

BARSTOW LOG

Vol. 3, No. 29

Marine Corps Logistics Base Barstow, California

June 3, 1999

Hot weather brings out base heat warning flags

By Cpl. Mike McQuillan

BARSTOW LOG staff

Seven years after Johnny Carson retired as host of the Tonight Show, the Base Safety Office still has the answer to the age-old question, "How hot is it?"

Weather reports indicate that average daily high temperatures in Barstow rose more than 25 degrees during the month of May.

With dangerous high desert conditions ahead, the safety office will raise one of four colored flags throughout the base to indicate just how much risk the summer sun will bring.

"Sometimes it reaches black flag by 10 in the morning out at the Maintenance Center," said Janice Neukam, safety and occupational health specialist.

She added that while Marines need to be cautious about PT during critical hours, the Maintenance Center employees might alter their work schedules to accomplish tasks and keep safe.

"Each cost work center makes its own decisions," said Joann Bond, Maintenance cen-

ter Total Quality Leadership Program supervisor. "Not everybody works outside, so there's not one set policy for the Maintenance Center."

"Sometimes we come in an hour earlier, so we don't have to work overtime in the afternoon," said Bob Nelson, Support Business Center manager.

The four colored flags – green, yellow, red and black – reflect the wet bulb global temperature index.

The reading is taken from the humidity, thermal temperature and ambient air temperature.

The following describes the heat condition and precautions represented by each flag.

Green flag

(Index reading 80-84.9) Heavy exercises for unacclimatized personnel will be conducted with caution and under constant supervision.

Yellow flag

(Index reading 85-87.9) Strenuous exer-

cises, such as marching at standard cadence, will be suspended for unacclimatized personnel in their first two or three weeks.

Avoid outdoor classes in the sun.

Red flag

(Index reading 88-89.9) All physical training will halt for personnel within their first 12 weeks of living/working in the area.

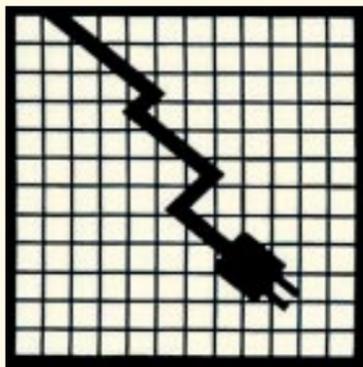
Acclimatized personnel may carry on limited activity not to exceed six hours per day.

Black flag

(Index reading of 90 or above) All strenuous outdoor physical activity will be halted for all personnel.

For more information about heat safety issues, call the Base Safety Office at 577-6722.

Basewide power outage scheduled for Sunday



The entire base, to include Yermo, Nebo and base housing, will lose all electrical power Sunday. The outage scheduled at Nebo and housing is from 7 a.m. to 6:30 p.m. and Yermo from 8 a.m. to 4 p.m.

The only buildings retaining any sort of electrical capacity are those with an emergency generator system. The outage is necessary because of modifications to and connections of the new underground service going into the housing area. These connections require de-energizing the main electrical substation for the base.

Although this news may seem a little daunting to some, it presents a world of positive possibilities if handled correctly.

"Base residents are encouraged to make alternate plans and spend time away from the base," said Capt. Sean Dugan, Installations and Logistics Division.

Dugan added that, even with everyone out of the house, if the weather is hot refrigerators will still cool off naturally. He suggested that people use ice chests to keep frozen items and perishables cool.

Another suggestion is to turn off and unplug computers and appliances. The sudden surge of electricity when the substation is re-energized may cause these items to blow.

For more information regarding the power outage contact Bobby Proctor at 577-6278.

In memoriam



James Heikkenen (center) watches solemnly as Gy-Sgt. Joe Daquila (left) and Sgt. Fernando Gonzales (right) raise the colors May 27 at Barstow Christian School during a pre-Memorial Day ceremony honoring James' father, the late GySgt. John W. Heikkenen, a Marine who recently passed away at MCLB Barstow.

Photo by Cpl. Mike McQuillan

Lenwood - I-15 Construction Alert

The temporary falsework for the new Lenwood Bridge will be removed June 9-11 and 13-18.

Beginning June 9, E.L. Yeager, the contractor for the Lenwood - I-15 Interchange Project, will begin removing the falsework structure on the Lenwood Bridge.

On June 9, 10, and 13-17, from 5:30 a.m. to 3:30 p.m., the southbound and northbound lanes

will be intermittently closed. On June 11 and 18, the same thing will happen but the times will be from 5:30 a.m. to noon.

Traffic will be redirected using crossover detours, and a single lane will be open in each direction.

For further information call Frank Lozano, Resident Engineer, Lenwood - I-15 Interchange Project, at 253-4514.

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 COMMANDERS FORUM@HQTRS1.

