

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 50

Marine Corps Logistics Base Barstow, California

October 24, 2002

MP of the Year

Staff Sgt. Ralston Clarke set himself apart from his peers.

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Celebrating one year of service.

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Fourth Quarter awards for the Maintenance Center.

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Trick or Treat hours

Trick or Treating to be in base housing Wednesday from 6 to 8 p.m.

Check out the Marine Corps Web site.

<http://www.usmc.mil>

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<https://www.barstow.usmc.mil>



Photo by Rob Jackson

Bob Poole's 1938 Ford Tudor Standard, sporting a patriotic theme, was just one of approximately 30 cars on display during MCB's 8th Annual Stress Relief Auto Show held Oct. 18. See related photos on pages 6 and 7.

Department of Defense authorizes SBA Program

Compiled by
BARSTOW LOG Staff

The National Defense Authorization Act for Fiscal Year 2002 allows the Department of Defense to continue offering special workforce restructuring buyouts and early retirements during FY 2003.

Section 1151 of the National Defense Authorization Act for FY2001 provided a new tool to allow DOD to restructure its workforce, while minimizing the need for a reduction in force. It amended three articles under 5 U.S.C. to permit the department to offer separation incentives and to permit workforce restructuring. In FY02 Voluntary Early Retirement Authority (VERA) was also added to the program.

As defined by DOD, workforce restructuring means offering buyouts and early retirements to employees and then reshaping the positions vacated by Special Buyout Authority (SBA) Program takers to meet mission needs; to achieve one or more reductions in strength; to correct skill imbalances; or to reduce the

number of high-grade, managerial, supervisory, or similar positions.

The Special Buyout Authority established by DOD allows management to restructure positions; different than a regular buyout which requires abolishment of the position, according to Esther Gonzales, Human Resources Office, MCLB Barstow. DOD gives allocations to the services and grants approval for the position to be bought out then restructured.

"This is a basic management tool used to either restructure or downsize and we've used both types of buyouts in the last couple of years," said Gonzales.

The FY 2002 NDAA limits application of the special workforce restructuring buyouts and/or early retirements to no more than 6,000 employees, DOD-wide, during FY 2003.

"The Department of the Navy has been allocated 1,642 for application of the special buyouts and early retirement," Gonzales said. "Every year the Department of the Navy tells us what to expect,

See SBA Page 5

MCB gets help from Theory of Constraints

By Sgt. Joseph Lee
BARSTOW LOG staff

In combat, all moving parts of a combat element need to be moving like a well-oiled machine in order to effectively engage the enemy.

If one element of that machine is slower than the rest, it makes the entire machine slow.

Industry works in the same fashion. Slow elements make slow machines. If those slow elements can be sped up or avoided, the entire industry will benefit.

Maintenance Center Barstow is an industrial complex like any other. In order to run like a well-oiled machine, it needs to locate where it needs the oil.

That's where the Theory of Constraints comes in.

The Theory of Constraints is a process of eliminating or effectively reducing stoppages or constraints by reducing work in process, cutting batch sizes, inducting only work that can be done now and not multi-tasking.

The result is a reduction in repair cycle time and an increase in productivity.

The employees of Cost Work Center 737 discovered that this theory helped them increase their production to almost double the output of MK-14 trailers. The MK-14 trailer is the rear portion of the MK-48/14 Logistics Vehicle System, or LVS as it is more commonly known.

According to Danny Mathison, production controller at MCB, the Marine Corps intends to modify all the existing LVSs in the fleet to include an antilock braking system, a modification that has been added to new LVSs manufactured by Oshkosh Truck Corp.

CWC 737's task was to rebuild 31 MK-14 trailers in 13 months. The old MK-14 trailers were to be stripped to the bare frame, modified and rebuilt to like-new condition, as if they had just rolled off the manufacturer's assembly line with ABS brakes.

Unfortunately, the 13 months allotted was reduced to 10 months when the trailers did not arrive at the Maintenance Center until January, vice the original arrival date in November 2001,

according to Mathison.

Keeping the deadline in mind, leader Greg Langston and his team started to work on the trailers upon arrival.

In order to make deadline, Langston and foreman Larry Bonner utilized the Theory of Constraints management tool, which increased productivity by recognizing constraints in the assembly line and working around them.

"These constraints are not due to slow working," said Bonner. "It is normal in any production line to have one element of the line that cannot work as fast as the other elements. In our case, it was mostly in the steam cleaning and painting elements, because they only have the equipment to do one piece of gear at a time.

"Since the painting and steam cleaning can only handle a load of one at a time, it makes no sense to pile up trailers at that point and wait for them to make it through that process, when other work can be done to the trailer."

Those slower elements would just notify the rest of the team when they were ready for more, and that allowed for continuous work on the trailers rather than letting them sit and wait, said Langston.

After implementing the Theory of Constraints to their working process, CWC 737 employees noticed a drastic increase in MK-14 output.

"We went from an initial average cycle time of 105 days per trailer to 57 days per trailer after we made the changes," said Mathison, "basically doubling our production rate."

The increase in productivity was so significant; it allowed the work center to complete all 31 trailers by September, three months before the December deadline.

According to Bonner, the job that was supposed to take 13 months was completed in six months, and after three months of delay.

"The key role in allowing us to complete these trailers so efficiently was the recognition of the constraints in our production line," said Mathison. "The dedicated effort of the workers to manage and work around those constraints was instrumental in a job well done."

Getting bigger? Check the portions

By Staff Sgt. Stephen Gude
The Scout staff

While I was at Popeye's one hot day, waiting for a spicy chicken breast, a half rack of buttered biscuits and a Diet Coke, I glanced at a fitness magazine someone left on the table there.

Inside it was an article about how fat Americans are getting. I checked it out.

It discussed the fact that the weight for the average American has gone up by 30 pounds during the last 60 years; Americans exercise less these days. Our jobs are more sedentary. It takes less effort to do things these days—for instance, not many of us have to crank down our car windows by hand, nor do we walk anywhere these days. Everything is push-button automatic, resulting in Americans

being less physically fit. Couple that with the plethora of television programming and other entertainment that allows us to sit and we've become a nation accustomed to lives of relative ease.

