

BARSTOW LOG

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Marine Corps Logistics Base Barstow, California

April 1, 1999

April is Earthquake Preparedness Month

Submitted by

Barstow Emergency Services

On the average, a damaging earthquake strikes somewhere in California every two years. Since 1987, however, Southern California alone has been hit by at least nine damaging quakes.

Seismologists believe that a major earthquake – magnitude seven or larger – is likely to occur somewhere in Southern California within the next 30 years.

Because the San Andreas Fault is the long-

est fault in the region, it produces the largest earthquakes. Scientists estimate that large earthquakes on the San Andreas occur about every 130 years. The largest earthquake on the southern portion of the San Andreas in recorded history occurred in 1857. The fault ruptured all the way from Parkfield in southern Monterey County to Cajon Creek in San Bernardino County. Scientists estimate its magnitude at 7.8.

Recent events show that earthquakes on other faults can have considerable impacts.

The Northridge earthquake in 1994 caused

57 deaths, more than 9,000 injuries and \$40-42 billion in property losses. Scientists estimate that more than 200 faults in the area are capable of causing an earthquake of magnitude six or greater. Most everyone in Southern California lives within 30 miles of one of these faults.

No one knows when or where a quake will occur, but everyone can reduce their risk of death, injury and property loss by being ready when an earthquake hits.

See Page 9 for important earthquake survival tips.



Daylight Savings begins Sunday

at 2 a.m.

Don't forget to spring ahead one hour.

Maintenance Center plans AAV rollout

Compiled by

Public Affairs Office

The first of the Marine Corps' amphibious assault vehicles rebuilt at the Maintenance Center here rolls off the production line May 6 at 10 a.m. at Building 573.

The rebuilt AAV incorporates the reliability, availability and maintainability rebuild to standard (RAM/RS) manufacturing process.

"The AAV RAM/RS program not only provides workload for employees of Maintenance Center Barstow but also reflects the type of work that can be accomplished through a partnership relationship with private industry," said Col. Joseph Martin Jr., Director, Maintenance Center Barstow.

In addition to a host of dignitaries, five maintenance center personnel will be recognized during the rollout for their significant team contributions to the program's success. Two people from the Heavy Mobile Equipment

Business Center, two from the Support Business Center, and one from the Communications/Electronics Business Center will be chosen to represent their respective teams. Each representative shall be selected through an anonymous voting process conducted by a union representative in April. The employees of each business center will vote for whomever they feel made the most significant contributions to the project. The team representative who garners the most overall votes will be recognized as well.

"We didn't want management to do the voting," said Joann Bond, AAV RAM/RS rollout chairperson. "We want the personnel who are physically in contact with the production of the vehicle to vote. The employees know best who made the most significant contributions to the team."

Each business center representative will receive a certificate and other mementos during the rollout.

Navy-Marine Corps Relief Society Fund Drive underway



Col. Mark A. Costa, Base Commander, and Christie Latour, branch manager, inspect a "Baby's 1st Seabag" – one of the benefits the NMCRS has to offer new parents. For more information about other NMCRS services, call 256-1378, and see page 7 for a list of this year's fund drive events.

Photo by Cpl. Mike McQuillan

EARTHQUAKE Before an Earthquake

Update or assemble your emergency supply kit.

Include the following supplies:

- Nonperishable food and drinking water (one gallon/person/day)
- Foods for people with special needs (infants, seniors)
- Additional food, water for pets
- First aid kit and special medications
- Flashlights
- Battery operated radios
- Extra batteries
- Sturdy shoes, extra clothing, blankets
- Sturdy work gloves
- Emergency cash
- Adjustable wrench and other tools
- Whistle
- Manual can opener

Choose an out-of-state contact.

Identify the safe spots in each room:

- Sturdy desks and tables
- Interior walls

Identify hazards in each room:

- Windows
- Mirrors
- Hanging objects
- Fireplaces
- Tall unsecured furniture

Reduce hazards:

- Check chimney, roof and foundation.
- Bolt the house to the foundation.
- Strengthen cripple walls.
- Brace water heater and other appliances.
- Secure hazards identified in hazard hunt.
- Place heavy and breakable objects on lower shelves.

Hold practice drills.

Learn first aid and CPR.

Learn how and when to turn off utilities.

The Commander's Forum

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535 or send your concerns via LAN to COMMANDER'S FORUM@HQTRS1.

Why are we moving hazardous waste operations?

Q: I am concerned about the pending move of the hazardous material handlers from the Environmental Division to the Material Management Support Division. These three positions are not just handlers that move hazardous waste from point a to point b. They perform key environmental functions including signing manifests profiling waste, determining analyticals for proper identification of hazardous waste, and assisting in the process generation point of the inspections. These functions help ensure that our base is environmentally compliant. Currently, these employees report directly to the Environmental Division Compliant Branch Head who has the expertise, knowledge, and responsibility

to ensure MCLB's environmental compliance. With all due respect, why change the system that works so well. I believe that this move will cause major problems in hazardous waste handling operations including possible notice of violations and fines. This hasn't happened with the handlers in the current position within the Environmental Compliance Branch, so why would we want to make such a move? Thank you."

A: Thank you for your interest in the continued viability of the hazardous waste operation at the base. Your concerns raise the opportunity for me to address the subject of hazardous waste management directly and our pursuit of improving our services.

We intend to achieve two benefits from transferring the function of hazardous waste disposal to material management operations.

First, hazardous material from initial procurement through final disposition as a waste will be under the oversight of one organization - the Material Management Support Division. Second, with centralized oversight of all related activities of hazardous materials, our pollution prevention program will be enhanced.

By integrating the disposal activities into the total material management activities we achieve total oversight of a process (hazardous material management) under one process owner. This is consistent with the concepts of process improvement and total quality that the base has adopted. Material management should be viewed as a total process

from requirement determination, through procurement and use of the material to final disposition or disposal. This approach should be used for both hazardous as well as non-hazardous materials. In this case, the highly qualified hazardous waste specialists will continue to perform their tasks and responsibilities as before and still be required to comply with all regulations. In fact, the same compliance personnel that oversee enforcement now will still have the same responsibilities and authority in enforcement.

Additionally, our pollution prevention program should also benefit from this realignment. Our Material Management Support Division will be instituting a "pharmacy" type issue process for hazardous materials that will reduce the amount of waste generated by issuing only the quantity of material

needed. This should generate less waste and directly contribute to the reduction of pollutants. Again, their ownership of the entire "cradle to grave" process of hazardous material will put them in the best position to monitor and assess pollution prevention activities directly related to reduction in the use of hazardous materials and generation of hazardous waste.

