

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 55

Marine Corps Logistics Base Barstow, California

November 27, 2002

myPay

Get it done right, quick and easy. Online.

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Check out the Marine Corps Web site.

<http://www.usmc.mil>



Photo by Sgt. Joseph Lee

Teddy Draper Sr., a Navajo Code Talker during World War II, explains to Col. Liz Bergman the significance of the tonal qualities in the Navajo language from a list of code words used by the code talkers. According to Draper, a small difference can change the complete meaning of a word. Draper was honored as the guest speaker at the Native American Indian Program Luncheon Nov. 19 at the Oasis Club. Also honored as special guests were his older brother, Nelson Draper Sr., and fellow code talker, Joe Morris Sr.

Installation Division cruises through Post-MEO Performance Review

Submitted by **Steven J. Phalon**
Installation Division Head

MCLB Barstow has pulled off another in a long list of accomplishments by becoming the first Marine Corps Command to certify that its Most Efficient Organization (Installation Division) has substantially met the requirements of its Performance Work Statement.

MCLB Barstow was the first Marine Corps command to complete the A-76 Commercial Activities study in May 2001, standing up its MEO (Installation Division) Oct. 1, 2001, and now is the first to successfully pass its Post-MEO Performance Review.

Under the provisions of the study, when an MEO is implemented a formal review and inspection of the MEO should be conducted following the first full year of performance. A Post-

MEO Performance Review confirms that the MEO has been implemented in accordance with the Transition Plan, establishes the MEO's ability to perform the services of the PWS and confirms that actual costs are within the estimates contained in the In-House-Cost Estimates.

Under the provisions of the A-76 process, the Post-MEO review must be conducted by an outside activity for compliance with the PWS and to ensure that it has performed within the government's proposal.

Headquarters Marine Corps tasked Southwest Division of the Naval Facilities Engineering Command with completing the review. Upon successfully showing that the provisions of the PWS were substantially completed and that Installation Division stayed within the IHCE, the Southwest

NAVFAC team leader recommended that the Base commanding officer certify the MEO, according to Steve Phalon, Installation Division head.

"Our first year was a matter of survival," said Phalon. "We really didn't know if we could do the PWS with the tight budget provided by the IHCE. I had confidence in the workforce, (but) I was concerned that there wasn't enough overtime to meet all the requirements."

The MEO was staffed based on the workload identified in the PWS. Prior to implementation, 200 employees were performing those functions. However, the division's workforce was reduced to 114 billets based on the workload analysis.

See MEO Page 6

Expeditionary Strike Group

ESG to debut with 22nd MEU

By **Gunnery Sgt. Keith A. Milks**
22nd MEU Public Affairs

When the 22d Marine Expeditionary Unit steams eastward from North Carolina next summer to assume its role as the landing force for the U.S. Sixth Fleet, it will do so packing a combat punch never before seen in an amphibious ready group.

The 22d MEU was selected to serve as the first MEU to deploy as the centerpiece of an Expeditionary Strike Group, an experimental concept that seeks to enhance the striking power of the MEU. Under its current structure, amphibious ready groups bearing MEUs consist of an amphibious assault ship, a dock landing ship, and an amphibious transport dock, and is referred to as a "MEU-ARG."

An ESG represents a significant expansion of this organization. In addition to those assets, the ESG will consist of several Navy combatants, including a cruiser, destroyer, frigate, and submarine, all supported by P3C Orion surveillance aircraft. While the MEU retains its title, the entire flotilla, amphibious ships and combatants, will collectively be called an "ESG."

"We're really excited as the first ESG gets off the ground and picks up steam," said Rear Admiral Michael P. Nowakowski, commander, Amphibious Group Two, speaking at the 22d MEU's ESG conference at Naval Amphibious Base Little Creek, Virginia. "This new way of deploying expeditionary forces gives MEU commanders greater flexibility and a wider variety of missions."

"You represent a significant utility infilder," said Maj. Gen. Henry P. Osman, the commanding general of the II Marine Expeditionary Force, following up on Nowakowski's comments. "You have capabilities that far exceed much larger-sized forces and we've seen that time and time again."

ARGs have been reinforced by combatant ships in theater in the past, most notably during recent operations in Afghanistan, but this will be the first time the ARG and supporting combatants have trained together, reinforcing much-needed cohesiveness from the start. In addition to its normal pre-deployment exercises, the MEU is scheduled to undertake an Expeditionary Strike Group Exercise in the spring that will enhance coordination among the various elements of ESG.

