

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 12

Marine Corps Logistics Base Barstow, California

March 27, 2003

Equality in PFT

Female Marine voices her opinion on the Marine Corps physical fitness test.

Page 2

Homeland Security

The different levels of it and what they mean.

Page 4

Leading Marines

1st Sgt. Joseph Vanfonda, Headquarters Battalion first sergeant, leads by example.

Page 5

40-mile race

Marines and sailors from MCLB Barstow participate in relay from Fort Irwin to Veterans Home.

Pages 6, 7

Check out the Marine Corps Web site.

<http://www.usmc.mil>

BARSTOW LOG
SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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

Troop support mail policy being stressed

Submitted by
Department of Defense

To bolster force protection, the general public is urged not to send unsolicited mail, care packages or donations to service members forward deployed unless you are a family member, loved one or personal friend.

On Oct. 30, 2002, the Department of Defense suspended the "Operation Dear Abby" and "Any Service member" mail programs due to force protection concerns.

Although these programs provide an excellent means of support to friends and loved ones stationed overseas, they also provide an avenue to introduce hazardous substances or materials into the mail system from unknown sources.

Unsolicited mail, packages and donations from organizations and individuals also compete for limited airlift space used to transport supplies, war-fighting materiel and mail from family and loved ones.

Recently, DOD has become aware of organizations and individuals who continue to support some form of the "Any Service member" program by using the names and addresses of individual service members and unit addresses. These programs are usually supported by well-intentioned,

thoughtful and patriotic groups who are simply unaware of the new risks facing deployed military forces. Some individuals and groups publicize the names and addresses of service members, ships or units on Web sites, with good intentions. The result, however, is a potential danger to the troops they wish to support.

DOD cannot support creative and well-intentioned efforts that defeat force protection measures, but can instead recommend alternatives to mail and donation programs. To show support to troops overseas, the following are recommended:

Log on to the following Web sites to show support, to include greeting cards, virtual "thank you" cards and calling card donations to help troops stay in contact with loved ones:

www.defendamerica.mil/support_troops.html

www.usocares.org/home.htm

www.army.mil/operations/iraq/faq.html

Visit Department of Veterans Affairs hospitals and nursing homes. Volunteer your services to honor veterans who served in past conflicts.

Mail from family members and loved ones has always been encouraged, and the military mail system will continue to work hard to get that mail to service members overseas.



Photo by Pfc. Andy J. Hurt

Lyndsie Morocco, 3, sheds tears as she ties a yellow ribbon to the fence at the Child Development Center here Monday. The yellow ribbon symbolizes the everlasting hope for a joyous reunion with loved ones deployed in support of the global war on terrorism.

U.S. forces close in on Baghdad

By Jim Garamone
American Forces Press Service

WASHINGTON — After five days of ground combat, coalition forces are more than 200 miles into Iraq and poised to take on forces defending Baghdad, DOD leaders said Tuesday.

Defense Secretary Donald H. Rumsfeld and Chairman of the Joint Chiefs of Staff Air Force Gen. Richard Myers told reporters at a Pentagon press conference that the plan to disarm Saddam Hussein and liberate the Iraqi people is on track. As part of the war plan, more U.S. troops are flowing into the region, Rumsfeld said.

"There is a force flow that's been put in place weeks and weeks and weeks ago, where people were mobilized, people were trained, equipment was loaded on ships, ships were leased, ships were sent over, ships moved into position, ships were unloaded, personnel were airlifted over to meet with

their equipment," he said. "And every hour the number of U.S. and coalition forces in that country are increasing."

Myers called the plan put in place by U.S. Central Command "brilliant." He said most of the casualties sustained by coalition forces have been as a result of Iraqi committing serious violations of the law of armed conflict and the Geneva Conventions. And while embedded reporters show skirmishes in Iraq, he is satisfied with the progress.

"We've been at it now for less than a week," Myers said. "We're just about to Baghdad."

Rumsfeld addressed reports that there was a "red line" — as some news stories called it — around Baghdad where local Iraqi commanders could use chemical and biological weapons.

"There has been intelligence scraps, who knows how accurate they are, chatter in the system that suggest that the closer that coalition forces get to Baghdad and Tikrit, the greater the likelihood and

that some command and control arrangements (to use chemical weapons) have been put in place," Rumsfeld said. "But whether it will happen or not remains to be seen."

The secretary said the mZere fact that this is a possibility restates the reason the coalition must take on Hussein. "Those who behave with such brutality cannot be allowed to possess tools of mass murder," he said. "This is the behavior of desperate men. Iraqi authorities know their days are numbered. And while the Iraqi regime is on the way out, it's important to know that it can still be brutal, particularly in the moments before it finally succumbs."

He said the campaign could "grow more dangerous in the coming days and weeks as coalition forces close on Baghdad and the regime is faced with its certain death."

Rumsfeld responded to analysts who insist that

See WAR Page 3

Does Marine PFT compromise equal opportunity?

By Gunnery Sgt. P.Y. Hernandez
1st FSSG, Camp Pendleton

Recently, our Marine Corps has undergone many changes. New look, new commandant, new environments (from the California coast to the Persian Gulf region).

I believe in change; change can improve things and help us learn from our mistakes.

One change I believe should be implemented this year concerns equal opportunity.

Ladies and gents, equal opportunity in the Marine Corps should be equal in all aspects.

Take, for example, our physical fitness test. Our number of crunches and run distance for males and females are equal, but what about our upper-body strength test?

I am well-aware that the male and female body

are not made the same. Female Marines do not have the same upper-body strength as males – but should at least conduct the same tests, with perhaps some leniency on the number of repetitions.

I propose the female upper-body test should max out at 10-15 “dead-hang” pull-ups.

The Marine Corps now has equal opportunity in most occupational specialties, except for combat arms and select other billets like interrogator/debriefer.

So, why not PFT equality?

When I underwent recruit training in 1990, I completed my final PFT with a three-minute flexed-arm hang – not to receive a better score, but because our drill instructors told us to hang as long as we could. The maximum was 70 seconds then – and 13 years later, it is still 70 seconds. Yet, in those 13 years we have increased our run distance and

changed our sit-ups to crunches. Meanwhile, the males raised the bar too, eliminating the “kip” for more-challenging dead-hang pull-ups.

