

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 6, No. 4

Marine Corps Logistics Base Barstow, California

November 21, 2001

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Check out the Marine Corps homepage.

<http://www.usmc.mil>

BARSTOW LOG
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<http://www.barstow.usmc.mil>



Photo by Cpl. Joshua Barnhardt

Firefighters Craig Posey and Greg Briner wrap the face of Lance Cpl. Jaime Lugo on Thursday during Exercise Broken Cactus, an exercise designed to test terrorist and hazardous material response and recovery operations. Lugo was simulating an unconscious victim with first-degree burns suffered to his face as a result of being exposed to toxic fumes from an explosion.

Toys for Tots effort underway at MCLB

By Gunnery Sgt. John Cordero
Public Affairs Chief

The 2001 Barstow Community Toys for Tots campaign is underway and MCLB Barstow and civilian personnel have joined forces to the support the local effort.

The goal of the on-base program is to give everyone the opportunity to donate unwrapped new toys (with an estimated value of \$10 or more) to help make Christmas morning a little brighter for underprivileged children, who might not otherwise have a toy under the tree or a surprise in their stocking.

"It's been a tough year for a lot of people, especially since September 11," said Steven Mulcare, MCLB Barstow assistant fire chief. "But people need to realize that there will be a lot of kids without toys Christmas morning if we don't have toys for Toys for Tots."

People may donate toys on base by dropping them in donation boxes at the following locations: Golf Course, Base Gym, Housing Office, Maintenance Center lobby, Warehouses 3, 5, 7 and 406, Buildings 15, 17, 18, 37, 129, 170, 198, 236, 302, 332, 401, 558, 614. Nebo and Yermo gates are not scheduled to have drop boxes at this time.

Base residents and employees who would rather make a monetary donation than give a toy can make out a check or money order to Toys for Tots and mail or take it to 441 Oakmont Drive, Barstow, CA 92311.

All donated toys, which will stay in the High Desert, will be presented on behalf of the base at the 22nd Annual Toys for Tots Telethon at the Barstow Elks Lodge Dec. 8.

The telethon will air live on Time Warner Cable Channel 6 from 10 a.m. to 4 p.m. and will feature live music, local personalities and an auction.

Even though Barstow's Toys for Tots program is administered by community volunteers rather than by the Marine Corps Reserve, MCLB Barstow has traditionally been a major contributor to the success of this annual holiday charitable cause.

People who want more information or who want to get involved in the campaign should call the Nebo Fire Department at 577-6732/6866/6865.

Marines interested in helping to collect the toys and deliver them to the Elks Lodge or work the telethon phones for two hours Dec. 1 should contact the base public affairs office at 577-6449.

Tips can help to counter terrorism

By Sgt. Anwaar AlMoribat
Press Chief

Recent terrorism events have caused people to become concerned about airline security and to look at their mail more closely.

And while, statistically speaking, people face a greater risk of being injured from a random incident, there are things they can do to significantly reduce the probability of becoming victims of terrorism.

The following individual protective measures are normally cost free and take very little time. There will be times when a particular measure is not feasible to maintain. When this occurs, try to implement another measure that

can help. Remember to share these tips with family members and friends.

Report suspicious activities

— Call military police at 577-6666 or local law enforcement agencies to report all suspicious activities.

Avoid routines

— Vary routes to and from work.
— Enter/exit buildings through different doors when possible.

— Vary the times and locations for eating and shopping.

— Exercise at different times during the day or evening. It is best not to exercise alone.

Be prepared for unexpected events

— Get in the habit of "checking in" with friends.

— Know how to use the local

phone systems.

— Know the location of civilian police, military police, government agencies and if overseas know where the U.S. Embassy is and other safe locations.

Maintain a low profile (when traveling abroad)

— Avoid wearing distinctively American clothing like cowboy hats, oversized western belts or clothing adorned with American flags or other national symbols.

— Avoid wearing military style clothing.

— Don't flash large sums of money, expensive jewelry or luxury items.

— Show respect for local customs. Be Aware of Suspicious Packages

(things to look for)

— Is addressee familiar with name and address of sender?

— Is the package/letter missing a return address?

— Is addressee expecting the package/letter? If so, verify expected contents.

— Incorrect title, address, or spelling of name of addressee

— A title but no name

— A wrong title with name

— Handwritten or poorly typed addresses

— Misspellings of common words

— Return address and postmark are not from same area

See MEASURES Page 12

Doc teaches Marine power of optimism

Optimism: the skill most often needed but least often prescribed.

By Cpl. Cory Kelly
Editor

I dropped by the good doctor's office (Dr. David Nieman, clinical supervisor for Marine Corps Community Services Personal Services Division) the other day - just to unload for a minute. I plopped myself down in a tangled, mentally burnt mess and began flipping through my filing cabinet of personal dilemmas. I told him of my never-enough-money paycheck problems, gave him the not-enough-hours-in-the-day speech and even explained to him the grapefruit-size knot in the center of my back and how painful it was. As I did this he stared, smiling at me with that wholesomely amused grin he seems to always have when I talk to him. I must have been talking 10 minutes when he stopped me from continuing as I paused for a breath and again baffled me with his seemingly useless advice.

He said with a great deal of emphasis, as if he were the mayor of Metropolis handing me the key to the city, "Norman Cousins

said that optimism does not wait on facts. It deals with prospects. Pessimism is a waste of time."

I sat there for a minute, stuck on the outrageousness of my cell phone bill and began to roll his words over and over in my head. "Nope... I was convinced. What he said had no relevance whatsoever my problems," I thought.

He must have seen the realization I had in my eyes because he then explained to me a recent study by the University of Pennsylvania's Martin Seligman and Gregory Buchanan, both doctors of psychology. Through the course of the study they found that people who learn to maintain an optimistic attitude may not only avoid depression, they may actually improve their physical health.

He said the study shows that university freshmen who participated in a workshop on cognitive coping skills reported fewer adverse physical problems and took a more active role in main-

taining their health.

In the study, incoming freshmen were asked to complete a questionnaire designed to reflect their overall attitudes and coping behaviors.

Seligman and Buchanan invited those students identified as the most pessimistic to participate in the study. Students were randomly assigned to attend either the 16-hour workshop or a control group.

Workshop participants learned to dispute their chronic negative thoughts as well as learned social and work skills that can help avert depression.

After an 18-month follow-up, the preliminary findings showed that 22 percent of the workshop participants had suffered moderate or severe depression by blind clinical diagnosis, compared to 32 percent of the control group subjects. In addition, only 7 percent of the workshop participants suffered from a moderate or severe anxiety disorder, compared to 15 percent of the control group.

