

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 24

Marine Corps Logistics Base Barstow, California

April 27, 2000

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The current copy of the
Marine Corps News
Weekly is now available
online at
<http://www.usmc.mil>

Another first for MCLB Marine

By Cpl. Matthew R. Weir
BARSTOW LOG staff

MARINE CORPS BASE CAMP PENDLETON, Calif. — A Barstow Marine graduated as Honor Graduate from the Corporal's Course here April 19.

Cpl. Kyran O. Ramcharan was awarded a Navy Achievement Medal for his effort and is the first Marine from Marine Corps Logistics Base Barstow to graduate as the Honor Graduate of the course. He finished the course with a 97.45 percent grade average.

"The first day of class they were telling us the honor grad would get a NAM," said Ramcharan. "I wasn't even thinking about that."

When he left Ramcharan didn't have a thought in his head about graduating first in the class. He was trying to focus on just making it through.

Even though Ramcharan didn't have his sights set on graduating number one, his office didn't even bat an eye when they heard the news.

"Because of the quality of work that he does on a day-to-day basis, I was not surprised," said SSgt. Scott Duplechain, finance Noncommis-

sioned Officer in Charge. "I know that if he does not know how to do something that he will put extra effort into learning it. His attention to detail is very high."

During most of the course he worked with another Marine who he thought was doing better than he was.

"I didn't know how good I was doing," he said. "They didn't show us our grades or anything."

In the last week of the course Ramcharan was pulled into the platoon commander's office.

"I thought I did something wrong," Ramcharan said. "He told me I was fifth in the class. That was when I really stated to take things seriously."

Ramcharan's efforts are being widely recognized around the base.

"Our Marine has performed at a high level while competing with Marines from much larger units," said Capt. James Sobien, training and billeting officer, HqBn. "This type of effort and skill will carry him as far as he wants to



Photo by Cpl. Matthew R. Weir

See **GRADUATE** Page 16 Cpl. Kyran Ramcharan at Corporal's Course Graduation.

Two tickets and a Mustang

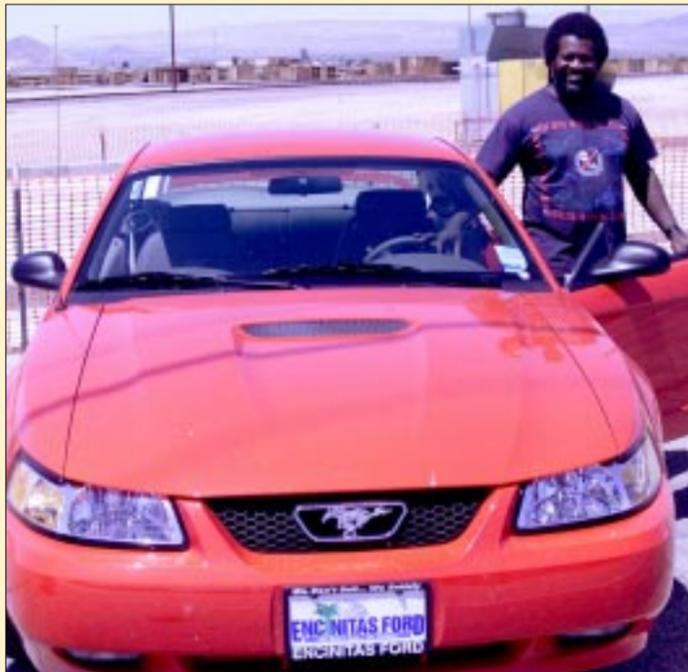


Photo by Sgt. Mike McQuillan

"This is the best thing to happen to me since I came to Barstow," said Glenn Wyatt, materials handler for Fleet Support Center and proud new owner of a 2000 Ford Mustang GT. Wyatt bought just two tickets for the recent Navy Marine Corps Relief Society fund drive and drove off with the grand prize. "I wasn't trying to win anything," he said. "I just wanted to make a donation." Wyatt drove to Las Vegas the day he won it and has visited his family in the Bay Area. "I think I'll drive this until I retire," he said.

Logistics transformation

From MARADMIN 206/00

The purpose of this message is to provide a brief clarification of our logistics transformation focus and the roles and relationships among the major components of this effort.

Over the past three years several initiatives have surfaced within the Marine Corps focusing on transforming logistics. While these efforts have significantly contributed to this transformation, their independent development has resulted in some confusion internally and externally as to what our logistics transformation is and the relationship between the various initiatives.

Precision logistics is the embodiment of our logistics transformation effort – to dynamically enhance the Marine Air Ground Task Force's expeditionary and warfighting capabilities through the transformation of logistics. This is a significant departure from past methodologies and is the foundation for all our logistics transformation efforts.

While it is intuitive that improving our logistics processes will very likely reduce costs, success will be measured by how we enhanced the

MAGTF – not by cost savings. Nor, will we be content with simply improving how logistics is done today. Our current processes and systems lack the necessary tools to support future operational concepts. The ability to execute operational concepts such as sea-based logistics and operational maneuver from the sea will either be defined by our logistics capabilities or by the limitations of logistics. Accordingly, we will focus our resources on ensuring that our logistics transformation supports and defines emerging operational concepts.

The key components of precision logistics are Combat Service Support Element advocacy, the Marine Corps Logistics Campaign Plan, the Integrated Logistics Capability project of office, and the operating forces and supporting establishments.

As the CSSE advocate, the deputy commandant for installations and logistics is the primary voice for ground logistics. The CSSE advocacy board, consisting of the Marine logistics leadership, assists and advises the advocate in defining the priorities and direction

See **LOGISTICS** Page 16

Protect yourself; stay secure--keep your guard up

By SgtMaj. Robert W. Holub
Marine Forces Pacific

What is the response the Department of Defense usually takes after a terrorist attack has been launched against our forces any place in the world? Well, first of all, you know as well as I do that you see more identity checks at the gates, don't you? You also see an increase in security at the clubs, exchanges and at headquarters buildings, too.

For a time after an attack, everyone in the chain of command is motivated to increase security and make sure that all our bases, and their Marines, Sailors and family members, are protected.

Now having answered that question, let me ask you this: what do you think the chances are that terrorists, as cowardly as they are, would be so stupid to attack us again once our guard is up? Probably slim to none.

This week, I would like to talk to you about the need to remain

vigilant against terrorist attacks rather than doing damage control by reacting to them.

Marines, I will be frank with you. We live in a very dangerous world. There are, unfortunately, a great many bad guys out there who are not very friendly toward the United States, our allies, or our way of life. Given the opportunity, they would like nothing better than to do us harm.

As your Force sergeant major I would like to tell you that you and your families are completely safe and have absolutely nothing to worry about, but I cannot.

Doing so would be lying to you, and that is something I will not do. Now, while there is no specific threat that has prompted me to write about this particular subject - and I certainly do not want to start a panic - I still feel compelled to raise this issue now so we can address the topic "before" something happens rather than "after" an attack. What I would like to do is heighten your awareness of the threat, and your responsibilities for your own personal

security, and that of your units and your families.

First of all, what is terrorism?

Terrorism is "the unlawful use or threatened use of force of violence against individuals or property to coerce or intimidate governments or societies, often to achieve political, religious, or ideological objectives."

That is the book definition.

Sgt.Maj. Holub's definition is much simpler - terrorism is the cowardly act of violence against innocent men, women and children to achieve some goal. It can come in the form of foreign terrorism as in the bombings in Nairobi, Kenya, or the domestic type, as in the Oklahoma bombings carried out by disgruntled citizens.

In short, it is attempt by the bad guys to kill or maim as many of the good guys as they possibly can, and get away with it.

See COMMENTARY Page 11

An odd way to pray...

By Lt. Cmdr. Tom Cook
Command Chaplain, MCLB Albany

Over the years I have heard a multitude of spoken prayers.

Some flowed poetically from the speaker's tongue, some had the overtones of a sermon, and others resembled conversation.

I have also heard another type of prayer, though never in a church or chapel. Its usage is universal in the English language, even, on occasion, by atheists.

The prayer is most often spoken during times of anger, frustration, or used to display extreme displeasure with a given situation or individual. The vast majority of the English-speaking population would not recognize it as a form of prayer, but rather view it as a form of swearing. Some would regard the invocation as "taking God's name in vain." You see, the petitioner is asking God to damn something, someone or some place.

Several years ago, while stationed at Camp Pendleton, I joined my Amtrack battalion for a "Beach Bash" competition on the surf near our battalion. I watched as the companies competed in volleyball, swim/run contests, and flag football. I stood on the sideline observing one Marine I knew fairly well.

He was having a terrible game. He kept dropping the ball over and over. Nothing was going right. His whole game was off, and he

knew it. When he dropped the ball again, he picked it up and threw it as far as he could hurl it and exclaimed for the umpteenth time: "God !#%! It!"

When he came over to the sideline, I walked over to my friend and said, "You know God is just answering your prayer."

He looked at me somewhat puzzled, and as if I were insane. I reminded him that since the first quarter of the game he asked God to damn the sand, damn the ball, damn the sun, and even damn his shoes! So why be upset? God was simply answering his prayer!

When I concluded, he looked at me and said, "Chaplain, I like that and you're right. It hurts, but you're right." For the rest of the day, neither I nor the others heard another request for God to damn anything. (Though he did bite his lip an awful lot.) As I mentioned earlier, most individuals recognize this prayer as more in line with the idea of swearing. However, I think there is a valid case to recognize it as a prayer. That being so, it is bewildering why people would pray it. Could it be that they are not aware of what they are saying or of its significance? Or do they really want God to damn the one they love, their friends, work associates or acquaintances?

It would be well for each of us to remember the words of Jesus: "You do not know for what you ask." (Matthew 20:22)

Now that is something to think about!

Just doing my job ...



Photo by LCpl. Cory Kelly

Michael Henderson, a property disposal technician at the Defense Reutilization and Marketing Office, has been at his job for ten years. Running closed-circuit sales among other things, he said, "It's never the same thing." Although he does admit he answers the same questions everyday, he said, "... at the same time, I get to answer new questions everyday.

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.



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: (661) 945-5634.

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to daileyb@barstow.usmc.mil.

Vacation Club goes Internet

The Armed Forces Vacation Club is now online at <http://www.afvclub.com>.

This new service offers another method for guests to file unused time-shares.