MCLB should spend its money more wisely

Q: Yes, hello, I work in the I&L Department and I just came back from out in the field collecting parts off of old equipment to put on new equipment that the contractors installed. When I pulled back into our compound I see that there is new office furniture being unloaded. I'm kind of curious as to why we don't have money for materials and train-

ing and yet we can have money for new office furniture. I'd like a response to that question. Thank you!

A: Thank you for expressing your concerns and asking how and why certain money is spent. Although your concerns center around the Maintenance Division's acquisition of new furniture at a time when money for material, parts and training is scarce, it gives me the opportunity to explain some of the restrictions we operate under, and how we are balancing pri-

orities.

The Base's budget is divided into several accounts. Each account addresses specific functional areas of the Base and, with limited exceptions, may only be used to purchase certain goods and services.

Materials, parts, and training are funded by the Base Operations and Maintenance Account. Unfortunately, O&M funding is very tight this year. We are seizing opportunities to save money on parts and materials while making tough decisions about what

training must be conducted and what training may be deferred.

Funding for the furniture you mentioned comes from the Base's Personal Support Equipment (PSE) account. The PSE account is used to purchase barracks or office furniture and various other related items. Our Base requirement for FY99 was \$400,000 in PSE funds. We only received \$90,000, which was divided among the various requirements based upon the priority of their need. The Maintenance Division's furniture needs were based

on a November 1997 safety/ergonomic survey that cited the Base for using nonconforming chairs. This two year old requirement was finally satisfied. I understand your confusion and wonder about why it appears certain requirements are funded while others go unfulfilled. Rest assured the Base leadership continues to balance priorities and funding within our authority while seeking additional support. Again, thank you for contacting the Commander's Forum. Your interest is greatly appreciated.

Names, names and more names

By Lt. Mark Tews

3rd Force Service Support Group

I recently had the opportunity to see the movie "Amistad."

A certain moment of the film struck me as very interesting. It is just before the climatic Supreme Court scene where the main character tells his lawyer how he is going to call upon all the names of his past ancestors to come to his aid during the trial.

The reason he gives for this, he says, is because every one of those ancestors lived in their time and place in order to bring him to the very moment at which he now finds himself. So each of them would certainly be concerned with the outcome of that moment.

That got me to thinking of all the people and all the names over the past 40 years that have been there along the way to the place where I may find myself today. It's interesting how the people and events of our past shape our present, and, likewise, how each of us is already shaping the lives and times of future generations.

That is why we study history, learning the names of the past; it also explains the interest we have in tracing our roots and family trees.

This must be why the Bible has those long lists of family genealogies, name after difficult-to-pronounce name of who "begat" who and so-and-so was the father of so-and-so, and on and on.

These biblical genealogies combine to make

us recognize that people are not isolated individuals who appear on the scene and then disappear again.

Each of us lives genetically and culturally in our descendants. The influence one generation has on the following generation, for good or bad, is chronicled in the biblical genealogies.

A look at them as a whole encourages us to be the best influence we can be, as we all work together to build upon the past and toward the future.

At the same time, the Bible's genealogies are made of individuals — individuals known and loved by God.

We see ourselves in them, and are reassured that God clearly knows and remembers (even though we sometimes forget), and loves each one of us — by name!

We are not just "generation X," or baby boomer generation statistics, but individuals who are part of God's gracious will and purpose.

Through the prophet Isaiah the Lord says to us, "I have redeemed you. I have called you by name. You are mine!"

You may be "LCpl. Benotz" or "Seaman Smuckatelli" or "G.I. Joe," but whoever you are, the Lord knows you by name — and nothing pleases Him more than your calling on His name in prayer and praise.

What confidence, to know that we come to Him in prayer and say, "Lord, it's me, Mark, thanks for being there, for listening, for everything."

In my opinion ... History's best teachers

By LCpl. Brian Davidson

BARSTOW LOG staff

Veterans who served in conflicts ranging from WWII to Korea and Vietnam reside at the California Veterans Home on Barstow Road.

Today's armed forces operate in a number of functions not traditionally associated as military operations.

Marines who once assaulted beaches and established naval bases are now special operations-certified to assist in a wide range of humanitarian functions. Seabees who once provided field-expedient shelters and constructed mission-essential bridges help shelter those who've lost their homes to conflict, just as the Army lands in remote and isolated areas bringing badly needed food and medical supplies.

The military community stands to benefit, now more than ever, from the experiences of career service members who participated in some of the hardest fought battles in history. Only a handful of combat-seasoned veterans remain in the ranks of today's military. The majority of them served in the shortest ground war in American history — the Gulf War.

As a rule of thumb, prior proper planning prevents "very" poor performance. There are some things in life you can't truly plan for. Enter Murphy's Laws of Combat.

Today's Marines, soldiers, airmen and Sailors are trained with proven techniques on the world's latest equipment. Noncommissioned officers receive troop leadership skills at professional knowledge academies while the se-

nior noncommissioned continue to grow through a rigorous professional military education. Officers are equipped with the skills and training necessary to command.