Since I joined, the Marine Corps has hinted at a tougher standard for females.

In 1995, when I was a student at Drill Instructor School in Parris Island, S.C., students were informed that all Marines would execute pull-ups during physical training. The only exception was during the final PFT when females conducted their flexed-arm hang vice pull-ups. All females in Class 3-95 at DI School were doing pull-ups. Why? Because we were told to do pull-ups vice the flexed-arm hang. No questions asked.

Many females will argue they can't do pull-ups.

My counterpoint: they can't do them because

it is not enforced.

If a Marine Administrative Message came out stating that effective July 2003 females would be required to perform dead-hang pull-ups, females would begin working on this new challenge.

The present PFT is not fair. I know females can perform dead-hang pull-ups; they just have to work at them, like the males work on theirs. The flexed-arm hang is not a real test of strength, especially when compared with pull-ups.

I believe in equal opportunity. It is very important to evaluate Marines with as little emphasis on gender as possible. After all, female and male recruits negotiate the same obstacles and carry equal amounts of equipment through the “Crucible” at recruit training, so why not do the same in the fleet?

I believe this change will take effect – it's just a matter of how soon.

War affects everybody

By Lt. Cmdr. Randel Livingood
Base Chaplain



Today as I write this article, we are a country at war.

I note with interest how different today is than yesterday was in that we had a “war” on terrorism, but today's war brings that reality starkly into our vision.

One cannot escape the torrent of emotions the pictures and sounds bring to our senses. It is remarkable. So much is happening, and we are so far away from the danger while many friends, family members, sisters, brothers, fathers and mothers are in the heat of the conflict. I cannot believe that anyone is untouched by these events.

As I did my daily readings I noted with amazement the readings for morning prayer today. It was from the Hebrew Scriptures in the book of Jeremiah, Chapter 4 beginning with verse 9.

What this pericope discusses are the horrors of war. The writer seems overwhelmed, at wits end, a person on the verge of being without hope. He describes in vivid detail and with

great emotive force what it must feel like to be faced with almost certain annihilation.

As I read the passage I began to think about all those who are in the throes of this conflict. I thought about our deployed troops, the Iraqi troops, the people of Iraq and how many thoughts must be going through each person's mind.

I thought about how easy it is to be here in the relative safety of the land of the free and home of the brave.

I thought about all of these things in a fleeting second and began to silently offer prayers up unto the most high.

Many times we forget the horrors of war, and the vividness of our thoughts do tend to diminish with time, but events like this bring it all back to the fore.

Recently I saw a sign on a desk that asked the point blank question, “Have you forgotten about 9/11?” I thought about it and realized that I had not forgotten, but that things were no longer as clear as they were a year ago.

I guessed in my head that for the people of New York the memories have not begun to fade at all because they drive by the vacant lot representing the death of so many killed by so few. This is a time in our lives that we should always

See CHAPLAIN Page 4

Just doing my job ...



Photo by Sgt. Joseph Lee

Rachel Rogers of Cost Work Center 729 works on hydraulic chain-gun turrets for a Light Armored Vehicle. She has worked at CWC 729 for three years.

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 at 3 p.m. at the Base Chapel.

Call 577-6849 for more information.

Morning Prayer

Mon.-Fri. at 8:30 a.m. at the ASD Conference Room, Building 15.

Call 577-6849 for more information.



BARSTOW LOG

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

Public Affairs Staff

Public Affairs Officer: Bill Bokholt
Public Affairs Chief: Gunnery Sgt. John Cordero
Public Affairs Specialist: Rob L. Jackson
Press Chief: Sgt. Cory Kelly

Editor: Cpl. Joshua Barnhardt
Correspondent: Sgt. Joseph Lee
Correspondent: Pfc. Andy J. Hurt
Public Affairs Support Clerk: Bertie Dailey



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.

This newspaper is an authorized publication for members of the Department of Defense. Contents of BARSTOW LOG are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. BARSTOW LOG is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

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

Safety Shoes

Safety shoes will be available for purchase Wednesday at Yermo, in the parking lot in front of Building 573 from 7 a.m. to 11 a.m., and Nebo, in the parking lot of Building 236 from noon to 2 p.m.

Chapel Services

The Marine Memorial Chapel will be open for those who wish to support the troops and families with prayers from 11 a.m. to 1 p.m. Mondays through Fridays.

For questions or concerns, contact the Base Chapel at 577-6849.

Special Olympics breakfast

The Barstow Special Olympics is having a Pancake Breakfast April 12, from 8 a.m. to 11 a.m. at the Barstow Fire Protection District Headquarters, 861 Barstow Rd.

A donation of \$2.50 is asked for the meal, and there will be plenty of

food for all, as well as games, balloons and a drawing for prizes. For more information, contact Susan Sorensen at (760) 255-2787.

Motorcycle Safety Course

There will be a motorcycle safety course April 4 from 7 a.m. to 3 p.m. at the Base Safety Classroom in Building 236.

The course is mandatory for anyone who wants to ride a motorcycle aboard MCLB Barstow.

Participants need to bring a California M1 or M2 driver's license or permit, a helmet, full-fingered gloves, a reflective vest, a long sleeve shirt or jacket and hard soled shoes.

To sign up for the course, or for more information, call Steve Waugh at 577-6448.

Universal Studios offer

Universal Studios Hollywood is offering free admission for active

duty military, or spouses of deployed personnel, with the purchase of one full price adult admission until April 30. To take advantage of this offer, present a military I.D. card at the box office.

Marines going sleeves up

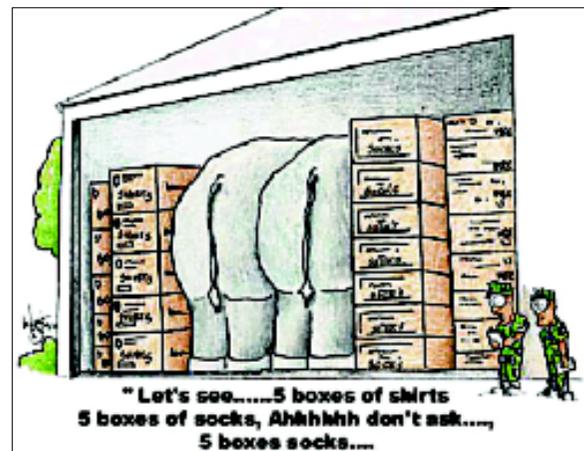
Headquarters Battalion Marines are directed by Maj. Clarence Guthrie III, Headquarters Battalion commanding officer, to roll their sleeves up on their camouflage utility uniform beginning Monday.