What it didn't mention, and what I think is vital for everyone, is besides getting more exercise, people need to watch the size of the portions of food they eat.

For instance, look at a 20-ounce soda, an amount that many people will drink within 15 minutes. According to the information label on the side of the bottle, the 20-ounce drink contains two and a half servings. Most people simply look at one package as a serving.

How many of you have noticed this? We tend to eat things by package, not by portion size. Despite the fact we don't need 20 ounces of soda or a

"Big Grab" bag of chips, most people I see eat the entire package. You want to know where all this weight comes from, look at that.

I thought about my eating habits and my portion size. I like collard greens. I can eat an entire plate full of greens in one sitting, then go back for more. I used to eat corn the same way, and if it's my mom's fried corn, I hog the pot. I also like cornbread and biscuits, hence the half-rack order at Popeye's. As a child, I ate an entire pan full of my grandmother's biscuits. Not three or four, but 18 of the softest, butteriest biscuits you can imagine.

Dang, I'm getting hungry just thinking about them. Man, I miss my grandmother.

But does everyone have that type of problem with a specific food? If you like something, will you eat an ungodly amount of it at one sitting,

along with some sort of meat or vegetable, cornbread, potatoes, rice, KoolAid, fries, and then top it off with ice cream or cake? That's called gluttony, and we have seemed to perfect it over the past 60 years, if the article is correct.

I don't see too many Marines with seriously bad eating habits, but what about our families, especially the children? Are we teaching them the proper habits? It probably isn't good for the children to continue our trend of getting larger and larger.

After I put the magazine down and picked up my order, the biscuits steaming hot in my hand and the chicken smelling oh so good, I made a resolution right then and there; I resolved to stop eating so much ...

... tomorrow.

Life goes through seasons

By Lt. Cmdr. Randel Livingood
Base Chaplain



My return to the desert has been filled with wonder.

Coming from the city where everything is concrete and traffic, it is a real pleasure to be exposed to the high desert scenery and blessed coolness of the

month of October. The wondrous part of it is the differences I have experienced.

Having been here in July, August, and September, I have a small idea of how "warm" the desert can become.

I learned to appreciate the value of a good swamp cooler, something I had not seen since my boyhood, and piece of shade. Now, the weather is cool and the leaves are falling off the trees.

All in all, a pretty radical difference from the summer. I must say though that I learned to enjoy both summer and winter.

I think that is how our lives go sometimes. We seem to pass through "seasons" that are so

different from anything that we have experienced in our lives.

Sometimes our lives "heat-up" to the point where all we want to do is find some shade, a cool drink and a soft breeze.

Those times challenge us and make us look for new ways to adapt to our changing lives. The outcome of those hot times are the blessings that derive from having overcome.

We have learned as one biblical writer noted, "to be content in whatever state I find myself."

The writer went on to say that he was familiar with hunger and with plenty, with warm and with cold and a few other things.

What is valuable here is that we learn that it is possible to be content with our lives and our situations.

Realizing that we do actually grow from hardship helps us to look forward to easier times. It helps us to be thankful for the things in our lives that are important and gives us perspective.

It also reminds us that each season of life passes, sometimes more quickly than we would like, but allows us to realize that the hard times will also pass.

Fr Randel Livingood

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Col. Liz Bergman, base commander, signs her contribution to the Combined Federal Campaign, for 1st Lt. Michael Smith, CFC coordinator, to officially kick off the campaign, which runs until the end of November.

Chapel Services

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

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the Base Chapel.

For more info call 577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office.

For more info call 577-6849.



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



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The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. **BARSTOW LOG** is produced at Aerotech News and printed at Castle Printing in Bakersfield, Calif. Printed circulation is 3,500.

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 Fridays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Mardi Gras Parade

MCLB Barstow is participating in the Kiwanis Club of Barstow Mardi Gras Parade, which rolls down Main Street, Barstow, Oct. 31.

The Marine Corps Mounted Color Guard, joined by Col. Liz Bergman, base commander, will lead the parade. The parade begins at 7 p.m.

Retiree dental exams

On Saturday, from 8 a.m. to 3 p.m., the dental activity at National Training Center, Fort Irwin, will be providing exams, cleanings, repairs, and fillings free of charge for any interested retired personnel. For appointments please call 380-4999 or 380-4990.

Motorcycle training course

All base employees and family members who ride motorcycles aboard MCLB Barstow, are required by base regulation to attend a motorcycle safety course by Dec. 1. This applies to all riders no matter how much experience they may have. If riders do not have this course by Dec. 1, they will not be allowed access aboard the base with their motorcycle. The next Motorcycle Safety Course will be held in the classroom of Building 236 on Nov. 1, from 7 a.m. to 3 p.m.

Riders will need to bring the following with them:

A current motorcycle license or permit, a motorcycle, a reflective vest, full fingered gloves, a helmet, long sleeves, long pants and over the ankle boots.

This is the last chance to get this course completed this year.

For more information, call Steve Waugh at 577-6448.

Marine Corps Ball tickets

Marine Corps Ball tickets are now on sale. Ticket sales are scheduled daily from 7 a.m. to 8:30 p.m., Mondays through Fridays at Building 15 in the base adjutant's office.

Tickets for officers, civilians and

guests are \$21, staff noncommissioned officers are \$16, sergeants and corporals are \$10, and lance corporals and below are free. Each Marine can buy a ticket for a guest at his or her price, except for lance corporals and below, who have to pay \$10 for their guest. Each guest after the first is \$21.

For room reservations at the special room rate at the Primm Valley Resort, call 1-800-FUN-STOP, and use the code SCM1106. Regular rooms are \$25, jacuzzi rooms are \$119 and suites are \$129. All room reservations should be made before Oct. 25.