Retired Activities Info Center

The USMC Retired Activities Information Center is now online at <http://www.usmc-mccs.org/retirement/index.htm>. The new Web site provides information on benefits and eligibility, organizations, etc. The site also has a link to the "Semper Fidelis, Memorandum for Retired Marines" newsletter. For more info call 577-6533.

Elks Golf Tournament

An open golf tourney benefiting local youth activities and charities kicks off May 6. Five-person teams will battle it out for the "Best Ball Scramble." The names of the winning team will be inscribed on the perpetual plaque to be displayed at the Barstow Elks Club. The entry fee is \$40 per person plus greens and cart fees. Free lunches for participants will be served at the lodge. Extra lunches are \$6 each. There will also be door prizes. For more info call 254-2304 or 252-2803.

Best Ball golf tournament

The inaugural Marine Corps Ball golf tournament is the Best Ball golf tournament Friday. The team-effort tournament consists of teams of four.

The entry fee is \$15 per person and includes a hamburger or hotdog and soda.

The committee encourages both Marines and civilians to come out and support the event. Registration is from 6 to 7 a.m. with tee-off at 7:15. For more info call 577-7213 or 577-7181.

Old Town San Diego trip

The Civilian Welfare Recreation Association is sponsoring a trip to San Diego Old Town May 6. The group

leaves Barstow at 7 a.m. and arrives in Old Town at 11. Visit the historical site where San Diego began. The trip costs \$6. Call 577-6614 or 577-7210 for reservations or more info.

Immigration Workshop

The City of Barstow has scheduled a workshop for May 11 from 11 a.m. to 2:00 p.m. in the Council Chambers at City Hall. Questions geared toward immigration, obtaining residency, work permits, family reunification, citizenship and outreach programs will be answered at the workshop. Registration is being taken for anyone who would like to learn about the United States or improve their language skills. For more info call 256-3531 ext. 3253.

Drill team advisers needed

Adult advisers are needed for the Positive Force Precision Drill Team. The youth drill team performs fancy and regulation military-style drills. The team meets Tuesday and Thursday evenings from 6 to 8 p.m. and Saturdays from 10:00 a.m. to 12:30 p.m. For more info call 256-0030 or visit <http://www.positiveforce.org>.

Blood Drive

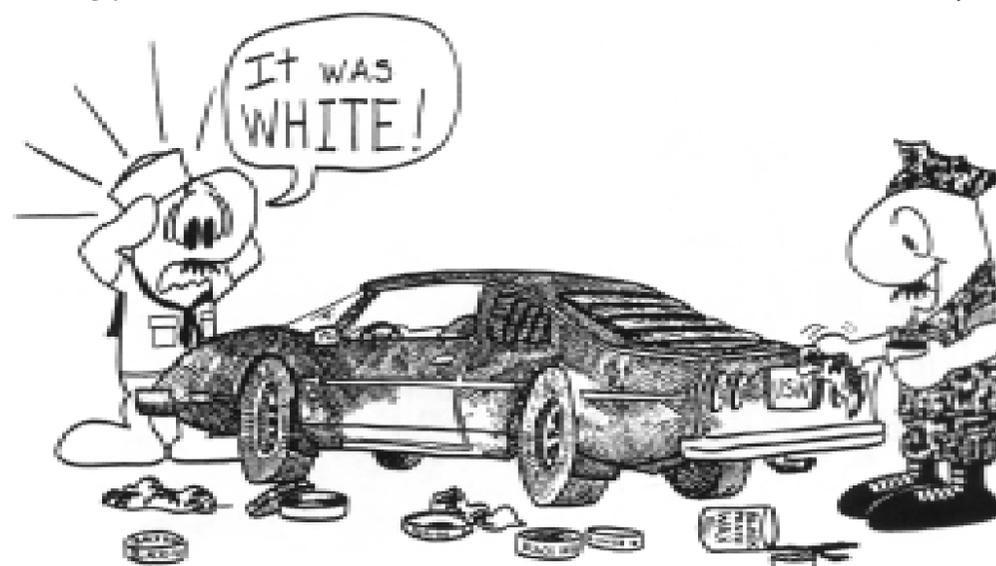
The next Blood Drive will be held May 18 from 11:30 a.m. to 2:30 p.m. at NEBO Building 44, and from 11:00 a.m. to 3:00 p.m. at Maintenance Center Building 598. All departments are asked to submit a list of voluntary donors to their designated areas by May 12. Contact your Department Administrative Officer for more info.

Parent Support Program

The New Parent Support Program Playmorning is May 3 from 10:00 to 11:30 a.m. at the McKinney Center. All families with children under the age of six are encouraged to attend. There is no charge, and toys, mats, and arts and craft activities will be provided. Call 256-5751 or 380-4021 for info.

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to wax your car.

Medical/Dental Clinic Shuttle Schedule

There are weekday shuttles running to and from the Branch Medical and Dental Clinics at Yermo.

The times for pick-up are 6:50 a.m. and 12:30 p.m. at a location between the Commissary and the Credit Union.

Return transportation is by group pick up. Children ages 4 and up or 70 lbs. or over are eligible to ride. Younger children must be in a portable car seat.

Military/Civilian Employee Sickcall transportation is available in the morning and afternoon. Mornings from 7 a.m. to 8 a.m. and in the afternoon from 1 p.m. to 2 p.m. Monday through Friday.

Return transportation is by groups. Call 577-7722 for more information.

Free tickets available



The Multicultural Heritage Day subcommittee is hosting the first Multicultural Heritage Day 2000 May 17 from 10 to 2 p.m. in the vicinity of the Base Fitness Center.

The event includes entertainment, displays and a food court where attendees can taste a multitude of cultural dishes.

Free tickets are available to all civilian employees, Marines, tenant activities employees and family members.

The event is considered training and requires supervisor's approval, so please take time out to join in the celebration.

The free tickets are only available until May 4.

Ticket information can also be found on the Intranet at www.mclbonline <<http://www.mclbonline>> under new website info. The points of contact for free tickets are:

Rick Kastner	577-7208/7503	Maint. Center lobby
Celia Enriquez	577-7511	Whs. 406
Lisa Akers	577-7528	Whs. 406
Robin Cross-Walker	577-6395	Base Library, Nebo
Rhonda Ray	577-6664	Bldg. 302
David Mendez	577-7328	Base Library, Nebo

Job Watch

Annc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-170-00	Security Guard	04-11-00	05-09-00	04-25-00	MCLB Barstow
GS-0085-03 (Term NTE 366 Days)					

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)
525 B Street, Suite 600
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

CLEP/DANTES testing: quicker way to a degree

By LCpl. Cory Kelly
BARSTOW LOG staff

English composition, humanities, college mathematics, natural sciences, and social sciences and history courses all have one thing in common, according to the College Entrance and Examination Board's official web site.

They are all general requirements for just about any college degree. More often than not, the average person attending college spends the first two years trying to fulfill those requirements.

But that's not the way it has to be. According to Rich Johnston, the base education officer, just because they may be required courses doesn't mean people have to actually take them. He said the Defense Activities for Nontraditional Education Support and College-Level Examination Program examinations could help get most general courses and some subject specific courses out of the way.

"Rather than look at these tests as reflections of your intelligence, look at them as tools," Johnston said. "They can get you points towards promotion, they can get you college credits, and they can save you money. And when I find a tool like that ... I like to use it!"

There are currently 34 CLEP examinations. CLEP has five general

examinations or 29 subject specific examinations that fall under six different categories: business; composition and literature; foreign languages; history and social sciences; science and mathematics. There are also 37 different DANTES examinations ranging in categories from humanities and physical science to applied technology and mathematics.

Johnston said that Barstow Community College will accept all 71 of the CLEP and DANTES examinations and transfer them to college credits. Servicemembers Opportunity College Marine Corps manual lists more than 2,900 colleges and universities throughout the United States that recognize qualifying scores on CLEP examinations and transfer credit accordingly.

Cpl. Jeffery Erdman, from supply administration data input, says to anyone just thinking about signing up for a CLEP or DANTES exam, "Take it! It's an easy way to succeed. Once you're a civilian it will cost you money ... so why not do it now?"

Having completed almost a quarter of his associate's degree in liberal arts through the use of the exams, he said he thinks the exams are a really great tool for everyone.

The CLEP average minimum acceptable score for subject specific ex-

ams is around 48 points out of a total possible score of 80.

Cpl. Brad Price, a separations clerk, took the College Algebra CLEP exam and was just a few points shy of a perfect exam.

He said, "I just studied a little bit and took the test."

"If you don't do good the first time around, all you have to do is take it again," he said

People can take each test as many times as needed to get above the minimum score requirements, but they must wait six months before retaking the test if you don't pass, according to Johnston.

LCpl. Mark Coronado, airlift clearance authority, recently took the College-Level Spanish Language examination, earning college credits for something he always knew.

He said, "(the exams) save me time and money ... which are two things I just don't have a lot of."

Johnston said he tries to get all bilingual Marines to take the tests when they get on base, "why not get credit for something you already know?"

According to the Official College Board website, many of the CLEP subject exams correspond to one-semester courses, however, some exams correspond to full-year or two-year courses.

"There is (a CLEP or DSST exam) for just about everyone out there ... people can get credits for stuff they learned in the Marine Corps," Johnston said.

Johnston said he can find an exam that relates to the training received in just about every job in the Corps.

During the first quarter of fiscal year 2000, only eleven Marines were reported to have taken CLEP and

DANTES examinations, according to the DANTES Section Quarterly Report for MCLB Barstow.

"I can't help anyone get a jump on their education if they don't come to me," Johnston said.