April 4 is the first Friday of the month, and the uniform of the day will be the Service "C" uniform.

Golf Course Closure

The Tees and Trees Golf Course will be closed Monday and Tuesday due to road construction on Golf Course Road.

For more information, call the Tees and Trees Golf Course at 577-6431.



NMCRS in need of volunteer group

By Sgt. Cory Kelly
Press Chief

The Navy Marine Corps Relief Society here recently retired one of its longest running volunteers.

With the help of Cynthia White, the NMCRS was able to keep the office open Tuesdays from 9 a.m. to 1 p.m. in the afternoon, but since her departure the office now stands shades drawn and doors locked to Marines and sailors in need of assistance.

There is still hope though, for the Marines and sailors in search of assistance and the NMCRS office itself. Service members who need assistance can still call the local number and reach the local relief society representative, Maj. Antonio Martinez, director of the Administration and Support Department, or visit the relief society's Web site, at nmcs.org, and volunteers who would like to unbolt the doors to the office to pick up where the last volunteers left off can do the same.

Martinez explained that the office stays closed if there is no one available to man it, so until volunteers are found anyone who calls the local NMCRS phone number is patched to his office.

According to Michael G. Hire, director of the NMCRS, volunteers mainly run the relief society.

"Worldwide there are about 200 employees and 3,000 volunteers," he said. "The Barstow office is staffed exclusively by volunteers who receive support and guidance from the Camp Pendleton Office as well as from the local command representative."

According to Hire volunteers aren't expected to have particular skills to start. "The [NMCRS] has a training program that will provide new volunteers with the training they will need regardless of what area they choose to work in," he ex-

plained. "For example, if volunteering as a receptionist or receptionist/caseworker, computer skills are helpful, but not necessary because the society will provide the necessary training on the basic skills needed to use the society's software."

And receptionist/caseworkers are exactly what Barstow needs, according to Martinez. "We're looking for [people] who are willing to give of themselves, and do it consistently," he said, noting that since there is no one manning the office now, the need is high for people who are willing to dedicate what they can to the relief society. "If we get someone that can give us one hour every Wednesday then we'll take it, but we're not looking for people who can give us an hour here then can't for two weeks then another hour on a different day - not unless we already have someone working the office at those times on a regular schedule."

Hire explained that all volunteers receive training on the NMCRS mission, confidentiality, customer relations, local operating procedures as well as other particulars. The training, which is provided by the Camp Pendleton office staff and regional area trainer, is tailored to meet the needs of the positions volunteers will fill.

Martinez said caseworkers here have the opportunity to help service members establish budgets and get needed assistance from the relief society. "If helping folks is not your cup of tea, then we don't want you, because that's what the Navy Marine Corps Relief Society is all about: helping folks," he said.

Editor's Note:

To volunteer with the Navy Marine Corps Relief Society, contact Maj. Antonio Martinez, local NMCRS representative, at 577-6440.

Job Watch

Anne No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
3809	Mobile Equipment Metal Mechanic Leader WL-3809-10 (Permanent)	03-17-03	03-28-03	N/A	MCLB Barstow
5803	Heavy Mobile Equipment Leader WL-5803-10 (Permanent)	03-17-03	03-28-03	N/A	MCLB Barstow
5423	Sandblaster Leader WL-5423-07 (Permanent)	03-17-03	03-28-03	N/A	MCLB Barstow
3703	Welder Leader WL-3703-10 (Permanent)	03-17-03	03-28-03	N/A	MCLB Barstow
2504	Cable Splicer	03-19-03	03-31-03	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 236, 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.

WAR from Page 1

the coalition plan is seriously flawed. He said many experts made the same criticism about operations in Afghanistan. "Then Mazar-e Sharif fell," he said.

Myers said that there are uprisings in Basra against the Iraqi paramilitary forces. "Clearly, ... the people in Basra, I think for the most part, would be happy to be done with this regime," he said. "But they're not going to do so as long as they think there's a shred of evidence that there's going to be some threat against them."

Myers said the people of Basra remember 1991 when they rose against Saddam Hussein. "Hundreds of thousands were killed because they thought

they had a chance for a popular uprising, and ... the backing didn't materialize the way they thought it was going to materialize," he said. "And so I think we have, rightly so, some very cautious people."

Myers said the Fedayeen Saddam and Republican Guard that may have come south to Basra in civilian clothes are more akin to terrorists than soldiers. He said these men are intimidating the people of Basra, but that coalition force "will start working that."

Rumsfeld reminded everyone that the war is only five days old. "We're still, needless to say, much closer to the beginning than the end," he said. "The men and women in the uniform ... are performing superbly.

They're doing an outstanding job."

He said planners expected the Iraqi resistance and that it has not affected coalition progress. "Iraqi forces are capitulating by the hundreds," he said. "The total now, as I understand it ... was something in excess of 3,500 Iraqi prisoners of war and thousands more that have been part of units that have simply disbanded."

"With each passing day, the Iraqi regime is losing control over more of the country," he continued. "Coalition forces are closing in on Baghdad and will not stop until that regime has been driven from power. Their defeat is certain. All that is unclear is the number of days or weeks it will take."

Understanding Homeland Security

Submitted by
Provost Marshal's Office

The world has changed since September 11, 2001. The nation remains at risk to terrorist attacks and will remain at risk for the foreseeable future. At all threat conditions, we must remain vigilant, prepared, and ready to deter terrorist attacks. The following threat conditions each represent an increasing risk of terrorist attacks. Beneath each threat condition are some suggested protective measures, recognizing that the heads of federal departments and agencies are responsible for developing and implementing appropriate agency-specific protective measures.