CFC kicks off

The annual Combined Federal Campaign kicked off Monday and will run through the end of November. This year's CFC coordinator, 1st Lt. Michael Smith, MCLB Finance Office, is looking toward a successful outing.

For this year's campaign, as in the past, the goal is make 100 percent contact with all MCLB Barstow civilian and military personnel. The following are the key personnel for the different cost work centers to contact for making a donation to any of the many organizations:

- Communications Division
- Ruby Adams 577-6751
- Maintenance Center
- Cindy Malloy 577-7146
- Base Safety
- Gunnery Sgt. Craig Stanley 577-6003
- JSA/OGC
- Barbara Kulseth 577-6771
- Commissary
- Robin Leeks-Ellis 577-6403
- 4th Platoon
- Staff Sgt. James Daly 577-6062
- Fleet Support Division
- 1st Lt. Jason Kut 577-7611
- HRO
- Meredith Taylor 577-6478
- MCCS
- Margie Bunt 577-6896
- Building 15
- Bertie Dailey 577-6350

Toys For Tots Poker Run

The Toys For Tots Off-Road Poker Run will be held Saturday and Sunday behind the Slash X Cafe, 12 miles south of Barstow on Highway 247.

The entry fee is \$20 and each rider gets to go twice for each entry.

Any off-road type vehicle can enter, but all California off-road vehicles must have a green or red sticker. All vehicles must have a spark arrester or a muffler.

Helmets are required for all motorcycle and ATV riders.

For more information, call the Slash X Cafe at 252-1197.

Tobacco cessation class

On Nov. 4, the Branch Medical Clinic, Personal Services Division, and Semper Fit will be offering a free tobacco cessation class.

Come by to learn more about the effects of using tobacco and how to stop using it. There will be one class from 11:30 a.m. to 12:30 p.m. and another from 4:30 p.m. to 5:30 p.m. Both classes will be held at the Base Gym, Building 44.

Please contact Jennifer Wales, Semper Fit Health Promotions at 577-6817 or email to walesjm@barstow.usmc.mil.

Positive Force Drill Team

Adult advisors are needed for the Positive Force Drill Team, a youth drill team in Barstow and Fort Irwin.

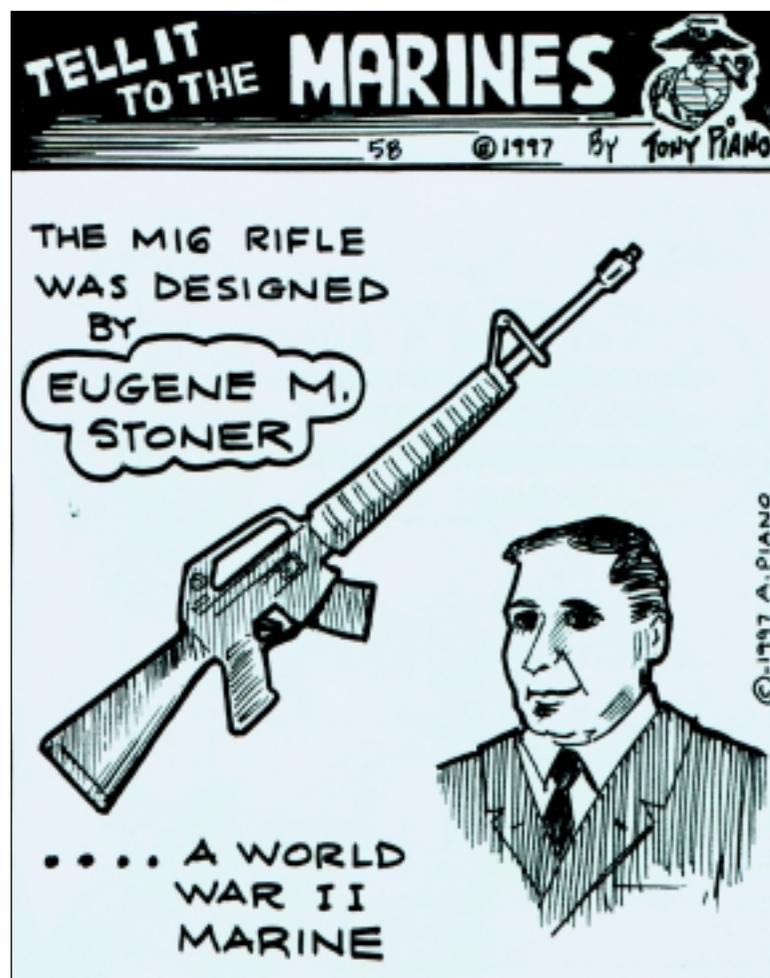
It is a non-profit organization designed to keep youth out of trouble and give them something positive to do.

The intent is to help children ages 7 to 19 develop a strong sense of integrity, responsibility, and self-discipline.

For more information, call Maj. Ray Phillips at 1-800-560-6634.

Barstow Chamber hosts flea market

The Barstow Area Chamber of Commerce will host a flea market on "Make A Difference Day" Saturday from 8 a.m. to 2 p.m. in the Cora Harper Community Center parking



lot and the lower Dana Park parking lot. Spaces are available for \$20.00. Each space is approximately the size of two parking spaces. For more information or for vendor applications, call 256-8617.

CWRA Turkey Drawing

The Civilian Welfare and Recreation Committee will hold its annual Thanksgiving Drawing for four \$15 gift certificates to Stater Brothers, drawn each Thursday starting Oct. 31.

To participate, fill out a drawing slip and put it in a turkey can. To find turkey cans, or for more information, call Dan Keirn at 577-6614.

Question to the Corps

ALMAR 051/02 announced the Calendar Year 2002 4th Quarter "Question to the Corps": In light of the current world political climate, how can we better prepare our Marines to fight in a rugged, high altitude, mountainous, arid and sparse environment?

Submit your "Question to the Corps" reply and/or your "Marine Mail" through any of the following venues: USMC Web site at www.usmc.mil/cmc; fax to (703) 614-5035; email to marinemail@hqmc.usmc.mil; or mail to Marine Mail (CMC), HQMC, 2 Navy Annex, Washington D.C. 20380-1775.

