

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

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Marine Corps Logistics Base Barstow, California

June 22, 2000

For Dad
Chaplain's daughter interprets God's presence in her life.
[Page 2](#)

Salutes
Recognizing I&L personnel who received awards in the last quarter.
[Page 6](#)

LOGBASES visit
New commander tours base on first visit to MCLB.
[Page 6](#)

Barbender!
New gym at Yermo Annex hosts steel-twistin' tournament.
[Page 8](#)



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

ASMC newsletter wins national award

By **Sgt. Mike McQuillan**
BARSTOW LOG staff

The MCLB Barstow chapter of the American Society of Military Comp-trollers won the National Distinguished Newsletter Award at the national conference in Philadelphia June 1. At Tuesday's quarterly luncheon, they gave the plaque a home.

Conni Lewellyn, budget analyst and editor of the award-winning "ASMC Communicator," handed the perpetual plaque to Margaret Carter, base historian, to be displayed in base headquarters.

"We encourage both personal and professional growth," said Lewellyn, regarding the ASMC and the newsletter. "We have to cover all highlights and address personal issues."

Of approximately 1,100 chapters throughout the Department of Defense, only four were selected for this honor.

"Usually, anybody who has a comp-

troller or finance office has an ASMC chapter," said Randy Meyer, Barstow chapter President.

The magnitude of the ASMC rings throughout each workplace and the national scene. The recent Philadelphia conference hosted 4000 national members.

"The best thing about ASMC is the networking," Meyer said. "Not only between members, but also between chapters. At the conferences you get to meet people face to face and shake their hands when you're used to e-mailing them and never seeing them in person."

The quarterly luncheon at the Oasis Club has become a mainstay for professional training.

"We keep up with current issues," said Meyer. "We recently had training on how to make government employees more compatible with the private sector."

[See AWARD Page 4](#)

All welcome at Jazz Social Night

By **Sgt. Mike McQuillan**
BARSTOW LOG staff

How often does the NCO/Enlisted Club provide an opportunity to fulfill the heart, mind and soul?

In a break from the normal weekend routine, the club is hosting a Jazz Social Night June 30, sponsored by the Black Employment Program Committee.

"All over California you see jazz concerts and festivals during the summer," said Robin Cross-Walker, base librarian and BEP co-chairperson. "It's nice to do something here. The only shows are going on outside of the High Desert Area."

In February, the base hosted the first Jazz Night at the Oasis Club to commemorate Black History Month.

Rather than wait an entire year

for another chance, BEP members rounded up their collection of jazz favorites for the upcoming event.

Music for the evening, which includes jazz, modern jazz, Latin jazz, fusion jazz and a touch of blues, will be played by Ed Virgil, better known as the Jazzman.

"In the future, if it goes well, we will ask a local artist to play," said Cross-Walker. "This is a great stress relief. It's a social and very comfortable atmosphere."

The BEP will provide complimentary hors d'oeuvres to be prepared by MCCA Food and Hospitality Branch.

"It helps bring business to the E-club as well," said Cross-Walker. "We can help promote them in a different light."

There is no cover charge for the event, and the fun begins at 5 p.m.

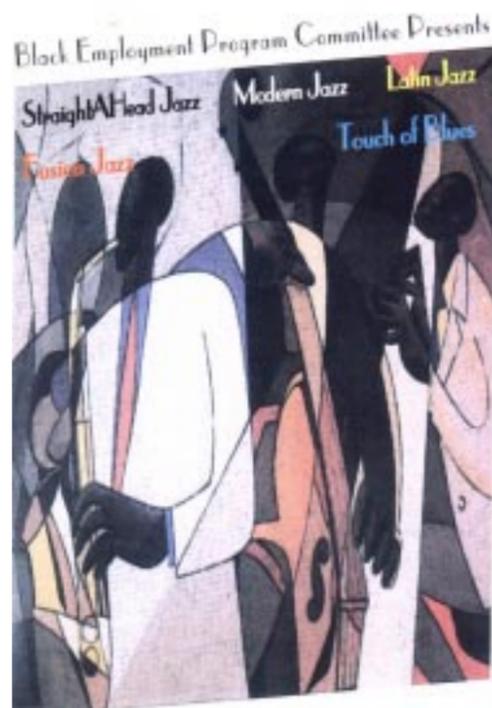
PMO advises ...

The Rear Gate and Vehicle Registration will be closed July 3 and 4. They will reopen July 5.



Photo by LCpl. Cory Kelly

Col. Richard Kramlich, commander, MARCORLOGBASES, presents the Legion of Merit to Col. Joseph Martin, Jr., (center), during the Maintenance Center Change of Command ceremony Friday. See page 7 for photos and story.



SOCIAL NIGHT

30 June 2000
5 p.m. - Until?
Enlisted Club
MCLB
No Cover
Charge!
Complimentary
Hors d'oeuvres

Jazz Music Fulfills the Heart, Mind and Soul. It's a Commitment.
Come All and Enjoy • And Don't Miss A Beat

The Commander's Forum

The "Commander's Forum" is a tool of the Base Commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to SMB Barstow Commanders Forum.

Parking lot at Yermo poses problem to employees

Q: I work out at Yermo Annex and I'm calling about the parking lot located behind Building 595. It is unsafe to park there because there are no markings and the lines are all faded out.

When you get off in the evenings you cannot even get between the parking aisles because people coming to work in the morning park anywhere they want to.

In other words they park way out of the parking slots that are there.

I just thought I'd bring this up to your attention.

Thank you very much!

A: Thank you for bringing this issue to my attention. Safety related issues are always a high priority for this command. The lines in the parking area you refer to are almost entirely obliterated.

The Maintenance Center has an active work request to repave and restripe this particular

lot.

Due to current funding constraints the plan to resurface the lot has been put on hold temporarily.

The interim plan will be to have the lot swept and restriped to correct the problem. The plans to resurface the lot will remain active until funding is available.

Again thank you for bringing this situation up, together we can pursue making the work environment here more safe.



Dad teaches, God teaches

By Lt. Michael Michener
Base Chaplain



As a parent, you always wonder if your children are really learning what you want them to know.

One of my Father's Day gifts was the following message my 13-year-old daughter

shared this past Sunday. I am deeply humbled and encouraged by Annie's reflections.

The following is her message:

"I don't know how he does it! Every week, Dad thinks up a sermon. And every one teaches about God. I guess after doing it for so long, it just comes naturally. And I guess that after a few failing attempts at this, God finally gave me the knowledge of what to speak about today.

Winston Churchill once said, "I am always ready to learn; but I do not always like being taught." Over the years, I have learned a lot from Dad, but I can only begin to explain. On the other hand, I have learned a lot from God, but I can only begin to understand.