- 1. **Low Condition (Green).** This condition is declared when there is a low risk of terrorist attacks. Federal departments and agencies should consider the following general measures in addition to the agency-specific protective measures they develop and implement:
 - Refining and exercising as appropriate preplanned protective measures;
 - Ensuring personnel receive proper training on the Homeland Security Advisory System and specific preplanned de-

partment or agency protective measures; and

- Institutionalizing a process to assure that all facilities and regulated sectors are regularly assessed for vulnerabilities to terrorist attacks, and all reasonable measures are taken to mitigate these vulnerabilities.

- 2. **Guarded Condition (Blue).** This condition is declared when there is a general risk of terrorist attacks. In addition to the protective measures taken in the previous threat condition, federal departments and agencies should consider the following general measures in addition to the agency-specific protective measures that they will develop and implement:
 - Checking communications with designated emergency response or command locations;
 - Reviewing and updating emergency response procedures; and
 - Providing the public with any information that would strengthen its ability to act appropriately.
- 3. **Elevated Condition (Yellow).** An Elevated Condition is declared when there is a significant risk of terrorist attacks. In addition to the protective measures taken

in the previous threat conditions, federal departments and agencies should consider the following general measures in addition to the protective measures that they will develop and implement:

- Increasing surveillance of critical locations;
- Coordinating emergency plans as appropriate with nearby jurisdictions;
- Assessing whether the precise characteristics of the threat require the further refinement of preplanned protective measures; and
- Implementing, as appropriate, contingency and emergency response plans.

4. **High Condition (Orange).** A High Condition is declared when there is a high risk of terrorist attacks. In addition to the protective measures taken in the previous threat conditions, federal departments and agencies should consider the following general measures in addition to the agency-specific protective measures that they will develop and implement:

- Coordinating necessary security efforts with federal, state, and local law enforcement agencies or any National Guard or other appropriate armed forces organizations;

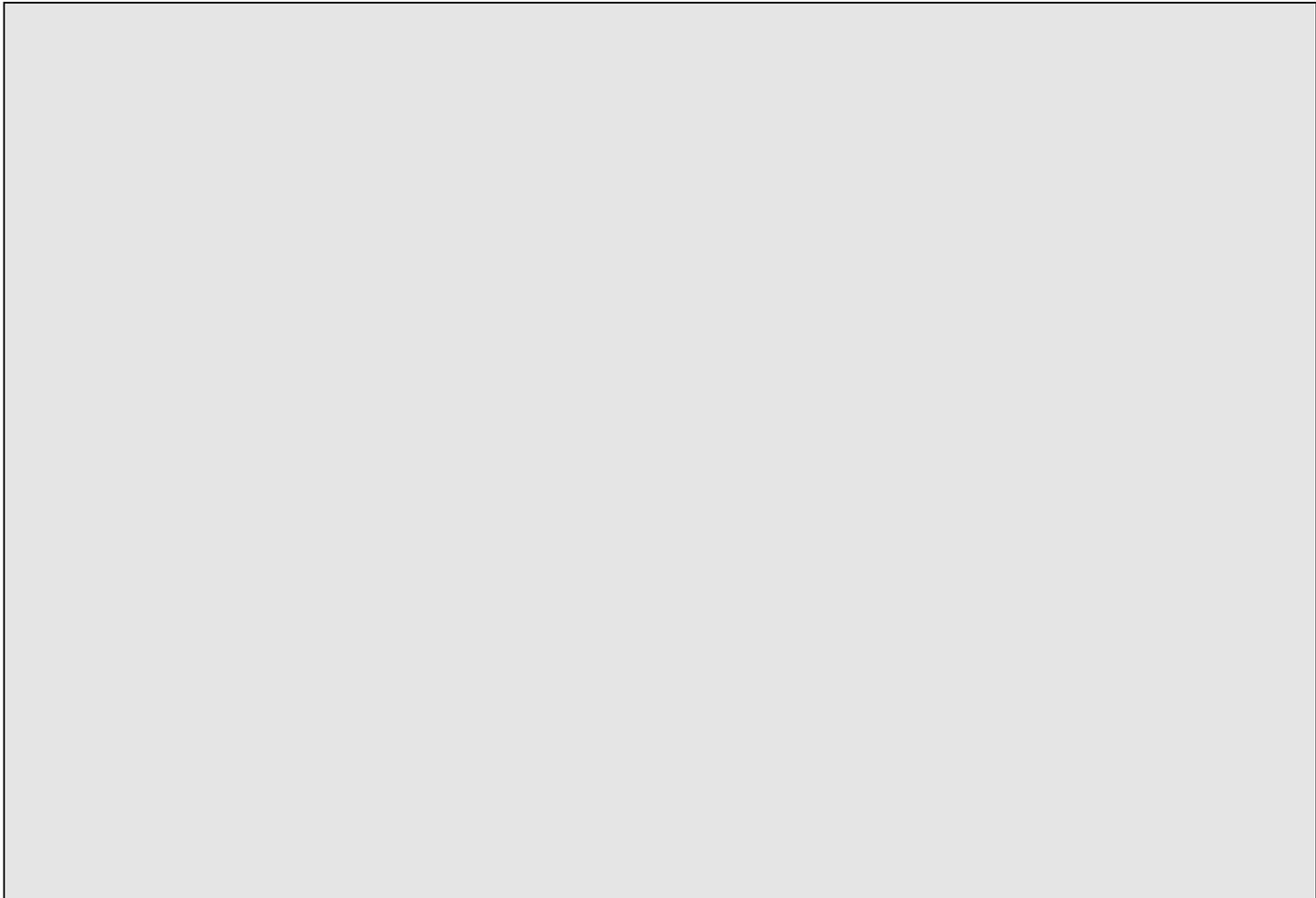
- Taking additional precautions at public events and possibly considering alternative venues or even cancellation;
 - Preparing to execute contingency procedures, such as moving to an alternate site or dispersing the workforce; and
 - Restricting threatened facility access to essential personnel only.
5. **Severe Condition (Red).** A Severe Condition reflects a severe risk of terrorist attacks. Under most circumstances, the protective measures for a Severe Condition are not intended to be sustained for substantial periods of time. In addition to the protective measures in the previous threat conditions, federal departments and agencies also should consider the following general measures in addition to the agency-specific protective measures they will develop and implement:
- Increasing or redirecting personnel to address critical emergency needs;
 - Assigning emergency response personnel and pre-positioning and mobilizing specially trained teams or resources;
 - Monitoring, redirecting, or constraining transportation systems; and
 - Closing public and government facilities.