Workshop participants also reported fewer health problems during the course of the workshop, and were more likely than control subjects to see a physician for maintenance or checkup rather than wait until they became ill. While the subjects were young and generally healthy, Nieman noted that Buchanan speculated the study could

be replicated using older, more vulnerable subjects.

"Pessimists may be right but optimists live longer," he said.

Nieman also decided it was important for me to know that cognitive theorists believe that our problems lie in what we believe about ourselves because whatever people believe about things will determine how they feel and behave. "So, squirrely thinking creates bad beliefs that become gospel when in reality the belief is one sandwich short of a picnic."

I wasn't sure but I thought the doc had just tried to make a joke. I smiled accordingly.

He said I should take a closer look at those things I believe (He called them "belief systems.") and examine them to see if I am really seeing how

See OPTIMISM Page 9

Editors Note:
For more information on how to become a more effective person through learned optimism call the Marine Corps Community Services - Personal Services Division, 577-6533, or visit the offices of PSD in Building 129.

Showing our true colors

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



We have all seen the increase in America flags being displayed everywhere since Sept. 11. Displaying the flag is an outward showing of support for our nation. Our actions externally reflect what we believe internally.

How is our spiritual life revealed? If a flag could be displayed about our spiritual life, what would it have on it? Would the flag have on it a star, a crescent moon, a prayer wheel, a cross, a building, a bible, etc...? What color would it be: black, red, white, green? What else would be represented: family, spouse, cars, houses, money,

education? If a flag displayed our beliefs and how we practiced those beliefs by our actions, would we want others to see it?

In 1 Samuel 16:7 we read, "But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.'" Our actions reflect our motives. Our motives come from the heart.

God knows what our true flag is in spirit and in truth. The right motive for giving of self or of substance is to glorify God rather than to glorify oneself. Let us be open and truthful with God spiritually and allow that relationship to give us the right motives for our actions as we live our lives together in this great nation.

Blessings to all,
Chaplain Krupnik

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Lance Cpl. John Poniske, communications specialist, coils wire outside Building 15A. Poniske is a native of Pittsburgh, Penn., and has served a little more than two years in the Marine Corps.

<p>Chapel Services</p> <p>Protestant Sun. 8:30 a.m. Mass Sun. 10:30 a.m.</p> <p>Confession services before Mass</p>	<p>Catholic Rosary</p> <p>First Saturday of every month. 3 p.m. at the Base Chapel.</p> <p>For more info call 577-6849.</p>	<p>Nebo Bible Study</p> <p>Wednesday Noon-1:30p.m.</p> <p>At the Chapel Office.</p> <p>For more info call 577-6849.</p>
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BARSTOW LOG

KEEPING HELD DURING TRANSITION AND CHANGE

Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer
Public Affairs Staff

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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 editor@barstow.usmc.mil.

Flu vaccinations in at BMC

By Cpl. Cory Kelly
Editor

Due to the diminishing availability of vaccines to the flu virus, the Branch Medical Clinic will only be able to give vaccinations to a select few this year.

There will be a flu vaccination stand down Dec. 3 for all military personnel attached to the base. During that time, the medical clinic will also update the shot records of personnel in need.

There will also be three make-up days following the stand down for personnel who cannot attend the first date. The make up days will be Dec. 6, 10 and 13.

Veterans and TRICARE recipients eligible for the vaccination are limited to those 65 years or older or anyone with a medical condition that might be complicated by infection with the virus.

Leonard Placker, a clinical registered nurse at the BMC, said that the medical conditions under concern include, but are not limited to, chronic bronchitis, pneumonia, human immunodeficiency virus, diabetes and asthma. He also noted that those who are prone to heart problems or who have had previous heart attacks should get vaccinated.

Hospitalman 3rd Class Dominic Topete, treatment room corpsman, said it is important that people who think they might need the vaccination to call or visit the clinic.

Placker said, "It is very important get vaccinated so that you can combat the virus as efficiently as possible."

He explained that many people have the misconception that the flu vaccination actually gives the flu virus to people and makes them sick. "The vaccination is an attenuated form of the virus, which means it is killed and then sterilized. It cannot make you have the virus. It forces a physiological reaction to the vaccine, forming antibodies."

He explained that introduction to the killed and sterilized virus helps the body form antibodies to the flu before the body becomes infected, giving the body the ability to react faster and more efficiently if, or when, the flu virus is contracted.

Editors Note:

For more information about who is eligible for flu vaccinations at the Branch Medical Clinic call Leonard Placker, clinical registered nurse, 577-6491 ext. 117, or Hospitalman 3rd class Dominic Topete, 577-6491 ext. 114.

Leave donations

Alexander Saiz and Janet L. Wilson, supply management branch, Fleet Support Division, have been affected by medical emergencies.

People who desire to donate leave under the Leave Sharing Program may obtain a Leave Donor Application through their division administrative officer. Contact Lorinda Meinicke at 577-7774 for more information.

Gym holiday hours

The following are the November holiday hours for the base gym: Thursday, closed; Friday, 8 a.m.-3 p.m. For more information call the base gym at 577-6898.

Toys for Tots

The Toys for Tots telethon is scheduled to be Dec. 1 at the Barstow Elks Lodge. People interested in volunteering for the telethon may call the base public affairs office at 577-6430.

MCI Exam Advisory

Recent events involving the U.S. Postal Service have affected the delivery of official mail in the National Capital Region.

Since Oct. 19, the Marine Corps Institute has not received any exams

mailed through the USPS. MCI anticipates continued interruption in regular mail service for the next month.

To alleviate the problem with the USPS, alternate means for submitting exams have been established.

Express mail services, such as Federal Express should be used for submitting time-sensitive exams. Mail them to 912 Charles Poor St. Southeast Washington Navy Yard, Washington D.C. 20391-5680.

MCI will temporarily receive examinations by fax. However, submissions by fax requires hand-grading and slows the number of exams MCI can grade in a day. The use of fax should only be used if the other alternate submission means are unavailable.

The temporary fax numbers are, (202) 685-7651/7652/7653, or DSN at 325-7651/7652/7653. MCI will discontinue the fax capability when mail delivery returns to normal.

ASMC Luncheon

The base chapter of the American Society of Military Comptrollers is holding a luncheon Dec. 5 at 11 a.m. at Peggy Sue's Restaurant.

There will be two guest speakers from ASMC headquarters in Washington, D.C., will talk about profes-

sional development and the future of ASMC.