Let me assure you, any structural change or functional realignment we implement on the base will carefully consider all of our statutory and regulatory requirements. We are proud of our compliance record and will continue to be leaders in how to do business while being conscious of the impact on the environment. Again, thank you for your concern and interest in the base maintaining its outstanding record of environmental compliance.

What's the big deal about Easter?

By Lt. Michael Michener
Base Chaplain



Every year Easter seems like a big deal. All the hoopla kicks off with Palm Sunday as Christians usher in Holy Week. The week is filled with worship

services including Maundy Thursday services, also known as Tenebrae service, and Good Friday services, Easter Sunrise services and finally culminating in the regular Easter Sunday service.

I remember when I was a boy back in Ohio, our family would participate in an Easter Sunrise service and then the small church I attended would always have a huge breakfast of pancakes, sausages, eggs and whole milk fresh from the cow. We lived in a farming community. All the food was fresh, and it tasted so good.

I remember enjoying the fellowship of all the adults and playing with the other kids. Then, we would sit through another worship service and I would see people at church that I never saw before — or again — until the next Easter.

After church our family would go to my grandparents and meet my cousins there and we'd have a big dinner of ham and homemade pies. Then we were ushered into the living room while grandpa hid the Easter eggs outside. We would go outside and the girls almost always found more eggs than the boys did. I think they planned it that way.

This year my two daughters will be getting new dresses. Sometimes I wish they wouldn't grow up so fast. My wife usually does a great job of finding dresses for the girls at bargain prices. When the girls were little, Jennifer would make their Easter dresses and buy little bonnets for them so they had the "Little House on the Prairie" look. And of course, Zack will

See CHAP Page 10

Chapel Hours

Easter Sunrise Service Sun. 6:30 a.m.
Catholic Mass Sun. 10:30 a.m.

Confession services before Mass

Yermo Bible Study

Tue. & Thu. 11 - 11:30 a.m.
At the **Colonel's Workshop**
For more info, call Chris Moya
at 577-7268.



Personal computer issues

Q. How can I find out if my home PC is ready for the change from 1999 to 2000?

A. The first step in the process is to find out if your computer is Y2K compliant. Go to the manufacturer's website. On these sites, you will most likely be told if your system is Y2K compliant, or you will be given instructions on what to do to make it compliant. If you have an older system or the manufacturer is out of business the solution may be a hardware upgrade. If a website is not available, then you will need to contact the manufacturer directly. You can also link to numerous Y2K sites to get more information on tools and remediation procedures. Many manufacturers and Y2K sites are also offering freeware to help resolve Y2K difficulties, so check out all your options before you are tempted to purchase Y2K remediation tools.

Q. How serious are the potential problems for PC owners?

A. Compared to the mainframe computers used by large businesses and government institutions, PC owners have little to worry about beyond a small potential for minor inconveniences. Computers with Intel Pentium CPUs or other processors built after 1997 shouldn't have any Y2K hardware problems at all. Owners of most older PCs can conduct a simple test to make sure the machines Basic Input/Output System (BIOS) that controls the most basic machine functions will properly keep track of the time after the century changes.

Here's how to test your PC: First, temporarily disable any programs that normally

See Y2K Page 8

BARSTOW LOG

Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

Easter Egg hunt

The Provost Marshal's Office, MCLB Fire Department, MCCA and the Child Development Center will host an Easter Egg hunt April 2, from 9-11 a.m. at Cape Gloucester Park. All military family members age 13 and under are invited. Prizes donated by Wal-mart and the Lake Delores security office will be awarded. For more info, call Sgt. M. Dallas Miller at 577-6514.

Free disposal of bulk items

The City of Barstow is offering free disposal of bulk items at the county dump April 10. Base residents may leave their things at curbside, no later than noon April 9 for base housing to take to the dump. No tires or scrap wood will be accepted.

For more info, call Sgt. Mario Rivas at 577-6871.

Volunteer bicyclists needed

Bicyclists are needed to accompany seven physically challenged athletes down Boll Ave. to Daggett April 13 at approximately 1 p.m., as they make their way across the

nation. The 1999 Transcontinental "Triathlon for Life" is a group of physically challenged athletes biking, running and swimming across the United States from Santa Barbara, Calif., to New York City. To volunteer or for more info, call SSgt. Matt Olivolo at 577-6451.

Good Friday Mass

A Good Friday Mass will be held at 4:00, Friday, April 2, at the Base Chapel, Bldg. 128. Father Marion will be the celebrant. For more info about the mass or the Command Religious Program call Cpl. Brad Price at 577-6849.

Easter sunrise service

An Interdenominational Sunrise service will be held at the Base Chapel, Bldg. 128, at 6:30 a.m. April 4. Catholic Mass will be held at 10:30. For more info, call Cpl. Price at 577-6265.

Job Fairs scheduled

A Veteran's Job Fair is scheduled for Wednesday from 9 a.m. to 2:30 p.m. at Gate 8 at the National Orange Show Fairgrounds, San Bernardino.

The job fair is open to all.

The Camp Pendleton Spring Career Fair '99 will take place from 9 a.m. to 2 p.m., April 22, at the South Mesa Staff NCO Club, Bldg. 2022850, Camp Pendleton. It is the largest career fair conducted on the West Coast for separating and retiring military personnel and their family members.

For more info on these fairs, call MCCA, Personal Services Division at 577-6265.

Additionally, Barstow College will host a Career & Education Fair in the campus gymnasium at 2700 Barstow Road from 10 a.m. to 2 p.m., April 15.

The fair will provide information about transfer to four-year colleges

and workshops on resume writing and interviewing skills. For more info, call 252-2411, ext. 7236.

Baby Sitter certification class

The American Red Cross is offering Baby sitter Certification class April 8 from 8 a.m. to 3 p.m. at the Child Development Center. The class is open to all military or MCLB Barstow family members age 12 - 18, who are interested in baby-sitting aboard base. Registration - which must be paid by April 5 - is \$16 and includes the American Red Cross Baby Sitter's Guide and certification card. A sack lunch is also required.

For more info, call Grace Walls or Michelle Phillips at 577-6049/6287.

"Dunk a Cop" for fun

Remember the military policeman that pulled you over for going

"just a little too fast" in base housing when you were running late to work? How would you like the chance to drop him (or her) in a tank of water? Well now is your chance.

The Barstow Military Law Enforcement Association is holding a "Dunk a Cop" for fun day in conjunction with a donations-only car wash Saturday from 10 a.m. to 3 p.m. in front of the base exchange.

For more info, call GySgt. Paul Leigh at 577-6666.