America's military is a force to be reckoned with, but could be prepared even better mentally to serve their true purpose.

Indeed, many techniques and tools of warfighting have changed quite a bit since the days of the now-withered warriors at the vet's home. However, the most important factor in the equation, the human element, hasn't changed.

Today's warriors could gain better insight as to how to mentally prepare for the stresses of combat through the experiences of those who've received commands like, "Fix bayonets!"

How could this be accomplished?

We celebrate the memory of those past and the living who've sacrificed in defense of our way of life on one very special day each year, Memorial Day. This year members of the Fort Irwin and MCLB Barstow communities did their share by participating in a 40-mile relay race in support of the Vets Home.

More can be done. Marines deserve to hear their history told by those who were in there shooting and stabbing; who saw their brothers in arms fall; who can tell how hard one's heart beats when the mortars are falling.

Many have stories to tell; all you have to do is ask. I did.

Editor's note: The Barstow Log will run future articles about the experiences of the men and women living at the California Veterans Home — Barstow.

Chapel Hours

Protestant Sun. 8:30 a.m.
Catholic Mass Sun. 10:30 a.m.

Confession services before Mass

Yermo Bible Study

Wednesday 11 - 11:30 a.m.
At the Colonel's Workshop
For more info, call Don Brooks
at 577-7165.

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.

Savings Bond Campaign

The Marine Corps' 1999 U.S. Bond Campaign is underway. Servicemembers who want to begin or increase a bond allotment should contact their section representative:

The bond campaign ends June 30.

Save today – enjoy tomorrow, buy U.S. Savings Bonds.



Contact one of the following representatives today:

- | | |
|---------------------|----------|
| Meredith Taylor | 577-6478 |
| MSgt. Joseph Hood | 577-6849 |
| HM2 Olaes | 577-6580 |
| SSgt. Jim Bell | 577-6899 |
| SSgt. Robert Munroe | 577-6684 |

Staff Board begins

The 1999 Staff Sergeant Selection board convenes July 20.

All eligible sergeants must complete the Sergeants Nonresident Course (MCI Program 8000 series), the NCO Basic Nonresident Program (MCI Program 7000 series) or the Marine NCO (MCI Course 03.3).

Marines are required to complete all nonresidential professional military education courses/programs by July 20. Completing a resident professional military education course does not fulfill the nonresidential requirements.

For more info call Headquarters Battalion administration at 577-6661 or read MARADMIN 227/99.

TRICARE premium increases

The monthly premium for the TRICARE Family Member Dental Plan (TFMDP) for active-duty families will increase Aug. 1.

The rate for a single enrollment will go up from the present \$8.09 per month to \$8.53. A family enrollment that now costs \$20 per month will be \$21.33.

Active-duty service members will see the premium increase reflected in their July 1999 Leave and Earnings Statements. Families who are signed up for the plan by their uniformed services sponsors on or after July 1 will be enrolled at the new rate.

The monthly premium active-duty service members have deducted from their paychecks represents 40 percent of the total premium cost for the plan. The other 60 percent is picked up by the government.

The present dental contractor, United Concordia Companies, Inc., proposed these scheduled increases in their initial bid for the contract, to cover expected increases in program costs.

MCLB Barstow reunion

A reunion in Barstow is being planned for June 19 for all active duty and retired Marines who served at the Marine Corps Logistics Base (Marine Corps Supply Center at that time) Barstow, Calif., during the late 1960s through the '70s. Contact Susan

Moretz (503) 745-7456 or e-mail moretzsa@open.org for more information.

Civilian Wellness Program

The new Civilian Wellness Program allows employees to participate in formal physical exercise training for an excused three hours per week for six months. Program enrollment is open through June and wellness packets may be obtained from the Occupational Health Clinic, Bldg. 149 from 8 to 11 a.m. and from 1 to 3:30 p.m.

Participants will receive pre and post program evaluations, continuous monitoring during the program, exercise and nutritional education in coordination with Semper Fit Training.

The Civilian Wellness Program is a part of the Marine Corps and Navy goals to improve health, fitness, longevity and the quality of life of the

armed forces family.

For more info, call the Occupational Health Office at 577-6285/6588.

Optometrist available at clinic

Optometrist visits for active duty servicemembers only are available June 8 and 9.

For more info or to arrange an appointment call Mary at 577-6592/-6575.

Leave donors needed

Harold Osborne, Heavy Mobile Equipment Business Center, Maintenance Center, has been affected by a medical emergency.

Anyone desiring to donate leave under the Leave Sharing Program may obtain a Leave Donor Application through their division administrative officer.

Commandant focuses on summer safety

By Gen. Charles C. Krulak
Commandant of the Marine Corps

our warfighting legacy of courage and selflessness – all while operating within a resource-constrained environment. In FY98, certainly one of our greatest achievements was reducing our mishap rate to its lowest level this decade.