See ARG Page 7

Forever thankful in life and death

By Gunnery Sgt. John Cordero
Public Affairs Chief

As Thanksgiving Day approaches, I can't help but think about my dad, who recently died and whose memorial service will be held the day after Thanksgiving.

While there are many things for which I'm thankful, I am especially mindful this Thanksgiving of things I've learned from my dad, both from his positive and negative examples, through his life and death. Here are just a few: **Don't take life for granted.**

Life is precious and precarious. We

shouldn't presume we'll have time tomorrow, and we shouldn't waste time today. Hebrews 9:27 and Proverbs 27:1 are sober truths that should keep us from sleepwalking through life: Do not boast about tomorrow, for you do not know what a day may bring forth; people are appointed to die once, and after that comes judgment.

Always be thankful.

Thankfulness is an important antidote against pride, bitterness and insubordination. The reason this is so is that the feeling of thankfulness is a humble feeling, not a proud one. It calls attention to our need and the goodwill of

another. It is glad-hearted, not angry or bitter. Even though life is hard, there are things for which to be thankful, for God is great and good. When things don't go the way they should, God always makes them turn for good for those who love him and have been called according to his purpose.

Be thankful to the right person for the right reasons.

The primary object of our thanksgiving should be God, who is our creator, sustainer and provider. People should also be thanked with the realization that they give to us from what God gave to them. I'm grateful to my dad for all the things he did for me and taught

me, and I thank my heavenly Father who gave my earthly father to me.

Additionally, the foundation of our thankfulness should be the worth or excellency of the giver, not the subordinate value of the gift. If the gift means more to us than the giver, then all our declarations of thanksgiving are shallow words that come from senseless hearts and futile minds.

Time and space do not allow me to list all of the thoughts and feelings that fill my mind or swell in my heart about my father and the impact he had upon me. I am forever thankful.

Finding the way to say 'yes'

By Lt. Cmdr. Randel Livingood
Base Chaplain



This past week has been filled with happiness for many people and has been a time of great celebration.

Many will soon enjoy wonderful dinners filled with all the joy that can be had with turkey and stuffing and all the trimmings. This really should be a terrific week for most people, to be surrounded by family and friends and held in the bosom of love and care that only family can bring. As we reflect on that warm feeling and those extra unwanted pounds we may be putting on I want to offer a few thoughts for your consideration.

Instead of spending the week getting ready for Thanksgiving, a young Marine officer and I spent the week with the family of a recently deceased Marine.

As you can imagine, it was a very difficult time. First, having to appear out of nowhere at the door of the unsuspecting parents in full dress blue, which is always a sign that something is amiss, and then telling them as gently as possible that someone they held dear would not be at Thanksgiving with them this year, or any other year. It was very sad and difficult to say the least, but a task that needed to be accomplished. The

residence and family we visited were well over 100 miles away and thus presented some long days of travel in order to meet the needs of the family.

While our mission to support the family is not nearly over, we have already made four trips in just one week as we assist them in dealing with this tragedy. There are many more trips to be made and many things to complete before we all say goodbye and God's speed to the family.

I can tell you, from having performed this service literally hundreds of times, that it is easy to "find ways to say no" to any extra trips to the family that may be requested.

However, in the true spirit of thanksgiving the Marine officer who has been charged with taking care of the family has "found ways to yes" to the needs of this family.

There has been no task too great, no distance too far, nothing too inconvenient that it wasn't done and performed with joy.

I believe that this is exactly what St. Paul meant when he wrote to the church in Galatia and said, "Let us not grow weary in doing what is right." (Galatians 6).

By putting himself second and making the family his first priority he exemplified what it means to "do right." As we begin thinking about Christmas or Hanukah, I believe that we should also focus on not being weary in doing the right

See **CHAPLAIN** Page 7

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Master Sgt. Richard Holman, provost sergeant, marches up a hill during the Headquarters Battalion five-mile conditioning hike Friday. MCLB Marines went on the hike with packs full of gear for last week's battalion physical training.

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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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.

Toys 4 Tots applications

Needy families with children 10 years of age and younger seeking toys can pickup applications for Toys for Tots in Barstow, Calif., at the following high desert locations.

- Mail Boxes N More
909 Armory Rd.
- Connies Coin Laundry
963 Armory Rd.
- Department of Social Services
1300 E. Mountain View
- Desert Manna
209 S. First Ave.
- Starlight Donuts
101 W. Main St.
- Divine's Market & Liquor store
25181 W. Main in Lenwood
- American Legion Post 751
30916 Newberry Rd.
- California Welcome Center
2796 Tanger Way

Applications are also available at the MCLB Barstow Public Affairs Office in base headquarters, Building 15.