Dad is a very practical person. I remember once we were in the shed and Dad was explaining and showing me what all of his tools do. I still have no idea how to use some of them since Dad has a whole arrow shop now, but Dad never hesitates to inform me. Another time I took a 4-H project about archery. You all know how obsessed Dad is about archery so

I learned a lot. He taught me about the equipment I needed, how to stand correctly, and what part to look through to aim. He even fixed me up with an eye patch because I couldn't wink out of the correct eye. I learned that all of that junk really has a job to do. God works similarly. Ephesians 2:8 says that *by grace you have been saved through faith - it is not of yourselves, it is the gift of God.*

Practically speaking, good things do not earn your salvation, grace does. Grace is getting what you don't deserve and since we didn't deserve Christ's death for our sins, we have been saved by grace. Also, Jesus taught everybody who would listen through parables.

Even though Dad is very practical, he still knows how to have fun. Sometimes Dad calls us over and, when we least expect it, he tickles us. The victim squeals with laughter and somehow manages to call the other two for help. Eventually we all escape from his firm grip. Another time, Dad bought wax lips. We all sat on the couch and Mom took our picture. Then Dad told us to eat them. We did, but they tasted nasty as we had expected. At these times, we were so happy that nothing else mattered. God makes me feel that way. I know that he is my savior and that he will protect me so I don't have anything to worry about. Philippians 4:4 tells us to *rejoice in the Lord always.* I am very happy that God is always near me so I am able to rejoice. God

See **CHAPLAIN** Page 5

Just doing my job ...



Photo by Sgt. Mike McQuillan

Jim Gaines, MCCS publicity director, prepares the newest community events bulletin to hand distribute to MCCS patrons. Gaines has worked aboard MCLB for nearly five years. Before working on the base, he hosted several radio shows, including an Oldies spotlight five days a week on Barstow's KIOT FM. Gaines has written for magazines and Hollywood productions, including episodes of the TV show Bonanza. He is well known for greeting passers-by with a hearty "Hey, Partner!"

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.

Clinic closure

The Branch Medical Clinic will be closed today for the Clinic Change of Charge Ceremony.

The clinic will only be open for Sick call from 7-8:15 a.m.

Printing closure

The Defense Automated Printing Service office will now be closed the first Friday of each pay period.

Emergency printing jobs on those days will be done by March Air Reserve Base in Riverside.

For more info, call DAPS at 577-6650 or Mike Valentine, March ARB, at DSN 947-3686.

Anger management

Learn how to evaluate, understand and control your anger.

The Personal Services Division is holding an Anger Management Workshop Tuesday from 1 to 3:30 p.m. in the Personal Services training room in Building 129.

To reserve a seat or for more info call 577-6533.

Golf tourney

The Marine Corps Ball committee is sponsoring a golf tournament Friday at the Tees & Trees Golf Course.

The entry fee is \$15 and includes a hamburger or a hot dog and a soda. The entry fee does not include green fees and carts. Mulligans are \$1 each with a limit of five. There will also be prize opportunities. Teams of four are encouraged to play.

Registration is from 6 to 7 a.m. and tee-off is at 7:15 a.m.

For more information call SSgt. Donna Knolle at 577-7767.

Railroad tie sale

The base Recycling Center is selling used railroad ties for \$5 each.

Sales are by appointment and are limited to ten per person per day. Ties are in various sizes and conditions.

Patrons must take from the top of the stack (no sorting) and secure their own load.

For more info, call base recycling at 577-6006.

Commissary closure

The Commissary is closed July 4 for Independence Day. Regular working hours resume July 5.

Single Marine Program

The Single Marine Program aboard base is sponsoring an all-day event open

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to be a make-up artist.

to all base employees Saturday to campaign against illegal drug use.

The day starts with a 10K run/5K walk and a one mile run/walk for kids.

There will be prizes for teams and individuals in all age groups.

Other events throughout the day including a climbing wall, dunk tank

and more.

For more information call 577-6971.

Route 66 Street Fair

The next evening of fun and games for the 2000 edition of the Barstow Area Chamber of Commerce's Route 66 Street Fair is coming up Tuesday.

The theme for the evening will be Children's Night. Events and attractions will take place from 6 to 10 p.m. on Main Street in Old Town Barstow.

For more info call 255-4041.

Golf Scramble

The 8th Annual Mojave Valley Volunteer Hospital Golf Scramble will be held Saturday at Tees & Trees Golf Course.

This year's tournament is dedicated to the memory of Warrant Officer Cam Wheaton, USMC (Ret.), who for many years volunteered his services in coordinating the many charity golf tournaments held in Barstow throughout the last 20 years.

Teams of five are encouraged. The entry fee is \$35 per person and does not include green fees and carts. Check-in is at 7 a.m. Players will get a continental breakfast and lunch. Deadline to register is 5 p.m. today.

For more information call Howard Hedburg at 252-5943.

Open season for savings

The Thrift Savings Plan is a retirement savings plan for Federal Employees' Retirement System and Civil Service Retirement System employees.

Because a TSP account is for retirement, there are restrictions on withdrawing your money while you are employed. However, a major advantage of the TSP is that you pay no taxes on contributions or earnings until you

withdraw your account.

The TSP open season is your chance to start or change your contributions to your TSP account.

You can also change the way your future payroll contributions are invested in the three TSP funds.

For more information call Donna Coppi at 577-6279.

Christmas in July

The 5th Annual Toys for Tots Poker Run is coming up July 22.

Start and finish line of the 100-mile loop is at the Moose Lodge #1330, 560 Victor Ave., in Barstow. Sign-in goes from 8 to 11 a.m.

Biscuits and gravy with coffee will be served for breakfast during sign-in, and a barbecue lunch for those with paid donations starts at noon.

A \$15 donation is asked for one person or \$20 for two.

Donators are also asked to give a new, unwrapped toy or an additional \$5. The run is open to all street-legal vehicles.

For more info, call the Moose Lodge at 252-3810.

Nationwide essay contest

The Fleet Reserve Association is sponsoring an essay contest for junior high and high school aged students.

The contest theme is "What Does the American Flag Stand For?"

Essays must be 350 words or less and typed or written on one side of the paper. Contestants must be sponsored by an FRA branch, unit or member.

Essays will be judged at the branch, regional and national level.

The grand national prize is \$15,000 in savings bonds.

For more info, call Matt Schafer,

See BRIEFS Page 10

Job Watch

Annc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-254	Machine Tool Oper. WG-3431-08 (Term NTE 366 days)	05/26/00	06/23/00	06/09/00	MCLB Barstow
DEA-270	Elec Measurement Equipment Mech WG-2602-12	06/07/00	07/07/00	06/21/00	MCLB Barstow
DEA-271	Preservation Servicer WG-7006-06	06/06/00	07/05/00	06/19/00	MCLB Barstow
DEA-276	Elec Measurement Equipment Mech (WG-2602-12)	06/07/00	07/07/00	06/21/00	MCLB Barstow
DEA-282	Artillery Repairer WG-6605-07 (TERM NTE 366 days)	06/13/00	07/05/00	06/27/00	MCLB Barstow
DEA-294	Electronics Worker WG-2604-08	06/15/00	07/14/00	06/29/00	MCLB Barstow
DEA-295	Equipment Cleaner WG-7009-05	06/14/00	07/12/00	06/28/00	MCLB Barstow
OTR-072	Computer Specialist GS-0334-09 (TEMP. NTE 1 yr.)	05/26/00	06/26/00	06/09/00	MCLB Barstow
OTR-077	Supply Clerk GS-2005-04 (TEMP. NTE 1 yr.)	06/07/00	07/05/00	06/21/00	MCLB Barstow
OTR-078	Cable Splicer WG-2504-08 (TEMP. NTE 1 yr.)	06/08/00	07/07/00	06/22/00	MCLB Barstow
OTR-083	Machinist Helper WG-3414-05 (TEMP NTE 1 yr.)	06/15/00	07/13/00	06/29/00	MCLB Barstow

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>.