Since becoming Commandant, I have watched our Corps continue the rich traditions in which we make Marines and win battles. I have seen incredible accomplishments – 46 consecutive months of meeting our recruiting mission, transformation, giant strides towards the realization of OMFTS, and foremost, carrying on

While no fatality is acceptable, the FY98 rate was indicative of a progressive, Corps-wide safety program. Yet

See SAFETY Page 9

Jobs

Annuc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location	Annuc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.	OTR-27-99	Motor Vehicle Operator WG-5703-08 (Temp NTE one year)	03-24-99	09-30-99	04-07-99	Calif., Ariz.
DEA-118-99	Library Technician GS-1411-06/07	03-22-99	06-19-99	04-02-99	Calif., Ariz.	OTR-35-99	Computer Specialist GS-334-11 (Temp NTE one year)	04-06-99	09-30-99	04-20-99	Calif., Ariz.
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme	OTR-36-99	Materials Handler WG-6907-07 (Temp NTE one year)	04-07-99	09-30-99	N/A	NavWpnsStas Seal Beach and Fallbrook
DEA-157-99	Sandblaster WG-5423-07	04-13-99	06-15-99	04-23-99	Barstow	OTR-38-99	Materials Handler WG-6907-05 (Temp NTE one year)	04-09-99	09-30-99	04-19-99	NavWpnsStas Seal Beach and Fallbrook
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton	OTR-39-99	Ordnance Equip. Repair WG-6641-08 (Temp NTE one year)	04-09-99	09-30-99	05-17-99	NavWpnsSta Seal Beach
DEA-178-99	Machinist WG-3414-10	05-05-99	06-04-99	05-19-99	Calif., Ariz.	9CP1912	Pers. Management Spec. GS-201-11 (FPL GS-201-12) or GS-201-12	05-14-99	06-14-99	N/A	Barstow
DEA-188-99	Nurse Specialist GS-610-11	05-24-99	06-10-99	N/A	Calif., Ariz.						
DEA-192-99	Clinical Nurse GS-610-09/11	05-12-99	06-11-99	05-24-99	Calif, Ariz						
DEA-202-99	Computer Specialist GS-334-12	05-17-99	06-14-99	05-28-99	San Diego						
DEA-204-99	Clinical Nurse GS-610-05/07/09	05-21-99	06-25-99	06-11-99	Lemoore, CA						

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

MCCS Update ...

By James H. Gaines
MCCS Publicity

7-Day Store entrance closed

The 7-Day Store entrance is closed because new gas pumps are being installed. Please use the Exchange main entrance during this time.

The improvements underway at the 7-Day Store will provide the customary 7-Day Store service plus gasoline service – a Super 7-Day Store.

We apologize for any inconvenience this may cause.

Father's Day Gift Ideas

Father's Day is a little more than two weeks away. The Base Exchange has many great selections to choose from at good prices. Here are just some examples: cologne sets, electric razors, Marine Corps memorabilia, Antigua men's golf shirts, mechanic's tool sets, assorted Katz knives and much more. Drop by and browse, and find just the right gift.

The Base Exchange accepts Visa, Mastercard, Discover, American Express, and Deferred Payment Plan.

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 call 256-8974.

Golf Tournament June 5

Tees and Trees Golf Course hosts the Barstow Area Chamber of Commerce Tournament, Saturday, June 5.

Tee-off time is 8 a.m. Come out and enjoy a day at the greens and watch a great tournament.

For more info call 577-6431.

Family Restaurant and Cactus Cafe weekly lunch menu June 3 through June 10.

Today – Spaghetti and meat sauce, vegetable and garlic bread.

Friday, June 4 – Hoki fish, potato wedges and vegetable.

Monday, June 7 – Sloppy Joes, french fries and fruit cup.

Tuesday, June 8 – Chicken Marco Polo, steamed rice and vegetable.

Wednesday, June 9 – Chili Mac casserole and vegetable.

Thursday, June 10 – Pork stir-fry and steamed rice.

Lunch is served at Family Restaurant from 10:30 a.m. to 12:30 p.m. and at the Cactus Cafe from 11 a.m. to noon. Monday through Friday. Price is \$3 military, \$4.50 civilian.

For more info call 577-6428.

Family Night Dinner Menu at Family Restaurant

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

Thursday, June 10 – All you can eat: carved roast beef, mashed potatoes, vegetable, roll and butter, dessert and beverage.

Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday.

All you can eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free.

For more info call 577-6428.

Father's Day Brunch

Make plans now to take dad to Father's Day Brunch at the Family Restaurant on Father's Day.

Menu includes french toast, scrambled eggs, sausage, bacon, ham, oven-browned potatoes, fresh fruit, roast chicken, vegetable, dessert and choice of coffee, tea, milk or juice – all for only \$5.95 adults,

\$2.95 children.

Brunch is served from 10 a.m. to 1 p.m. Take Dad to brunch on his special day.