Stick to the submission criteria and you will receive a reply within 30 days of receipt.

4th Annual Fun Run

The Barstow Boys and Girls Club 4th Annual Tortoise and Hare Fun Run/Walk will be held Nov. 2. This Fun Run/Walk benefits the Barstow Boys and Girls Club and offers 5K, 10K and 15K routes through Barstow. Every participant will receive a finish medal, goody bag and T-shirt.

Early bird entry fee is \$20. Call the Boys and Girls Club at 255-2422 for an entry form or more information.

Environmental mailbox

The Environmental Department has established a new mailbox for reporting environmental observations and concerns. The new e-mail address is smbbarstowenvironmentalreporting@barstow.usmc.mil.

Employees who observe anything aboard base which they feel might have an adverse effect on the environment (i.e., illegal dumping of trash behind warehouses or other remote areas of the base, unlabeled or leaking drums, residue on the ground that could indicate a spill, or anything else that causes an employee concern) should send an e-mail to the mailbox. If there is a concern that needs immediate attention contact the Environmental Department, 577- 6173.

Maintenance Complaint line

To report complaints about repair and maintenance work on real property, i.e., base buildings, excluding housing, call 577-5159.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
0085-CODE-530-AW	Security Guard GS-0085-03(Term NTE 366 Days)	10-18-02	11-01-02	N/A	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their résumé 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 Center, Building 326, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357.

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.donbr.navy.mil>.

This is not an official list. Please see the Web sites listed for a complete list.

MP of the Year honored

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The International Footprint Association honored Staff Sgt. Ralston Clarke, investigator for the Criminal Investigative Division at the Provost Marshal's Office, as the military policeman of the year for MCLB Barstow at a banquet, which honored all the police units in the High Desert.

Clarke was nominated by Master Sgt. Richard Holman, provost sergeant for the Provost Marshal's Office. Holman chose Clarke because of the accomplishments Clarke has attained over the past year.

"I nominated (Clarke) because he has done several things for the department and himself," said Holman. "He has completed his bachelor's of science degree in criminal justice administration this past year and has done numerous things for PMO on top of his normal investigative duties."

Some of the things Clarke has done for PMO are write the base order on anti-terrorism and force protection and instruct and train around 50 MPs to use the PR-24 baton and expandable baton, which MPs carry.

The base anti-terrorism and force protection order uses Marine Corps directives, but is tailored to MCLB Barstow's needs, said Clarke.

It takes into account the specifically unique situations the base might encounter and comes up with a plan on how to protect the base in those situations.

Clarke graduated magna cum laude from Park University last spring and has also educated himself through the Marine Corps Institute over the past year.

"He has completed 18 MCI's in the past year, and has been nominated for MCI Student of the Year by the battalion commander (Maj. Clarence Guthrie)," said Holman.

He hasn't stopped with his education yet. Now he is going for his master's degree in business administration with a concentration in criminal justice from Toro University.

Clarke said he is getting his degrees to make himself more marketable when he finally retires from the Marine Corps and looks for a job in the civilian sector.

Clarke likes his job. He decided to go into law enforcement because his family was in it and it interested him, said Clarke.

His brother is an FBI agent and while Clarke was living with him, Clarke watched his brother and decided he wanted to do something similar for a profession.

Then Clarke joined the Marine Corps in 1987 and signed up to be an MP.

Clarke first became part of CID in 1995 at Marine Corps Air Station El Toro. He only worked with CID for six months then, but became a full-time investigator here in December 2000.

"I love CID," said Clarke. "It gives me a chance to interact with different people from different backgrounds."

Clarke said his job is not nearly

as glamorous as how it is depicted on television.

"Shows like 'Law and Order' cover everything from start to finish in an hour, and our cases take a lot longer than an hour to solve," said Clarke. "You may talk to 50 people to get to the one person that you need to."

The International Footprint Organization is a non-profit organization that promotes cooperation between different law enforcement agencies and the communities they serve. It has been around since 1929, and this is the eighteenth year they have given out awards to High Desert law enforcement agencies.

Having a passion for his job and being able to better himself and PMO made Clarke an excellent choice as MP of the Year.

"When it came down to nominating one Marine to be the MP of the Year, (Clarke) fit the bill across the board," said Holman.



Thrift Savings Plan now in open season

Compiled by
BARSTOW LOG staff

MARADMIN 554/02 announced the next Thrift Savings Plan open season will run from Oct. 15 to Dec. 31, 2002.

Open season is the only time Marines currently on active duty are afforded the opportunity to enroll in the TSP.

During this open season, Marines are afforded the opportunity to invest up to 8 percent of their base pay up to \$12,000.

TSP is a long-term savings and investment plan. It is a convenient way for Marines to gain practical experience in managing investments. By investing early in life, Marines are able to fully exploit the earning power of compound growth.

Additionally, a commitment to long-term financial planning will serve Marines well whether concerned for their children's education or supplementing their current retirement benefits.

The TSP currently offers participants five investment options. All new participants are initially enrolled in the Government Securities Investment (G) Fund.

Once a TSP account is established (upon receipt of the first contribution), the Marine will receive an introductory letter and a personal identification number (PIN).

Participants can then allocate all or portions of their contributions

into the following investment funds: Government Securities Investment (G) Fund, Fixed Income Index Investment (F) Fund, Common Stock Index Investment (C) Fund, Small Capitalization Stock Index Investment (S) Fund, or The International Stock Index Investment (I) Fund. With the exception of the G-fund, all TSP investments entail some level of risk.

For Marines enrolled in the TSP and in a combat zone tax exclusion (CZTE) area, TSP deductions will be applied to non-taxable income first.

A list of special and incentive pays, for the purpose of TSP, is provided on Marine On Line (MOL).