SALUTES

I & L Department

Federal Length of Service Awards

25 years

John Westmoreland
Dennis Chapman
Ricardo Bernardino
Lawrence Ott

15 years

Joanna Spencer
Kristine Diehl
Christina Moyer
Oceola Bradley

Sick Leave Award

1500 Hours

Heather Mahn

1000 Hours

Joe Ochoa

500 Hours

George Henshaw
Richard Elrod

Beneficial Suggestion

Ronald Sleeth

Retirement

Melvin Trexler
Mary Lou Barlow

20 years

Kay Servais
Dorothy Krelovich
Pamela Matteson

10 years

Belinda Roberts
Peter Barela, Sr.
Rodger Johnson
Richard Lemke
Richard Dominguez
Teresa Maestas

On-the-Spot Awards

Roy Simpson
Stephen Monarque

Supervisor's Commendation

James Bishop

Certificate of Appreciation

Melvin Trexler
Mary Lou Barlow



Photo by Sgt. Mike McQuillan

AWARD from Page 1

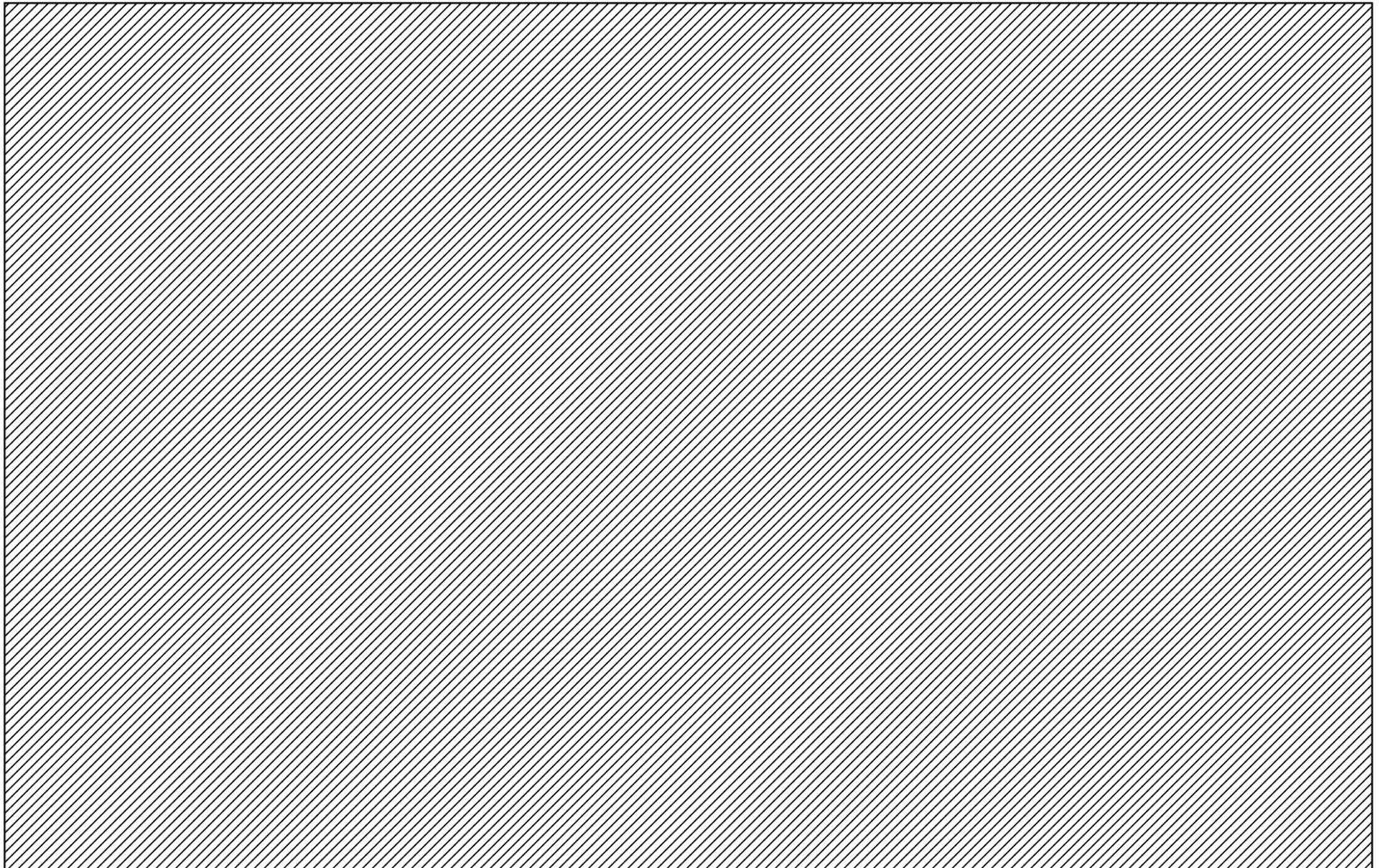
The plaque is now displayed in the trophy case at the front of Building 15.

"Notice there are a lot of spaces," said Carter. "This is the first time that this base has ever won an award from ASMC. We hope to see more in the future."

The ASMC Communicator is published four times a year and distributed via base mail to various work sections. Primary contributors are Lewellyn, Carter and photographer Gene Haines.

Conni Lewellyn (right), editor of the ASMC Communicator, hands the perpetual plaque to Margaret Carter, base administrative officer and historian, to display at base headquarters. The MCLB Barstow Chapter won the National Distinguished Newsletter award at the 2000 Professional Development Institute conference in Philadelphia.

More Salutes will be published in future editions of the BARSTOW LOG.



CHAPLAIN from Page 2

has a sense of humor just like Dad does. After all, he did create aardvarks and elephants!

One of Dad's biggest issues is morality. He believes very strongly that lying is not acceptable. It didn't take long for Abby and Zack and I to figure out that we get doubly punished when we lie about something. After Dad deals out the punishment (which seems like it can't get worse), he doubles it, and then we feel even more guilty.