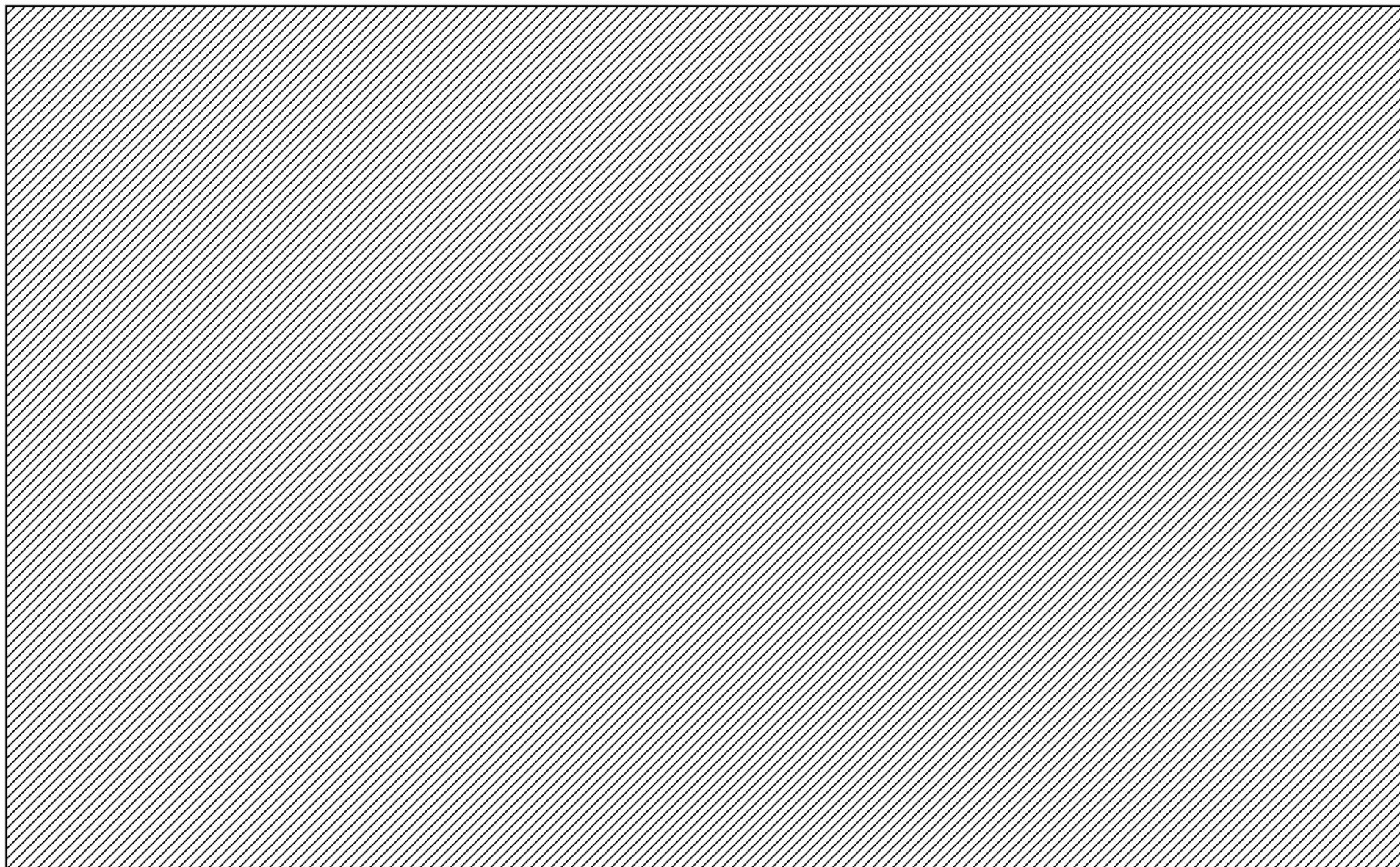
For more information about CLEP or DANTES examinations contact Rich Johnston at Building 302 Headquarters Battalion offices or visit <http://www.collegeboard.org>.

Tired of... Snail Mail?

Use the
**Marine Corps Institute's
New Online Services**

<http://www.mci.usmc.mil/>

- Enroll in courses on the www
- Look at your student records online
- Take exams online



To drink or not to drink?

Submitted by
Base Safety Office

People frequently misjudge how intoxicated they are. It's not necessary to be "falling down drunk" for your driving or your operation of machinery to be impaired by alcohol.

For some people, even one glass of beer or wine can significantly dull their reflexes.

Despite alcohol's use at parties, picnics, restaurants and social gatherings, it is definitely not "cool" to drink and drive. In fact, it is the leading cause of premature death and accidental injury.

The Stages and Effects of Drinking Alcohol

Because alcohol is a depressant, even moderate drinking interferes with a person's judgment and slows reaction time.

This can be very dangerous when driving a motor vehicle or operating machinery, such as a motorized lawn mower, a sewing machine, a chainsaw or a

garbage disposal.

Alcohol poisoning from drinking too much alcohol at one sitting can result in rapid death. On the other hand, alcoholism from chronic drinking is a progressive disease.

Alcoholics may drink to avoid feelings of fear or insecurity. However, their drinking can actually create anger, guilt, shame, anxiety and other negative emotions.

Friends, family members and coworkers are also affected by alcoholism. Eventually, it damages the digestive and immune systems and all the organs, especially the liver.

If untreated, alcoholism also results in death.

Are Drunk Drivers Really Violent?

People may not think of drunk drivers as violent. It is usually not the drunk driver's intention to kill and maim others in an accident.

Those who drink and drive may otherwise be gentle supportive

members of society.

However, once they get behind the wheel with only a couple of beers under their belt, they can be a menace.

Blinded by false confidence and unaware of the effects of even moderate drinking, they drive unpredictably and may even cause collisions between sober drivers who are trying to avoid them.

Drinking and driving is a potentially violent combination.

Alcohol-related slaughter has declined since the early eighties, but alcohol is still the most common factor in driving fatalities, injuries and property damage.

How much alcohol can you safely consume?

How much is too much alcohol? It depends mostly on a person's body weight. Large people can usually tolerate slightly more alcohol than lightweight people can.

Generally, a person should never drink more than one ounce of alcohol per hour.

This is roughly equal to one 12-ounce beer per hour or one



four-ounce glass of wine per hour or one mixed drink per hour.

Drinking more than that can increase blood alcohol to an intoxicating level.

Here are some additional safety tips for those who choose to drink:

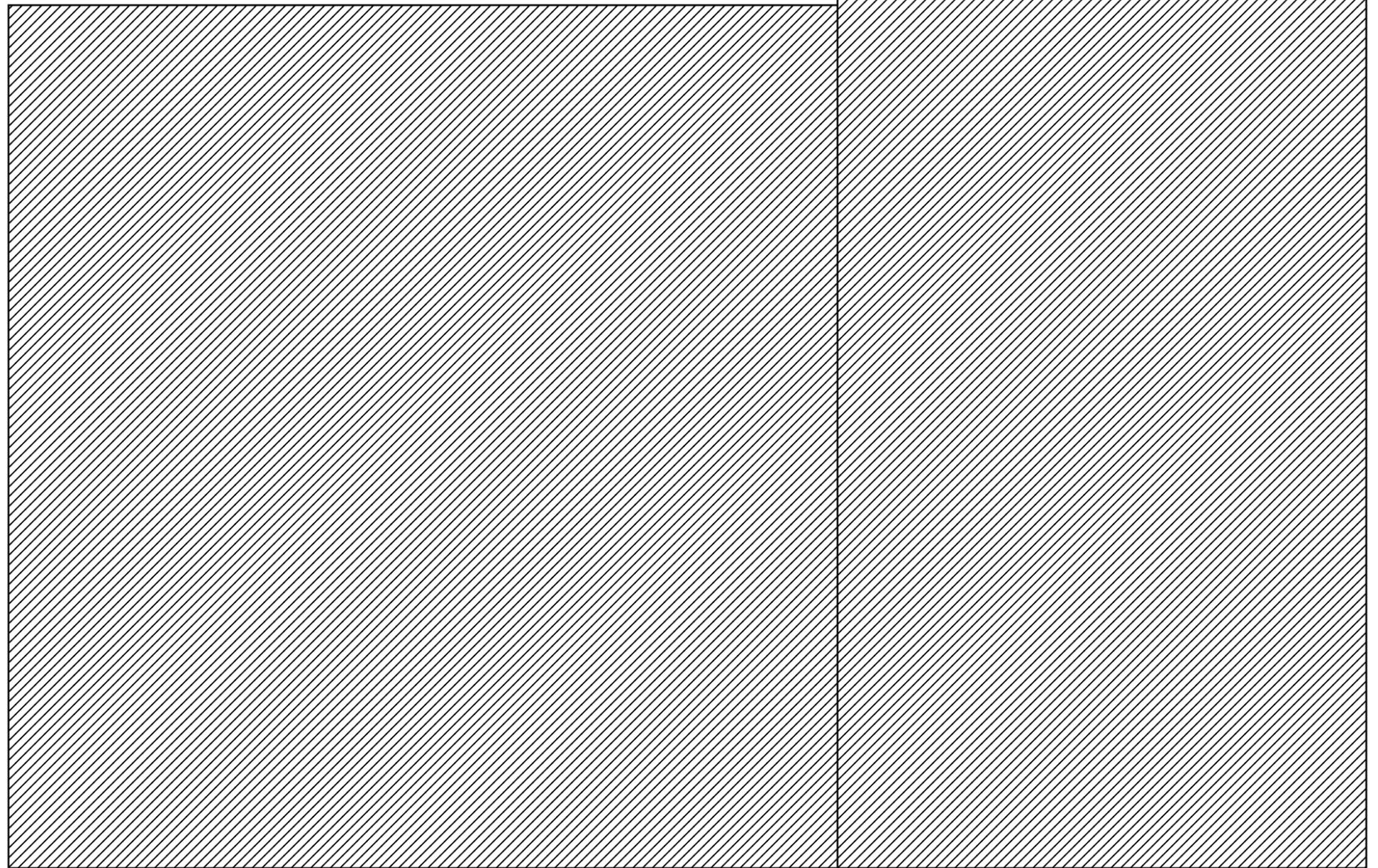
- Always sip a drink slowly.
- Don't drink on an empty stomach. Eat at least 15 minutes before the first drink and continue to consume food while you drink.
- Carbonated water and mixers speed up alcohol's effects. Therefore,

add ice or noncarbonated water to dilute an alcoholic drink.

- Be sure to arrange for someone who will not drink alcohol to be the designated driver.

- The only way to sober up after drinking is to wait it out. Strong black coffee, cold showers or physical exertion do nothing to reduce intoxication. Sleep it off, call a cab or ask a friend to give you a ride. You can safely retrieve your vehicle - or operate a machine - when you're sober.

Alcohol is still the most common factor in driving fatalities, injuries and property damage.



Water conservation is everyone's job

By Doug Sandford
Base Utilities Engineer

Spring has sprung and many of us have already started greening our yards.

That means big jumps in water consumption here because of increased watering of lawns and gardens. Base maintenance division personnel remind everyone to keep water conservation in mind while enjoying their yards this spring and summer.