The most efficient way for Marines to enroll in TSP is using employee/member self-service (EMSS). To establish an EMSS account, call the interactive voice response system (IVRS) 1-877-DOD-EMSS (1-877-363-3677) or commercial (478) 757-3119. Marines needing assistance to establish a temporary PIN through DFAS/EMSS (the PIN is for EMSS only - not your TSP account) call the EMSS customer support unit (CSU) at 1-800-390-2348 or commercial (216) 522-5122 between the hours of 7 a.m. and 7 p.m. EDT, Mondays through Fridays.

Additional details can be found in MARADMIN 423/01 TSP message 01-01, on MOL (<https://www.mol.usmc.mil>), and on the TSP Web site (www.tsp.gov).

TFL celebrates first year anniversary

By Rudi Williams
Armed Forces Press Service

FALLS CHURCH, Va., — DOD celebrated the one-year anniversary of TRICARE for Life here Oct. 1 with officials calling the program the most sweeping improvements to the DOD health care system in nearly 30 years.

"The most rewarding thank yous come from our beneficiaries themselves, such as Lucille Rutkowski who wrote to us about being diagnosed with breast cancer at age 75," Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, told the audience. "Having TRICARE for Life allows her to concentrate on improving her health care while Medicare and TRICARE tend to her bills, including our program for medications. We have the Senior Pharmacy Program in place to meet her needs."

There are 1.5 million eligible TRICARE for Life beneficiaries, a DOD health care official estimated. In the first year of the program, DOD paid more than 30 million claims at a cost of \$1.7 billion, she said.

Beneficiaries don't have to enroll

in TRICARE for Life to use it, but they do have to participate in Medicare Part B, the official said. Medicare automatically sends the part of the bill it doesn't pay to TRICARE.

TRICARE for Life was included in the 2001 National Defense Authorization Act. It restores military health benefits for Medicare-eligible retirees and their spouses and other qualifying dependents. Beneficiaries must be age 65 or older, have a valid military identification card, and be enrolled in Medicare Part B and the Defense Enrollment Eligibility Reporting System.

TRICARE for Life is free, while the Medicare Part B monthly premium is normally \$54 this year and subject to change in 2003. The premium is automatically deducted from social security checks.

Winkenwerder also praised the Senior Pharmacy Program for saving money for TRICARE for Life patients.

"The pharmacy program began over a year ago on April 1, 2001," he noted. "It, too, has been an unparalleled success. It's really a world-class capability for us. In its first year, the Senior Pharmacy Program filled 11.6

million prescriptions for older beneficiaries."

Retired Air Force Maj. Gen. Richard D. Murray, representing the National Military and Veterans Alliance, called TRICARE for Life the "most outstanding program in DOD history for retirees."

The program has fostered a new and open relationship between military associations, health affairs and TRICARE Management Activity, Murray told the audience at the one-year celebration.

Murray said Viola Jones, an elderly Medicare and TRICARE for Life beneficiary, saves \$225 per month, or more than \$3,000 per year, in health care-related expenses. "This savings resulted in a 30-percent increase in her yearly income," the retired general said.

He quoted Jones as saying, "My husband, a retired staff sergeant, is deceased and I never learned to drive, so it has been a godsend. Thank you with all my heart."

"The success of this program over the past year is directly attributable to TRICARE Management Activity's desire to make it work," Murray said.

Editor's Note:

All retirees and their family members age 65 or older are eligible for TRICARE for Life. To get it, the retiree and family members must already be enrolled in Part B Medicare.

To enroll in TRICARE for Life or Part B Medicare, retirees need to contact Gloria Sheppard, TRICARE representative at 577-6491 ext. 102.

Sheppard can make sure the retirees' information has been entered in DEERS correctly, and sign them up for the TRICARE for Life plan.

Sheppard also has information on other TRICARE programs, such as the Senior Pharmacy Plan, in which TRICARE helps reduce the cost of all pharmacy drugs.

For more information about any of TRICARE's programs, call Gloria Sheppard at 577-6491 ext. 102.

SBA from Page 1

as far as allocations are concerned."

Special buyouts maybe offered to employees eligible for early retirement, optional retirement and resignations.

Management offers the buyouts or early retirements to create vacancies that will be "reshaped" to meet critical mission needs of the Department of Defense.

"When a position has been identified for restructuring, the allocation is not being abolished it is reshaped into another position," explains Gonzales. "Much different than a regular buyout which abolishes the position completely."

However, the regular buyout is to be used prior to any RIF activity, according to Gonzales.

The traditional voluntary separation incentives pay (VSIP) and voluntary early retirement authority (VERA) used in conjunction with downsizing and reduction in force situations are unaffected by the new SBA authority and its associated early retirement authority. Both programs were in use throughout FY 2002.

Work hard, play hard: Maintenance Center holds family picnic

8th Annual Stress Awareness Auto



Photo by Rob Jackson

Although listed as an auto show, event coordinator Jack Brumit said it didn't matter what the participants entered, so a few brought out their motorcycles to display.



Fellow workers at the Maintenance Center play a game of catch during the Maintenance Center Picnic at Obregon Park Saturday.