Along with not lying, Dad believes

in accepting responsibility for ourselves. Mr. Nobody doesn't live at our house any more because Dad started giving out free spankings when anybody said, "Not me!!!!" Even if Dad didn't care about lying or responsibility, you couldn't say he is an immoral person because of his integrity. More than once Abby and Zack and I have received the integrity lecture. (For some reason I've had to sit through it more than the other two.) God is the perfect moral example. He never lies or cheats or hides from trouble. God gave Moses the Ten Commandments to help

people live morally. God wants humans to do what is right so these ten basic rules were made.

Now, everybody knows that Dad is spiritual of course because he is the Chaplain. As most of you know by now, every verse from every book is Dad's "favorite." I guess it is kind of hard to pick just one book. I can understand liking a lot of verses though. A couple of weeks ago, Dad gave me this assignment that only a pastor would give. I had to read Ephesians, Philippians, and Colossians plus write a summary of each chapter. In addition, I had to

memorize a verse from each chapter. (Dad don't listen to the next part!) It was torture, but now that I am done, I realize that I really learned a lot.

One of the verses that I picked comes from Philippians 2:14. It says, "*Do everything without complaining or arguing*". I shouldn't have picked it because Dad made it my life verse or the verse that I will always remember and practice. Well, it just so happens that I found a life verse for him while I was doing this assignment. It is Ephesians 6:4, which says, "*Fathers do not exasperate your children, instead, bring them up in the training*

and instruction of the Lord."

God is the spirit, but He still helps us to be like him. Devotions are one way to get to know God, and going to church is another. Once we get to know God, we will understand that He is the Almighty and Supreme One.

This Father's Day, remember what your Dad has taught you but most importantly, remember what God has taught you and what you can still learn.

Blessings,
Annie Michener

Interviewing Part II: Possible questions

Submitted by
Stephanie Wilson

Public Affairs Coordinator

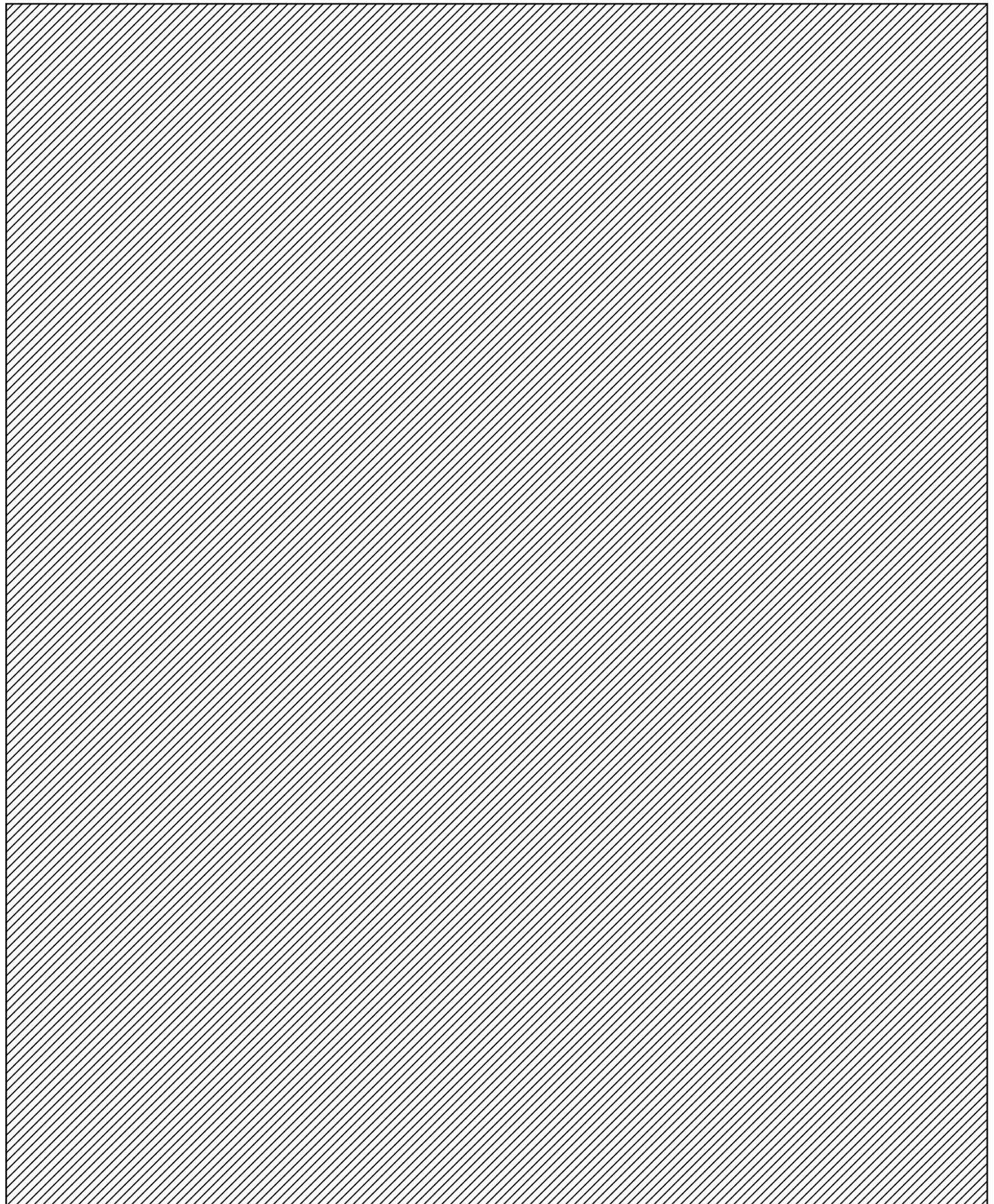
Few things in life are more nerve-racking or cause stress more than going to a job interview. The best thing you can do is be properly prepared.

This part of the interviewing series of articles focuses on questions that an interviewer might ask an applicant.

By practicing your responses to some of these questions, it is hoped you will not be taken off guard if asked one of them. Most importantly, relax, go with the flow, and before you know it, you'll be in your next job.

1. Tell me about yourself?
2. Why should we hire you?
3. What do you look for in a job?
4. How long would it take for you to make a meaningful contribution?
5. Describe your management style.
6. Why are you looking for a new career?
7. How would your boss describe you?
8. What do you think of your present or past boss?
9. What were the five most significant accomplishments in your career so far?
10. How much do you expect if we offer you this position?
11. What other positions are you considering?
12. What are your career goals?
13. What are your weak points?
14. What position do you expect to have in 2 to 5 years?
15. What was wrong with your current or last position?
16. Do you have your reference list with you?
17. What questions didn't I ask that you expected?

If you would like more information about this or any other topic, stop by the Career Resource Management Center in Building 129 or call 577-6533.



New commander makes first MCLB Barstow visit



Col. Kramlich included a tour of the newly renovated barracks during his visit. Taking notice to the comfort and the ability to spread out, he paused during the tour to comment on the condition of this room.

All photos by Curt Lambert

Col. Richard S. Kramlich (brigadier general select), commander of MARCORLOGBASES, paid his first visit to MCLB Barstow June 14-16 since assuming his current command.