CHAPLAIN from Page 2

remember. A time of great difficulty, a time of tragedy for so many, but a time that we know will pass. As we take time to reflect on the recent events I would ask for something a little different. Reflect on the events from someone else's point of view than our own. I believe that we are all asked to see things from the other person's perspective, to acknowledge simply that there is another way to see things.

Maybe when we have done this we will be able to offer our own thoughts or prayers to those who stand on the other side of the line, not liking or condoning their actions, rather acknowledging their suffering and bringing ourselves to a place of remembrance where we can hope and pray for light of freedom to shine in more places than just our homeland.

Peace,
Fr Randel



Battalion first sergeant leads Marines by example

By Pfc. Andy J. Hurt
BARSTOW LOG staff

Walking into his office, one can see the effect the 14 leadership traits have had on the Headquarters Battalion first sergeant.

1st Sgt. Joseph Vanfonda is proud of his accomplishments, he said. "But it all comes down to those 14 leadership traits."

Born in the Catskill Mountains of Albany, N.Y., Vanfonda enlisted in the Marine Corps Jan. 21, 1987. He already had earned his associates degree

in criminal law at Hudson Valley Community College but was looking for more, he said.

Vanfonda said that he grew up in a big city with broken family values. "I was looking for discipline, character structure and family values," said Vanfonda.

"I didn't think I could get what I wanted in the Army."

The Marines were just what he was looking for: a family of few, proud members with good values and high standards. "And I liked the way the uniforms looked," he said.

Vanfonda started his Marine Corps career as a combat engineer, but he made a lateral move into the communications field as a lance corporal. He attended communication chief school as a sergeant, and was sent overseas to participate in Operation Desert Storm.

Once back in the states, Vanfonda wanted to do something outside of his job, he said.

"I went to Drill Instructor School the last month of 1993," he said. Vanfonda was an MCRD Parris Island, S.C., drill instructor from 1994 to 1996.

"It was a beautiful duty. There was something about seeing the change in recruits and molding the Marines of the future," said Vanfonda. He also earned DI of the Quarter twice in a row for the depot and two Navy Achievement Medals as a DI.

"I earned one of the medals for saving a recruit's life," recalled Vanfonda. The company was training on the A-frame and a recruit fell from the top. Vanfonda was helping recruits down from the obstacle and saw the recruit fall.

"I reached out and caught the recruit by the web belt. He was dangling in my one-arm grip; it all seemed like a lifetime," said Vanfonda.

Vanfonda was a senior drill instructor as a sergeant for two training cycles before heading to 2nd Marine Division, Camp Lejeune, N.C., and filled the billet of company gunnery sergeant as a

sergeant.

After a year at Bravo Company, Vanfonda said he was promoted to staff sergeant and went on to become a Marine Corps Corporal's Course instructor.

Vanfonda did a six-month tour at Camp Schwab, Okinawa. He then went to Brooklyn, N.Y., and did a tour with a reserve unit, as an inspector-instructor. He was promoted to gunnery sergeant, and after the first sergeant there retired, filled the billet of first sergeant.

When Vanfonda received word that he had orders to Marine Corps Logistics Base, Barstow, Calif., he received negative feedback from his peers.

"All I thought was: 'It can't be that bad,'" Vanfonda said. He said he doesn't care where he is stationed because he always tries to make the best of any situation.

Throughout his career, Vanfonda has always let his personal beliefs affect his performance and leadership style.

"If something's not broke, don't fix it, make it better," he said.

It's this kind of Marine ingenuity that made the Marine Corps what it is today.

Vanfonda's idea of leadership is anti-micromanagement.

"Don't talk down at your Marines, talk at your Marines," he said. "It's important for Marines on all levels to be heard." That's why Vanfonda encourages young Marines to come to

him with suggestions on how life can be better here. He said he understands young Marines and always tries to help them out if they come to him with problems.

"(Vanfonda) has been a positive influence on almost every Marine that walks into his office. Whether it be positive or negative reasons that they have to see him in the first place, he deals with all Marines in a professional manner and gets results," said Maj. Clarence T. Guthrie III, commanding officer of Headquarters Battalion here.

Guthrie said he feels that the leadership qualities that Vanfonda practices on a daily basis made him a natural choice for battalion first sergeant.

"He took the (meritorious first sergeant) board awhile ago and he meets the criteria for the job. He walks the walk and talks the talk."

Vanfonda was "frocked," which is pinning on rank before a Marine receives a pay grade increase, in a ceremony Friday at the Oasis Club.

Vanfonda describes himself as a "hard-headed" goal-oriented Marine. Throughout his career he has set and accomplished numerous short-and long-term goals. His next is to be one of the youngest Marines to be promoted to sergeant major.

"If I were the sergeant major of the Marine Corps for a day, I would be heard," said Vanfonda. "But a day wouldn't be long enough."

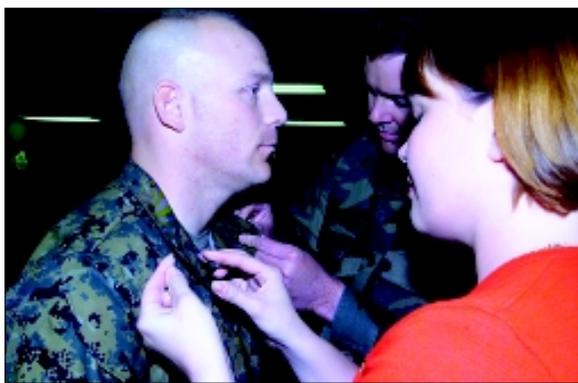


Photo by Sgt. Cory Kelly

The Headquarters Battalion First Sergeant, Joseph Vanfonda, is frocked to the rank of first sergeant by his wife of 15 years, Crystal, and Maj. Clarence E. Guthrie III, Headquarters Battalion commanding officer. 1st Sgt. Vanfonda was frocked at the Oasis Club Friday morning.