Call 577-6428 for more details.

Story Time for the kids

Story Time for the kids at the Base Library will be held on Tuesday, June 1, and Tuesday, June 15, starting at 10:30 a.m.

The story teller is Helen Riley, who has done many story telling sessions at the Base Library. This is a wonderful experience for all young children. For more info call 577-6395.

The Base Library, located in the NCO/Enlisted Club, is open Monday through Friday from 10 a.m. to 6 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m.

ITT Tickets at Yermo

Yermo personnel may now purchase ITT tickets at the Cactus Cafe between 11 a.m. and noon on Thursdays. To ensure the desired tickets are available, call ITT in advance any time Monday through Friday.

Thursday, call up to 10 a.m. for tickets to be delivered at the Cactus Cafe that same day.

ITT has a large variety of tickets to just about everywhere in the Southern California area.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. For more info or to get a ticket listing call 577-6541.

Planning a fishing trip?

It's that time of year for that special fishing or hunting trip. Make your vacation more enjoyable by renting a camper trailer from the Auto Hobby Shop.

It's easy, and you'll be on your way in a snap.

The Auto Hobby Shop is open Wednesday through Friday 1 p.m. to 9 p.m.; Saturday and Sunday 10 a.m. to 6 p.m. It is closed Monday and Tuesday.

For more info call 577-6441.

Pool Hours

The Family and Oasis Club pools are now open.

The hours are Tuesday through Sunday, 11 a.m. to 7 p.m. Lap-swimming is from 11 a.m. to 1 p.m.

Civilians participating in the base civilian physical training program may use the Family Pool for lap swimming only

For more info call 577-6543.

Branch Clinic commends Sailor of the Quarter

Submitted by
Branch Medical Clinic

Hospitalman Third Class Diego Flores was born in Quite, Ecuador on Nov. 6, 1970. He graduated from Santa Maria Catholic School in Quite, Ecuador on May 2, 1987.

Flores obtained his Associates in Liberal Arts from University of Maryland in September 1998 and he is currently enrolled in Victor Valley Community College.

Flores joined the Navy in 1992 and was ordered to Great Lakes, Illinois to complete Basic Training. Next he attended Basic Hospital Corps School at the Naval School of Health Sciences, Great Lakes, Illinois.

His next assignment was Camp Lejune, North Carolina to complete Field Medical Service School.

His first permanent duty assignment was at the Naval Hospital, Bethesda, Maryland where he was assigned as the Leading Petty Officer of the Orthopedic Department for a year and General Surgery Department for six months.

In May 1995, Flores was transferred to Naval Hospital Sigonella, Italy and assigned as General Duty Ward Corpsman for six months and as Leading Petty Officer of the Sick Call Flight Line Clinic for a year and a half.

While there, Flores was selected

as the Junior Sailor of the Quarter for the Clinic and was nominated for the Hospital's Junior Sailor of the Quarter.

He was awarded his first Navy Good Conduct Medal and also received a Letter of Commendation from the Atlantic Fleet Commander.

In December 1997, he reported to Branch Medical Clinic, MCLB Barstow. He was assigned as an

Emergency Medical Technician to the Emergency Room at Fort Invin Weed Army Hospital for six months and now is currently assigned in the Health Records Department.

Flores was selected as the Branch Medical Clinic, Marine Corps Logistics Base, Junior Sailor of the Quarter for the period Jan. 1 to March 31, 1999.

He was also awarded a Letter of

Commendation from Commander, Marine Corps Logistics Bases, Albany Georgia for outstanding performance of duty during the recent Health Records inspection conducted by the Inspector General.

Flores will be honored at a breakfast hosted by the Chamber of Commerce. He will receive a \$200 savings bond and a plaque from Brunner's Tiny Time Shop.



PERSONAL SERVICES BULLETIN

Personal Services Division

Simplify your life, find the essentials of parenting

Source: *Simplify Your Life With Kids*
By Elaine St. James

Simplifying your life, as a parent is not about being better organized. Simplifying is about finding time for the essentials of parenting – fostering independence, demonstrating understanding, and providing lots of love.

Simplifying your life will help you find ways to free up your time for your kids making family life easier and more fun.

Simpler mealtimes

It is very complicated to create four separate meals at different times because one child doesn't like what you're serving or another wants to eat early.

Better: Try to arrange a dinnertime that everyone can make. If schedules conflict, set aside at least one night a week when family dinner takes precedence over all other activities. On nights when someone must eat later than the rest of the family, make a meal that is easily reheated.

If a child doesn't like what is be-

ing served, they can make a sandwich or have a bowl of cereal.

Extend your time together as a family by having kids help you with the food preparation and cleanup. This should be approached not as a chore, but as a natural part of what you do together as a family.

Simpler bedtimes

To make bedtime simpler and less stressful, you must have a routine. Routines work because they prepare children for sleep and keep bedtime from being a surprise.