Water conservation is important everywhere, but especially so in the Mojave Desert where water supplies are much more limited.

Southern California Water Company provides the base with water that is produced 100 percent from wells. At Yermo, the base maintains its own wells to produce water.

The bottom line is the base's water supply is limited to what is naturally

stored underground.

Base residents must comply with Base Order I 1330-1B — Base Watering Policy. The specified summertime watering schedule is effective June 1 through Oct. 31.

Water your yard only on designated watering days and times, unless a hand-held hose or drip irrigation system is used. Designated watering times are 5 p.m. to midnight or 5 to 7 a.m. with prior approval of the base housing manager. Do not allow excess water to

Some experts say "water less, more often." Others say "water more, but less frequently." Either way, the main idea is to avoid letting water run off your yard and into the street.

Position your sprinklers so that the yard gets the water and not the driveway or the roof.

For the kids, filling a wading pool will use less water than running the sprinklers for summertime fun (but with adult supervision - safety first!)

Mulch around trees and plants, to slow evaporation. A two inch layer will hold in water and also discourage weeds.

Plant desert-type landscaping, which thrives with less water. Build basins around trees and shrubs to minimize runoff of water.

Enjoy your yard and the great outdoors, but remember 'Water is Life - Save It.'

For more information, contact Doug Sandford at 577-6909.

Water conservation is important everywhere, but especially so in the Mojave where water supplies are much more limited.

run into the street or curb. Do not leave water running while washing your car; instead use a shut-off nozzle attachment. Use a broom, instead of the hose, to sweep your patio or driveway.

Marine and NCO of Quarter commended

LCpl. Nicole Verene (foreground) and Cpl. Jeremy Webb (adjacent) are congratulated by fellow Marines after being commended by Col. Mark A. Costa, base commander.

They have proven themselves worthy of their titles and will have the responsibility of representing the Marine Corps in the community, according to Costa.

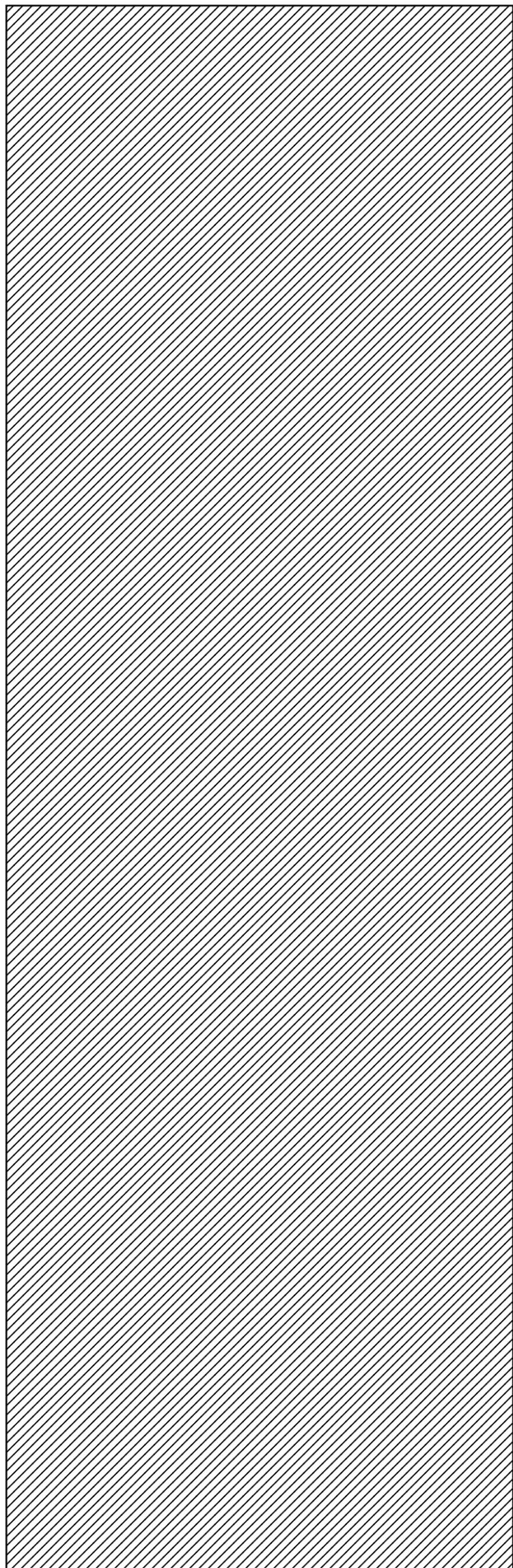
For their accomplishments they were awarded Certificates of Commendation, a 96-hour liberty pass, parking privileges, their photos will be posted around base, they were given a collection of books from the Commandants professional reading list.

Their names will be placed on the USDA and IRA perpetual plaque in the base headquarters.

They will also be recognized at by the Barstow Area Chamber of Commerce. Chamber members will award them with \$200 savings bonds.



Photo by Sgt. Mike McQuillan



MATCOM commander signs historical MOA

By LCpl. Shane Buckley
Combat Correspondent

MARINE CORPS LOGISTICS BASE ALBANY, Ga. – The Commander of Marine Corps Materiel Command, Maj. Gen. Paul M. Lee Jr., signed a historically significant memorandum of agreement at Marine Corps Systems Command Headquarters,

Quantico, Va., April 13.

The agreement between Marine Corps Logistics Bases and MARCORSYSCOM provides the framework for an operating concept and working relationships to accomplish materiel life cycle management during a major organizational development effort to determine future organizational and business process alignment between the two commands.

The objective is to make the materiel life cycle management process seamless between the commands and to fix the focus of effort on enhancing fleet readiness.

According to the MOA, while each command will continue to handle its own personnel and administrative matters such as pay, leave, awards and bargaining unit issues, operationally there are significant changes.

For the first time, MARCORSYSCOM program managers will

exercise tasking authority over their respective logistic bases Life Cycle Management Center Commodity Branch Heads.

Correspondingly, MARCORSYSCOM directorates, such as Combat Ground Weapons, Combat Support Logistics Equipment, and Command and Control, Communications, Computers, and Intelligence will exercise tasking authority over logistic bases LCMC Divisions CBG, CSLE, and C4I.

In addition to establishing an interim association for accomplishing materiel life cycle management, the MOA established two complimentary Integrated Product and Process Teams, the PM and WSM, and Supply Chain Management IPT's to tackle the organizational and business process development challenge.

The two teams are formally chartered by the two commanders and include joint membership of both commands and an integration contractor and an industry leader in organizational

development.

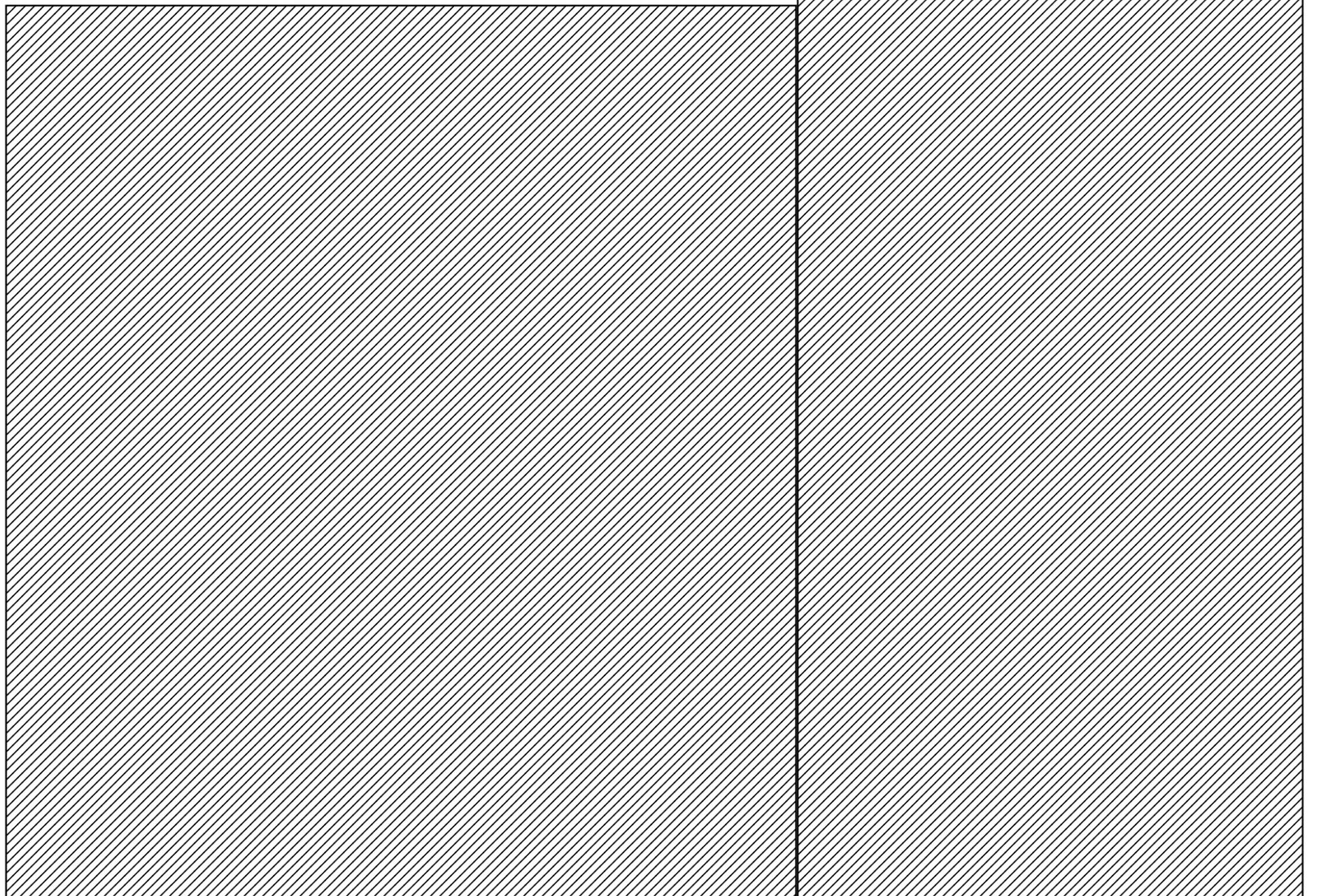
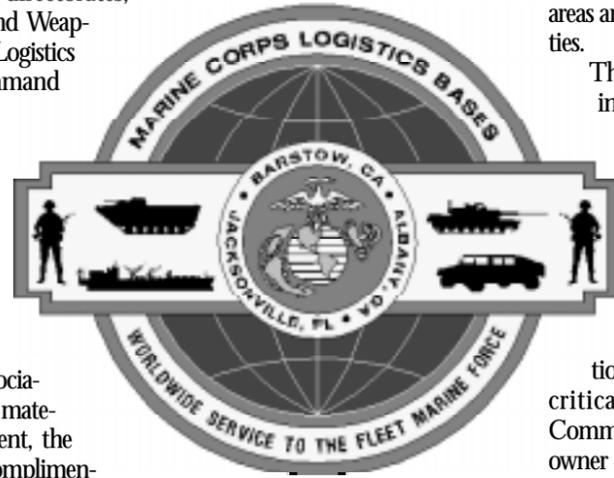
The American Federation of Government Employees and Federal Man-

agers Association have been active participants and are fully supporting the teams' efforts.