Lance Cpl. Erik Dortch takes off like he was shot from a cannon on the second leg of the race, leaving the gates of Fort Irwin. Dortch's powerful running was instrumental to the Gold Team's success as he overtook two runners during the final stretch.

Marines, sailors run in 40-mile relay

Story and photos by Sgt. Joseph Lee
BARSTOW LOG staff

Marines from MCLB Barstow competed in Fort Irwin National Training Center's annual Veterans Home 40-Mile Relay Race Saturday.

The race started at Fort Irwin's Fitness Connection at 5:30 a.m. and concluded at the Veterans Home of California-Barstow.

Though some competitors chose to run the 40 miles all on their own with an al-

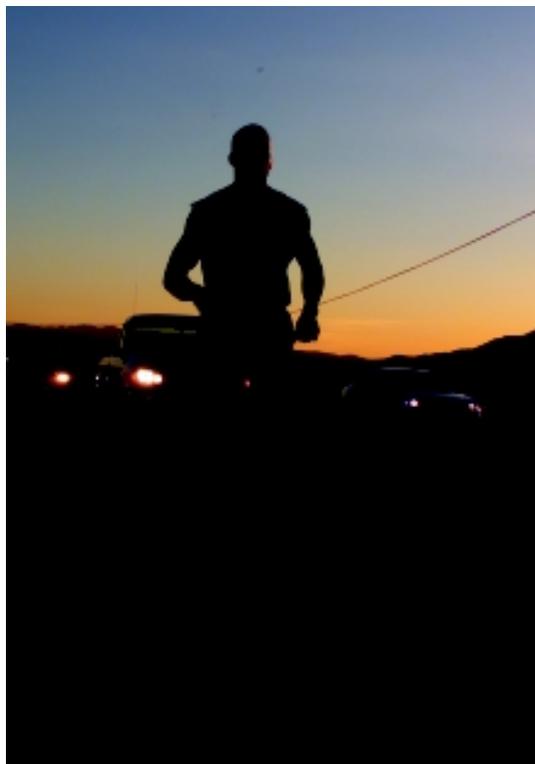
lowed 30-minute head start, the race was set up for team competition, in which the members of a team would switch out every two miles at designated locations along the route.

The Marines entered two teams in the race: The Gold Team included Maj. Vincent Applewhite, 1st Lt. Jason Kut, 1st Lt. Casey Taylor, Sgt. Maj. Taulago Tautua, 1st Sgt. Joseph Vanfonda, Gunnery Sgt. Tad Snidecor, Cpl. Daniel Perez, Lance Cpl. Joshua Pascua, Lance Cpl. Erik Dortch,



Lance Cpl. Daniel Perez downs water as he waits for his turn to run. Perez has taken part in the 40-mile race for two straight years and plans to compete again next year.

Lance Cpl. Joshua Pascua laces his running shoes in preparation for his first 2-mile sprint of the day.



A soldier runs the first leg of the relay race which started on Fort Irwin at 5:30 a.m. Teams switched runners every two miles at designated changing locations along the 40-mile route.



Lance Cpl. Joshua Pascua tags 1st Lt. Casey Taylor halfway through the "10-mile stretch" along Fort Irwin Road. The baton transitions during the run helped contribute to the Gold Team's performance.

s run in 40-mile relay

ollowed 30-minute head start, the race was set up for team competition, in the members of a team would switch every two miles at designated locations the route.

he Marines entered two teams in the Gold Team included Maj. Vincent white, 1st Lt. Jason Kut, 1st Lt. Casey Sgt. Maj. Taulago Tautua, 1st Sgt. n Vanfonda, Gunnery Sgt. Tad Snidecor, Cpl. Daniel Perez, Lance Cpl. Pascua, Lance Cpl. Erik Dortch,

and Lance Cpl. Curtis White. The Red Team included Lt. Col. Charles Hamilton, Cmdr. Jeff Johnston, Maj. Christina Wesely, Maj. Clarence Guthrie III, Capt. Nowell McKnight, Capt. Prasserth Yang, Staff Sgt. Christian Galbraith and Sgt. Joseph Wynne.

Both teams finished the race successfully and enjoyed a meal together with the rest of the competitors at the Veterans Home of California-Barstow at the conclusion of the 40-mile run.



Lance Cpl. Joshua Pascua laces his running shoes in preparation for his first 2-mile sprint of the day.



for halfway through the "10-mile stretch" along Fort Irwin Road. The seamless Gold Team's performance.



The "Gold Team" is led to the finish line by Lance Cpl. Erik Dortch. The Gold Team finished the 40-mile relay race from Fort Irwin to the Veterans Home of California-Barstow in the top five.



Gunnery Sgt. Tad Snidecor cools off after his two-mile trek up Jackhammer Pass, the steepest hill portion of the 40-mile race. Each member of the Gold Team ran at least two legs during the race.



By Jim Gaines
MCCS Publicity

Big discounts

The March Sale at the Super Seven Day Store and the Railhead Exchange features great discounts like these: 10 percent off Hoover Vacuums, 20 percent off all watches in stock, 20 percent off backpacks and luggage in stock, 30 percent off Moeshe long sleeve shirts, 50 percent off denim/flannel jackets.

The Super Seven Day Store is open Mondays through Fridays from 6:30 a.m. to 9 p.m., Saturdays from 8 a.m. to 9

p.m. and Sundays from 10 a.m. to 6 p.m. For more information call 256-8974.

The Railhead Exchange is open regular hours, Mondays through Fridays, from 8 a.m. to 3 p.m. It is closed Saturdays and Sundays. During troop rotation, the hours are Mondays through Fridays from 8 a.m. to 8 p.m. and Saturdays and Sundays from 10 a.m. to 5 p.m.

Lunch Menu

Unless otherwise indicated, the lunch menu for the Family Restaurant

and Cactus Cafe are the same.

Lunch menus are subject to change.

Today – Family Restaurant: Soup and salad bar. Cactus Cafe: Sliced pork roast.

Friday – Baked salmon.