Gate construction

The Yermo Annex gate construction began Monday. Construction should be completed in six weeks. Contractors set up an alternate traffic flow which includes one side of the main gate side to be shut down at intermittent times. Personnel should expect minor delays while the construction is taking place. The rear gate should expect virtually no complications with traffic flow.



MCCS Update ...

By James H. Gaines
MCCS Publicity

7-Day store parking lot closed

The 7-Day Store parking lot is closed until further notice. This is because of new gas pump installation and the renovation of the 7-Day Store. The approximate completion date for the 7-Day Store is June, completion date for the gas pumps is September. Please use the main exchange parking lot and store entrance.

We apologize for any inconvenience this may cause. For further info., contact Sgt. Keith Washington at 256-8974.

Great buys at MCX

Sharp Color TVs - 13-inch \$89.99, 19-inch \$159.99, 27-inch TV/Stereo \$269.99

The Exchange is open Monday through Saturday, 9 a.m. to 6 p.m.; Sunday, 10 a.m. to 6 p.m. For more info., please call 256-8974.

Family Restaurant & Cactus Cafe weekly lunch menu April 1- 8.

Today - Roast Beef.

Friday, April 2 - Hoki fish.

Monday, April 5 - Chicken fried steak.

Tuesday, April 6 - Lemon chicken.

Wednesday, April 7 - Spaghetti & meatballs.

Thursday, April 8 - Beef Stroganoff.

Cactus Cafe closed Friday, April 2.

Family Night Dinner Menu at Family Restaurant

Tonight: All you can eat: Pizza feast with salad bar, dessert and beverage.

Thursday, April 8: All you can eat: Taco, burrito, rice, beans, dessert and beverage.

Family Night dinners are served from 4:30 to 6 p.m. every Thursday. \$4.50 for adults, \$2.50 for children five to 11 years, children four years and under are free.

New hours & Spring Break special at Golf Course

Juniors from six to 17 years of age can learn the great sport of golf from Tees & Tree's teaching professional Oscar Valenzuela. Classes are every Wednesday, Friday and Saturday from 9 a.m. to noon. The cost is \$10 per lesson (practice base not included). Take advantage of this Spring Break special. For more details contact Larry Jodoin at 577-6431.

The new hours at Tees & Trees golf course are: Monday, 11 a.m. to 7 p.m.; Tuesday through Sunday, 7 a.m. to 7 p.m.

Easter Brunch at Oasis Club

Everyone is invited to the Oasis Club's Annual Easter Brunch on

Sunday, April 4, from 10 a.m. to 1 p.m.

Menu includes: Omelets cooked to order by guest chef, sausage or bacon, oven roasted potatoes, creamed beef, biscuits, butter, jelly, baked chicken, fried chicken, vegetables, pancakes and syrup and assorted fruit, pastries and beverages (punch, orange juice, milk, tea, coffee).

All welcome. \$6.95 adults, \$3.95 children five to 12 years, children four years and under free. Reservations requested. Call 577-6110 or 577-6418.

Spring Break at YAC

April 6 - 10 is Spring Break at the Youth Activities Center. Special events planned are: a trip to the San Bernardino County Museum. This is a full day trip. Meet at YAC at 11 a.m. for trip, returning approx. 4 p.m. Cost is \$6 general admission, \$5 students (ages 13 to 18 years), \$4 children (ages five to 12 years).

A trip to Scandia in Victorville is planned for April 9. Meet at YAC at 10:30 a.m. for trip, returning at 3:30 p.m.

Call 577-6499 for more details on these Spring Break trips.

Sports update

The Softball season begins this month. If you are interested call SSgt. James Bell or Gary Anderson at 577-6899 or drop by the

Gym/Fitness Center. Don't wait until the last minute to sign up. The Softball team rosters must be completed by Monday, April 5. The season begins Monday, April 12. If you would like to participate and haven't signed up yet, do so immediately.

Cpl. Shannon Fisher advises that the volleyball season was supposed to begin two weeks ago, but because of lack of participants it has been cancelled.

CWO Bradshaw would like to thank everyone who participated in the Semper Fit questionnaire. Many great suggestions and ideas were received, some are already being implemented and others are forthcoming. Your ideas and suggestions are encouraged.

Update from the Hobby Shops

Auto Hobby Shop - Stop by and see how easy and affordable it is to take care of your car. Whether it's a simple tune up, tire rotation or something more involved like a brake job, you can do it all right here. We have the tools to help you in your do-it-yourself work, saving you money and time. And if you need mechanical advice, we

can help there too.

The Auto Hobby Shop is open Wednesday through Friday, 11 a.m. to 7 p.m.; Saturday & Sunday, 10 a.m. to 6 p.m. Call Dan at 577-6441.