Applications must be mailed to Toys For Tots, 909 Armory Road, PMB #141, Barstow, CA 92311 by Dec. 16.

Toys will be distributed at 1234 E. Main St., Barstow, in the Von's Shopping Center. The pickup date and time for those whose last names begin with A through M is Dec. 17 from 9 a.m. to 5 p.m. Those whose last names begin with M through Z can pickup toys Dec. 18 from 9 a.m. to 5 p.m. Late-comers' pickup is Dec. 19 from 9 a.m. to 3 p.m.

For more information or to volunteer with distribution call Laurden Valverdi at 256-5487.

Leave Sharing Program

Bill Whyde, Public Works Division, has been affected by a medical emergency. Anyone desiring to donate leave under the leave sharing program may obtain a leave donor application through his or her division or center administrative officer.

For more information, call Nova Jaleco at 577-6736, or David Unruh at 577-6004.

Commissary closed for Thanksgiving holiday

The Commissary will be closed Thursday and Friday. For more information, call the MCLB Commissary at 577-6438.

Thanksgiving at Vet's home

Marines and their families are invited to enjoy Thanksgiving lunch with the Veterans Home residents Thursday. The cost is \$4 per person.

For more information contact Amy Kenneally at the Veterans Home of California - Barstow, 252-6288.

'C & P' closure

The base Contracting and Purchasing Offices will be closed Friday. In the event of an emergency contact the base duty officer, 577-5101.

Calico Heritage Fest

Calico Ghost Town will be having a Heritage Fest Friday, Saturday and Sunday. It will feature the Rifleman rifle on display, a barbecue and dance Saturday, four live bands and stunt gun-fights.

Prices are \$8 for adults and \$5 for children. Children under 5 years old are free. For more information, call 1-800-TO-CALICO.

Flu Shots

Flu shots are now available to all

eligible beneficiaries at the Branch Medical Clinic. Shots will be given at the Immunization Section from 8 to 10:30 a.m. and 1 to 3 p.m. daily except for Thursday afternoons. For more information, call 577-6491 ext. 114.

CFC contacts

The deadline for donations to the Combined Federal Campaign is Friday.

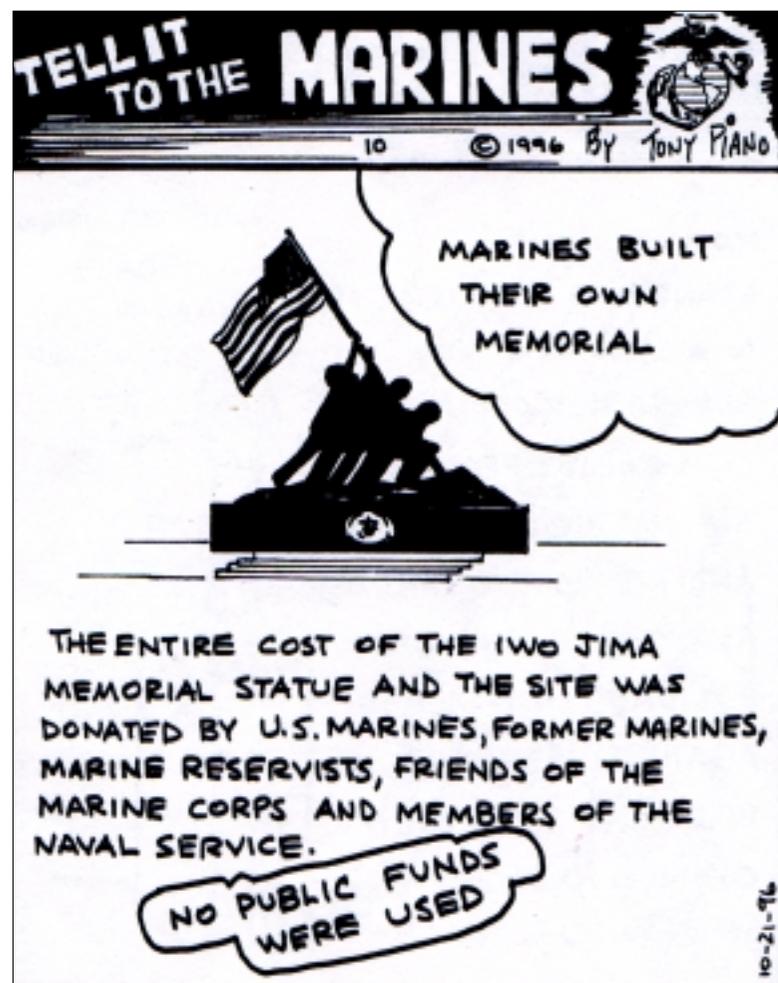
The following are the key personnel for the different cost work centers to contact for making a donation to any of the many organizations:

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

Adopt-a-Vet

The Veterans Home of California - Barstow is in search of sponsors through the Chaplain's Office Adopt-a-Vet Program. The Chaplain has received names and wish lists of vets at the home. There is no limit to how many vet's one can sponsor.