Monday – Chicken alfredo.

Tuesday – Pork loin maine.

Wednesday – Chicken teriyaki.

Thursday – Baked pork chops.

Family Night Dining

Tonight – Italian Night: Spaghetti and meat sauce, lasagna, garlic bread, Italian vegetables, tossed green salad, fountain drink and home made cheese cake for dessert.

Price: Adults \$5.50, children 5 to 11 years, \$3.50, children under 5 eat free.

Substance Abuse Course

Join CEAP for a Substance Abuse Information Course to find out what is going on with substance abuse today. The class is April 9 from 4:30 p.m. to 6:30 p.m. in the Building 129 conference room. For more information call 577-7444.

Youth trip to Knottsberry Farm

Youth Activities Center's Spring Break trip to Knottsberry Farm is scheduled for April 15. Contact Margaret Young at 577-6499 to reserve a seat. Space is limited, so call today.

Smoking Cessation

Smoking Cessation is a four week course where you'll receive the tools to stop smoking. The course has a buddy system to assist you with the support you'll need to be successful.

The next course begins April 3 and will continue through the next three Thursdays through April 24. The classes will start promptly at 3:30 p.m. For more information contact Staff Sgt Joseph Johnson at 577-6851 or Jennifer Wales at 577-6817.

Summer Weight Loss Contest

Still dreaming of that beach-ready body? Then this is the contest for you. Get ready to get out those bikinis and bathing suits.

Due to the popularity of Health Promotion's Holiday Weight Loss Contest, Semper Fit is at it again with this new contest - sign up now to compete in a contest designed to help you lose weight, body fat, and inches just in time for bathing suit season.

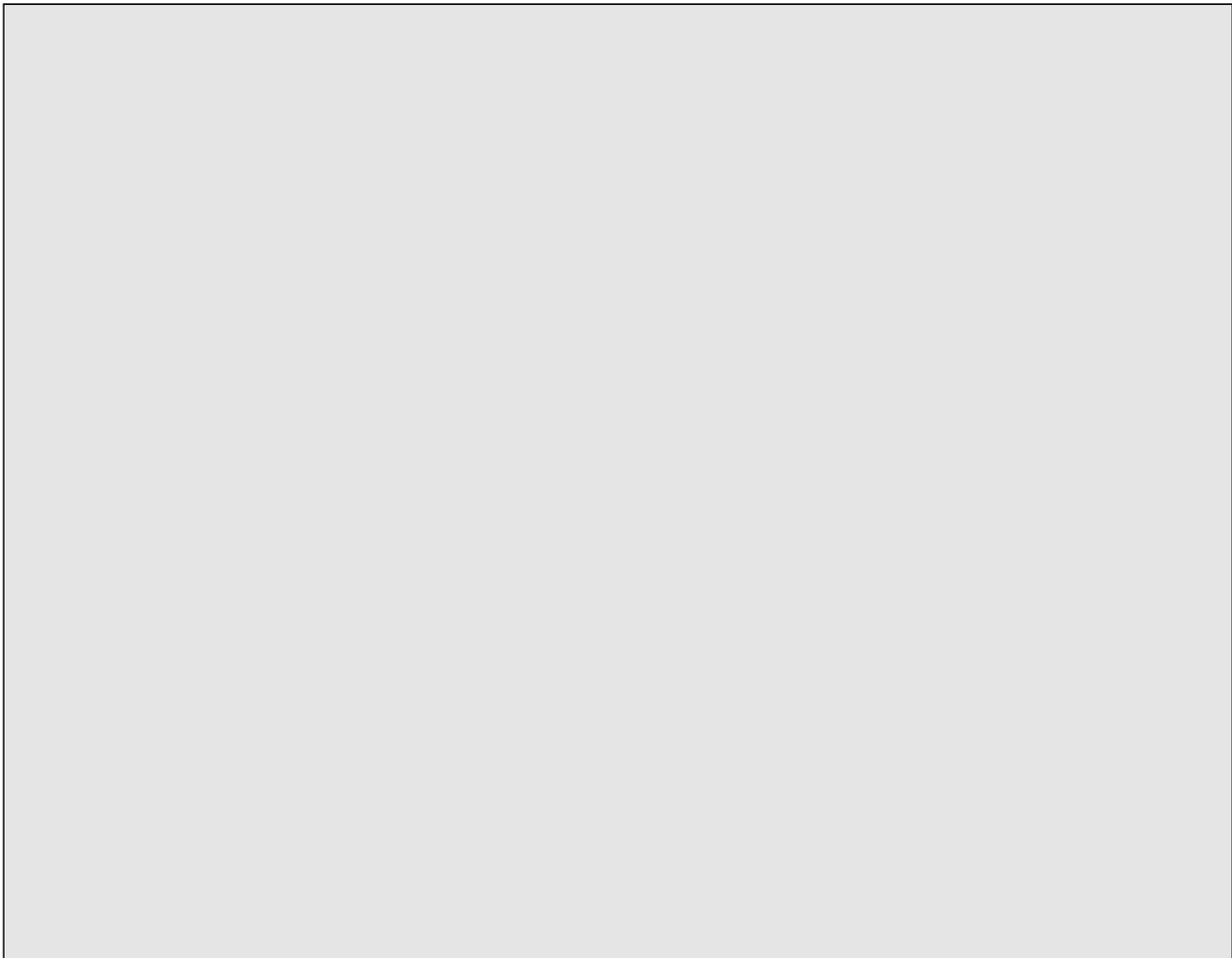
Quit dreaming about it and make an appointment with Jennifer Wales between April 1 and 9 for your initial weigh-in and to pick up the schedule for the 12-week contest. For more information call 577-6817.

Final Four bash

The Enlisted Club is sponsoring a Final Four Bash April 5, with contests and prizes. There will be a Playstation 2 contest, a crazy fan contest, and dart tournaments.

Army Night and Advisory Board

Wednesday at the Oasis Club is Army Night. On this same date, there is an Oasis Club Advisory Board meeting. For more information on either, call 577-6432.