The lunch menu is a chef's salad or a Peggy Sue's hamburger special. Contact any ASMC officer for a reservation.

Name	Phone
Randy Meyers	577-6366
Erin Foster	577-6643
Tito Escobedo	577-6369
Lou Ann Presley	577-6636
Conni Lwellyn	577-6596
Maria Bonner	577-6619

Immigration Information Workshop

The city of Barstow has scheduled an Immigration Information Workshop, where questions on immigration, obtaining residency, work permits, family re-unification, citizenship and outreach programs will be answered.

There is no charge for the workshop scheduled for Dec. 8, at 9 a.m. in the City Council Chambers located at 220 East Mountain View St. in Barstow. At this time, area residents will also have the opportunity to start their citizenship paperwork with the help of certified agents. Catholic Charities will help applicants process their paperwork and do fingerprints for a nominal fee.

For more information, call City Clerk JoAnne Cousino at 256-3531, extension 3253.

Barstow Servmart

The Barstow Servmart allows employees aboard MCLB Barstow to shop online for all of their office and workplace needs.

The servmart has administration supplies, cleaning supplies, hardware, tools, and even parts to support the Maintenance Center Barstow production line. To get started, go to <http://mcsd4.ala.usmc.mil/mclbbarstow/servmart>.

Semper Fit seeks Runners, Wresters

Marines interested in competing in the All-Marine Wrestling trials scheduled to be held from Feb. 1 to Mar. 27 at MCB Quantico, Va., must submit their resume by Dec. 15. The Armed Forces Wrestling Championship will be held from Mar. 28 to April 2 at MCB Quantico.

Marines interested in competing on the All-Marine Cross Country Team in the Armed Forces Cross Country Championship Feb. 7-11, 2002, in Vancouver, Wash., must submit their resume by Dec. 14.

The resume format may be downloaded at www.usmc-mccs.org (click the "sports" link under "Semper Fit"). Wrestling resumes must include previous wrestling experience, number of matches and results. Running re-

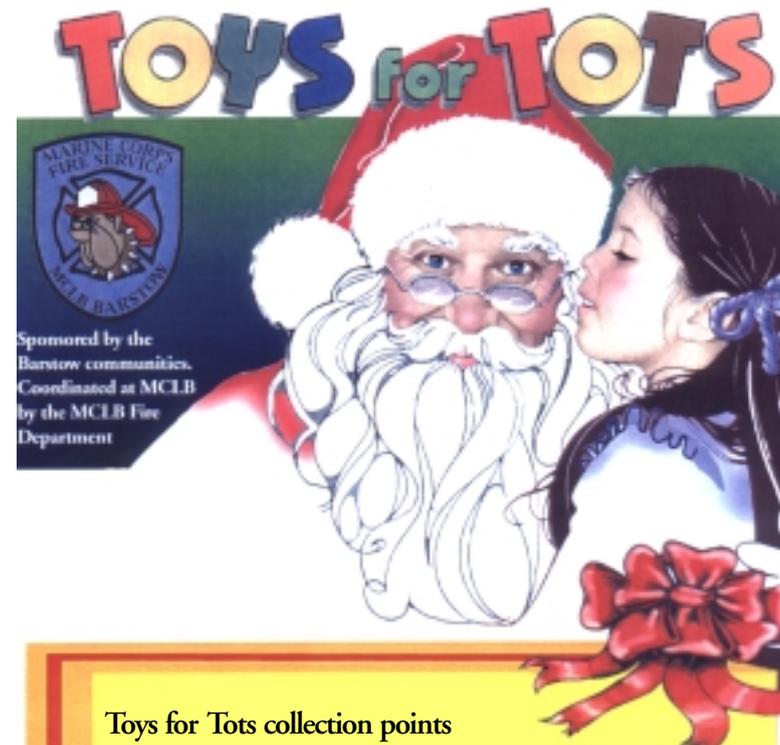


sumes must list dates, places and finish times of 10,000-meter and 5,000-meter races run in the previous two years, and Marines must be registered

with USA Track and Field.

For more information, read MARADMIN 559/01 and MARADMIN 552/01, or call Pamela Hodge at (703) 784-9542.

This year, Santa needs help more than ever in the High Desert. Many children face the prospect of finding nothing under the tree.



Toys for Tots collection points

Donations of unwrapped new toys can bring a more joyful Christmas to an underprivileged child. Collection points on base will be established at the following locations: Golf Course, Base Gym, Housing Office, Maintenance Center lobby, Warehouses 3, 5, 7 and 406, Buildings 15, 17, 18, 37, 129, 170, 198, 236, 302, 332, 401, 558, 614. Call the Nebo Fire Department at 577-6732/6866/6865 for more information.



Retired Marine recognized as Logistician of the Year

By Sgt. John Sayas
Combat Correspondent

Richard Fielding, who retired from the Marine Corps in 1988, was named 2000 Logistician of the Year for his "outstanding meritorious service" while working as a logistics management specialist for the Program Managers of Engineers at Marine Corps Systems Command.

Fielding first began his tour of duty with the Marine Corps as a machine gunner with the 3rd Marine Division in Vietnam in 1969. He served as an infantryman for six years until he changed his military occupational specialty to become an electrical equipment repairman. He worked as a utilities chief of engineer equipment and then served his final tour starting in 1983 as a project officer for electrical equipment with the Installation and Logistics Division at Headquarters Marine Corps, Washington, D.C.

Following his retirement at the rank of master sergeant, Fielding served in the inactive reserve, but found himself back with the Marines as a full-time civilian employee at Marine Corps Base Quantico two years after retiring.

"I feel like this is where I can affect people's lives," said the Amarillo, Texas, native. "We're buying equipment that Marines need to do their job with."

According to Lt. Col. William P. Macecevic, program manager for engineering equipment, Fielding's contributions in many complex logistical activities as senior logistician were considered invaluable as he worked to formalize and refine business relationships between Marine Corps Logistics Bases and logistical management programs of MarCorSysCom. While the command continued to always do new things, Fielding continued to provide a service to his customers and look for new ways to save the Marine Corps logistical time and money.

"Any time we buy a piece of equipment, we need to have a way to make repairs on that equipment. We're trying to do that with a limited amount of logistical strength and training," said Fielding. "We want to be able to repair it quickly and cheaply. That's what logistics is all about, supporting the availability of equipment and supplies."