To participate in this year's program or for more information, contact Petty Officer 2nd Class Julie



Dennison, Chaplain Randel Livingood or call the Chaplain's Office, 577-6849.

Prenatal Care Program

The Branch Medical Clinic is now able to provide prenatal care on base as an extension of the Mother Baby Unit of Weed Army Community Hospital of Fort Irwin.

This cooperative effort has been initiated to provide quality, convenient care to the expectant mothers of the U.S. military family in the Barstow area while eliminating frequent and routine drives to Fort Irwin.

Service members interested in continuing their prenatal care at the Branch Medical Clinic should notify their providers at Weed Army Community Hospital in the Mother Baby Unit.

For prenatal questions contact the Branch Medical Clinic, 577-6491; the Fort Irwin Women's Health Clinic, 380-4048; or the Fort Irwin Mother Baby Unit, 380-3199.

Scholarships for Military Children

The 2003 Scholarships for Military Children Program opened November 1. These are \$1,500 scholarships sponsored by the Defense Commissary Agency and administered by the Fisher House Foundation.

Factors looked at include grades, community involvement, activities and an essay. The Program has awarded 920 scholarships and nearly \$1.5 mil-

lion in its first two years.

Applications can be downloaded for the 2003 program at <http://www.commissaries.com> or <http://www.fisherhouse.org>. They can also be picked up at any commissary.

The Program is open to dependent unmarried children (under the age of 23) of active duty personnel, reserve, Guard and retired military. Applicants should ensure they're currently enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2003.

Deadline for returning applications by hand or mail to a commissary is Feb 21, 2003.

Additional information and other scholarships information can be obtained at Lifelong Learning Education Center Bldg 302, 577-6118.

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

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
5423 Code 530-ABM	Sandblaster WG-5423-07	11-22-02	12-06-02	N/A	MCLB Barstow

Jobs Open to Status Appointable Eligibles

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
4604	Woodworker WG-4608-08 (Temp NTE 1 year)	11-21-02	11-29-02	N/A	MCLB Barstow
3306	Optical Instrument Worker WG-3306-08	11-22-02	12-06-02	N/A	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resumé 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.

myPay ■ making managing pay easier

■ Remodeled E/MSS site gives customers added features

By Sgt. Joseph Lee
BARSTOW LOG staff

All civilian and military active and retired government personnel, as well as beneficiaries of deceased military now have an easier way to access and adjust financial issues online.

MyPay, formerly E/MSS, offers enhanced services, security, accessibility and reliability to all customers of the Defense Finance and Accounting Service online. Located at <https://www.mypay.dfas.mil>, myPay allows DFAS customers to make changes directly to their own pay accounts in a secure electronic environment.

With myPay, customers can view, print, and save Leave and Earnings Statements, as well as cancel printed

copies for ease of filing and increased privacy.

“Now you can view your LES online before pay day ever hits, so problems can be foreseen by the customer before it is too late,” said Staff Sgt. Jess G. Castillo, staff noncommissioned officer in charge of the Finance Office.

Customers can also view and print tax statements; change federal and state tax withholdings; update bank account and electronic fund transfer information; manage allotments; purchase U.S. Savings Bonds; as well as a multitude of new services.

Marines can even start, stop and change their Thrift Savings Plan information.

“Marines will be more empow-

ered with this new accessibility to their finances,” said 1st Lt. Michael R. Smith, Office of the Comptroller Finance Officer. “It gives the individual more control of their pay and allows them to get involved with some of the new savings plans, such as the Thrift Savings Plan, which can be accessed easily through myPay, rather than having to visit the TSP home site.”

The ability to access and toggle pay related issues without visiting the finance office is just one of the many benefits of this easier to use site.

“On the old E/MSS Web site, the issue with retrieving a new pin number was a major deterrent from the usability of the site,” said Castillo. “Now, if you need a new pin number, it can simply be mailed to your home of record with one push of a

button.

“Simple things that customers would usually need to come to the finance office for can now be done online,” said Castillo. “With the

ber, pin, and DOD specific telephone number needed to access myPay ensures a secure environment to safeguard information from any unauthorized access.