Kramlich, who patterned his visit in order to attend the Maintenance Center change-of-command ceremony, toured both the Nebo and Yermo side of the base to gain a better understanding of operations here.

His tour included a look at the cost work centers inside the Maintenance Center, breakfast with the enlisted Marines of the base, and a tour of the living areas.

Here is a pictorial review of his first visit.



The Staff NCOs met with Col. Kramlich for breakfast to discuss pressing issues. One of the topics discussed was leadership in the 21st Century.



Mike McCarty, Industrial Maintenance Supervisor at the Maintenance Center, briefs Col. Kramlich on the progress of the Amphibious Assault Vehicle Reliability Availability and Maintainability/Rebuild to Standard program.



Doug Settle, optical instrument repair supervisor, briefs Col. Kramlich on the work performed at the Maintenance Center's Optics Shop.



LCpl. Joseph Pavia presents flowers to Col. Rivers' wife, Pat.



The Marine Band from Marine Corps Air Ground Combat Center Twentynine Palms, Ca., performs a countermarch during the ceremony.



Cols. Martin (center) and Rivers (far right) met with visiting dignitaries after the ceremony.

The torch is passed ...

Compiled By
BARSTOW LOG staff

Col. Joseph Martin Jr. passed his command of Marine Corps Multi-Commodity Maintenance Center Barstow to Col. Ervin "Doc" Rivers at a ceremony Friday. The occasion was graced by the performance of the MCAGCC marching band from Twentynine Palms, a troop formation and the Marine Corps Mounted Color Guard.

Rivers, who comes to Barstow after serving at Headquarters Marine Corps, said he is excited about his new assignment.

"This ceremony is less about [Col. Martin] and I, and more about our common goal to strengthen the workforce here at Barstow and to improve the equipment readiness of the Marines and Sailors and all of our customers in the field," said Rivers.

Rivers emphasized the importance of maintenance and logistics in keeping the operating forces fighting.

"This command is special because of readiness," he said. "Every time the Marines and Sailors and civilian workforce produce the kind of equipment that they produce here, they save lives, they protect our freedom, and we safeguard our democratic way of life."

"Barstow has a reputation of innovation and change," he continued, "and I hope that together we can build on that reputation and continue to provide value to our customers."

Col. Martin retired quietly from the Marine Corps after 28 years of service at a luncheon on Monday.

"Always remember," said Martin to his workforce, "that the products that you provide to the Marines, Sailors, airmen, soldiers and Coast Guardsmen, will be the product that will be in their hands when called into harms way to protect the freedom that we all take for granted."

Photos by LCpl. Cory Kelly



MajGen. Clifford Stanley, Commanding General, MCAGCC Twentynine Palms, and Cols. Martin (center) and Rivers (far right) swap stories.



Marines stand at parade rest while awaiting the start of the ceremony.

Maintenance Center hosts Barbender Invitational

By Sgt. Mike McQuillan
BARSTOW LOG staff

Expertise and technical skills don't always get the job done for the Maintenance Center workforce – sometimes it's just plain muscle.

The new gym inside of Building 573 plays host to a weekly fitness competition every Thursday during morning break, consisting of one event each time. On June 15, however, the usual competitors upped the ante for "Barbender Invitational 2000."

The invitational, scheduled to be an annual event, featured four different lifts – the bench press, curl, leg press and clean and jerk.

Powerhouses and underdogs alike gathered for what was meant to be a going away party for Amphibious Assault Vehicle P7 road test crewman Bill Johnson. Entering his last competition before leaving to become a Pastor at the Free Methodist Church in Springfield, Oregon.

"God is calling me," he said. "It's time for me to start doing it full time."

By no coincidence, Johnson edged the nine other lifters on hand to win.

His results were bench press - 345 pounds; curl – 252 pounds; leg press – 705 pounds; clean and jerk – 205 pounds.

Johnson leaves MCLB Barstow after 16 years at the Maintenance Center. As crewman, he ensured the vehicles reached the Operating Forces intact. As a power lifter, he practices humility in victory.

"Rumor has it they picked all of my best events," he joked. "That's what they told me, anyway."

Those who spotted Johnson inside the gym said that there was not enough weight for him to reach his maximum leg press.

Johnson won three of the four events, falling shy in the bench press to Jose Rivera. Rivera and his dancing Marine Corps tattoo hoisted an impressive 405 pounds.

"We learned a few things from doing this," said Dave Santos, battery shop supervisor. "Next time we'll have a bus to bring the Marines out here. We have to let them know that they're not included, they're a part of it."

"We're breaking new ground," he said. "Now we have Barbender Invitational 2001 to look forward to."

Only two Marines – Cpl. Chris Jurgensmeyer, metrology business center technician and 1stLt. Bryan

McClune, finance officer – were present at the competition.

Jurgensmeyer, who won the previous week's pull-up competition, entered as the lightest person to enter.

"Some of these guys, I can't explain

it," he said. "They just had incredible strength."

The weekly barbender challenges have drawn such an interest, that the BARSTOW LOG will run results and the upcoming challenge each week.



Photo by Sgt. Mike McQuillan

Bill Johnson, AAV roadtest crewman and winner of the Barbender 2001 Invitational, spots Jose Rivera on the bench press. Rivera ousted Johnson on this event with a 405-pound lift.

Upcoming Barbender Events

Today

Men - Squat (100 percent body weight X number of reps)

Women - Leg Extension (40 percent body weight X number of reps)

June 29

Men - Crunches (1-minute time limit)

Women - Crunches (1-minute time limit)

Competitions take place at Building 573 in the weight room at 8:30 a.m. every Thursday during morning break.

All personnel are invited to attend and compete.

No reservations are required.



By Jim Gaines
MCCS Publicity

Good buys & everyday savings

Shop your Exchange for quality purchases and everyday savings.

Use your "Sand Dollars" and save even more on your purchases at the Exchange.

The Base Exchange/7-Day Store is open Monday through Saturday 8 a.m. to 9 p.m. and Sunday 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 - Turkey Cassoulet.

Friday - Hoki fish.

Monday - Chuckwagon Roast.

Tuesday - Chicken with potatoes and peppers.

Wednesday - Hamburger Pie.

Thursday - Stir-fried Beef.

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

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

The Family Restaurant also offers an A La Carte as well as a Sub Sandwich menu for lunch.

The Cactus Cafe 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 - Chicken Dinner.

Next week - Meatloaf Dinner.

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

Prices: \$4.50 adults, \$2.50 children (5 to 11 years), children 4 years and under are free.

10K run, 1 mile kid's run/walk and a 5K fun walk

On Saturday these events will take place at Sorensen Field followed by snacks, booths, a dunk tank, a rock climbing wall and much more.

Everyone is invited! The Single Marine Program is sponsoring their first Marine Corps Drug Awareness Campaign Against Illegal Drug Use.