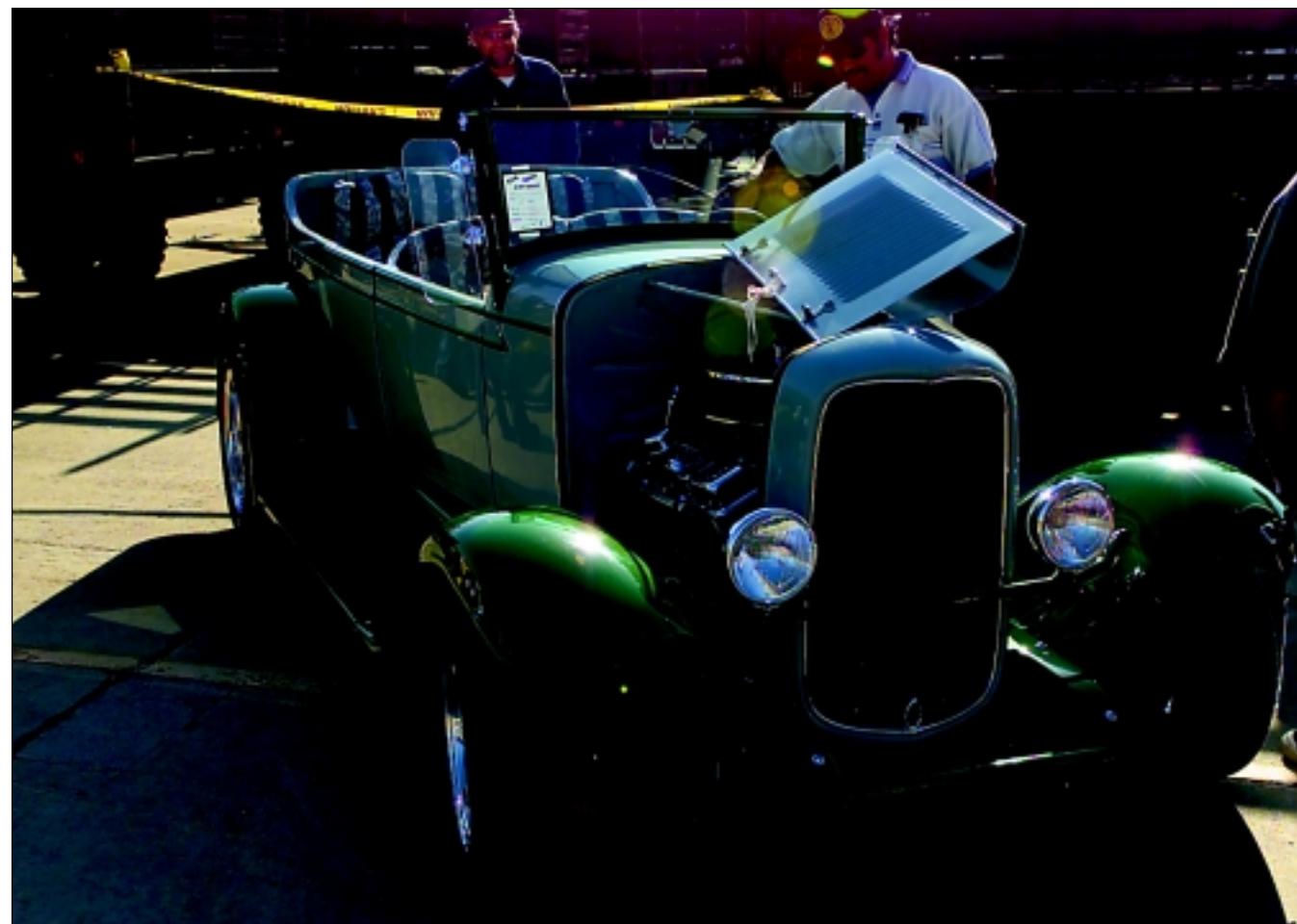


Photo by Rob Jackson

Glenn Stoops put his 1928 Chevy Touring car out to the show. Built by Stoops and his son, it sports a 350cu Chevy motor, custom interior, major modifications throughout and took approximately four years to build from the frame up.



A mother plays with her child after receiving free gifts from the Maintenance Center Picnic at Obregon Park Saturday.

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Photo by Sgt. Joseph Lee
of horsehoes at the Mainte-