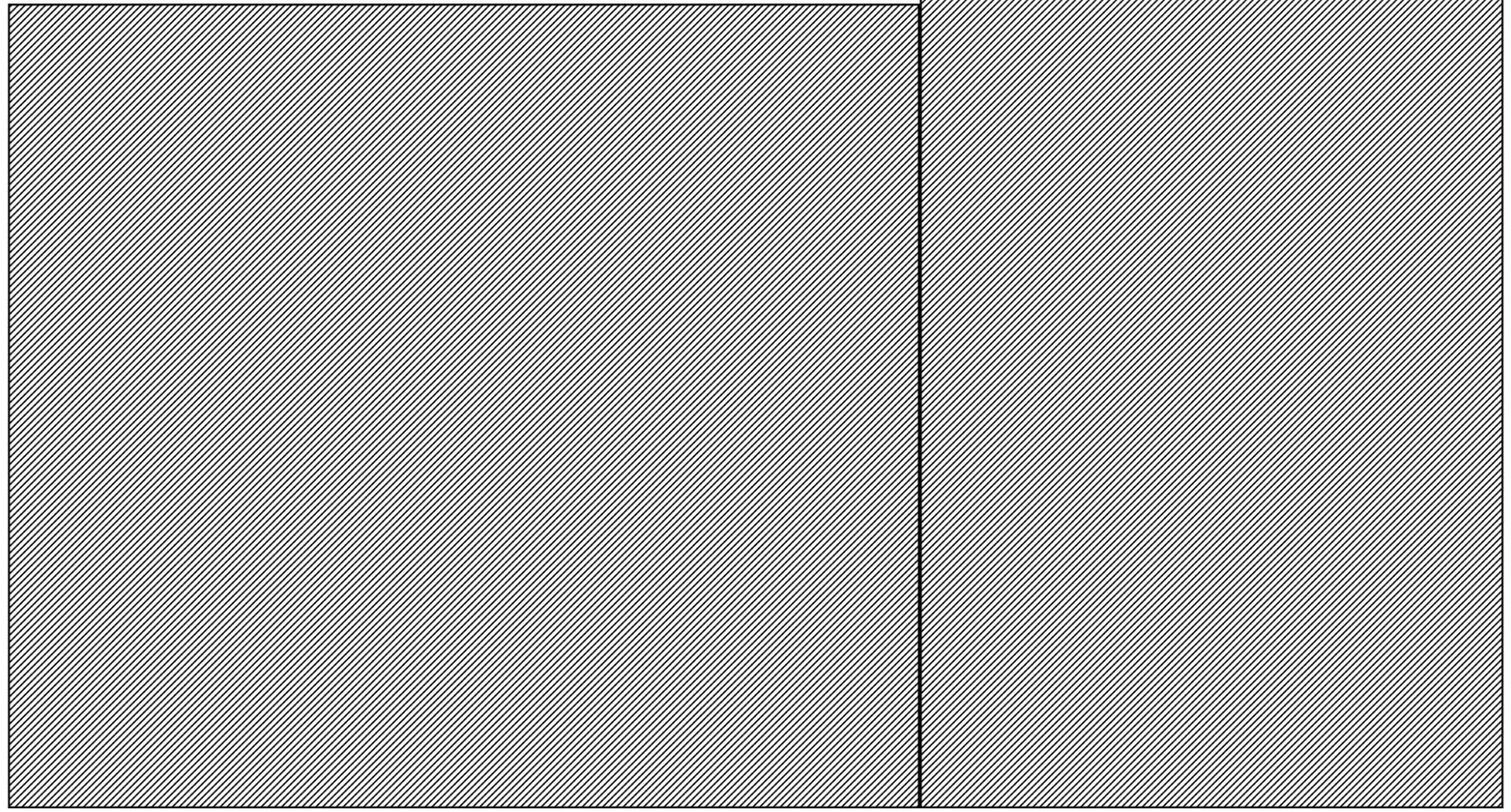
Ceramic Hobby Shop - Spring is in the air and Mother's Day is just around the corner. We have a wonderful selection of jewelry boxes and vases for Mom as well as ceramic pots with faces - they're called "potwaddlers," and there's an entire "family" series of these unique pots.

There will be Heart Hand paint classes on Saturday, May 1.

The Ceramic Hobby Shop is open Monday through Sunday, 11 a.m. to 7 p.m.; Saturday & Sunday, 10 a.m. to 6 p.m. Call Marke at 577-6228.

Wood/Rock Hobby Shop - Make a lovely pendant for mother this Easter in the form of an Easter Egg, at the Rock Hobby Shop. We will furnish the stone to be worked and polished. Instructions available.

The Wood/Rock Hobby Shop is open Wednesday through Friday, 1 p.m. to 9 p.m.; Saturday and Sunday, 10 a.m. to 6 p.m. Call Bob at 577-6692.



Breast Cancer: Early detection will save lives

Submitted by Branch Medical Clinic

For the BARSTOW LOG

When was the last time you performed a breast self-examination?

Did you know breast cancer is the most common type of cancer among women in the United States?

Even though breast cancer affects mostly females, a low percentage of men are at risk also. About 180,000 American women develop cancer every year. Additionally, 46,000 women will die from this disease. It is the second major cause of cancer death. A person can develop breast cancer at any age, but the risk increases as a woman gets older.

The good news is that deaths from breast cancer are actually decreasing; medical providers and women are detecting the disease earlier. A lot of advances are being made in treating breast cancer. In spite of this, a new breast cancer diagnosis is made every three minutes, and a woman dies from the disease every twelve minutes. Early detection is the first step for improving this outcome.

When a breast lump is found in its earliest stages, a woman has a 90 percent chance of long-term survival. Women should be aware of breast cancer's warning signs and immediately report all symptoms such as; lumps, non-maternity nipple discharge and persistent discomfort. In addition, the American Cancer Society recommends the following guidelines:

- All women should perform a routine monthly breast self-examination.

- Women ages 20-39 should have a breast exam done by their medical care provider every two to three years.

- Women 40 and older should have an annual breast exam and screening mammogram performed by their medical care provider.

- Women with personal or family histories of breast cancer should consult their medical care provider about the need for more frequent or earlier mammography.

The Breast Education Center in the Women's Health Clinic at Weed

Army Community Hospital, Fort Irwin, has a trained registered nurse ready to answer all breast health questions. The center's mission is to educate the community regarding the importance of early detection.

The center offers:

- Breast self-examination classes and videos.
- Information on mammography and other diagnostic procedures.
- Interactive computer education.
- Books and pamphlets.
- Educational classes for groups or organizations.

- Education information on breast discharge and pain, fibrocystic breast disease, and breast feeding.

The Branch Medical Clinic here also has a Breast Care Clinic and Patient/Family Education Center with similar materials.

Doctor referral or pre-authorization is not needed to access the Breast Education Center or Breast Care

Clinic. Questions may be asked in person or over the phone.

For more information call Norma I. Ashmawee RN, MA, nurse facilitator, at 380-5799 or DSN 470-5799.

For more information on the MCLB Barstow Breast Care Clinic call Lt. Cmdr. Gregory L. Simpkins, Senior Nurse, at 577-6573.



MCCS ... PSD

Personal Services Division

Base commander signs proclamation



Photo by Curt Lambert

Alicia DeGriffith, FAP manager, Personal Services Division, presents the Child Abuse Prevention Month declaration to Col. Mark A. Costa, Base Commander for his signature. During the month of April, Personal Services will submit articles about child abuse for publication in the BARSTOW LOG.

Child Abuse Prevention Month Proclamation

Whereas, child abuse is a community problem and finding solutions depends on involvement between people throughout the community;

Whereas, statistics of children who are abused and neglected increase each year;

Whereas, the effects of child abuse are felt by whole communities and needs to be addressed by the entire community;

Whereas, effective child abuse prevention programs succeed because of partnerships created among social service agencies, schools, religious organizations, law enforcement agencies, and the business community;

Whereas, youth-serving prevention programs offer positive alternatives for young people and encourage youth to develop strong ties to their community;

Whereas, all citizens should become more aware of child abuse and its prevention within the community, and become involved in supporting parents to rear their children in a safe, nurturing environment;

Now, therefore, I, Colonel Mark A. Costa, do hereby proclaim April 1999 as Child Abuse Prevention Month aboard the Marine Corps Logistics Base, Barstow, California. We pledge to create communities that care enough to protect our children.