Over the next 240 days the teams will work to identify major business areas and related functions and activities.

They will apply business modeling and workload analysis to derive the optimal business processes and associated organizational resources and alignment to accomplish materiel life cycle management.

While the changes are evolutionary, versus revolutionary, they are significant and critical to the new Materiel Command's mission as single process owner of the materiel life cycle management process.





Maintenance Center adds g

Story and photos by
Sgt. Mike McQuillan

BARSTOW LOG staff

The signal to take a break may sound like a lullaby to some workers. What better departure from the routine is there than a mid-morning nap? An alternative to sound slumber for those at the Maintenance Center is a refreshing workout in the new gym at Building 573.

The Marine Corps entity that employs nearly 1,000 people has invested time and square footage to the health and wellness of its workers, creating a facility closer to the workplace than ever before.

"We've always had a gym available," said Dave Santos, battery shop supervisor and key player in establishing the new gym. "There was a bunch of weights sitting in the warehouses. Now we actually have a place to use them. We have a mini-Nebo here and we're growing."

Employees use the new facility during breaks, lunchtime and before and after working hours.

"We still have to go home and be husbands or fathers and everything else," said Santos. "Most of us don't have time to go to the gym after work. Having square footage inside the building is great."

Although employees aboard Nebo can benefit from the Civilian Wellness Program, coordinated by Marine Corps Community Services

and the Branch Medical Clinic, Maintenance Center employees don't have that available to them.

"The wellness program is conducted during working hours, and they don't have time for it," said CWO Bill Bradshaw, Semper Fit coordinator. "Since they can't do it, we provide the gym."

Marisa Klavon, Semper Fit health program coordinator, is slated to spend a two-hour session to provide guidance and answer questions.

"We have a whole facility that we're responsible for," said Klavon, who holds a degree in Kinesiology. "Employees need advice from time to time on different exercises."

Workers expect the new gym to replace the historic "Barbender Alley," located outside the building. It was a hard stand in a tin shack. Repair Division workers built Barbender Alley in 1978, with the job applied every day.

Some welded racks together, others boiled and made dumbbells from them.

Santos began working in the battery shop in 1980 and was recently promoted to shop supervisor.

"Most of us work very physical jobs," Santos said. "We need to be fit. During Desert Storm, we had to move 65-pound batteries to be shipped overseas. I was moving them two at a time. The weight training is a great benefit."

"I've been going there since it opened," said Kariam Arges, electronics technician with CWC. "Normally I have to go to the base gym, and I can't do that."

Above: **I PITY THE FOOL!** Ron Jamerson from the optics shop hammers out a set of standing curls. RJ won the recent bench press competition, lifting the 135-pound bar 55 times in one set.

Right: **WHAT, ME WORRY?** Lisa Thiem, Maintenance Center Environmental Safety office support clerk, unwinds on the stationary bicycle during her lunch hour.



NO GOGGLES REQUIRED -- Kariam Arges from Cost Work Center 723, small components shop, hoists

Gymnasium, enhances workplace

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said Santos.
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after work. Now I can go in there and relieve stress.”

The workers have made going to the gym an incentive by holding weekly competitions during Thursday morning breaks.

“We can pack this place, and then clear out just as fast when break is over,” said Santos. “It brings teamwork and camaraderie.”

“We have the old and the young here,” Santos continued. “One guy was in here for the push-up competition who didn’t have a dark hair on his head. Everybody looks out for each other.”

The most recent competition was the bench press. Each competitor pressed a 135-pound bar for their maximum repetitions. Ron Jamerson won with 55 repetitions.

“You can’t put a price on health,” said Santos. “We’re a small industry. Most of us have been working overtime for as long as we’ve been here. The job can be very stressful. Morale is a big concern.”

Future plans for the gym include extending the gym beneath canopies outside of 573.

d,” said Joey
C 735. “Usu-
an only do it



TRI, TRI AGAIN – Dennis Hall of CWC 733, 59 Radar, grunts, groans and eventually lifts a stack of weights on the triceps extension machine.

DIP DIP A DOOBIE DOO – Welding Shop Supervisor Bill Leonard tones his torso on the dip machine.



a modest amount of weight on the bench press.

The not-so-state-of-the-art facility shown below is the notorious Barbender Alley, built by Repair Division employees in 1978. Muscle enthusiasts would weather the elements beneath a tin shack as dirt would constantly blow into the area, rainwater would leak through the roof, and temperatures would soar into triple digits in the summer time. Some nostalgia hounds still use Barbender Alley calling the new facility a Jack LaLane gym.



SPORTS

Sports Briefs

All-Marine Golf Trials

Semper Fit is seeking resumes for the All-Marine Golf Trial scheduled for August 6-12 at MCB Camp Pendleton.

Twenty-five Marines will be chosen to take part in a 72-hole medal play. Marines must submit resumes no later than June 1. Resumes must contain command endorsement and also state that the Marine will be able to attend all events if selected.

Resumes must be submitted through the MCCS Semper Fit Division. MARADMIN 148/00 applies.

For more information contact CWO William Bradshaw at 577-6543.

All-Marine Rugby TRIALS

The All Marine Rugby Trial Camp is scheduled for Oct. 1-7 at MCB Camp Lejeune.

The Armed Forces Rugby Championship will be held Oct. 8-15 at Naval Air Station Pensacola, Fla. An Armed Forces Team will compete in the Invitational Territorial Tournament Nov. 25 through Dec. 3 in Tampa, Fla.

Marines must submit a resume no later than July 10. Resumes must include experience in the past two years. Resumes must be sent through the MCCS Semper Fit Division. MARADMIN 153/00 applies.

For more information call CWO William Bradshaw at 577-6543.

Runners medal at MAD Dash

By Sgt. Mike McQuillan

BARSTOW LOG staff

NAVAL AIR WEAPONS STATION CHINALAKE, Calif.--MCLB runners geared up for the upcoming 40-mile showdown by racing in the 10-kilometer MAD Dash at Naval Weapons Station China Lake Saturday.

Chris Jurgensmeyer, Mike McQuillan, Jeremy Wellington, Morad "Crash" Alkarsh and Cory Kelly represented Barstow at the 12th annual race, sponsored by the Marine Aviation Detachment. It drew a crowd of nearly 200 runners and walkers.

Jurgensmeyer, McQuillan and Wellington finished respectively as the top three finishers in the 20-29 age group. Jurgensmeyer finished second overall at 40 minutes, 45 seconds. McQuillan followed with a fourth place overall finish with a time of 42:21, and Wellington anchored with a finish in just under 45 minutes.

"You see a lot of runners take off

too fast and then just run out of gas," said Jurgensmeyer. "I said to myself 'if I can just stay near the front for the first two miles I'll be good to go.'"

Case in point was Alkarsh, who held the lead for the first mile. "I thought the race was over," he joked. "I couldn't believe that was just the first water stop!" Alkarsh's redemption was the three-day, two-night stay in Laughlin, Nev., courtesy of the prize drawing after the race.

For Wellington, the MAD Dash was his first race.

"I didn't even want to go at first," said Wellington. His gleaming satisfaction after Col. Marc Freitas, MAD commander, presented him his third place medal tells a different story. During his closing remarks, Col. Freitas acknowledged the Marines from Barstow and thanked them for their patronage.

Next on the running agenda is the Fort Irwin to Veterans Home 40-mile relay Saturday morning, where MCLB Gold team seeks to avenge a runner-up performance from last year.



Photo by Sgt. Mike McQuillan

(RIGHT) Jeremy Wellington receives his just reward and a congratulations from Freitas.



Photo by Sgt. Mike McQuillan

(LEFT) Chris Jurgensmeyer is congratulated by Marc Freitas. Jurgensmeyer took the gold in his age group and finished second place overall.

COMMENTARY from Page 2

Some of you might think that these are random acts, but believe me, they are not. For days, and sometimes weeks, the target is observed while the would-be terrorists devise their plan.

You see, being the cowards they are, they look for an easy target - one that will be easy for them to attack and get away. An easy target is one that is oblivious to the threat and goes about a daily schedule without a thought to personal or professional security. An easy target believes an attack, when it happens, will always happen somewhere else and "will never happen to me."

What can you do to prevent these acts? Plenty.

First and foremost, you must understand there is a very real threat to our nation and its servicemembers by groups and/or individuals that are unfriendly toward the United States. Second, you can do an assessment of your personal security measures and make yourself and your unit a "hard target" for those individuals who would like to do us harm. Third, you must remain vigilant to the threat. If you are in a leadership position, I would recommend monthly classes for your units and their place aboard your bases and stations designed to protect them. I would also recommend basic classes for personal protection be given as part of the L.I.N.K.S., Key Volunteers, and all officer and enlisted spouse clubs.

Why?

Because the more you talk about terrorism, the more likely you are to be aware of it, thus making yourself or your unit a less attractive target to someone who is looking for a "soft target" to attack.

For the individual Marine and Sailor, I recommend you and your spouses get and read cover-to-cover a copy of FMFRP 7-14A, "The Individual's Guide for Understanding and Surviving Terrorism," and JS Guide 5260 "The Service Member's Personal Protection Guide: a Self-Help Handbook to Combating Terrorism." It just might save your life or theirs.

The effectiveness of terrorism lies not in the act itself, but in the public's, or in our case, the government's reaction to it. If you make yourself and your unit a less attractive target, terrorists will have no other choice but to go looking elsewhere for a target that is easier for them to attack.