His nomination for the award, which he will receive during an awards presentation to be announced at a later

date, was based on the services he has provided for several projects and management teams including the Supply Chain Management Integrated Product Team, Initial Issue Provisioning IPT, Acquisition Road Map IPT, and specific logistical initiatives for the new Lightweight Rough Terrain Forklift, which will replace the aging 4K Forklift. His ability to analyze, evaluate and develop logistic strategies to support new procurements and existing life cycle management initiatives improved readiness, operational availability and reduced the O&M costs to the operational forces and total ownership costs to the Marine Corps, according to Macecevic.

"He is a wealth of knowledge," said Maj. Kirk Jansen, project officer. "Every time we get new folks in or even with others who have been here awhile, he is never too busy to take you in and teach you."

With as much experience as Fielding has gained over the years, his co-workers view his award as "well-deserved," while adding that his mentoring abilities have gained much attention among the old and new members of Marine Corps Systems Command.



Official USMC photo

Richard Fielding, a retired Marine, was named the 2000 Logistician of the Year.

Other ways to get behind the troops

By **Gerry J. Gilmore**

American Forces Press Service

WASHINGTON — With the suspension of the morale-boosting “Operation Dear Abby” and “Any Service Member” mail programs this year, defense officials are proposing other ways Americans can demonstrate their support for the military.

DoD officials suggest supporting the troops “by supporting the communities in which they live.” Some ideas include:

- Visit Veterans Administration hospitals and nursing homes, coach children’s sports teams, feed the homeless or volunteer for other community outreach programs. Many service members who normally do this volunteer work are now deployed.

- Local government and business officials can request local military members to speak at community events, while encouraging citizens to learn more about America’s military.

- Citizens who know military families can offer support by reaching out to those families with loved ones deployed overseas, officials noted in the release.

- Private organizations are developing Web-based means for citizens to show their support for the military.

- Anonymous gifts and letters for

overseas service members are no longer accepted, officials said, but people can still contribute to military relief societies

The Dear Abby program, founded by the newspaper advice columnist, has delivered mail to U.S. service members overseas during the holiday season for 17 years. “Any Service Member” mail grew out of Desert Shield and Desert Storm, but really cranked up during the U.S. assistance to Bosnia in 1995, officials said.

Both programs let U.S. service members overseas know that fellow Americans support them and appreciate their sacrifices.

A written notice from the Military Postal Service Agency said the most critical issue surrounding these mail programs is personnel safety. “Both of these programs create an avenue to introduce mail into the system from unknown sources,” the notice said. “The recent mail-related attacks have demonstrated the vulnerability of the postal system.”

Mail handling has become more sensitive and time consuming, said officials, and the increased volume of mail that would result from the Dear Abby and Any Service Member programs could impact the quality of military postal service and force protection.

U.S. Postal Service officials said a ton of letter mail equals about 71,000 typical first-class letters.

TSP opens doors to service members

By **Cpl. Cory Kelly**
Editor

As of Oct 30, participation in the Thrift Savings Plan for federal civilian employees is extended to service members.

The TSP is a retirement savings and investment plan that has been available to federal civilian employees since 1987 for the purpose of providing a retirement income. Equivalent to “401(k) plans” offered by private corporations, the TSP allows participants to save a portion of their pay in a special retirement account administered by the Federal Retirement Thrift Investment Board.

The money that participants invest in the TSP comes from pre-tax dollars and reduces their current taxable income; investments and earnings are not taxed until they are withdrawn.

Services members will participate under most of the same rules and receive the same benefits as civilian TSP participants. However, the con-

tribution rules are slightly different for uniformed services members.

TSP is different from the military retirement system in many ways.

According to the official TSP Web site, <http://www.tsp.gov>, military retired pay is a defined benefit program. This means that the benefits received from the military retirement system is based on years of service and the rank held at the time of retirement, rather than on the amount

See **TSP** Page 7

Editors Note:

For more information about the Thrift Savings Plan visit <http://www.tsp.gov> and <http://www.civilianbenefits.broc.navy.mil> or call the Human Resources Service Center – Southwest, (619) 615-5554. Service members can call Sgt. Thomas Robbins, pay auditor at the finance office, 577 6623.

COMMANDER'S CORNER

Maintenance Center Barstow

Recognition

By Col E. Rivers
Commander

I would like to take this opportunity to thank and recognize members of the Maintenance Center Barstow Team for their hard work and dedication. Let's continue to excel in our competitive priorities of throughput, quality, and cost. Keep up the great work!

May 2001

Time Off Awards (9 hours)

David Alley	James Hartwick	James Mintz
Bobby Benavidez	Jeff Hattendorf	Jackie Rowe
Paul Biancotti	Gary Heidorn	Bryan Ruble
Rodney Brand	Marion Hudson	Myron Scheer
Tommy Byrd	Anthony Lente	Robert Schneider
Donna Chisam	Russell Lynn	Leon Shute
Paul Dees (2)	Frank Marlowe	Janet Towery (2)
Rufus Dominguez	Rudy Mendoza	David White

On the Spot Awards

Terry L. Harmel Robert Nelson

Eagle Awards

Paul R. Dees James F. Mintz

Invention Awards

(Group Suggestions)

George H. Austin Jr. Billy A. Benavidez
Gloria J. Islas

Invention Awards

(Individual Suggestions)

James L. Bengel Harold W. Cothorn
Karl T. Coleman Ray L. Jackson

June - July 2001

On the Spot Awards

Micheal Anderson	James E. Metcalfe
Raymond A. Arroyo	Federico E. Molino
Mark A. Gomez	Joseph R. Moorman
Terry L. Harmel	Michael S. Random
Danny Mathison	Rosemaria Sauer

Quality Step Increase

Debra Dominguez

August 2001

Time Off Awards

(5 hours)

Dean Knutson

(9 hours)

Alex Barkoci	Antonio Hernandez
John Calvacca	Gloria Islas
Paul Clemmons	Darrell Jones
Mike Fernandez	Guyla Jones
Dave Fritz	Dennis Lyon
Lola Harris	Joseph Marano

VERA/VSIP Buyouts

Maintenance Center Barstow anticipates offering VERA/VSIP Buyouts in FY02.

If interested, now would be the time to update your survey. Forms are available in the Management Services Office.