MARK A. COSTA
Colonel, U.S. Marine Corps
Commanding
Marine Corps Logistics Base, Barstow

Don't forget the Easter Egg Hunt at Cape Gloucester Park tomorrow at 9 a.m.

Tips on selecting your children's baby sitter carefully

Submitted by
MCCS – Personal Services Division

Source: *National Committee to Prevent Child Abuse*

Interview all potential baby sitters

Ask the baby sitter's age, if (s)he is a teen. If you have very young children, you will want to find an older teen.

Talk about the baby sitter's past experience

What activities is (s)he involved in?
Why is (s)he interested in baby-sitting?
What does (s)he enjoy doing with children?
Has (s)he taken the Red Cross baby sitter's

course?

Ask for references

Talking to people who have used this baby sitter in the past will give you an idea of the baby sitter's reliability and trustworthiness.

Invite the baby sitter to your house

This will give you an opportunity to observe the sitter interacting with your children, and to show the baby sitter around your home. Discuss your views on discipline and child care. Make sure that the sitter understands appropriate forms of discipline. Discuss the household rules, and tell the baby sitter how you expect your child to be treated. Be sure the

baby sitter understands your rules on visitors, bed times and snacks, etc. Leave important telephone numbers with the baby sitter, where you can be reached, neighbors, nearby relatives, doctor, fire and police in case an emergency should arise.

Talk to your children about the baby sitter

It is important for your children to be comfortable with the baby sitter. Respond to concerns your children may have. Listen to your children and trust them.

On Thursday, April 8, the American Red Cross Baby Sitter Certification Class is being offered to all military or MCLB Barstow Ci-

vilian family members between the ages of 12-18 and are interested in baby-sitting aboard base.

The class will be held at the Child Development Center, Building 372, from 8 a.m. – 3 p.m. The registration fee is \$16, which includes the American Red Cross Baby sitter's Guide and Baby sitter's certification card. Fee must be paid at the time of registration. A sack lunch is required.

Register at CDC no later than the close of business Monday, April 5. For more information contact Grace Walls or Michelle Phillips at 577-6049 or 577-6287.



The Navy-Marine Corps Relief Society is here for you; yesterday, today and tomorrow. But it doesn't work without support. The annual fund drive runs until April 9. See your NMCRS fund Drive Representative today.

1999 Navy - Marine Corps Relief Society Fund Drive

The Navy-Marine Corps Relief Society is a non-profit charitable organization whose purpose is to assist Navy and Marine Corps personnel and their families in time of need. The Society is sponsored by the Department of the Navy and operates nearly 300

offices ashore and afloat at Navy and Marine Corps commands throughout the world.

Trained volunteers ensure requests are handled by persons familiar with the special conditions of service life and who have a realistic understanding of the potential hardships facing servicemembers and their family members.

What you can do to help yourself

- * Take common sense action.
- * Provide for your dependents—register an allotment and make a will now.
- * Establish power of attorney before you deploy.
- * Claim your exemptions. It's your money, make it grow.
- * Live by a budget.

Other Services

The Navy-Marine Corps Relief Society also offers other services like:

- * Education loans and grants for immediate children and fleet inputs enrolled in commissioning programs.
- * Layettes and "junior seabags" for newborns.
- * Budget Counseling, training, education and remedial counseling
- * Thrift Shops offering used items at low cost.
- * Food Lockers at many locations for emergency needs, including formula and diapers.
- * Children's Waiting Room at many locations, a safe place to leave your children while visiting the doctor.
- * Coordination with civilian agencies (Red Cross, VA, etc.) and military offices (Disbursing, Legal, Family Services Center, etc).

When you or your immediate family need assistance:

Apply for assistance at your local Navy-Marine Corps Relief Office.

Through reciprocal agreements, you may also seek assistance from the Air Force Aid Society, Army Emergency Relief or Coast Guard Mutual Assistance.

If your immediate needs occur after hours, or you are not near a military facility, contact the nearest American Red Cross chapter to request Navy-Marine assistance. You may also write or telephone Navy Headquarters at:

801 North Randolph Street
Suite 1228
Arlington, VA 22203-1978

NMCRS Fund Drive scheduled events

Today

Homemade bread with cream cheese/jelly, 7 to 9 a.m.
Contracting & Purchasing
Nachos, 8:30 a.m. to 12 p.m.
HMMWV Line, Yermo
Root beer floats, 10 a.m. to 12 p.m.
Turret Shop, Yermo
Banana splits and sundaes, 1 to 2:30 p.m.
Craneway, P7 Line, Yermo

Friday

Navy- Marine Relief Fund Drive prize drawing
Ford Ranger give-away

Monday

Muffins and Danish, 6:30 to 7 a.m.
Credit Union, Yermo
Root beer floats, 10 a.m. to 12 p.m.
Turret Shop, Yermo
Banana splits and sundaes, 1 to 2:30 p.m.
Craneway, P7 Line, Yermo

Tuesday

Nachos, 8:30 a.m. to 12 p.m.
Root Beer Floats, 10 a.m. to 12 p.m. in front of Turret Shop, Yermo
Banana splits and Sundaes, 1 to 2:30 p.m.
Craneway - P7 Line, Yermo

Wednesday

Muffins or Danish, 6:30 - 7 a.m. in front of the credit union
Root Beer Floats, 10 a.m. to 12 p.m. in front of Turret Shop, Yermo
Banana splits and Sundaes, 1 to 2:30 p.m.
Craneway - P7 Line, Yermo

Salsa contest

The Base Nebo - Fire Department is holding a Salsa Contest Wednesday at 11 a.m. Judging will be based on presentation, taste and consistency. Entry fee is \$10 and samples of salsa and chips will be sold \$1. For more info, call Tom Melton at 577- 6865/6732.

Who can Navy - Marine Corps Relief help?

- *Active duty Sailors and Marines
- *Retired Sailors and Marines
- *Immediate family members of personnel listed above
- *Immediate family members of deceased active duty and retirees

What Navy - Marine Corps Relief can do.

It can provide interest-free loans or grants to help with emergency needs such as:

- *Emergency transportation
- *Funeral expenses
- *Medical/Dental bills (patient's share)
- *Food, rent and utilities
- *Disaster relief assistance
- *Child care expenses
- *Essential vehicle repairs

What Navy - Marine Corps Relief can't do.

It cannot be expected to help with conveniences such as:

- *Pay bills for non-essentials
- *Finance liberty and vacations
- *Pay fines or legal expenses
- *Pay for cable television
- *Finance recreational boats/vehicles
- *Help you live beyond your means

Local Prize drawings

Local prize drawings in support of the Navy-Marine Corps Relief Fund Drive will be held April 9.