In effect, by remaining vigilant to the threat and understanding the threat is a very real possibility, and by taking active and passive measures to protect yourself and your fellow Marines and Sailors, you can effectively shut down any terrorist activity in your area. Will it ever go away completely? Unfortunately, I don't think so. There are far too many terrorist groups in the world to ever get rid of them all.

You know as well as I that since the United States is a world leader we will always be targeted by those groups for our stand on issues that may be in conflict with theirs.

That is the burden our nation carries for being a world leader.

By becoming more aware of the threat, you will be lessening your chances of becoming a victim. In short, you would make yourself a "hard target."

One simple thing you can do to make yourself less likely to be a soft target would be to be to make yourself inaccessible. Terror-

ists like their intended victims to be easy to approach, and tend to bypass those that are more difficult to get to.

By keeping your quarters well lit, and in some cases by owning a dog, you can go a long way in insuring your safety. I don't mean for you to live in a fortress and buy a German Shepherd, but simply limit access by those who would think about doing you harm.

Also, you should be more unpredictable. What I mean by this is to go about your regular business but without any pattern or routine. Be aware of your surroundings, be security conscious, and adhere to individual protective measures that your unit recommends.

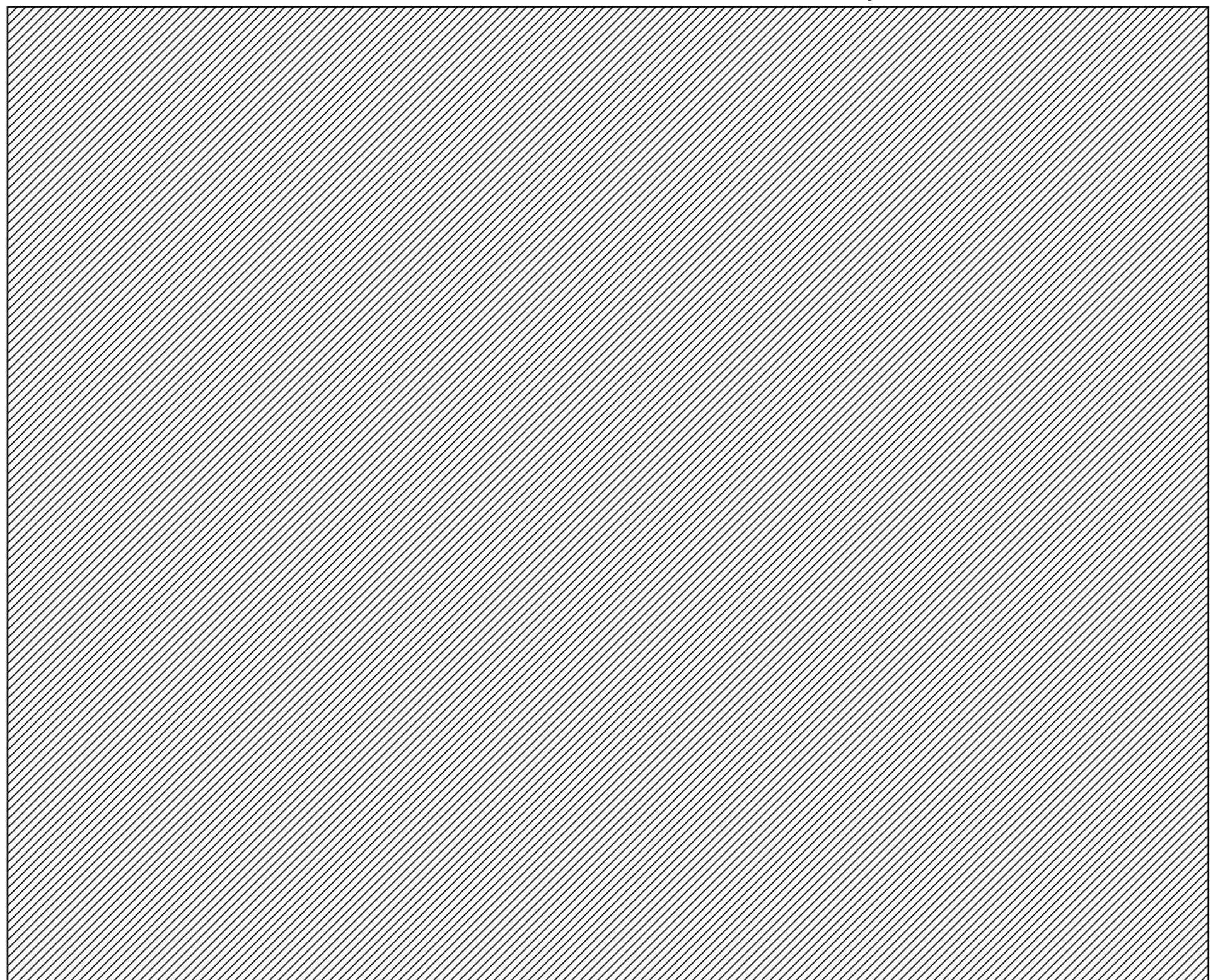
These are but a sample of the simple things you can do to protect yourself. I recommend that for more information about what you can do to protect your units, yourselves, and your families, contact your S-2 sections.

The bottom line is the more you know about your enemy, the better chance you will have at protecting yourself and your loved ones.

Terrorism is a tool in which the bad guys can take a swing at the good guys, and get away with a sucker punch. But by being aware the threat exists and by taking some simple protective measures, you can ensure this does not happen to you or your unit. Remember you are very important to our country, our Corps and your families.

Take care of yourselves and each other, and don't allow yourselves to be sucker punched.

Semper Fi.



Making change an adventure

By Rich Johnson
Base Education Officer

Opportunity presents itself in many ways. Sometimes it comes to us disguised as an unwanted and uninvited diversion. We have become comfortable in the day-to-day routine over the years, and whatever interrupts that routine is an unwelcome visitor. This throws many of us into a tailspin, and we spiral downward into a deep hole of anger, blame and resentment. In this frame of reference we do not see the exciting prospect of self-

assessment, redefining priorities, and implementing positive change in our lives.

Change in ourselves and a change in career or job can be exciting when approached with a positive attitude and a flexible, realistic plan.

Each of us has many assets that, in all probability, we have not looked at in many years. Some of the things we really enjoy doing have been set aside and only a pleasant memory remains. Our routine does not allow us the time to develop those skills or participate in those activities we enjoy. If you have been placed in a situation where change in your job

or career is forthcoming, reexamining your assets, looking at options, and developing your plan can become a fantastic adventure.

Many tools are available to you right here that can give you the edge you need to make this adventure a great experience.

MCCS Personal Services Division offers you assistance in many areas, such as budgeting, stress management, interest and aptitude inventories, career information, resume development, and referral to other agencies.

We also have information on training and educational opportunities to assist you in

making plans and decisions. Our job is to enhance your adventure.

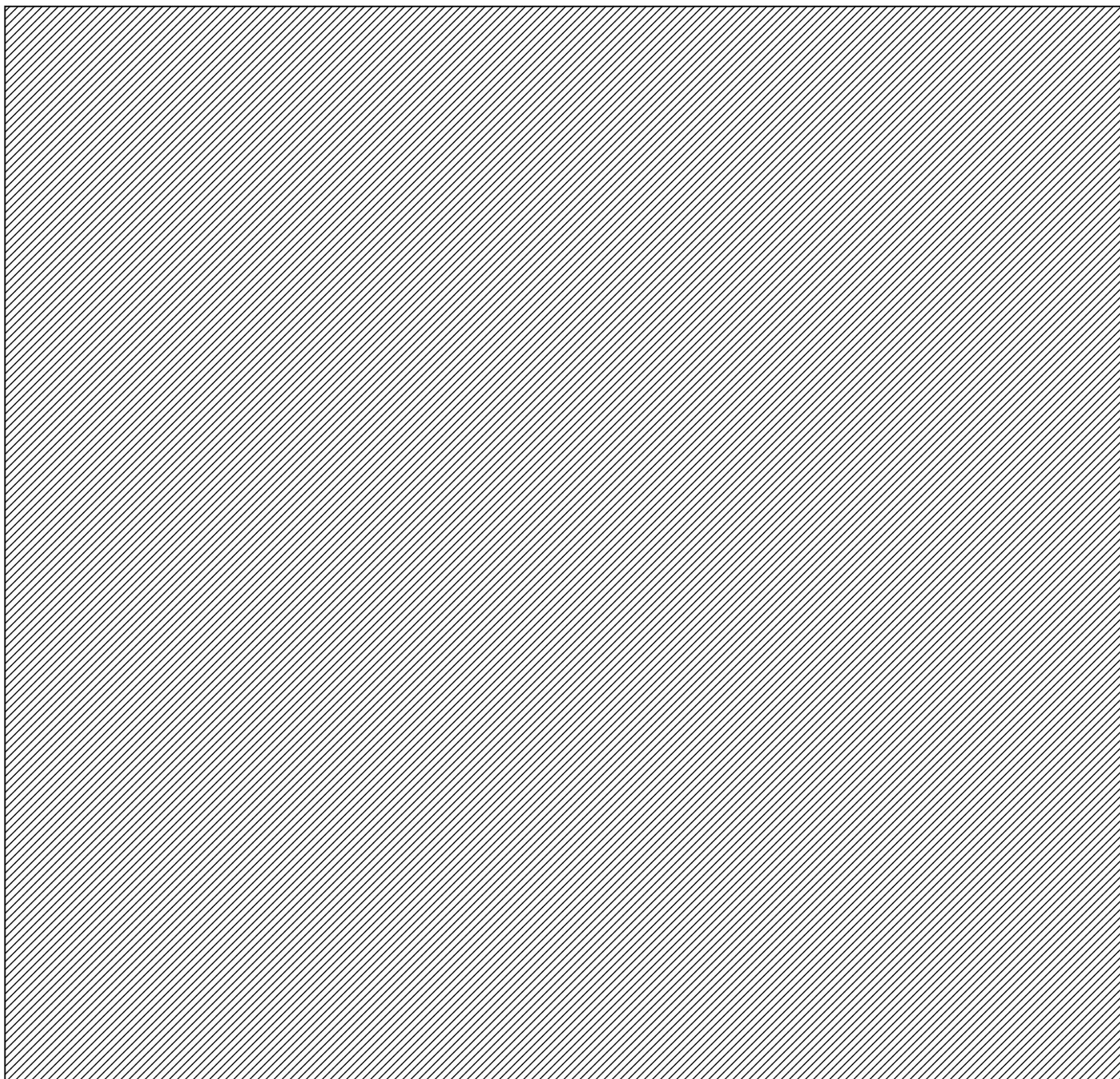
A fun way to start this adventure is to sit down and write a statement about three things that you really enjoy doing.