“I think this is a great tool for the military members and civilians to utilize, because each individual needs to be in tune and in control of his or

her finances without having to rely on someone else’s agenda to get important issues taken care of,” said Dianne Langevin, military personnel clerk with the administrative support division.

“Now, if you need a new pin number, it can simply be mailed to your home of record with one push of a button.”

Staff Sgt. Jess G. Castillo

“Simple things that customers would usually need to come to the finance office for, can now be done online.”

Staff Sgt. Jess G. Castillo

Editor’s Note:

To access the myPay Web site, or for more information, visit <https://www.dfas.mil> or call the Cleveland Customer Support Unit at 1-800-390-2348, DSN 580-5122.



Photo by Rob Jackson

Base commander Col. Liz Bergman places a toy in Building 15's donation box, with the help of Assistant Fire Chief Mary Jane Ackley, to officially kick start MCLB Barstow's annual Toys For Tots drive. As always the on-base program seeks to have a successful drive to support the annual Toys For Tots Telethon, scheduled for Dec. 7 at the Barstow Elks Lodge.

Risk management identifies problems, offers solutions

By Capt. Chad Walton
Systems Command PAO

Often when Marines hear about operational risk management, it is in response to a rash of problems or accidents. This year the Systems Command Fire Support Systems program was able to successfully apply the risk management model to identify the causes of two accidents and, more importantly, suggested solutions to prevent further accidents.

In October 2001, Jeff Gibbs, leader of the Systems Command's Fielded Firing Systems Team, assumed the life cycle management of the M198 Howitzer and began to question how accidents were reviewed or investigated.

"At the time there was no centralized method to look at artillery accidents," said Gibbs. "When an accident occurred, units would fix it at the local level, but those solutions were never applied across the entire Corps."

Gibbs wanted to create a methodology that would help his team link the artillery community together to provide

solutions to problems.

Operational Risk Management was chosen as the method, both to review accidents and to try to mitigate future risks.

As this was being developed, two different types of accidents occurred within eight days of each other in February that heightened the need for some type of action.

Gibbs formed a working group composed of representatives from the operation forces and members of Systems Command. His team included a resident M198 expert, artillery mechanic Gunnery Sgt. Scott Arnold, who immediately began recruiting the type of "operational experts" needed for the ORM analysis. The operators included ordnance staff noncommissioned officers and officers; artillery mechanics, artillery SNCOs; technical experts from supply depots; representatives from the U.S. Army; and Marine Corps Systems Command logisticians and safety engineers. An experienced Systems Command's engineering expert, Ed Lerner, guided the team's use of ORM

to ensure the analysis was simple, rapid, and yet thorough.

This experienced group met for three days during July and was able to make several important suggestions. First, they recommended changes that were soon adopted for technical manuals to implement safety procedures.

Second, they wanted to develop a training video that would be shown during initial schooling of artillerymen to educate them about several common practices that increased risks considerably.

Third, they initiated an article for *Ground Warrior*, to publish their findings.

Last, they designed a safety bar that would prevent gun collapse during routine maintenance.

By applying the operational risk management steps, Gibbs and his team were able to identify problems and suggest solutions in a rapid manner that would save the Marine Corps money, but far more importantly, also protect the lives of the artilleryman who work with the M198 howitzer every day.

READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

MCLB Basketball team

If anyone is interested in playing on the Base Basketball team, contact 1st Lt. Smith 577-6726 or Somer Meeden 577-6812. Practices will be held from 5:30 to 7 p.m. Mondays, Wednesdays, and Thursdays, beginning Wednesday.

The team is slated to play college teams, other base teams, and in an intramural league at Fort Irwin that starts in January. Play and practice will continue through the month of March.

Experienced athletes

Resumes are being accepted for the following teams and events.

Cross-Country Team

The deadline for resumes to compete in the Armed Forces Cross Country Championship is Dec. 9. The championship is Feb. 13 - 17 in Houston.

All-Marine Wrestling trials

Dec. 15 is the last day to submit resumes for the All Marine Wrestling Team. Trials will be Feb. 10 through April 9, with the Armed Forces Wrestling Championship shortly thereafter.

Army Invitational/CISM Taekwondo Trials

Semper Fit is accepting applications until March 1 for the Army Invitational/CISM Taekwondo Trials, May 9-12, at Fort Indiantown Gap, Pa.

Additional information about these teams and events as well as prerequisites and resume guidelines are available online at <https://www.usmc-mccs.org>.

For additional information contact Gunnry Sgt. Joseph Daquilla, Semper Fit, 577-6898.