Prizes will include:

- | | |
|--|-----------------------------------|
| An AT&T cordless phone | Daewoo VCR |
| Panasonic cordless phone and answering machine | Aiwa Boom Box/ CD player |
| Weber Portable gas grill | Koss Boom Box/ CD player |
| Weber Bar-B-Q Kettle | 20" JVC TV |
| Cannon Sure Shot camera (2) | 27" JVC TV |
| JVC Compact camcorder | 32" JVC TV |
| Sansui VCR | Blaupunkt Car stereo w/ CD player |

(703) 696-4904

When you visit a Navy-Marine Corps Relief Society office, or any of the offices above, bring your military ID card, leave papers, an LES if possible, payment books, and any other information which might be helpful in processing your request.

The MCLB Barstow Navy-Marine Corps Relief Society Office is located next to the Child Development Center.

For more information about NMCRS, call Christie Latour, branch manager, at 256-1378 Monday, Tuesday, Thursday or Friday between 9 a.m. and 2 p.m.

Navy-Marine Corps Relief Society Fund Drive Representatives

Erin Foster	Comptroller	577-6643
Yolanda Ojeda	MCCHRO-W Barstow	577-6022
Bertie Dailey	Public Affairs Office	577-6430
SSgt. Grey Stone	CWC 680 Metrology	577-7269
2ndLt. Daniel Morfitt	Deputy Provost Marshal	577-6669
Lavora Brown	Maintenance Center Barstow	577-6711
Stephen Mulcare	Fire Protection Division	577-6731

Y2K from Page 2

start as soon as your computer is turned on, especially if the programs are date- or time-related such as calendar programs, virus checkers, etc. All of these programs should be temporarily disabled before you forward any clocks on your PC. You should also make backup copies of these programs on floppy disk because there is a chance they may become permanently disabled if they perceive their license is expired because of rolling the clock forward. One way for Windows users to remove some of those programs is to temporarily move the shortcuts in the startup folder to another folder. The startup folder can be found in Windows, start menu, programs and startup. Don't forget to move the shortcuts back after the test.

Determine whether the PC contains any software that will expire as of a particular date. This may include software you have downloaded from the Internet on a trial basis or software that requires you renew an

annual subscription. If you're not sure, contact the software vendor for more information on testing for Y2K.

Then start the computer's CMOS setup routine. If you're unsure how to do this, check the setup section of the instructions that came with your computer. Reset the system clock to 23:30 Dec. 31, 1999, and wait. The system will probably roll over to January 1, 2000 without problems. Now, shut the machine down, wait 20 seconds or so, and restart it. Most machines will come up believing the date is January 1, 2000. Computers with problems will believe the year is 1900 or 1980 or some other incorrect year, depending on the system. A few computers can make the year change, but then have problems keeping track of the day and month in years 2000 and beyond so it's a good idea to let the machine run for 24 hours or so after the test to make sure the calendar updates correctly.

Marine Corps History –

April 1, 1945 - D-day on Okinawa for the 1st and 6th Marine divisions. It was Easter.

Applying for Merit Promotion Opportunities

Submitted by
Human Resources Office

Vacancy announcements for all Department of the Navy merit promotion opportunities in the Southwest are now issued by the Navy Human Resources Service Center, Southwest, instead of local/activity human resources organizations.

As a result, important changes have been made that maximize consideration for job opportunities.

First, a typed resume must be used instead of the familiar application forms. A typed resume is required for the automated technology which assists the HRSC-SW in managing employment applications. For information about how to prepare a resume, see the questions and answers section below.

Second, to expedite the hiring process, the HRSC-SW relies primarily upon an "Open Continuous" application process which allows candidates to apply for jobs at any time they like, for a number of occupations and grade levels, using one resume. The "Open Continuous" employment announcement cur-

rently has more than 350 occupations listed on it and more are added during periodic updates.

This process allows candidates to be available for immediate referral as vacancies occur rather than waiting for individual ad announcements.

The HRSC-SW encourages all managers to use the automated process to fill jobs because it significantly reduces the time required to find and select a candidate.

When a resume is submitted to the HRSC candidates receive automatic consideration for all positions within requested occupations and geographic areas they qualify for. Notifications are sent when an applicant is referred on a selection certificate.

In its first four months of business, the HRSC-SW received more than 1,300 resumes. These resumes, on average, requested consideration under three different vacancy announcements per applicant, for a

total of more than 3,900 possible considerations. There were close to 200 selection rosters issued to management officials for a wide variety of occupations and grade levels.

