hour long journey to work (I live in Temecula). In the first few moments of my drive the overwhelming feeling was one of dread and loathing. It was looking like it was going to be a bad Monday, but at that moment I saw the full moon, still visible in the dawn light, just over the foothills that surround my house. At that sight I was reminded of one of my favorite verses, Psalm 19:1 "The heavens are declaring the glory of God and the sky

above proclaims his handiwork."

I realized that even when I'm tired and don't feel like doing the things I need to do, I am loved by a God who has created not only me but the whole universe and its beauty declares His majesty and glory. This doesn't solve the difficulties and pains that we might experience but it puts them in their proper perspective. God loves us and He is big enough and powerful enough to place the moon in the stars and make it visible even in the early dawn light. He will watch over us even in the midst of long Mondays. So if you're feeling some of that dread and loathing towards the things that are before you don't forget to look to the heavens and the stars as they declare the glory of God.