SMP meeting

There will be a Single Marine Program meeting Dec. 3 at 2 p.m. in the conference room in Building 302.

For more information contact Lance Cpl. Joshua Pascua, 577-6621.

MCMAP tan belt training

There will be another Marine Corps Martial Arts Program tan belt training session Dec. 9 - 13. Anyone yet to earn their tan belt through the Marine Corps Martial Arts Program should call the Headquarters Battalion Training Office at 577-6502.

Taking the field



Photo by Cpl. Joshua Barnhardt

BREAKIN' LOOSE: Cpl. John Hubbard, administration clerk, tries to elude defenders during a flag football game Nov. 20 at Sorensen Field. Headquarters Battalion played in front of a camera, which was filming the game as part of MCLB Barstow's Welcome Aboard video being produced by Headquarters Marine Corps.

MEO from Page 1

"We have already identified a number of areas where the PWS does not match ongoing requirements. When we find missing work, we identify it via a Request for Information or if we know that it is a definite change that only the MEO can do, we submit a Request for Change," said Phalon. "Both the RFI and RFC go to the Public Works Officer, also called the Continuing Government Activity, for review and approval. The CGA owns the PWS and is the only one authorized to make changes to it. Depending on the size of the change, the commanding officer may be required to approve it."

The annual review found that the processes in place are appropriate and the changes made were fully justified. The review also noted that the MEO had only three customer complaints in FY02, and several praises in the form of e-mails, letters of appreciation and even a certifi-

cate from the 3rd Battalion, 67th Armor Regiment. Response time on service calls improved significantly through the year. Overall, the review team had favorable comments on MCLB Barstow's experiment in transitioning from the old government processes to a contractor-like operation.

Single Marine Program

The Single Marine Program will be participating in a Toys For Tots toy drive Dec. 6 at 4 p.m. The program will also be sponsoring another "Movie Madness" at the Barstow Station Cinema Dec. 10.

For more information contact Lance Cpl. Joshua Pascua, 5776621.

Recruiter Screening Team

A Headquarters Marine Corps Recruiter

Baby Leatherneck:

Marines with babies being born into the Corps can have their "Baby Leatherneck" announcement printed on the "Ready, Front" page of the BARSTOW LOG. Call the Public Affairs Office, 577-6450, for more information.

Screening Team will be screening MCLB Barstow Marines Dec. 4 and 5.

For more information contact Staff Sgt. Christian Galbraith, 577-6684.

Holiday Liberties

Marines will be released at noon today. A battalion formation is scheduled for 7:30 a.m., Dec. 2. Marines will be given liberty for the Christmas holiday from Dec. 24 through Dec. 26.

AROUND THE CORPS

Keeping the birds in the air

Maintenance Marines keep "Frogs" and CH-53Es battle ready

By Cpl. Matthew J. Apprendi
Marine Forces Reserve

EDWARDS AIR FORCE BASE, Calif. - Throughout the Marine Corps there are many unsung heroes, the ones who work behind the scenes, the Leathernecks

who ensure the welfare and success of their comrades in the spotlight.

For maintenance Marines in Detachment B, Marine Aircraft Group-46 it's their job to keep the more than 20 CH-46 and CH-53E helicopters flying high to complete their numerous missions, but also

to ensure the safety of every hard charger in the aircraft.

"We are the little wizards behind the great and all powerful Oz," said Maj. Rick Ostermeyer, maintenance officer, Marine Heavy Helicopter Squadron 769.

It is a continuous process for these wizards, working 12 to 16-hour days, to perfect the machines that hover thousands of feet above land dwellers.

"Yeah, we work long and hard hours, but I have no concept of time. The motivation of the hard charging Marines makes the day well worth it," said Cpl. Gabriel Reyna, airframes mechanic, Marine Medium Helicopter Squadron 764.

Reyna and the other

Marines in airframes handle all the bodywork and hydraulic systems of the birds. They fix anything from the automatic ramp to patching fiberglass on an engine cover.

Airframes is just one of the legs in the chair that supports a squadron. Avionics handles the miles and miles of electrical wiring spiraling throughout the bird's controls and gauges - anything that needs an electrical current. It could only take one wire, out of the lot of them, that disrupts a vital control system, said Lance Cpl. Robert C. Smith Jr., avionics mechanic, HMM-764.

These birds wouldn't be flying anywhere without the Leatherneck's weapons of trade. In some ways the mechanic's tools are more valuable than their rifles.

"We must have total accountability of every tool, if one is lost or broken, we shut down the entire squadron - nobody will fly until all pieces are found," said Gunnery Sgt. Brad Perry, tool room chief, HMM-769.