August 2001

Time Off Awards

(9 hours)

Dennis Lyon	Angel Rosario
Joseph Marano	Ed Speisser
Paul Marquez	Philip Soto
Alex O'Laughlin	Elizabeth Thiem
Ricardo Robinson	Samuel Willetts

Paul Willis

Customer Funded Awards

Richard Clare
Michelle Marquardt
Lupe Marquez

Cash Awards

Jabines Fidel

On The Spot Awards

Steven L. Bourbin	Steve Langevin
Paul Clemmons	Mathew Nowicki
Robert Flores	Steve Sangster
Douglas A. Tate	

Federal Length of Service

(25 Years)

Glen Rasmussen

(30 Years)

Louie Alvarez	David Solano
Peter Dimapasoc	Reginald West

(35 Years)

Christina Hatch	John Shrum
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Beneficial Suggestion Awards

#00-16 M1A1 Turret Front Recoil Seal and Rear Recoil Seal Piston Compressor Tool

Eliasar L. Fernandez
Glen Rasmussen
Robert A. Waterhouse

The tool has greatly enhanced the turret shop's productivity. A contact team was sent to Blount Island Command (BIC) and this tool was used for its intended purpose and BIC couldn't believe the amount of time it saved in replacing the recoil seals.

September 2001

Time Off Awards

(9 hours)

Ted R. Burke	Nobie Luna
Alma P. May	

Thanks to all

By Bob Pettit

Communications/Electronics/Metrology BC

The Communication/Electronics and Metrology Business Center thanks all those who contributed their time and energies toward the preparation, presentation, and clean up of the 32nd Annual Maintenance Center Picnic held at Obregon Park Oct. 22.

The number of volunteers who participated from early morning throughout the entire picnic day was indicative of the spirit of the Maintenance Center Picnic.

A special thanks is directed to the Provost Marshal's Office and the civilian security force who controlled the gates and performed their duties in a courteous and professional manner.

More than 400 employees and their families attended this event and celebrated yet another successful year of mission accomplishment.



Photos by Jary Jarrett



Good luck Charlie

By Bob Pettit

Communications/Electronics/Metrology BC

Charlie Moyer is an electronic integrated systems mechanic who has a long history of maintaining, teaching and operating a variety of missile systems equipment.

Starting with a successful Army career, the now-retired chief warrant officer first was schooled on and then maintained the complement of equipment that comprised the Nike/Hercules system. Following the deactivation of Nike/Hercules, he transitioned to the improved HAWK (Homing All the Way Killer) tactical missile system and remained with it until the end of his military career. June of 1982 marked his arrival at Maintenance Center Barstow, and he immediately played a key role as a member of the HAWK Radar Shop, Cost Work Center 735. His expertise was evident as over the years he worked on every radar and shelter that was a part of HAWK and trained countless others on the intricacies of the equipment.

Now, with his second career coming to an end and another missile system fading into obsolescence, Moyer finds himself awaiting the opportunities and pleasures that retirement in December will afford.

READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

We are all potential terrorist targets

Gen. James L. Jones
Force Protection Update

The threat to the welfare of our nation requires continuous vigilance of all hands. Though the introduction of Anthrax is a significant challenge, the threat across the spectrum of violence still exists.

Manpacked Improvised Explosive Devices, Vehicle-Borne Improvised explosive devices, small unit attacks, assassinations, and attacks against critical infrastructure nodes remain a viable and serious threat.

All personnel should rigorously review their personal habits and those of their family members. Routines should be varied in order to reduce observable patterns that terrorists will exploit. Put yourself in the position of a terrorist conducting pre-operational surveillance: Have you established a pattern of always stopping at the same store at the same time? Do you drive into the same parking lot to meet your carpool at exactly the same hour everyday? If a routine can be observed, it will be. Do not be a soft and predictable target.

Other defensive measures such as removing distinctive military bumper stickers from vehicles, traveling for signs of tampering before entry or starting the engine must become a part of our daily antiterrorist effort. Be a people watcher and stay aware of your surroundings at all times.

Family members should be instructed in basic antiterrorism procedures exactly the same way you

have reviewed procedures for reacting to a fire in the home. DoD standards require Level 1 Antiterrorism Training for all assigned service members, DoD employees, local nationals hired by DoD and family members 14 years and older (or younger at the discretion of the DoD sponsor) traveling outside the United States.

Based on the recently demonstrated threat the personal protective information contained in this Level 1 training is appropriate for all Marines and family members worldwide. To assist in this required training an unclassified interactive site on the worldwide web is available.

To access the training, go to <http://www.at-awareness.org>. The access code is "aware" (no quotes). Form there personnel can proceed using a self-generated user id and password.

Senior personnel in highly visible billets must exercise increased caution. Exploitable public information such as telephone numbers and home addresses available through directory assistance should be reduced.

Identifying personal information posted on unclassified Web sites should be reduced to the maximum extent possible. The precautions that Marines have historically taken while operating in overseas environments to reduce terrorism vulnerability must now become part of our daily lives at home as well.

Terrorists are only effective if they can destroy their targets.

Take action, do not, be a target.

'Present, sword'



Photo by Cpl. Joshua Barnhardt

Cpl. Alma Fragosa presents sword during the drill portion of the Meritorious Sergeants Board Thursday. Cpl. Jared Anderson, reining Noncommissioned Officer of the Quarter, won the board.

TSP from Page 5

of contributions and earnings. The TSP, on the other hand, is a defined contribution plan. The balance in a TSP account will depend on how much was contributed to the account during working years and the earnings on those contributions. The amount in the TSP account may be kept even if a participant didn't serve the 20 years ordinarily necessary to receive military retired pay.

Service members have been able to sign up to participate Oct. 9. The deadline for enrolling during the special open season is Jan. 31. Contributions to the TSP based on the sign-up will begin to be deducted from paychecks beginning in the first week of January.

Members who do not enroll during the special open season will have two "open seasons" per year to enroll thereafter. (Open seasons are currently May 15 through July 31 and Nov. 15 through Jan. 31.)

New service members will have 60 days after joining the service to enroll in the TSP; thereafter, they may enroll during the semiannual open seasons.

TSP participants are allowed to contribute 7 percent of the basic pay earned each month.

Participants may also be able to contribute all or any whole percentage of any special or incentive pay (including reenlistment or other bonuses) they receive.

According to the Web site the law allows the secretaries of the military services (i.e., Army, Navy, and Air Force) to designate critical military specialties for matching contributions.

Members serving in these specialties who agree to serve for six years will be eligible for matching contributions. The matching contributions apply only to amounts contributed from basic pay. The pay section of the finance office has information on which military occupational specialties are designated as critical and who's eligible to contract to receive matching contributions. Matching contributions and their attributable earnings will be taxable when withdrawn from the TSP.



There will be a Single Marine Program board meeting at 10 a.m. today at the base gym. All single Marines are invited to attend. For more information about future meetings call Staff Sgt. Dennis Owen, 577-6898.