No registration fee is required - reg-

ister now at Semper Fit, Building 44 or register on race day from 5:45 a.m. to 6:15 a.m.

T-Shirt given to first 75 who register. So register as soon as possible.



The 10K Run age groups are:

13 to 17 18 to 24

25 to 30 31 to 35

36 to 40 40+

The Kid's Walk/Run age groups are: nine years & under and ten to twelve years.

The 10K Run begins at 6:30 a.m., the Kid's Fun/Walk begins at 7 a.m. and the 5K Fun Walk at 7:30 a.m.

For more information come to Semper Fit, Bldg. 44 or call 577-6971.

ITT has the tickets

Beat the prices - ITT has tickets well below gate prices to just about every attraction in Southern California and Nevada.

From Disneyland, Magic Mountain, Universal Studios, Knott's Berry Farm to the San Diego Zoo - ITT has the tickets.

And that's not all - dinner and show restaurants, Catalina sightseeing excursions, fishing trips, and hotels/inns - ITT has it and at low prices.

Summer is here, and ITT has



tickets to all the water parks at great prices.

ITT also provides trips to many unique places. These are fun events, in ITT vans - you don't have to endure the driving hassle, just kick back and enjoy the ride (round trip) to some exciting place.

Two popular trips coming up are a trip to the world famous Farmers Market in Los Angeles in July and a trip to Las Vegas in August.

Call Betty at 577-6541 for reservations on these trips or for more details on tickets available and other trips coming up.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Closed Saturday and Sunday.

Tickets are available after business hours - you may purchase tickets at the Bowling Center, Wednesday through Friday from 4 p.m. to 8:30 p.m. and on Saturday/Sunday from 10 a.m. to 5:30 p.m.

For special tickets or a large quantity of tickets, call ITT in advance to ensure the tickets you are requesting will be ready and waiting for you.

Hospice Golf Tournament

Tees & Trees Golf Course will host the Hospice Golf Tournament on Saturday.

Call 577-6431 for tee-off time and additional information on this tournament.

Tees & Trees Golf Course offers golf lessons for only \$15. Learn this enjoyable sport and be out on the links playing like a pro in no time.

Tees & Trees Golf Course is open 7 days a week - Mondays from 11 a.m. to 7 p.m. and Tuesday through Sunday from 7 a.m. to 7 p.m.

Bowling Center specials

Wednesday through Friday adults can bowl for just a buck! Children can bowl for only fifty cents.

Saturday and Sunday with the Bowling Center's Family Special -

adults can bowl for a mere seventy-five cents, and children can bowl three games for a dollar! You just can't beat these prices.

Come on down to the Bowling Center and have fun, bring the whole family or gather up your friends and hit the lanes.

The Bowling Center is open Wednesday through Friday from 1 p.m. to 9 p.m. and Saturday/Sunday from 10 a.m. to 6 p.m.

Call 577-6264 for more information.

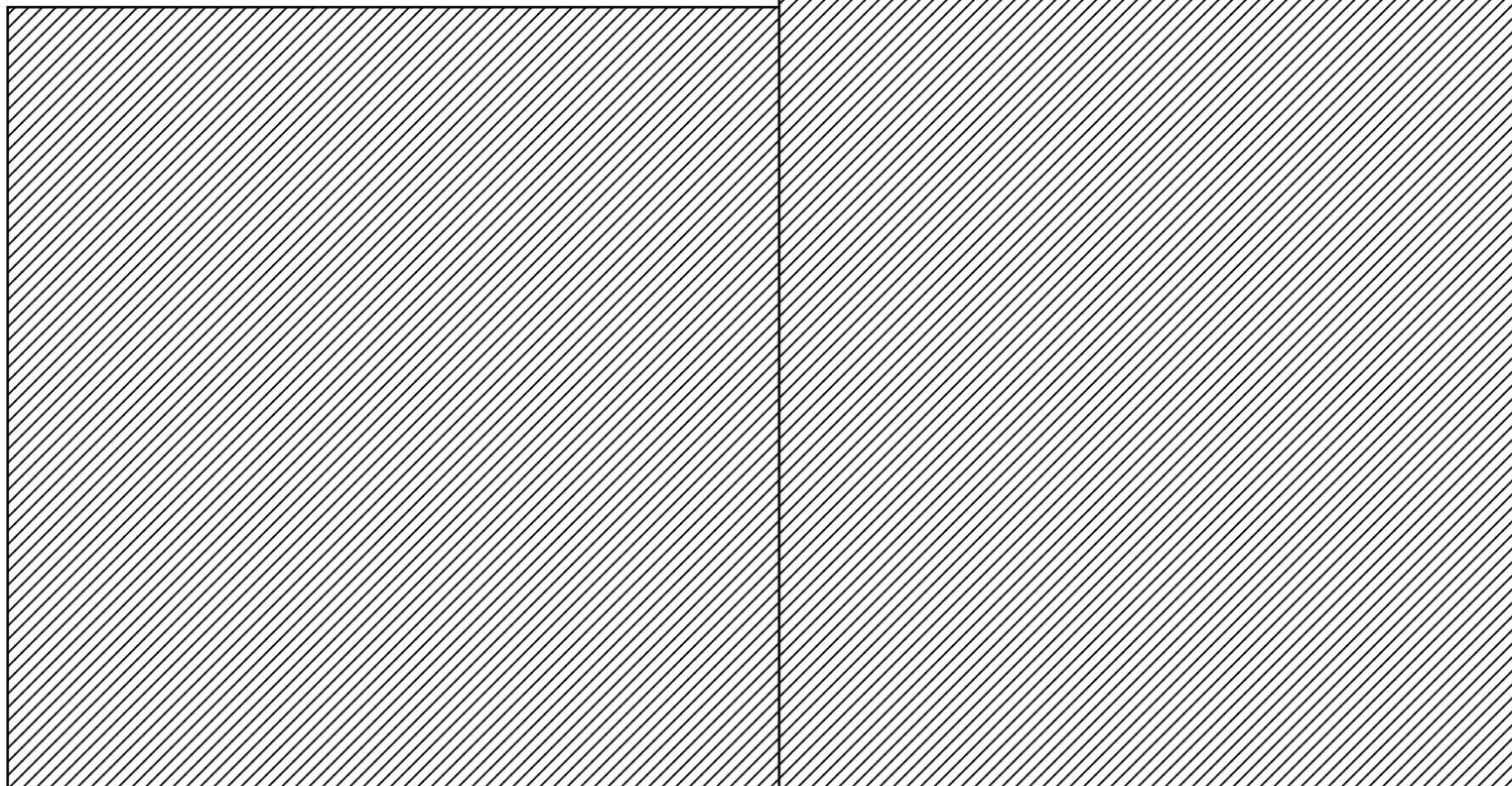
Summertime & the outdoors

Summer and the great outdoors - go camping in the desert, in the mountains, by the river - wherever you would like to go, you can check out the equipment you need at the Equipment Issue Room at the Gym.