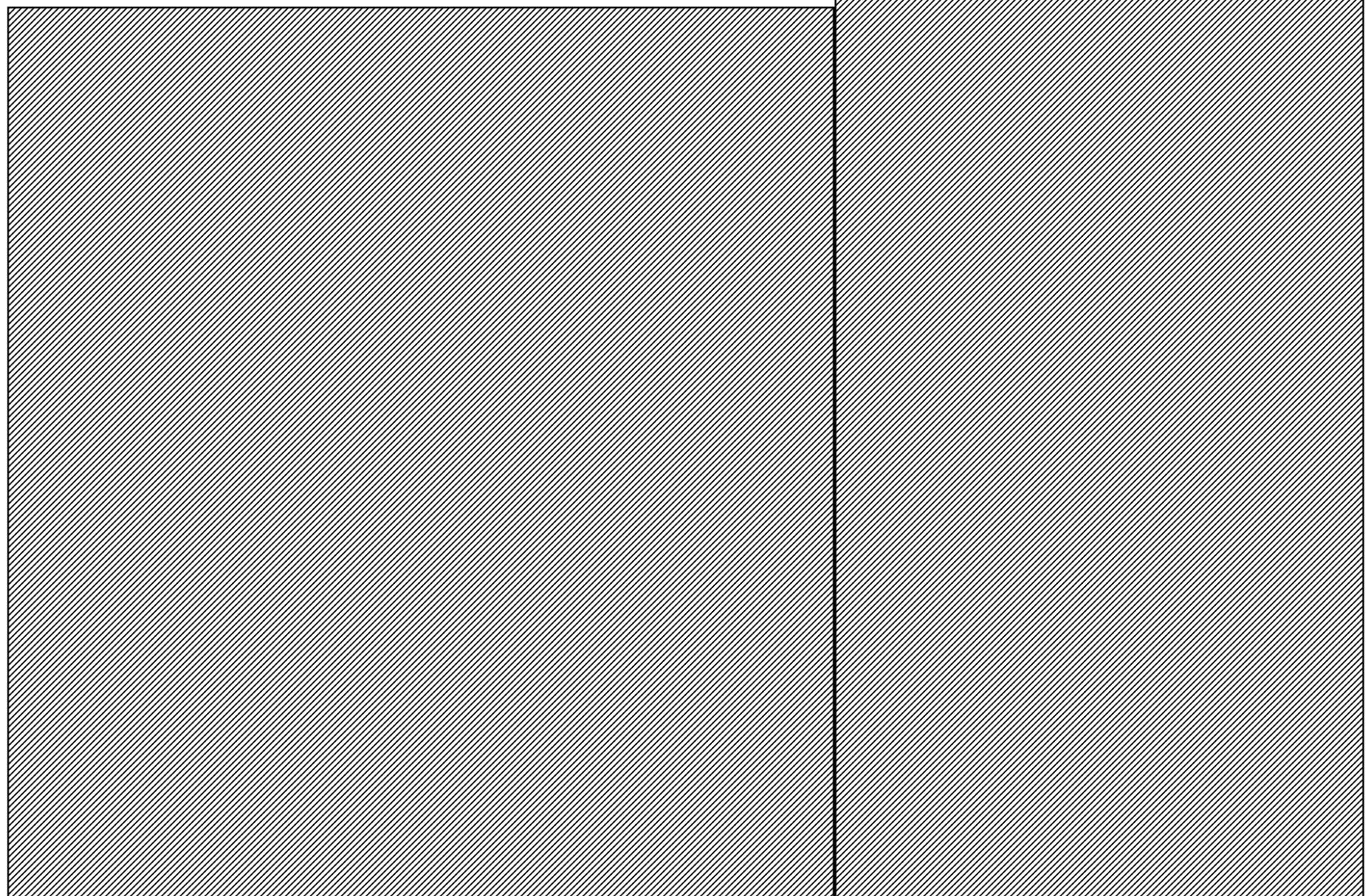
Questions and Answers

The following frequently asked questions provide more information about these new processes. Call the HRSC-SW at (619) 615-5500 if there are other questions.

Q. Who may apply?

A. Current or former permanent Federal employees eligible for transfer or reinstatement; eligible Nonappropriated Fund employees; Veterans Readjustment Authority eligibles; 30 percent Disabled Veterans; applicants appointable under the Severely Disabled criteria, or other appropriate appointing authority. Veterans who are preference eligibles or who have been separated from the armed forces under hon-

See MERIT Page 9



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orable conditions after three or more years of continuous active service may apply.

Q. How do I apply?

A. Submit a three-page (or less) typed resume with a Supplement Data Sheet indicating the job announcement numbers being applied for by U.S. mail to HRSC-SW. The date of postmark serves as the date of filing. HROs are not responsible for accepting or forwarding resumes to the HRSC-SW.

Resume Preparation Tips Sheet may be obtained at the servicing HRO to assist in preparing a resume in the proper format. Please note that the Personal Qualifications Statement (SF 171), Optional Application for Federal Employment (OF612), or any previously used Merit Promotion Application will not be accepted from employees at activities serviced by HRSC-SW.

Applicants meeting minimum qualification requirements will be further evaluated to determine "Best Qualified" candidates using job related criteria. The evaluation process generally includes comparing the candidate's qualifications against the following KSA (knowledge, skills and abilities) elements: Ability to supervise including demonstrated

support of Equal Employment Opportunity programs and objectives (supervisory and managerial positions only); or ability to lead members of a work team (Leader positions only). Applicants should address these elements when describing qualifying work experience in the resume. No other position-specific KSAs need to be addressed. Experience, education, training, performance ratings and related awards will be considered in the ranking process to the extent applicable.

Q. When will resumes be reviewed and considered?

A. Resumes are reviewed when a vacancy occurs. Applicants found ineligible or not qualified will be notified and may choose to reapply under this announcement at a later date when all legal and/or qualifications requirements are met.

Resumes accepted will receive continuous consideration for vacancies specified by the applicant as vacancies occur during the life of the announcement. Resumes will be retained until the Open Continuous Announcement is closed, OR until the applicant updates the resume on file with HRSC-SW, or until the applicant requests withdrawal from

further consideration. Applicants will be notified when the Open Continuous Announcement closes.

Q. Will my Official Personnel File be used in the evaluation process?

A. OPFs will not be used in the evaluation process. It is essential the resume be accurate and complete and fully reflects the related experience, education, training, etc., which meet the requirements of the position(s) applied for.

Q. When can I update my resume?

A. Applicants may update their resumes on file or reapply at any time to add additional information and receive reevaluation for the next available vacancy.

Q. What is a Supplemental Data Sheet?

A. The Supplemental Data Sheet addresses specific questions that must be answered on a separate sheet of paper submitted with the resume. This sheet does not count as one of the three pages of the resume.

The HRO is here to assist personnel who are applying for jobs. For more info or to set up an appointment for assistance contact the HRO at 577-6484.

EARTHQUAKE

During an Earthquake

If you're indoors, stay inside. Duck, cover and hold. Avoid windows and outside walls Do not use elevators.

If you're outdoors, find an open area. Avoid trees, buildings, walls and power lines.

If you're driving, pull to the side of the road and stop. Avoid overpasses, signs and other hazards. Stay in the car until the shaking stops.

After an Earthquake

Check yourself and those around you for injuries.

Prepare for aftershocks.

Check for utility problems:

- Gas leaks

- Water leaks

- Broken wiring and sewage lines

Turn off utilities only if there's damage.

Check your supplies.

Use the phone only to advise your "out-of-state" contact of your condition and to report immediate, life-threatening emergencies.

Check your house for damage.

Listen to the radio for information and instructions.

Avoid unnecessary driving.

Leave a written message indicating where you are headed and your physical condition if you evacuate your home, work place or car.

Extracted and adapted from "Ready to Ride It Out?," California Governor's Office of Emergency Services.



SPORTS

Puck Hogs still rolling



Photo by Cpl. Kevin Dolloson

Marines and civilians of MCLB Barstow are active members of a roller-hockey league at Fort Irwin. League games are played Mondays and Wednesdays at 6:30 p.m. at the Fitness Connection on Fort Irwin. The team is looking for hockey players interested in supporting the league. For more information on games and league membership, call Jay Hunsaker, team coach, at 577-7211 or Cpl. John Humbert at 577-6181.

Fourth Annual Fort Irwin/Veterans Home Fun Run on its way

By SSgt. Matt Olivolo

BARSTOW LOG staff

The upcoming Fort Irwin/Veterans Home Fun Run is fast approaching, and once again MCLB Barstow is looking for runners. The Base will send two teams, the Gold and Red Team. In order to be on the Gold Team, you must have a three-mile run time of 19 minutes or less. There is not a set run time for the Red Team, however the faster the better.