When you have a statement about each of these activities, ask yourself if there is a way to earn money while enjoying them.

Can I make these enjoyable activities my life's work?

Where can I find information that will help me develop a plan to do this? If I can make this happen I will never experience the drudgery of work again, and making a living will become exciting.

If you would like to know about how we can help you, call Personal Services at 577-6533.





By Jim Gaines
MCCS Publicity

MCX Sale at the exchange

You only have three days left to take advantage of our Super April Sale. Take advantage of quality merchandise at extra low prices.

If you crave the taste of BBQ you need to take a look at our quality gas and charcoal grills, our prices range from \$39.99 to \$199.99.

The Sand Dollar will be back at the Exchange in May. You will receive one Sand Dollar every time you make a purchase at the Exchange/7-Day Store of \$10 or more (excluding alcohol, tobacco and gasoline). Look for our May Events Guide for more information.

The Base Exchange/7-Day Store is open Monday - Saturday from 8 a.m. to 9 p.m. and Sunday from 10 a.m. to 6 p.m.

Call 256-8974 for more information.

Lunch Menu for This Week

This week's lunch menu at the Family Restaurant & Cactus Cafe:

Today - Fried chicken, mashed potatoes, roll/butter.

Friday - Hoki fish, fried rice, roll/butter.

Monday - Beef tips and noodles, roll/butter.

Tuesday - Lasagna, roll/butter.

Wednesday - Mushroom stuffed chicken, roll/butter.

Thursday - Meatloaf, mashed potatoes, roll/butter.

All above meals served with coffee, tea or soft drink.

Lunch is served Monday - Friday at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is also served Monday - Friday at the Cactus Cafe from 11:30 a.m. to 12:30 p.m.

Prices are \$3 for military and \$4.50 for civilians.

The Family Restaurant also offers an A La Carte and Sub-Sandwich Menu for lunch.

The Cactus Cafe also offers a limited A La Carte and Sub Sandwich menu for lunch.

For more info call 577-6428 for both the Family Restaurant and the Cactus Cafe.

Family Night Dinner Menu

Tonight - Prime rib Night - \$.50 per ounce!

Next week - Baked chicken!

All you can eat dinners are for in-restaurant consumption, not for take out.

Family Night dinners are served Thursday evenings from 4:30 p.m. to 7:30 p.m. at the Family Restaurant (Nebo).

Prices for military and civilian personnel are \$4.50 for adults and \$2.50 for children, children 4 years of age and under are free.

Tickets Available at the Bowling Center

Tickets to various Southern California attractions can now be purchased at the Bowling Center, Wednesday - Friday from 4 p.m. to 9 p.m. and Saturday - Sunday from 10 a.m. to 6 p.m. Tickets are still available at the ITT Office from 8:30 a.m. to 4 p.m. Monday - Friday.

If you wish to purchase special tickets or a large quantity of tickets, please call the ITT Office in advance to make necessary preparations.

Disneyland tickets are here and are

only \$28.50, but they expire on Wednesday, May 17th - so hurry! Summer ticket prices will be higher.

Plan to join us on our trip to Old Town Pasadena with a stop at Freynes Museum on Saturday, May 20 (Armed Forces Day).

In Old Town Pasadena you will find an abundance of wonderful shops and delightful restaurants.

Round trip cost is \$10 per person with a small admittance fee for the museum. Registration and payment are due by Sunday, May 14.

For more information, please call Betty at 577-6541.

The CWRA is sponsoring a trip to Old Town San Diego. Enjoy the quaint little shops, wonderful restaurants and much more.

The bus leaves the MCLB, building 44 at 7 a.m. on Saturday, May 6. The trip cost is \$6 and is sure to be fun.

For more information contact Dan Keirn at 577-6614.

Barbecue Grill Fee

Beginning May 1st the MCCS propane barbecue grill usage fee will be \$10 for private use - it will still be free for organizational parties or any type of function involving the military.

Call Vickie McDougall at 577-6896 for more information.

Story Time at the Base Library

Treat your preschooler to some-

thing special - bring them to the Base Library's Children's Corner on Friday, May 12 for a live story reading by Grace Walls, curriculum specialist at the MCLB, Child Development Center. The reading will be from 10 a.m. to 10:30 a.m.

The Base Library is located in building 218 (McTureous Hall/Enlisted Club). Call 577-6395 for more details.

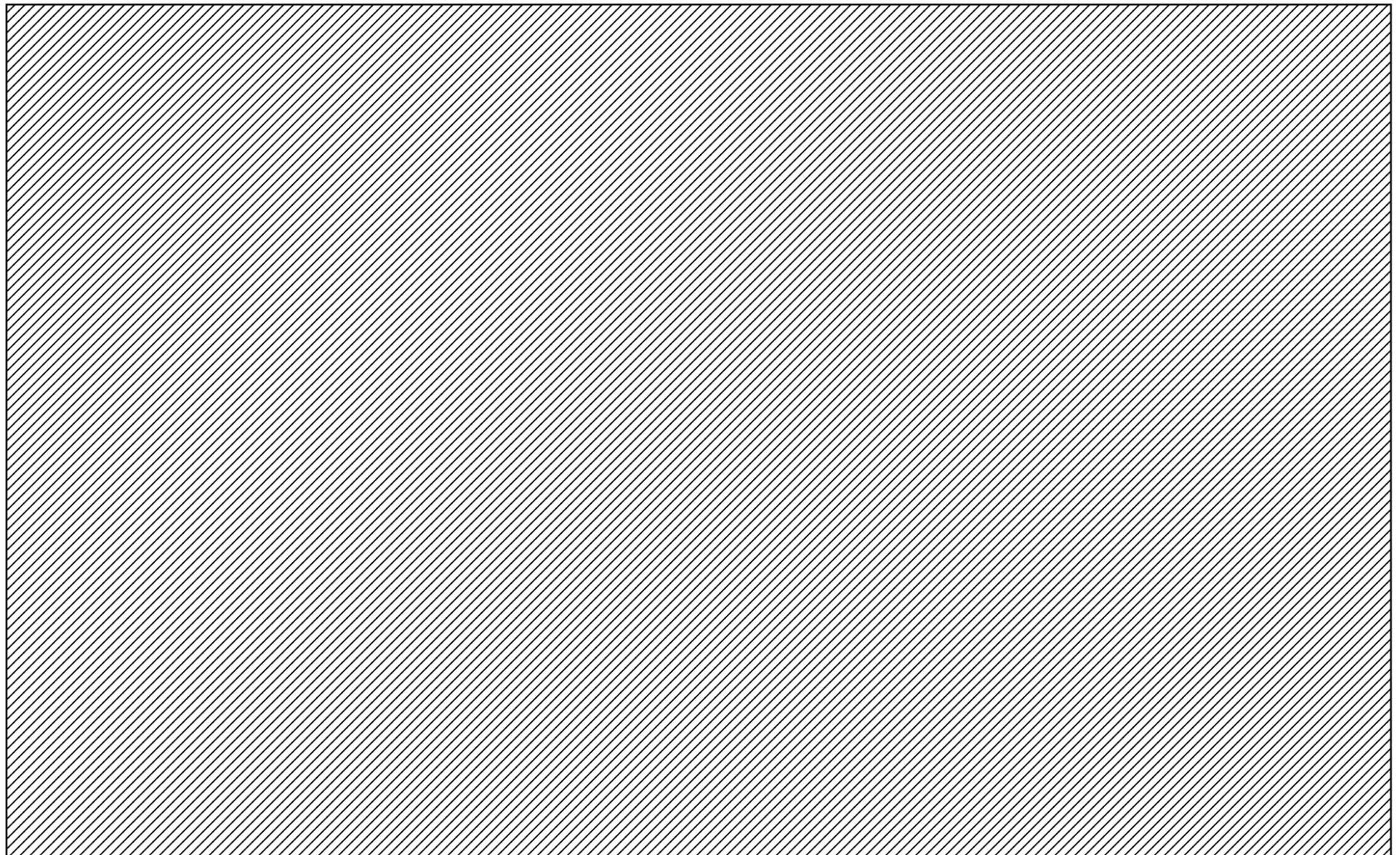
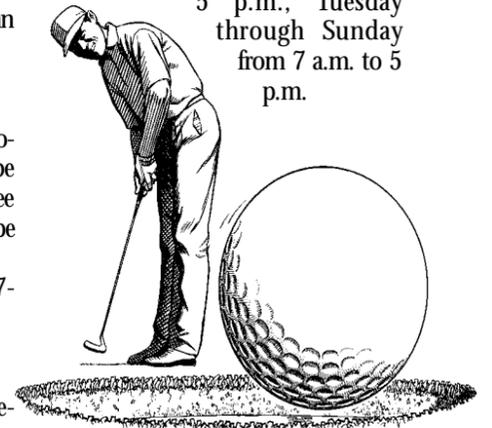
Get into the 'swing' of things

The Twilight League at Tees & Trees Golf Course begins Tuesday and continues on consecutive Tuesdays through August 1.

Entry fee is \$20. Only the first 48 paid sign-ups will be accepted, all others will be on standby.

Call Tees & Trees Golf Course at 577-6431 for more information.

Tees & Trees Golf Course is open Monday from 11 a.m. to 5 p.m., Tuesday through Sunday from 7 a.m. to 5 p.m.



TRADER ADS: Please submit all Trader Ads to daileyb@barstow.usmc.mil by noon Friday.

1967 RAMBLER: 4-door, rebuilt engine, new interior and paint. \$2,500 OBO. Call 252-9155. Lv msg.

1968 SCOUT INTERNATIONAL: 4WD, 8-cyl. Asking \$1,200. Call 252-0052.

1982 HONDA ACCORD: Runs great. \$1,300 OBO. Call 240-0618 AWH.

1985 NISSAN MAXIMA: \$500 OBO. Call relay service (888) 877-5379, home 240-5101.

1994 PLYMOUTH COLT: 2-door, 5-sp, A/C, 4-cyl. \$1,800. Call 253-2722 for more info.

1997 FORD RANGER: Pickup, low mileage, black, 4-cyl. 2.3L eng. w/4-speed manual trans. and overdrive, A/C, AM/FM cassette with CD player, sliding rear window, custom paint. Asking \$9,850. OBO. Call 252-3355 AWH. Lv msg.