Tents, sleeping bags, backpacks, camp stoves - they have it all, all you have to do is simply check it out!

Call the Equipment Issue Room at 577-6898.

The hours are Monday through Friday from 5 a.m. to 9 p.m. and Saturday and Sunday from 8 a.m. to 3 p.m.



BRIEFS from Page 3

FRA public relations specialist, at 1-800-372-1924.

Veterans' Guide to benefits

The Year 2000 Federal Benefits for Veterans and Dependents manual can now be downloaded via Internet at <http://www.va.gov/opa/feature/index>. The manual covers a wide variety of topics including pensions and health care benefits.

For more info call Stephanie Wilson at 577-6533.

CWRA Getty Museum Trip

The CWRA is sponsoring a trip to the Getty Museum in Los Angeles August 12. The trip costs \$10 per person and covers transportation and the museum entrance fee. Bus leaves Building 44 at 6:30 a.m. and stops in Victorville 7:30 a.m. for pick-up at the IHOP. Return to Building 44 by 10:30 p.m. For reservations or more info call Dan Keim at 577-6614 or Ernie Hawkins at 577 7046.

Online dental info

The Delta Dental Retiree Dental Program is now online at <http://www.ddpdelta.org>. The Web site offers enrollment and premium info, a dentist directory, a downloadable dental claim form and then some. Applicants can now enroll online. Call 577-6533 for more info.

3rd Marine Division Reunion

The Third Marine Division Association is holding its 46th Annual Family Reunion September 13-17 at the Doubletree Hotel in Virginia Beach this year. Anyone who served in, was attached to, or served in support of the Third Marine Division since its birth on Sept. 16, 1942, is eligible and cordially invited to attend.

For more info call Bill Ervin at (303)494-7752.

Mustang Muster

The Marine Corps Mustang Association is holding this year's Muster in Atlantic City Sept. 28 through Oct. 1.

For more info contact Maj. Bill Max, (USMC Ret.) toll free at (800)321-USMC or send an e-mail to topmustang@aol.com.

Fire alarm recall

In cooperation with the U.S. Consumer Product Safety Commission Universal Security Instruments Inc., of Owings Mills, Md., is voluntarily recalling about 34,000 smoke alarms. The smoke alarms can fail to alarm when smoke or fire is present. A capacitor in the alarm can burn out, releasing smoke and melting the cover.

Universal has received three reports of alarms failing, releasing smoke. There has been one report of minor smoke damage to the wall of a mo-

bile home. No injuries have been reported.

Identify the recalled models by removing the alarm cover from its base and looking for the manufacture date code and model number. The smoke alarms are made of white plastic and have the manufacture date code and model number imprinted on the back of the

alarm. The model Numbers under recall are SS-795, SS-785, SA-785 and USI-1203.

Call the Universal Security Instruments Inc. hotline at (800) 390-4321 between 9 a.m. and 5 p.m. Mondays through Fridays for more information or to receive your free replacement alarm.

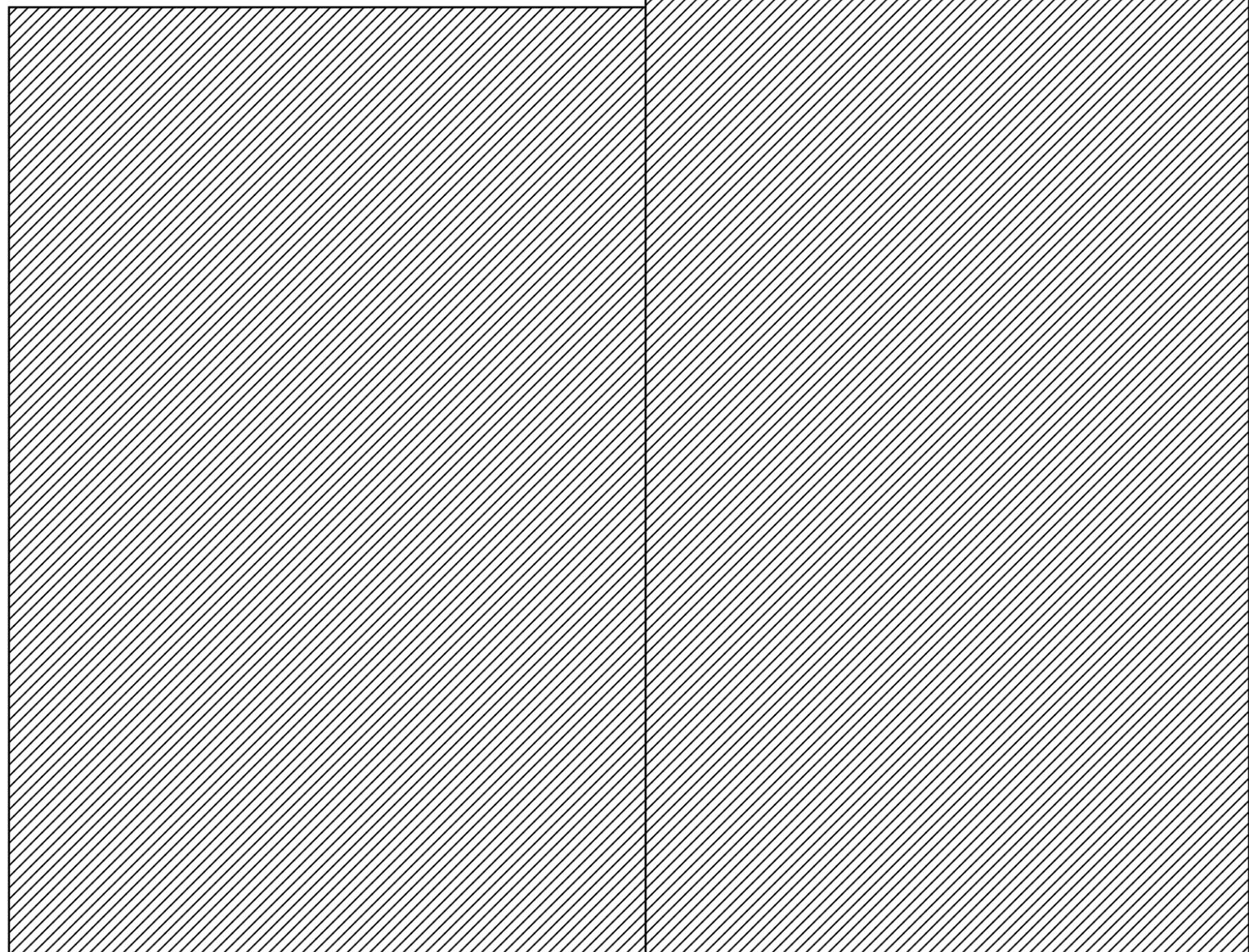


Take Stock in America U.S. SAVINGS BONDS

This year's Savings Bond Campaign is underway and scheduled to run through July 30. Two types of bonds are currently being offered. The first type is the standard EE Bond, (5.73% interest rate), and the new I Bond (currently at 7.49%). The new I Bonds are indexed to inflation, so fixed rates of interest above inflation are earned.