The all-Marine Gold Team are the reigning champs, beating the Army's team by almost two minutes. Lots of runners from last years team are now gone. New runners are needed to fill in the void. The race is scheduled for May 22. The time to train is now.

For more information, contact GySgt. Craig Putnam at 577-6874/6771.



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reluctantly wear his little suit and sport a crooked tie and part of a shirttail sticking out.

All of these things seem to make Easter into a big deal and allow for the development of some good memories. But, all these things are merely superficial to what Easter is really about. Why is this holiday more significant to Christians than any other? Easter is the pinnacle of our faith. The apostle Paul wrote to the Corinthian church, *"Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ all will be made alive. But each in his own turn: Christ, the first fruits; then when He comes, those who belong to Him"* (1 Cor. 15:20-23). This is the distinction of Christianity.

A logical question might be, "What is the big deal about the resurrection?" There are several answers. Perhaps one that is most encouraging is that God defeated death. The implications for us are simple. If He was able to defeat death, then nothing is impossible for

Him. No matter what challenges we face; whether it is the breakup of a relationship, financial trouble, a sin that continues to grip our lives, or failing a class at school, losing a job or even physical death or any kind of failure ... God is able to turn **any defeat** into victory. Belief in the resurrected God means belief that through His forgiveness we are able to bounce back from defeat. It means that as long as we have breath left, it is never too late to experience all of God's grace that He wants to share with us.

The big deal about Easter is really about knowing that God loves us so much that nothing, including death, will keep Him from demonstrating that love for us and helping us experience eternal life. There is no time like the present to begin to embrace the good things that God wants for us. I hope you will find a church somewhere and be sure to celebrate the resurrection of Christ with others this Easter. The sunrise service at the chapel begins at 6:30 a.m. Hope to see you there.

Blessings,
Chaplain Michener

Jobs

Annc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-78-99	Sandblaster WG-5423-07	02-19-99	04-02-99	N/A	Barstow
DEA-93-99	Management Analyst GS-343-11 (Term NTE four years)	03-15-99	04-12-99	03-29-99	MCRD, San Diego
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Arizona
DEA-98-99	Electronic Measurement Equipment Mechanic, WG-2602-11	03-10-99	04-09-99	03-24-99	Barstow
DEA-100-99	Nurse Specialist GS-610-11	03-17-99	04-14-99	03-31-99	Camp Pen
DEA-103-99	Electronic Technician GS-856-07/08/09 (Term NTE two years)	03-22-99	04-20-99	04-02-99	Calif., Arizona
DEA-117-99	Motor Vehicle Operator GS-5703-07 (Term NTE 13 months)	03-22-99	04-05-99	N/A	Calif., Arizona
DEA-118-99	Library Technician GS-1411-06/07	03-22-99	06-19-99	04-02-99	Calif., Arizona
DEA-124-99	Materials Handler and Identifier WG-6912-06 (Term NTE two years)	03-25-99	04-08-99	N/A	MCRD, San Diego
DEA-125-99	Computer Specialist GS-334-12	03-29-99	04-30-99	04-12-99	Navy Cntr. for Tact. Sys. - San Diego
DEA-126-99	Family Services Counselor GS-101-11 (Part time)	03-25-99	04-23-99	04-08-99	Barstow
OTR-08-99	Electrician, WG-2805-10 (Temp. NTE one year)	01-19-99	04-16-99	04-02-99	Calif., Arizona
OTR-11-99	Railroad Repairer WG-3545-08	02-05-99	04-02-99	N/A	Barstow
OTR-27-99	Motor Vehicle Operator WG-5703-08 (Temp. NTE one year)	03-24-99	09-30-99	04-07-99	Calif., Arizona
OTR-30-99	Automotive Worker WG-5823-08 (Temp. NTE one year)	03-25-99	04-22-99	04-01-99	Port Hueneme
OTR-31-99	Heavy Mobile Equipment WG-5803-10 (Temp. NTE one year)	03-25-99	04-23-99	04-01-99	Calif., Arizona

For more information contact the Human Resources Office at 577-6484.

1994 NISSAN TRUCK: 4x2, king cab, 5 speed, tool box, new tires and clutch. \$6,000. 252-5144.

1973 MERCURY COUGAR: 351 Cleveland auto trans, rebuilt eng., front-end, restore in progress, needs paint and interior, no smog required. \$1,500. OBO. Call 247-0286 AWH.

1963 PLYMOUTH FURY: Black, 4dr, 318 cid, push-button A/T, driven daily, but needs work, asking \$1,100. (negotiable) Call 252-5010 AWH.

1990 CADILLAC DEVILLE: Xlt condition, full power, well maintained, new tags, white w/blue leather interior. \$5,500. OBO. Call 245-1559.

1970 OLDS CUTLASS: 2 door, 350 engine, auto, A/C, mags, runs good. \$2,100. Call 252-9199.

MOBILE HOME: 12X60 in great condition, 2 bed, 2 bath, new shower and water heater, ceiling and walls recently textured. Priced to sell only \$6,000. Call 252-3358 ask for Stephen.

1979 MOTORHOME: 25 ft., class A, roof/dash air, generator, sleeps 8. As is. \$1,500. OBO. Call 252-9199.

TRAILER: 22 ft. Komfort, good condition, new tires, self contained, sleeps 6. \$3,500. OBO Call 252-3011 leave message.

BASS BOAT: 72 Glasspar 14 FT., 75HP Johnson, tilt trailer, elec. trolling motor and fish finder. \$1,500. Call 256-6208 leave message.

FOR SALE: 4 Chevy Astro custom wheels and tires P215-75R15. \$125. OBO Call 252-5181.

FOR SALE: Chevy trailer hitch \$75. OBO. Call 252-5181.

FOR SALE: Whirlpool refrigerator, 2 years old, 20 cubic ft., Xlt condition, Call 247-1155 after 6 pm. leave message for Steve.

WANTED: Looking for drivers to drive from Apple Valley to Yermo Annex Bldg. 573. No gas payment required. Work schedule is Monday, Tuesday, Wednesday 6:30 am to 4:00 pm. Call 240-4218. Ask for Phillip.

WANTED: Driver needed to bring boat eastward for \$1,000. Call collect (706) 867-8723.

WANTED: 1949 - 1951 Mercury's, running or not and any flathead engine parts. Call 252-3358 ask for Stephen.

WANTED: 1966 Dodge Dart car or car parts. Call 252-9199.

PUPPIES: Pure-bred Australian Shepherd puppies for sale, 1200 Munda. Call 252-4524.