Helpful: Choose a reasonable hour that fits your schedule, and stick to it. If a child gets out of bed, calmly and lovingly return him to his bed again...and leave.

Do not get involved in another bedtime story, a third glass of water or more back rubs. If you do, constant demands for these things will continue to stretch out bedtimes.

If you firmly set wash-up time one-half hour before bedtime, getting the lights out will be much easier.

Simpler household chores

Everything your child can learn

to do for themselves is one less thing you will have to do for them.

Added Benefit: When your child learns to do something for themselves, you have given your child the gift of independence.

To make everyone's life simpler, institute some important household rules.

Examples:

If you use a dish or a glass, wash it and put it away or put it in the dishwasher.

Eating is allowed only in the kitchen, dining room or outdoors.

Wipe off counters after you've used them.

Simpler laundry

Getting the laundry done can be frustrating and time-consuming.

Helpful: Wash clothes only when they are dirty and not just because they've been worn. Whenever possible use shortcuts:

Buy pairs of identical socks - no more time spent pairing and sorting.

To avoid losing socks - and to gain countless hours that you once spent pairing and putting away socks

- put clean socks in a zippered mesh bag in each child's drawer. As kids wear the socks, they place the dirty ones in another mesh bag. When the dirty-sock bag is full, you can throw the entire mesh bag - with the socks inside into the washing machine.

Place clothes in the hamper right-side out to save time folding.

Create separate hampers for different items, such as towels, whites, etc. They will make it easier to sort.

Simpler household organization

The less stuff you have in the house, the fewer things you need to organize and the simpler your life will be. Have your children help you decide what clothes and toys to give away. This trains them to think of others.

If you haven't used an item in a

year get rid of it. You can probably get rid of 50 percent of your stuff.

Teach kids not to take out one toy or activity until the prior one is put away, and establish a place for everything.

Simpler life

Stop trying to do it all. Once you realize you can't clean the house the way you'd like every night, you'll stop wearing yourself out or irritating your spouse and kids by trying.

If the phone rings while you're making dinner or reading to a child, don't pick up. Let the answering machine get it.

Simpler discipline

How you treat your children will be reflected in the way they treat you. Be firm, not mean. Don't yell. Be polite and respectful and trust your kids to do the right thing.

Spotlight on Volunteerism ...



Photo by Sgt. Adam Frederiksen

(Pictured from left to right) Volunteers Sgt. Brett Hohmann, GySgt. Frank Patterson, SSgt. Verliann Nuhiwapollard and LCpl. Tim Bartling of the Marine Corps Mounted Color Guard present the colors at the Veterans Home of California – Barstow during the inaugural Freedom Memorial Festival on May 29.

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) is a Marine Corps program designed to assist service members in providing for special needs of family members.

The objective of the EFMP is to assist Headquarters Marine Corps in assigning Marines to an area where family member's special needs can be met.

Enrollment in the EFMP is mandatory when a DEERS-eligible military family member has a special medical, psychological, emotional or educational needs.

Those who need to enroll are urged to do so as soon as possible, before their next permanent change of station because it assists assignment monitors or detailers in assigning Marines or Sailors to an area where a continuum of health care and other services are available.

Although more Marines are aware of this program, there are still some unidentified families with special needs. A concern is

that these families are not receiving the services they require, nor the support they should have. Support can be financial, emotional, or simply informational. The EFMP Coordinator can assist in many ways: with information and referral, relocation assistance, advocacy, and by identifying resources.

Enrollment in the EFMP will not adversely affect advancement, career potential or eligibility for special programs and assignments. The active duty service member is still deployable according to the needs of the Marine Corps or Navy. EFMP enrollment records are not part of the Manpower management System, individual Records Books, or parent command records of the sponsor.

For more information or to enroll in the EFMP, please call your EFM Coordinator, Jane Schoffstall at MCCS Community Services, Bldg. 129 at 577-6755.

Broken Cactus 1-99: MCLB Barstow stages mock earthquake exercise



Photo by Cpl. Mike McQuillan

Above: Cpl. Michael McGee helps immobilize cadet Santiago Maldonado, of the Marine Corps Junior Reserve Officer Training Corps, Eisenhower High School, Rialto, Calif. Cadet Santiago simulated a victim with a broken neck during the exercise.

"The High Desert was rocked by a 7.7 earthquake at 8:27 on May 26.

While damage to base facilities was light considering the strength of the quake, casualties and victims were high. Local rescue agencies have teamed up with Marines, Sailors and civilians from MCLB Barstow to begin rescue efforts."

Fortunately the previous account is completely fictional. There was no earthquake or aftershocks, and no one died or was injured. The experience received enables emergency services personnel to be better prepared if the real thing ever does happen.

"There were a few holes that we identified," said Robert Wyman, base fire chief. "But this is a learning experience for everybody here. We learned a great deal just watching the interaction between the different agencies."