Each Marine must sign out for tools. Every toolbox has exact fittings where the tool belongs. No Marine can leave a toolbox unattended or unlocked if not in use, Perry said.

"We even keep track of the rags," Perry said. "Accountability is everything."

If a tool is misplaced after being used, there's a possibility of it being lodged in the aircraft's engine - it could jeopardize the mission —

cruise missiles, and significant anti-air/submarine capabilities.

While Nowakowski and Osman concede that many people will look at the MEU's deployment to validate or disprove the ESG concept, both agree the purpose of the deployment will be to fight and win battles, and that the fledgling ESG concept will not interfere with that mission.

Maintenance Complaint line

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

Yermo vehicle registration

People may register their vehicles on the first and third Tuesdays each month from 7:30 to 9:30 a.m. at the security trailer next to the Cactus Cafe at the



Photo by Cpl. Matthew J. Apprendi

Lance Cpl. Charles Blackford, avionics mechanic, HMM-769, Det. B, MAG-46, shaves the edges off a window to make it fit properly in a CH-53E.

more importantly the lives of the crewmembers, Perry said.

There is no specific section in maintenance more valuable than the other, all of them work together to accomplish the same mission -

keeping healthy birds, said Ostermeyer.

"At the end of a long day, when they see a helo come back safely from a mission, the fruits of their labor are realized," Ostermeyer said.

ARG from Page 1

The 22d MEU, commanded by Col. Kenneth F. McKenzie Jr., will deploy with its Command Element, Battalion Landing Team 1st Bn., 2d Marines, Marine Medium Helicopter Squadron 162 (Reinforced), and MEU Service Support Group 22 aboard the USS Saipan (LHA-2),

Ponce (LPD-15), and Gunston Hall (LSD-44). The cruiser USS Philippine Sea (CG-58), destroyer Gonzalez (DDG-66), frigate Nicholas (FFG-47), and submarine Miami (SSN-755) will round out the ESG, all of which will be commanded by a Navy captain (O6). Among the assets these ships bring to the fight are long-range guns,

Available are:
Alcohol, Tobacco Products and Firearms
Title 27, Parts 1-199
Labor
Title 29, Part 1926
National Defense
Title 32, Parts 1-190, 700-799
Parks, Forests and Public Property
Title 36, 1-199
Postal Service
Title 39
Public Contracts and Property Management
Title 41, Chapter 101

BRIEFS from Page 3

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.

CFRs now available

Copies of select Codes of Federal Regulations are now available at the Office of the Staff Judge Advocate.

sometime after the 22d MEU sets sail. The Peleliu ESG, centered around the 11th MEU, will deploy with the same complement of ships as the Saipan ESG, with the major difference being that the Peleliu ESG will be commanded by an admiral or general officer. Evaluations from the two deployments will determine which command structure works better.

CHAPLAIN from Page 2

thing. Yes, we probably have already given to the needy for Thanksgiving, but Christmas is on the way and the need is still great. People are still hurting. People just like you and who find themselves desperate and alone. People in need of care and of someone who will find a way to say "yes."

Peace,
Fr Randel

Surviving turkey day

By Cpl. Joshua Barnhardt
Editor

Cooking a traditional Thanksgiving meal can bring certain health and safety issues into play.

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 meal safe can start where food 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 dripping 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 it. 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.

When the food is finally served, it should not be left out at room temperature for more than two hours. Refrigerating the food will keep it 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 kept separate from stuffing and gravy.

When cooking the turkey, there are some steps to follow to ensure it is completely done.

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.

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.

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.

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.

For easier cleanup, add one half cup of water to the bottom of the pan.

Ensuring all the proper steps are taken to have a safe, tasty dinner can make for a great Thanksgiving.

Gunny's Picks

Week 13



Congratulations to Janet Wilson, QA Specialist with Public Works, this week's winner of the Gunny's Picks and the first two-time winner this season. Wilson went 11-4 this week not including the Monday Night game between the Eagles and 49ers.

According to Wilson the games are getting harder to pick every week, it's a good thing she doesn't root for one particular team or she might be suffering from high blood pressure. The "Swami" was ready to quit making picks after last weekend but thanks to Tampa Bay he's back on track. This week look for San Diego, playing at home, to take one from the Broncos. The Thanksgiving games are not included this week because of the holiday so enjoy them anyway. Here's a look at the rest of next week's match ups.

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.