226th Anniversary of the Navy Chaplain Corps

Released by HQMC
ALMAR 055/01

November 28 marks the 226th anniversary of the United States Navy Chaplain Corps.

On behalf of all Marines, I would like to take this opportunity to thank our spiritual leaders for your contributions to the success of our Corps and wish you a happy birthday.

Throughout our history in conflict and peacetime, the Navy chaplain has provided comfort and direction to Marines and their families in times of need.

You have provided exceptional ministry, promoted military readiness, and enhanced the spiritual and ethical well-being of the corps.

Your invaluable service in the wake of September 11 emphasized the important role you play in the security of this nation.

At one time or another, every Marine leader has called upon you to provide assistance, counsel or leadership for a Marine in trouble.

You have answered those calls with unwavering dedication and compassion.

You richly deserve the gratitude of all Marines and their families. Our sincerest wishes for a happy birthday.

Semper Fidelis and God bless.

J.L. Jones
General, U.S. Marine Corps
Commandant of the Marine Corps



By Jim Gaines
MCCS Publicity

Discount sale starts Friday

The After Thanksgiving Sale at the Exchange/Super Seven Store begins Friday. Look for discounts from 10 percent to 75 percent on electronics, toys, fragrances, housewares and more.

Drop by Friday, and look over the great values - shop early for the best selection.

This is a great opportunity to do some Christmas shopping at discount prices.

The Exchange/Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m. Saturdays, the exchange is open from 8 a.m. to 9 p.m., and Sundays and holidays, 10 a.m. to 6 p.m.

The Yermo Exchange is open Mondays through Fridays 8 a.m. to 3:30 p.m. (During troop rotations open Monday through Friday 8 a.m. to 8 p.m.) Saturdays and Sundays 10 a.m. to 5 p.m.

Lunch menu

Today - Chicken Alfredo with steamed rice.

Thursday - Holiday hours - menu service 9 a.m. - 2 p.m. A Thanksgiving dinner with all the trimmings will be served from 4:30 p.m. - 7:30 p.m. (See side bar at right).

Friday - Fish fry (catfish, Hoki or trout) with potatoes au gratin.

Monday - Veal Parmessan and garlic bread.

Tuesday - Yankee pot roast.

Wednesday - Stuffed pork chops with steamed rice.

Family Night menu

Dinners served Thursday nights at the Family Restaurant during the Oasis Club renovation.

Tomorrow night - Special Thanksgiving dinner (see side bar at right).

Everyone welcome! Family Night Dinners served from 4:30 p.m. - 7:30 p.m. Prices: Adults \$5.50, children five to 11 years \$3.50, children four years and under are free.

YAC Christmas party

The Youth Activities Center will host a children and youth Christmas party Dec. 15 from noon to 5 p.m. at the YAC (McKinney Complex). Lots of fun and activities are planned. For more information call 577-6499.

Toys For Tots Golf Tournament

The annual Toys For Tots Golf Tournament will be held on Saturday. Sign ups are going on now.

There is a \$50 entry fee which includes green fees. Golf carts are extra, first come first served on golf carts. Call 577-6431 for details.



**THANKSGIVING
MCCS HOLIDAY SCHEDULE**

The following MCCS facilities open Thanksgiving:
The Exchange/Super Seven Store from 10 a.m. to 6 p.m.
The Family Restaurant from 9 a.m. to 2 p.m. with menu service. Thanksgiving dinner with all the trimmings from 4:30 p.m. to 7:30 p.m.
All other MCCS facilities will be closed this holiday.



**THANKSGIVING DINNER
AT THE FAMILY RESTAURANT**

Don't cook this year! Let someone else do it for you. Just sit back, relax and enjoy Thanksgiving dinner prepared and served to you. Bring the whole family.

The Family Restaurant will be serving a delicious dinner from 4:30 p.m. to 7:30 p.m. Everyone welcome - reservations highly recommended.

Very reasonable prices: Adults \$6.95, children \$3.95, children under 4 years are free.

Menu: Baron of beef carved on the line, turkey breast, ham, stuffing, mashed potatoes and gravy, cut corn, cranberry sauce, horseradish, pumpkin pie, sweet potato pie, and assorted drinks.

Turkey safety tips for the holidays

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

Health safety is always an issue around Thanksgiving when it comes to preparing food.

Since most households only cook one turkey per year, it can be difficult to remember all the safety measures needed to ensure the holiday bird is healthy to eat. Basic tips to keep the turkey a safe meal can start where it is stored.

The refrigerator should be set at below 40 degrees Fahrenheit. The temperature may fluctuate by how much food is stored in it, and the frequency of the door being opened. It is best to get a refrigerator thermometer to check the temperature most accurately, according to the Home Food Safety Administration.

To properly defrost a turkey, set it on the bottom shelf of the refrigerator. To prevent juices from drip-

ping onto other foods, set the turkey on a tray. Allow at least one day to thaw for every five pounds of turkey. Do not thaw the turkey at room temperature. Bacteria multiplies rapidly in that environment.

If there is a time crunch to get the bird thawed, submerge the wrapped turkey in cold water and cover. Change the water every 30 minutes to keep the water cold. It will take 30 minutes for each pound to thaw the turkey. Be sure to wash hands, work surfaces, and utensils that touched the raw turkey with hot, soapy water before moving on to the next task, according to the HFSA.

Food should not be left out for more than two hours. It needs to be refrigerated to keep from spoiling.

It is recommended that leftover turkey should not be kept over four days. To properly preserve leftover turkey, remove the breast from the

bone and slice it up. Legs and wings may be left whole. The turkey should be stored in containers no more than two inches deep and be stored separately from stuffing and gravy.

To properly insert a meat thermometer in a turkey, put it in the inner thigh area, near the breast, but not touching the bone. Pop-up thermometers are also an accurate way to take the temperature of the bird, which often come pre-inserted in turkeys. Pop-up thermometers are reliable up to one to two degrees, but do not measure the stuffing and thigh temperatures.

The National Turkey Federation recommends roasting a turkey in a 325 degrees Fahrenheit oven until a meat thermometer indicates the internal temperature registers 180 degrees Fahrenheit in the thigh and 170 degrees Fahrenheit in the breast. A shallow roasting pan should be used so oven air can flow completely

around the turkey. Pans with sides higher than one inch will shield the thickest part of the turkey thighs from the heat, and the thighs will not cook evenly. For easier cleanup, add one half cup of water to the bottom of the pan.