Col. Mark Costa, base commander, added there will be little or no warning at all for the next drill.

"We will plan unannounced exercises in the future. The next one will be either short notice or no notice at all," said Costa.



Photo by Curt Lambert

Above: An unidentified Marine is treated by MCLB fireman Joey Marin before going to Branch Medical.



Photo by Curt Lambert

Left: (From left to right) PFC Jeremy Wellington, Cpl. Craig Myers, DN Jermaine Williams and LCpl. Timothy Bartling, carry an injured Marine into the Branch Medical Clinic.

The Emergency Response Force provides on-site emergency medical assistance before transporting victims to medical facilities.



Photo by Curt Lambert

Right: Base firemen Joey Marin (left) and Domingo Duran (right) place a classification tag on a "deceased" LCpl. Bill Menzies who was in the fire training tower when the quake hit.



Photo by LCpl. Brian Davidson

Above: The High Desert Chapter of the Red Cross set up in the base gym to provide aid for earthquake victims. Students from the Marine Corps Junior Reserve Officer Training Corps were touring the base and volunteered to be casualties during the drill.

Below: LCpl. Joseph Sher, Fleet Support Center, is rescued from the pump room elevator shaft at the Nebo Water Treatment Plant.



Photo by Curt Lambert

SALUTES

Fleet Support Center

Outstanding Performance Award

Bea Ascher	Bob Doxey	Harry Legendre	Joannie O'Connor
Belen Baldwin	David Evans	Terri Lloyd	Willa Pitts
Tom Behrend	Betty Fernandez	Tony Marquez	Tom Quenga
Mike Boone	Gilbert Flores	Cory Martin	Joe Sanchez
Rodney Beshears	Sandy Gillberg	Stan Mayfield	Dan Snyder
Mike Brobst	Paul Johnson	Cheryl Mitchell	Kerry Stapp
Pat Castillo	Virginia Kindred	Lori Mobley	Danielle Torrance
Richard Chavira	Rudy Kington	Al Morales	Jan Vuiller
Carol Christian	Marlo Koceski	Rudy Mosley	Don White

Exceeds Fully Successful Performance Awards

Lisa Akers	Fred Haskin	Marvin Roberts
Greg Anderson	Carlos Janeway	Ed Rodriguez
Fred Atuasi	Greg Johnson	Bruce Rowe
Tom Blake	Dale Jones	Martha Saenz
Al Brady	Jeanette Lamb	Joaquin Santos
Vinnie Chavez	Bill Lane	Virginia Villanueva
Brian Cranford	Rudy Louro	Glenn Wyatt
Dave Dillingham	Lawrence Marquez	Corky Fisher
Pat Dunham	Paul Marquez	Larry Arnold
Fred Edosada	Jolyn Mendez	Carlos Arriola
Celia Enriquez		
Keith Funk		
Delane Guitierrez		
Don Hamblet		

More Salutes will run in future editions of the BARSTOW LOG.

Letter of Appreciation

Carol Christian	Sgt. Travis Hayden
Sgt. Daniel Moore	Cpl. Mohammed Huda
LCpl. Shane Needham	SSgt. Mark Stoddard
Cpl. Adam Knotz	GySgt. Donald Johnson
Sgt. Angel Mora	Bea Asher

Fire Department

Dear Colonel Costa,

Congratulations to you and Marine Corps Base Barstow Public Safety Department Fire Department for being selected as the 1st runner-up in the Structural Large Category.

The Navy and Marine Corps Fire Protection Association's recognition of the professional excellence demonstrated by your team brings great credit to our Corps. Well done!


 C.C. Krulak
 General, U.S. Marine Corps
 Commandant of the Marine Corps

Sick Leave Award

1,000 hours
 Jim Baker
 Jose Rodriguez

500 hours
 Cory Martin
 Steve Buroff
 Don White

From SAFETY Page 3

for reasons no one can satisfactorily explain, in FY99 the numbers of Marines killed in training and off-duty related accidents have increased. Our traffic fatality rate remains the highest of all military services, and is the number one killer and incapacitator of Marines. Moreover, the Naval Safety Center predicts another 22 Marines will lose their lives in the upcoming Memorial Day through Labor Day period. We absolutely cannot let this occur. We must do anything and everything possible to care for and protect our most precious asset. For my part, I am directing a Corps-wide Safety Focus commencing at noon on May 28, the Friday before Memorial Day Weekend and terminating on Sept. 7 at noon, the day after Labor Day. The goal of this Safety Focus is for every commander and leader to make this summer a summer of no fatalities. My intent of this Safety Focus is to create a lasting momentum of safety consciousness that will carry us into the 21st Century.

Do not confuse this with "just another admin safety standdown;" we're not standing down; we are going to do things quite differently. Foremost, we are going to save the lives of our Marines. From Memorial Day to Labor Day 1999, commanders are charged with the goal to experience no loss of life within your unit, organization or command, and to create a strong momentum for a long-term dramatic downturn in our mishap rate.