Arizona at Kansas City*
*Atlanta at Minnesota
*Baltimore at Cincinnati
Carolina at Cleveland*
Chicago at Green Bay*
*Miami at Buffalo

*Pittsburgh at Jacksonville
Tennessee at N.Y. Giants*
Denver at San Diego*
Houston at Indianapolis*
Seattle at San Francisco*
*St Louis at Philadelphia
*Tampa Bay at New Orleans

Monday Night

N.Y. Jets at Oakland*
Total points: _____

Name, work section and phone number: _____

Monday night's game is a tie-breaker and must include a total score.



By Jim Gaines
MCCS Publicity

change (Yermo) 577-7092 for information and hours of operation.

Lunch menu

The lunch menu for the Family Restaurant and the Cactus Cafe this week are the same.

Today – Chicken Cordon Bleu.

Thursday – Thanksgiving Brunch 9 a.m. - 5 p.m.

Friday – Holiday hours with menu service 9 a.m. - 2 p.m.

Monday – Spaghetti and garlic toast.

Tuesday – Chicken taco bowl salad.

Wednesday – Breaded pork chops.

Thursday – Family Restaurant: Soup and salad bar. Cactus Cafe: Sliced roast sirloin of beef.

Family Night Dining

There will not be Family Night Dining Wednesday. Thanksgiving Brunch will be held instead Thursday from 9 a.m. to 5 p.m.

MCCS Holiday Hours



The Super Seven Store will be open today from 6:30 a.m. to 6 p.m., Thursday from 10 a.m. to 6 p.m., Friday, Saturday and Sunday from 10 a.m. to 6 p.m.

Tees n' Trees Golf Course will be open 7 a.m. to 5 p.m.

The Oasis Club will be closed Thursday and Friday.

The Enlisted Club will be closed Thursday and open Friday.

The Family Restaurant's Family Night Dining will be closed tonight. An "All you can eat" Thanksgiving brunch will be held at the Family Restaurant Thursday from 9 a.m. to 5 p.m.

The Base Gym/Fitness Center, Personal Services, the Hobby Shops, Bowling Center and ITT will be closed Thursday.

THANKSGIVING BRUNCH
at the
FAMILY RESTAURANT
Thursday, November 28th
9 a.m. to 5 p.m.



All you can eat! Omelets made to order, pancakes, french toast, sliced turkey breast, baron of beef sliced on line, baked and fried chicken, mashed potatoes and gravy, turkey stuffing and gravy, cut corn, candied yams, cranberry sauce, apple cobbler pie, cherry cobbler pie, pumpkin pie with whipped cream and fresh cut fruit.

**Adults \$8.95, Children 5 to 11 years \$5.95
Children 4 years and younger are free.
Reservations recommended - 577-6428**

1986 FORD MUSTGANG: 3.8 Liter, t-top, hatch back, 120K, runs xlt., A/C, C/C, power \$1,500, OBO. Call 255-2115 Jim.

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

1994 WRANGLER: 2.5L, 6" lift, 33" M/T's, revolver shackles, Detroit locker, flowmaster exhaust, new soft top, front sliders, plus most factory parts, \$7,500. OBO. 256-9551 or (909) 584-1422.

1997 CHEVY ASTRO VAN: A/C, C/C, P/W and door locks, CD player, good tires, roof rack, factory tinted glass, runs great. \$8,000. Call 256-6103 AWH.

MISCELLANEOUS: New never used golf clubs, bag and shoes, size 10 1/2, \$120. Call 254-1913.

MISCELLANEOUS: Entertainment center, black with gold trim, has glass door with shelves, a cupboard and 2 drawers, fits a 27" TV, for only \$75. Call 252-8122 ask for Noreen Snyder.

MISCELLANEOUS: Firewood, you cut and haul, price determined on side; king and queen box spring beds, \$50 each. Call 253-3669.

MISCELLANEOUS: 1992 Golf cart (Club Car Special) w/battery charger, new battery, xlt cond., red, new \$5,000, sell for \$2,500. Cal 252-1834, Jerry.

MISCELLANEOUS: 7.3L diesel w/ banks pwr pack.: 1989 Alpinlite-5th wheel, great RV package, shown by appointment, reasonable offer considered. Call 252-2035.

YARD SALE: Saturday, 8 a.m. to 3 p.m. Items range from baby clothing, toys older boys and women's clothing to, some electronic software and furniture. 1007 Cape Gloucester Avenue, Barstow. For additional information call 252-1984.

WANTED: Play Station, one or two games. Call 256-2434.

Ad Placement

Non-business BARSTOW Log Classified Ads are free for base employees and active or retired service members and their family members. Non-business ads may be submitted to:

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review

(661) 945-5634