If the bird is going to be stuffed, stuff it immediately before it is placed

in the oven. The center of the stuffing must register 160 to 165 degrees Fahrenheit before removing the turkey from the oven. If the turkey is not stuffed, the addition of two cups of coarsely chopped celery, onion and carrots to the cavity will enhance the fragrance and add to the flavor of the pan juices, according to the NTF.

Projected cooking times

Weight	Unstuffed turkey	Stuffed turkey
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours
24 to 30 pounds	5 to 5 1/4 hours	5 1/4 to 6 1/4 hours

This data is provided by the National Turkey Federation. They recommend these times be used as a planning guide only, a thermometer should be used to determine actual doneness.



Photo by Staff Sgt. Jimmy Hill

Marines from MCLB Barstow participated in a Noncombatant Evacuation Operation exercise Nov. 6. They were picked up by CH-46 "Sea Knight" helicopters and taken to Marine Air Ground Task Force Training Center Twentynine Palms and back.

Fire extinguishes Daisy Dukes

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

Fire beat up on the Daisy Dukes 55-6 in their intramural flag football match-up Nov. 13 at Sorensen Field.

About the only thing that went the Daisy Dukes' way was the coin toss. After that it was downhill.

After making the Daisy Duke offense go three-and-out, Fire scored on the first play from scrimmage on a 40 yard scramble by quarterback Jesse

Griego. Fire kept pouring it on by scoring on the next two drives, but missing the extra point on all three to make the score 18-0.

The Daisy Dukes then mounted their only drive of the game by starting at midfield from a good kick return and marching from there. Quarterback Chad Gecht threw a pass in the corner to Cory Kelly, receiver, who slid across the goal line for the score. The Daisy Dukes would never see the end zone again.

Fire kept scoring by using the long bomb. Griego had touchdown passes from over 40 yards on consecutive drives.

Fire added two more touchdowns before the two-minute warning to go up 55-6. That's when the Daisy Dukes finally got relief. The sprinklers on the field came on and the rest of the game had to be called.

Fire holds a death grip on first place in the league, while the Daisy Dukes are cellar dwellers in last place.

GUNNY'S PICKS

Week 11



Jacquie Fadeley is this weeks Gunny's Picks winner. She guessed 12 out of the 14 Sunday games right to take the title.

Fadeley gave credit to her husband because, "he helped me with my picks," said Fadeley. She also had to stay loyal to her team by saying, "Go Raiders."

To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.

- *Green Bay at Detroit
- *Denver at Dallas
- Pittsburgh at Tennessee*
- *Seattle at Kansas City
- *Atlanta at Carolina
- Washington at Philadelphia*
- Cincinnati at Cleveland*

- *San Francisco at Indianapolis
- *Miami at Buffalo
- Arizona at San Diego*
- New Orleans at New England*
- *Baltimore at Jacksonville
- *Oakland at NY Giants
- *Chicago at Minnesota

Monday Night

Tampa Bay at St. Louis*
Total points: _____

Name, work section and phone number: _____
Monday night's game is a tie-breaker and must include a total score.

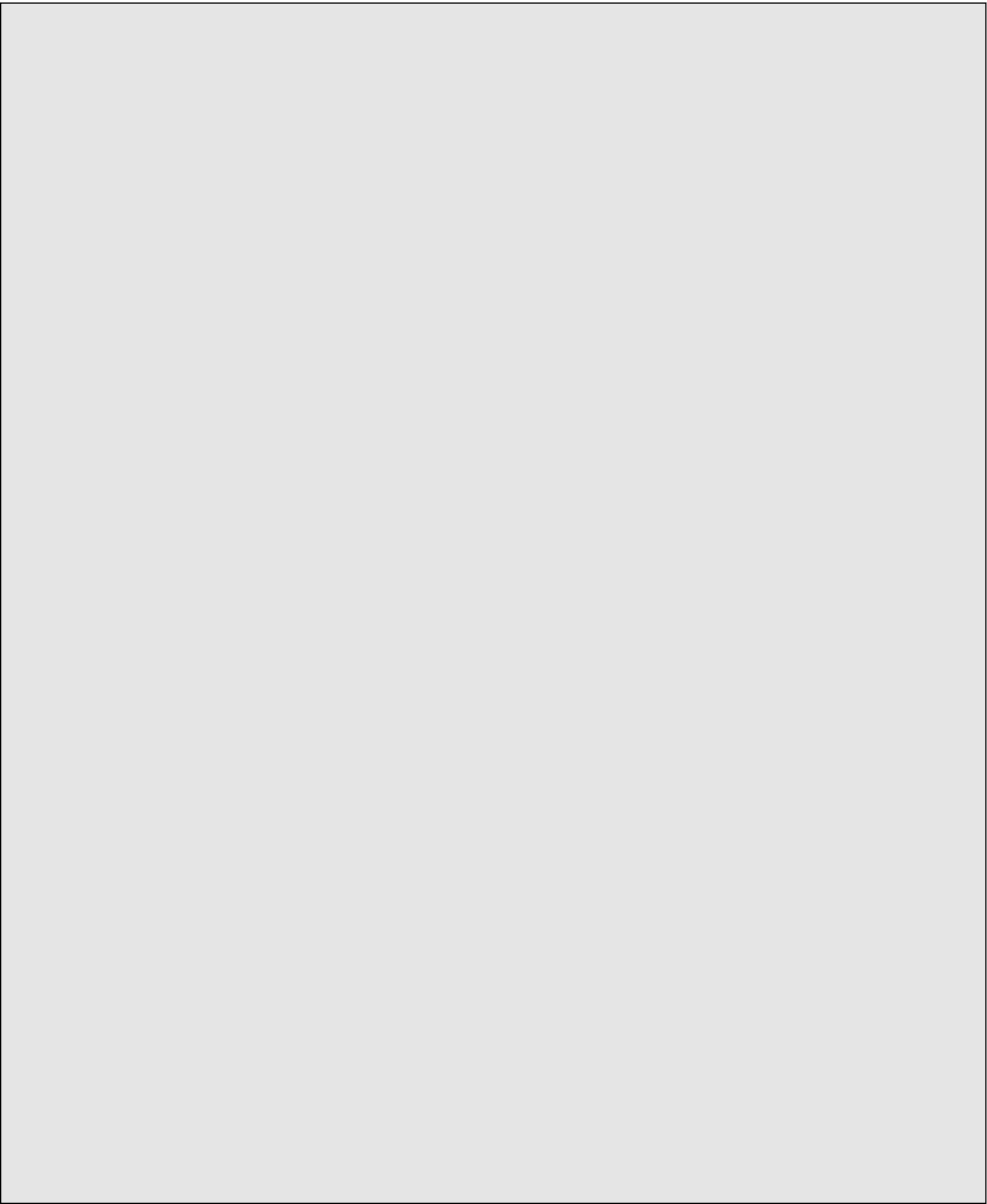
OPTIMISM from Page 2

things really are or just what I want to see.