1998 YZ-125 MOTORCYCLE: New top encl., Renthal bars, new tires, case saver plate, after market pipe and silencer with rock guard, many extras, like new. \$3,300. Call 256-6103.

1998 KX-250 MOTORCYCLE: Fresh motor, case saver plate, after market pipe and silencer, many extras, like new. \$4,000. Call 256-6103.

1990 KX-500 MOTORCYCLE: After market pipe and silencer, Renthal bars, Baja skid plate, new chain and sprockets. \$2,000. Call 256-6103.

CAMPER SHELL: For 1991 full-size Ford short bed, lined carpet, strawberry red color, \$250 OBO. Call 252-9155. Lv msg.

FOR SALE: Dining room table, black metal and glass w/four chairs, \$100; work bench, steel and wood, 8 feet long, \$100; sleeper couch, blue, \$150; older microwave, Wards, \$50; adding machine \$15. Call 252-7789.

SCUBA GEAR: Poseidon regulator, Sherwood B.C. xlg, Sherwood console plus many extras, \$1,000 .takes all. Call 961-9160

FOR SALE : Used ceiling fan 52"/48", \$20; tricycle, \$20; used evaporator cooler, \$45; three webbed lawn chairs, \$4 each; baby bath, \$3. Call 256-8803.

TREADMILL: Good condition, free delivery in Barstow. \$80. Call 255-2279

FOR SALE: Refrigerator, 16 cubic foot, \$130; electric dryer \$45; four aluminum Mustang rims, 4-lug pattern, \$115. Call 252-9199. Lv msg.

DINING TABLE: Glass top w/ oak base and four chairs. \$75. Call 256-2038.

FOR SALE: 27-foot Catalina sailboat, located at Camp Pendleton with a military slip that transfers with the boat. Way too many upgrades to list. \$10,500. Call 957-1812 for details and pictures.

PETS: Guinness needs a new home, Guinness is a one-year-old Rot/Black Lab mix, very playful and neutered. Leaving in June. Call 254-2368.

WANTED: To purchase used summer clothes for infant girl, sizes 18 months – 2T, in good condition. Call 252-3355 AWH.

WANTED: Winch for car trailer. Call 252-9199. Lv msg.

WANTED: 1965 to 1973 Dodge Dart, car or parts, running or not. Call 252-9199. Lv Msg.

WANTED: ALICE pack, 782 gear, K-Bar, serviceable cammies size large, military lensatic compass, used red-cover MCI books. Will pay fair prices. Call 252-9146.

WANTED: Ford 460 ci engine in good running condition. Call 254-2066 AWH.

WANTED: Carpool to Yermo from Hesperia, 6:30 a.m – 4 p.m. Call 948-0741. Ask for Millie.

BIG YARD SALE: Friday and Saturday 7 a.m. to 3 p.m. 10½-inch radial arm saw, scroll saw, household good, clothes, video cameras and lots of misc. 28712 Windy Pass (West of Barstow Road on dirt section.) Call 252-4352.

LOGISTICS from Page 1

for the transformation of logistics in order to achieve the overall logistics vision.

Released on Jan. 1, the MCLCP is the overarching document for all logistics transformation efforts in the Marine Corps. It is a living document that reinforces our logistics vision, and provides the roadmap for achieving that vision.

The MCLCP articulates the CSSE advocate's priorities and direction in four areas: operational logistics, logistics personnel, CSSE advocacy, and best practices. The MCLCP is a tool for the whole Marine Corps logistics. A copy of the MCLCP can be downloaded at <http://www.hqmc.usmc.mil/ilweb.nsf> under the precision logistics link.

The ILC project office was established within Marine Corps Combat Development Command Quantico, Va., to help facilitate the development, integration and fielding associated emerging capabilities related to logistics.

Currently chartered to validate the nine recommendations made by the ILC conference, the ILC project office facilitates the movement of logistics concepts, capabilities and initiatives through the combat development process.

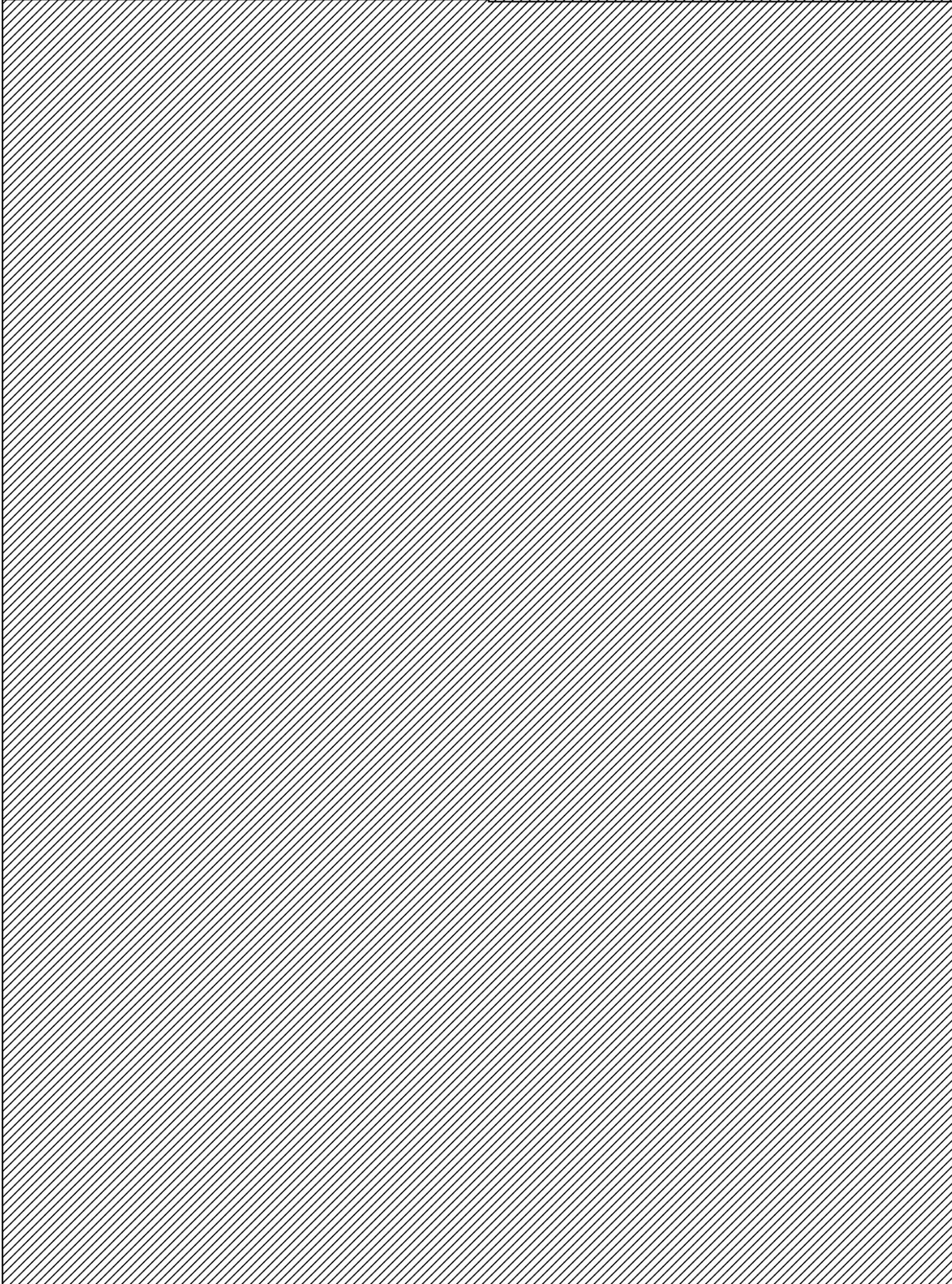
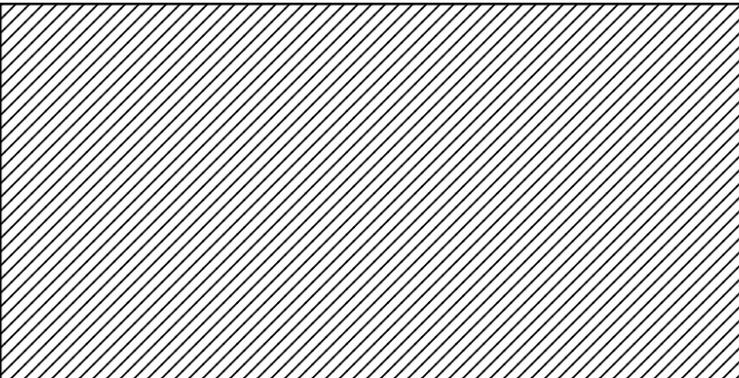
The final, but most important component of our logistics transformation effort is the operating forces and supporting establishments.

Successful transformation requires active engagement by all Marine organizations. They must focus their efforts on the goals and objectives outlined in the MCLCP and participate in the testing and validating of new logistics concepts identified by the ILC project office.

Although this message briefly conveys the focus, roles, and relationships within the precision logistics effort, it is not meant to diminish the complexity of this endeavor.

There are quick wins to be made, but advancements in areas such as equipment reliability, distribution, and logistics command and control will

require continued diligence and a total commitment to participate at all levels. Our efforts can best be summarized by the following Commandants guidance: We must organize and operate in such a way the commanders have absolute confidence that required support will be provided when and where it is needed.



GRADUATE from Page 1

go in the Corps, as an NCO, SNCO and beyond if he so chooses."

After being the Marine of the Quarter for the third quarter of 1999, winning the meritorious corporal's board and graduation with top honors from the corporal's course, Ramcharan is not about to slow down. The next step is winning the meritorious sergeant's board in July.

"I'm going to work on the skills I learned in the course, I think if I master that I will be able to win the sergeant's board," he said.

Ramcharan is also looking forward to going up for the next Noncommissioned Officer of the Quarter Board. He didn't go up for the last board because he felt he didn't have enough time under his belt as an NCO.

It takes hard work and determination, but Ramcharan has proven that it can be done. According to him, it helps to prepare yourself before you go, but if you can't, putting forth your best effort while you are there will help you towards your goal.