When I reflect on the incredible strides we have made these past years, I am absolutely confident we will bring that same energy and momentum to this goal. Understand, this is not about statistical data or mishap rates – it's about a lance corporal machine gun-

ner in 1st Battalion 4th Marines; a flightline staff sergeant in HML/A-269; and a first lieutenant platoon commander in 8th Engineer Support Battalion.

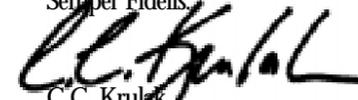
This goal is tangible and touches real Marines – it is fundamental to our legacy of taking care of one another.

Starting immediately, I want each and every one of you to ask yourself the question: "Who's life am I going to save today?" This is not a rhetorical question, and it's certainly not a question peculiar to combat. It's a question dealing with responsibility – responsibility to yourselves, to your family, and to

your fellow Marines. How many of your fallen Marines would be alive today if someone – anyone – would have intervened to "break the chain" of tragic and preventable events that led to mishaps. Ask yourself that question every day – look to be the person who breaks the chain. The decisions and actions

we make every day bear the same weight and have the same consequences as those made in combat.

Semper Fidelis.



C.C. Krulak
Commandant of the Marine Corps

SPORTS

Bulldogs chomp PMO, 24-11

By Cpl. Mike McQuillan
BARSTOW LOG staff

The MCLB Bulldogs opened the floodgates against the PMO Enforcers during their recent grudge match in the Barstow Sportspark softball league, scoring 19 runs in the first inning of a 24-11 slugfest.

"I predict at least 30 runs this game," said Bulldog captain Rolando Sotolongo before the game started.

The game opened with PMO pitcher Fernando Gonzales walking the bases loaded before facing the ominous one, Fred Waddell.

Gonzales tossed his first strike of the game and watched it sail from Waddell's bat over the right field fence for a grand slam and a 4-0 Bulldog lead.

Ten runs scored before PMO recorded the first out of the game.

The Bulldogs, led by pitcher John Lozano, shut down PMO in the top of the first, keeping the score at 19-0 through one inning.

By the end of the first inning, the Enforcers had to contend not only with a dominant Bulldog team, but also hecklers from their own unit.

The Enforcers, driven by the desire to prevent further humiliation, inched their way to double digits before the one-hour time limit expired.

PMO cried foul when Lozano ate crucial minutes from the clock while nursing a "leg injury" on the pitcher's mound.

Perhaps the two teams will meet again in the playoffs.

Several weeks are still left in the season.

In another recent game the Bulldogs won their game by forfeit and opted to scrimmage an "A" level semi-pro team and won convincingly.

Also ahead for the Bulldogs is the Western Regional Championship Tournament at MCAGCC Twentynine Palms, scheduled for July.



Photo by Cpl. Mike McQuillan

Brian Spiehs of PMO swings for the fences late in the game.



Photo by Cpl. Mike McQuillan

Rene Ardila legs out a base hit for the Bulldogs, beating an outstretched Josh Peterson of PMO at first base.

**Tell them you
saw it in the
BARSTOW LOG!!!**

1969 VW BEETLE: 1641cc engine (built in Oct '98), rebuild carb., dual port, elect. fuel pump, monza exhaust, custom interior. \$1,500. Call 252-4352. Ask for Dennis.

1979 MOTORHOME: 25ft., class A, roof/dash air, generator, sleeps 8. As-is or trade. Call 252-9199.

1970 OLDS CUTLASS: 2 door, 350 engine, auto, A/C, mags, runs good; also 455 engine and 400 auto trans. Trade or OBO. Call 252-9199.

FOR SALE: Premium Pioneer stereo system. VSX-DIS receiver, PD-M95 CD player, CT-W840R double cassette, turntable, Bose 901s, Bose 601s, manuals, extras, \$3,000 new. \$1,100. Call 256-5302.

FOR SALE: Whirlpool refrigerator, 2 years old, 20 cubic ft., xlt cond. Call Steve 247-1155 evenings. Lv msg.

FOR SALE: Various pieces of exercise equipment. Good deals available. Make offer. Call 247-1155 evenings. Ask for Steve.

FOR SALE: Parts car, 1984 LeBaron convertible. Call 252-9199.

CAMCORDER: RCA, full-size VHS camcorder, hardcase, charger, and zoom lens. \$150. Call 252-4352 ask for Dennis.

MISC FOR SALE: Used black pipe, great for fences, all sizes. Call 257-3455 for more info. Lv msg.

MISC FOR SALE: Kenmore washing machine, \$100; GE electric dryer, \$75; two answering machines, \$10. and \$15. Call 952-1137 after 6 pm.

PETS: AKC German Shepherd puppies, 7 wks old, shots, dewormed, both parents AKC registered, German descendents and on property. Call 256-2802.