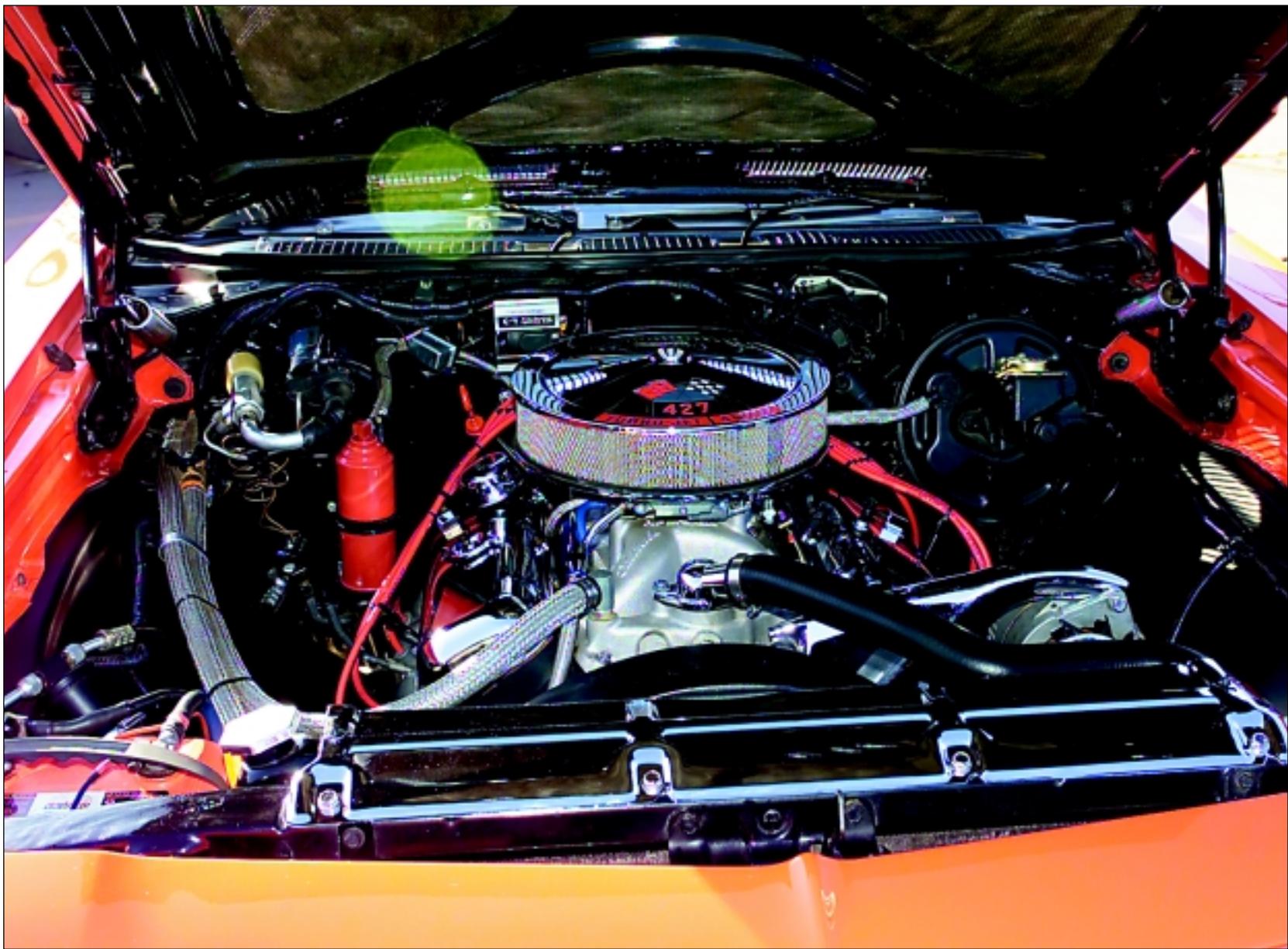


Photo by Rob Jackson

Nothing like American Muscle cars. Louis Lawler's 1968 Chevelle SS 396, boasts a different setup than the original - a monstrous 427ci powerhouse.



Photo by Sgt. Joseph Lee

in the MCLB Fire and Emergency Services Division at
y.



Photo by Rob Jackson

"Here come The Judge." Jim Bengal, CWC 713 bought out his 1969 Pontiac GTO "The Judge" to be admired by many who may have wanted one during its heyday. In 1969 Pontiac sold 6,725 hardtop models and 108 convertibles which sold for a mere \$3,382.00 each.



By Jim Gaines
MCCS Publicity

Halloween is almost here

To celebrate the event the Spooktacular Sale at the Super Seven Store and the Railhead Exchange features discounts from 10 percent to 50 percent off regularly priced items. This sale ends October 31.

The Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays and Sundays 10 a.m. to 6 p.m. Call 256-8974 for more information. Call the Railhead Exchange at 577-7092 for information and for hours of operation.

Lunch menu

Unless otherwise indicated the lunch menu for the Family Restaurant and the Cactus Cafe are the same.

Today – Family Restaurant: Soup

and salad bar. Cactus Cafe: Meat loaf, mashed potatoes and gravy.

Friday – Three-piece fish basket, french fries, cole slaw.

Monday – Spaghetti and meat sauce, garlic bread.

Tuesday – Chicken chimichanga, refried beans, Mexican rice.

Wednesday – Prime rib, baked potato.

Thursday – French dip, spicy fries, cole slaw, fruit cup.

Call in your Cactus Cafe lunch order to the Family Restaurant at 577-6428 or 577-6429 no later than 9:30 a.m.

Prices: \$3 military, \$4.50 civilian. Includes roll/butter, vegetable and drink of choice.

Family Night Dining

Wednesday – Meat loaf, mashed potatoes and gravy, vegetable, cole slaw, tossed green salad and dessert.

Family Night Dinners are served Wednesdays from 4:30 p.m. to 7:30 p.m. Everyone welcome.

Prices \$5.50 adults, \$3.50 children 5 to 11 years. Children under 5 years are free. Prices are the same for military and civilian personnel.

Oktoberfest at the Oasis Club

Tonight - Enjoy German food tasting celebrating Oktoberfest. Happy Hour is from 3:30 p.m. to 6 p.m.

Friday - Open TGIFamily.
Monday - Closed. Don't forget All Ranks Monday Night Football at the Enlisted Club.

Tuesday - Burn your own steak. Bar and grill open, TV, darts, pool, PS2 games.

Wednesday - Free Pizza and a Movie Nite

Nov. 31 - Halloween - Happy Hour 3:30 p.m. to 6 p.m. Last night of Oktoberfest.

All Ranks Football

At the Enlisted Club two days a week. Sundays - Tailgate party, enjoy the NFL DIRECTV Sunday ticket with tailgate BBQ food snacks. Doors open 9:30 a.m. First game at 10 a.m.

Mondays - watch the Monday Nite Football game with snacks. Doors open at 5:30 p.m.




*Halloween Party
at the Enlisted Club
for E-5 and below*

*Wednesday
Fun begins at 7 p.m.
PRIZES AWARDED
FOR BEST COSTUMES
AT 8 P.M.*



MCB Awards for 4th Quarter 2002

45-Years Federal Length of Service

Chester R. Crowder
Dennis P. Snyder

Ricardo Robinson
Paul Willis

Beneficial Suggestion Safety Award

40-Years Federal Length of Service

Harper Butts Jr.

David Alley
Roger D. Castillo Jr.
Phillip Peralta

35-Years Federal Length of Service

Karl T. Coleman
Donald R. Jones
Ernest P. McAvoy
Michael L. Russell

Eagle Award

Harper Butts Jr.
Michael K. Morris

Certificate of Honor

30-Years Federal Length of Service

Patrick Aleman
Salvador R. Flores
Gary L. Heidorn
William D. Hillman
Virgil R. Moore
James A. Sprayberry
Brenda R. Thompson

Steve G. Basia
Richard S. Bruce
Harper Butts Jr.
Harold W. Cothren
Chester R. Crowder
Timothy G. Deyarmie
Santiago M. Gonzales
Leroy A. Gutierrez
Reynaldo F. Jantoc
Clifford J. Jones
Ronnie P. Kash
Mary L. Lake
Rodney L. Oakes
Rosemaria I. Sauer
John D. Shrum
Steve D. Troup

25-Years Federal Length of Service

Jackie E. Bolton
Danny D. Mathison
Reymundo S. Rios
Ricardo J. Vallejos
William M. Winegar