If you would like more information on purchasing a new Savings Bond, or increasing the amount of a Savings Bond you currently have, contact one of the following people.

Name	Organization	Phone #
CySgt. David Watson	ISO	577-6857
Sgt. Nicholas Alderete	HqBn.	577-6841
Cpl. Mohammed Huda	FSC	577-7051
Meredith Taylor	HRO	577-6478
Marlo Koceski	Comptroller	577-6620
Patricia Biles	Fire Dept.	577-6732
Dennis Chapman	I&L	577-6399
Alejo Estampador	MC3	577-7336
Bella Nies	Base Admin	577-6145



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

1988 FORD BRONCO II: 4WD, Eddie Bauer interior, AM/FM cassette, A/C. In good condition. \$3,500 OBO. Call 957-1622.

1969 LINCOLN MARK III: Classic, no smog needed, needs head gasket, \$350 or trade? Call 252-9199. Lv msg.

1995 FORD TAURUS: Moving to Japan, well maintained, 66k miles, 3.0L V-6, \$5,500. Call 252-1411 Ask for Chaplain Michener.

1991 TOYOTA PICK-UP: Automatic, looks/runs good, extended cab, \$4,000. Call 256-2434.

1985 NISSAN MAXIMA: Needs work. \$500 OBO. Call relay first (888) 877-5379 then 240-5101.

1968 CHEVY PICK-UP: ¾-ton, heavy-duty suspension, three gas tanks, no engine. \$500. Call 243-1392 after 5 p.m.

CHEVY PARTS: 454 bare block STO bore, 350 4-bolt STO bore, crank shafts, rods, etc; New TRW 11.1.300, 350 pistons. Call 243-1392 after 5 p.m.

MOBILE HOME: Large, 3-bedroom, 2 bath, 1,440 square foot, very affordable. A must-see. Call Theresa at 252-7818 or Juan at 255-5436.

APPLIANCES: Refrigerator, 16 cubic foot, \$110; dryer, electric, \$35. Call 252-9199.

RIMS: Four aluminum Mustang rims, 4 lug, \$100. Call 252-9199. Lv msg.

MISCELLANEOUS: Sears best trash compactor, \$75; sturdy rattan patio furniture, settee and four chairs, \$50; locking jewelry chest, five drawers, multiple shelves, mirror 25x39x15, \$100. Call 256-0595.

FURNITURE: Computer desk w/small hutch and shelves, 24" w X 55" h X 24" d, \$50. Call 255-4339 Lv msg.

SPA and GAZEBO: Sits six. \$4000 OBO. Call 252-3292 after 5 p.m. Ask for Eric.

CRAFTSMAN ARM SAW: 10" radial w/stand, \$200; full-size bed w/box spring, mattress and headboard, six months old, excellent condition, \$150. Call 256-2048 AVH.

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

FREE TO GOOD HOME: One-year-old pit bull/SharPei mix. Good disposition. Come see at 1051 Deseret Ave, Apt 2.

MISC: Electric dryer, double bed, movie stand, dining table w/two chairs. All priced very low. Call 252-4728.

FREE: New back seats for Nissan Xterra 2000. Call 252-5354

1994 NISSAN QUEST GXE: Maroon, includes all the extras. Approximately 134K miles. Moving and would like to sell. \$7,000 OBO. Call 252-1337.

TRUCK BED LINER: Fits 1993 F-250 long bed. Good Condition. Asking \$50 OBO. Call 252-1337.

FISHING BOAT: 1972 GlassPar double-hull, fiberglass. 14-ft, 75HP Johnson engine, tilt-trailer, fish finder and trailing motor, \$1,500. Call 253-1200.

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GIANT GARAGE/YARD SALE: June 23-25. Lots of stuff, tools, electronics, exercise equip, new and used high-end clothing. 34726 Birch Rd., Grandview area, Barstow.

Skills improvement resources available at quality management office

By Linda Kay
Base Quality Adviser

Would you like to improve your communication skills, sharpen your interviewing techniques, or learn tips and tricks to get the most out of the Microsoft Office software on your computer? Then you should check out the Resource Library in the Quality Management Office.

We have more than 400 audio tapes, books, tutorial CDs, newsletters and video tapes on a wide variety of management, career development and personal development topics.

If you haven't visited our library in the last month, you might be interested in some of our recent additions (books unless otherwise indicated):

- 10-minute Guide to Job Interviews*
- 101 Great Answers to the Toughest Interview Questions*
- 2000 Federal Employees Almanac*
- Beyond Entrepreneurship (unabridged audio tape set)*
- Delivering Dynamic Presentations: Using Your Voice and Body for Impact*
- Dynamite Questions to Ask at Your Job Interview*
- Emotional Intelligence (unabridged audio tape set)*
- FrontPage® 2000 for Dummies®*
- How to say it at work: Putting yourself across with power words, phrases, body language and communication secrets*
- Im Not Crazy, Im Just Not You: The Real Meaning of the 16 Personality Types*
- Job Searching Online for Dummies®*
- No-Brainers on Interviewing (video)*
- Savvy Interviewing: The Nonverbal Advantage*
- Take Charge of Your Federal Career*
- The Best of Jack Falvy on Management (unabridged audio tape set)*
- The Federal Resume Guidebook*
- The High-Value Manager: Developing the Core Competencies Your Organization Demands*
- Typing Tutor Platinum '99 (Interactive CD ROM)*
- Who Moved My Cheese? (book or audio tape)*
- Win-Win Management: Leading People in the New Workplace*
- Working With Emotional Intelligence (unabridged audio tape set)*
- Your Pay (Federal Guide)*

For a complete listing, visit our web page. Log on to: <http://mclbonline> then click on DEPARTMENTS – QUALITY MANAGEMENT OFFICE – LIBRARY – LIBRARY.MDB which will bring up the complete database of our library.

If you are looking for material to help you gain proficiency in a particular area (such as "oral communication" or "team building") refer to the CLD COMPETENCIES table in the LIBRARY database. This table lists codes for all of the Civilian Leadership Development (CLD) competencies. All items in the database are coded to help you find the topic you are interested in. For example, open

the video table and perform a find option on the COMPETENCY field. Ask it to find "F3" (the code for problem-solving) in "any part" of the field. You will find 13 videos that address problem solving of some kind, including: *The Art of Resolving Con-*

flicts in the Workplace; Management Skills for Secretaries, Administrative Assistants, & Support Staff; PBS Special on Seven Habits Covey Training; and Succeeding as a First Time Manager.

If you don't know how to use an

Access database, stop by the QMO Office and Rhonda Zamora, Peggy Haines or I will be glad to help you find what you are looking for. (You might want to start with a selection from more than 30 books, videos and CDs on how to use Microsoft Office

programs.)

Any military or civilian employee may use the library.

You may renew checkout once for the same length of time by phone or e-mail (provided other personnel have not requested item).