Nieman then told me my 15 minutes were up and that I had to go, but before I left he said, "What you believe about your life, your job and your health have a dramatic effect for the good or bad. Just add a touch of optimism and watch the change."
As I left his office I reflected on m

visit with the doc. I thought to myself, "Here I come to the good doc to see if I can borrow a couple of bucks and I get the be happy speech ... I have to stop hanging out with shrinks."

I have to hand it to him though, I've thought about the optimism thing long and hard and I'm beginning to realize that maybe my belief systems were a little out of order. And thinking positively is a lot easier than whining about a half-empty glass.



Please submit all Trader Ads to editor@barstow.usmc.mil.

1983 EL CAMINO: 305 Eng., automatic transmission, A/C, power door locks, rear air shocks, C/C, camper shell, good tires and wheels, body in good cond. \$3,500. Call 255-4205 AWH.

1983 FORD MUSTANG: V6, automatic, good body, runs fine, needs smog work, \$400. Call 244-9802 AWH.

1986 CAMARO: V6 engine, newly rebuilt, 5-speed tranny, runs xlt. \$2,500 OBO. Call 253-2133.

1979 SUBARU BRAT P/U: Good body, runs good, needs California registration, \$400. Call 253-1981.

1976 CJ-5 JEEP: 304 Engine, Manual trans, P/S, half doors, like new 32-11.50-15 tires on chrome spoke wheels, \$2,500. Call 256-6103.

1976 CJ-5 JEEP: Started a rock crawler but never finished it. Has Dana 44's with 4.89 gears for the front and rear, 304 engine, manual trans, P/S, full roll cage. All the major items are there, \$2,000. Call 256-6103.

1966 DODGE STATION WAGON: 383 V8 auto, air, good, \$1,200. Call 252-9199.

MISCELLANEOUS: Chevy 350 turbo transmission, has shift kit, 10,000 miles, rebuilt \$125; TRW 11:25 .060 over forged alum pistons, new \$125.00. Call 243-1392.

MISCELLANEOUS: Leer camper shell, fits a Toyota Tacoma, 6 ft. bed, great cond., red, \$400 OBO; bedliner for 6 ft. truck bed, \$75 OBO. Call 240-0919.

MISCELLANEOUS: Radio controlled Off Road trucks and buggies (Losi and Associated) with chargers, controllers and lots of spare tires, motors, batteries and parts. Call for more information; snowboard used one season 155 Nale with Preston bindings, \$200. Call 256-6103.

MISCELLANEOUS: Engine for Nissan, 18CAE, 1.8L, 93,000 miles, needs valve job, good short block replacement. Call 253-5926.

MISCELLANEOUS: Fitness Flyer exercise equipment, xlt. cond., hardly used, \$40; Nordic Rider exercise equipment, cardio/strength, xlt. cond., hardly used, \$40. Call 253-5926.

MISCELLANEOUS: Queen water bed, book case head board with mirror, \$125; Chevy 350 Performer manifold \$50. Call 253-1942.

MISCELLANEOUS: Electric dryer, older, works, \$15; gas stove, almond color has microwave built in, \$125; trundle bed never used, \$110; 36 inch white security door, \$55. Call 252-9199.

MISCELLANEOUS: Pageant dresses, sizes 2-7, xlt. cond. worn only once, best offer. Call 252-1311.

MISCELLANEOUS: Refrigerator, Hotpoint, 20.6 sq. ft., glass shelves, frost-free freezer, \$400 OBO. Must see, call 252-1018.

MISCELLANEOUS: 12 USED RAILROAD TIES, \$6.00 each, must take all; 396 Pinto head no cracks \$100. also 10/10 crank. Call 243-1392.

MISCELLANEOUS: Child's loft bed w/side rails and homework desk underneath, red metal, \$150 OBO. Call 256-1914 AWH.

MISCELLANEOUS: Navy Pea coat, size 38, good cond., \$20; grass trimmer cordless, battery rechargeable, \$20; stereo radio cassette (boom box) \$40; tread-mill, Master Stride 4000, good cond., \$50; electric meat slicer, Protect-O-Matic, good cond., \$45; grill and waffle baker, General Electric, \$35. Call 242-8839.

MISCELLANEOUS: Drywasher, \$200; back machine, \$125. Call 948-5140 ask for Jim AWH.

MEASURES from Page 1

- Stamps (sometimes excessive postage, unusual stamps) versus metered mail
- Special handling instructions on package (i.e., special delivery, open by addressee only, foreign mail, air mail, etc.)
- Restrictive markings such as confidential, personal, etc.
- Over-wrapped, excessive securing material such as masking tape, string or wrappings
- Oddly shaped or unevenly weighted packages
- Lumpy or rigid envelopes (stiffer than normal, heavier than normal, etc.)
- Lopsided or uneven envelope
- Oily stains or discoloration
- Strange odors
- Protruding wires or tinfoil
- Visual distractions (drawings, unusual statements, hand drawn postage, etc.)

Prepare your home

- Do not hide spare keys outside the house.
- Make it a habit to activate the deadbolt when locking doors.
- Family members should answer the telephone politely but should provide no information as to the name or rank of the occupants.
- Vary routines in your daily activities.
- Examine all mail delivered to the home.
- Be alert to the presence of strangers around your home.
- Be alert to parked or abandoned vehicles or unusual utility work.
- Install adequate outdoor lighting.

Inspect your vehicles

- When approaching your vehicle, look for wires, electrical tape or anything that looks out of order.
- Before getting in, take a cursory look around the vehicle, to include the wheel wells and the undercarriage.
- Be familiar enough with the undercarriage of your car to be able to spot "new" items.
- While driving, stay away from civil disturbances or large gatherings of people, especially in an overseas environment

Be aware of other vehicles/drivers

- Behavior of drivers unusual, nervous or combative
- Seepage from the vehicle
- Drums or cylinders in the vehicle
- Low tires indicating a large load
- Wires inside or outside of the vehicle
- Extreme smell of fuels, alcohol, oil, chemicals, etc.

Immediate Actions

- Call the Military Police by dialing 911.
- Describe to the dispatcher the exact location of the vehicle, a detailed description of the vehicle, a detailed description of the indicators which are cause for your suspicion, your name, organization and call back number.