Time Off Award

20-Years Federal Length of Service

Rodney A. Brand
Roy E. Gilman
Michael A. Jones
John T. Rapoza
Benedict F. Roman
Robert Serrano
Victoria M. Soto
Gary R. Worland

Wilfred Abeyta
Frank Aleman
Patrick Aleman
Thomas Allen
Marcelino Aviles
Terry Berg
Kathleen Caldarelli
Bobbie Campbell
Robert Cardenas
Chin Chang
Richard Chavez
Donna Chisam
Earnest Crockan
Steve Cruz
Thomas Dittman
Michelle Eichler
Eliasar Fernandez
Mike Fernandez
Paul Flores
Gary Forqueran
Johnny Garcia
Oscar Garcia (2)
Edward Gleason
Wendell Grange
James Green
Gilbert Griego
Scott Haislip
Albert Harden
Movita Hernandez
Charles Hollister
Jary Jarrett
Roman Jazmin
Darryl Kirkland
Patrick Knox
Steve Langevin

15-Years Federal Length of Service

Gerald A. Creason
John N. Faris
Nancy Gutierrez
Paul C. Marquez
Bill H. Roberts
David L. Russell

10-Years Federal Length of Service

Ronald P. Fillingame
Roland J. Gonzales
Raymond A. Gutierrez
Lance A. Reese
Malissa M. Santos

On-The-Spot Award

Timothy G. Deyarmie
Debbie Dominguez
Wendell Grange
Bernadine Kimmerling
Karyl Morris
Rodney L. Oakes
Donna M. Peacock
Hector Reyes



Photo by Cpl. Joshua Barnhardt

Johnny Garcia tees off on the eighth hole at the Tees and Trees Golf Course on base. He was participating in the Marine Corps Ball Scramble Golf Tournament Friday.

AWARDS from Page 9

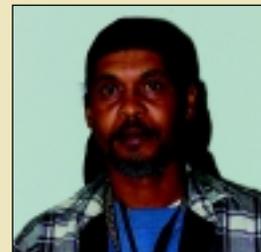
Laurie Lepper
 Mary K. Leu
 Paula Louis
 Johnny Manes
 Rickey McBride
 Bryan McKay
 Brian McLaran
 Rudy Mendoza
 Valerie Nelson

Tony Nino
 Rodney L. Oakes
 Danny Ortiz
 Karl Padilla
 Miguel Peralta
 John Peterson
 Vitomir Petrovic
 Kenneth O. Phillips Jr. (2)
 Jerry Piper
 Leroy Prindle
 Hector Reyes

David Santos
 Eduard Sayao
 Michael L. Schmidt
 Evelyn Scott
 Elisa Silva
 Alice Simons
 Dennis P. Snyder
 Victoria Soto
 Douglas Tate
 Ricardo Vallejos
 Debra Wise

GUNNY'S PICKS

Week 8



Congratulations to Lamont "Sweet" Pease, Fleet Support Division, this week's winner of the Gunny's Picks. Pease went 9-5 this week. Monday night was the tiebreaker, and Pease pulled it out by a mere two points. "I won't talk smack this time, but no Chargers, Raiders or Chiefs in the Super Bowl," said Pease. "Giants, Jets or Bills all the way. FSD is in the Gunny's Pick lead. By the way, no autographs this time around." The

"Swami" may not be doing that well so far, but for some reason or other he's batting a thousand on the upset specials. The "Swami" is going out on a limb this week picking the "Dirty Birds" (Atlanta) over the Saints.

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.

*Atlanta at New Orleans
 Chicago at Minnesota*
 *Cleveland at NY Jets
 Detroit at Buffalo*
 Oakland at Kansas City*
 Pittsburgh at Baltimore*
 Seattle at Dallas*

*Tampa Bay at Carolina
 *Tennessee at Cincinnati
 Arizona at San Francisco*
 Denver at New England*
 Houston at Jacksonville*
 *Indianapolis at Washington

Monday Night

NY Giants at Philadelphia*

Total points: _____

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

1977 PONTIAC LT: One of 2400 built. Xlt. cond., 36,000 original miles asking \$6,000. OBO, consider trade. Call 242-8539 ask for Bob.

1981 DATSUN PICKUP: Extended cab, 5 speed, A/C, new tires, runs good, smogged and regs exp 6/03, camper shell included, \$1,100. Call 252-0988.

1985 FORD PICKUP: Automatic, A/C, PW, dual gas tanks, camper shell, trailer brakes, has been smogged and new tags, \$2,800 OBO. Call 252-2018.

1994 T-BIRD: 73K miles, xlt cond; 97 Dodge 1500 Ram Club Cab, SLT Laramie, must sell both. Call 253-0067.

1997 YAMAHA 350 Banshee, new rear tires, FMF pipes and silencers, pro flow intake, K & N air filter, good shape, \$4,500, OBO. Call 252-5365, ask for Ron AWH.

MISCELLANEOUS: Why pay \$30,000 for a new SUV when you can have a really nice 4x4 for your family for only \$6,800, loaded with lots of extras, low mileage, lots of fun for family off-roading or traveling the highway. Call 252-2908 for more details lv. msg.

MISCELLANEOUS: Boys bike, dark blue, front shocks, nice, \$40. Call 256-2434.

MISCELLANEOUS: 1969 Aristocrate 15-foot travel trailer, needs minor work, tags current, \$900, OBO, or trade for vehicle. Call 252-2815.

MISCELLANEOUS: Fender guitar "telly" USA made in '80s, sun burst, \$700, OBO. Call 843-8335.

MISCELLANEOUS: Story and Clark console piano with bench, needs tuning, \$400. Call 242-4553.

MISCELLANEOUS: Ez-up dome tent 8x12 nearly new \$100; Porta Potty 235 series 2.6 gas waste/fresh-water xlt.. for camping, fishing or boats, \$50; LT215 85-R16 \$20, p185-70-R14, \$15, P175-70-R13, \$10 xlt. cond. Call 256-6629.

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editor@barstow.usmc.mil

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Aerotech News and Review

(661) 945-5634