Around the Corps

3rd MAW aircraft support Operation Iraqi Freedom

By Staff Sgt. John DiDomencio
3rd Marine Aircraft Wing

KUWAIT — The air is filled with mixed senses of urgency, power, awe, fear and determination. Ordnance personnel load various bombs and missiles on the aircraft. Plane captains signal their pilots to start engines and complete pre-flight checks. With a final signal to taxi, they render crisp salutes to wish the pilots success on their mission and safe return.

Marine F/A-18 Hornets and AV-8B Harriers from 3rd Marine Aircraft Wing roared into the night sky in support of Operation Iraqi Freedom. Fixed wing squadrons included Marine All Weather Fighter Attack Squadron 121, VMFA (AW)-225, VMFA-232, VMFA-251, VMFA (AW)-533, Marine Attack Squadron 542 and VMA-214.

As the aircraft provide air support, coalition ground forces consisting of the 1st Marine Division began their assault,

achieving the capture of the port city of Umm Quasr before making their way to Baghdad.

According to Capt. Jaden J. Kim, weapons systems officer, VMFA (AW)-121, from Illinois,

and Capt. Mike Deddens, Harrier pilot, VMA-214, from Texas, their missions included providing forward air control missions, close air support and strike missions on the Marine Expeditionary Force objective area to support the

Marines on the ground.

“Our missions were to engage the direct threats such as artillery, tanks and armored personnel carriers,” Deddens said. “Everything worked as advertised from targeting coordination and target area tactics.”

Both pilots agreed they benefited from prior training flights and experience.

“Our squadron recently returned from Afghanistan and flew Operation Southern Watch missions,” Kim stated. “We have experienced aircrews and our personnel knew the operational tempo would be high.”

According to Deddens, they also knew the importance and urgency of their missions.

“We knew in the back of our minds the real importance of the missions,” he said. “We were busy as we methodically and professionally did everything as we were trained to do. However, we realized there was an added sense of urgency because we knew the

Marines on the ground were depending on us.”

For Deddens, this was his first time flying in a combat environment.

“It was phenomenal but strange to put bombs down range,” he added. “It wasn’t until after our return that it finally struck home that the ‘game was on,’ and that was kind of shocking”

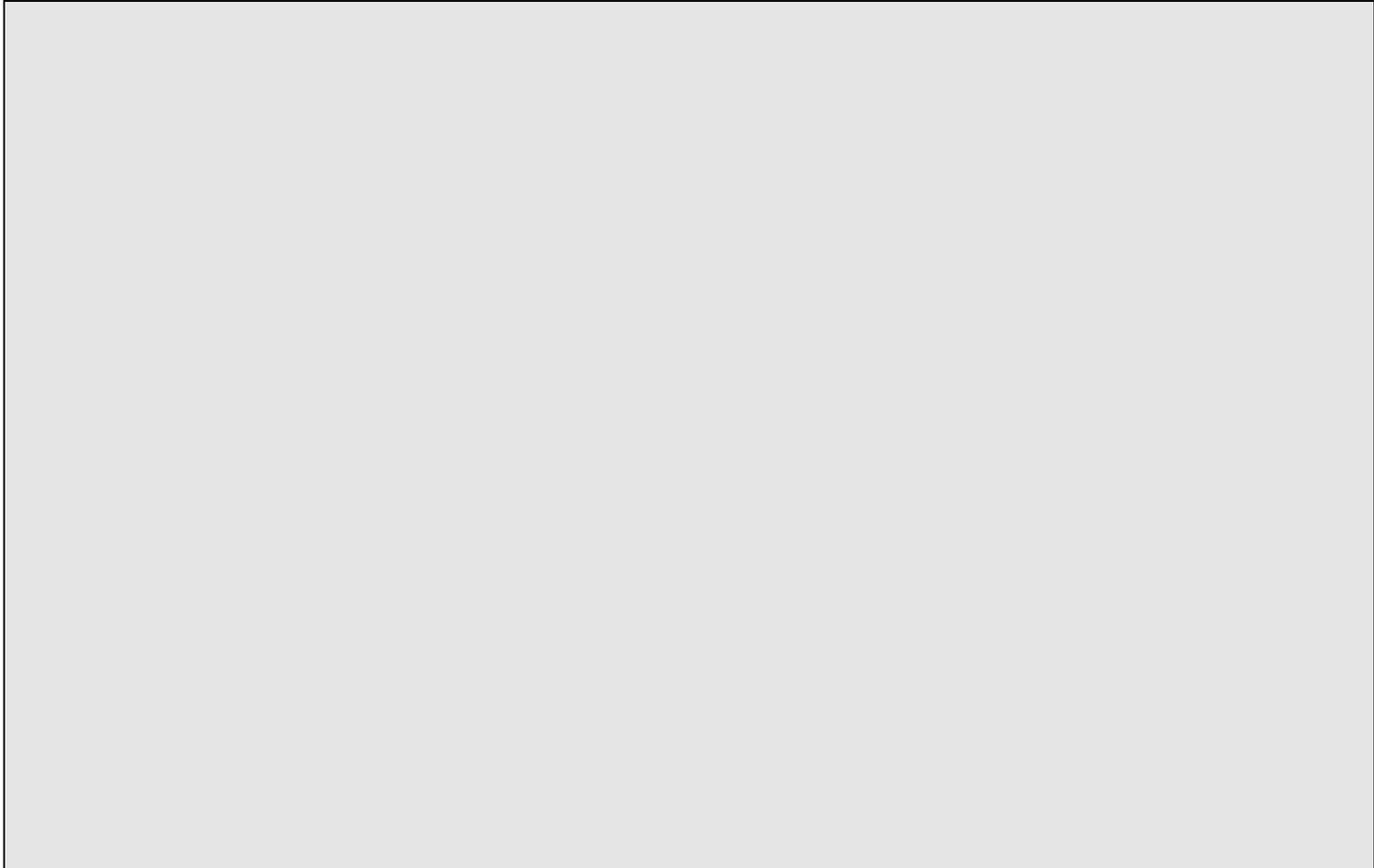
American forces in the area and Americans back home watched as despite intense Iraqi anti-aircraft fire, the Marine aircraft joined Air Force A-10 Warthogs, F-16 Strike Eagles, F-117 Stealth Fighters, B-52 bombers and other coalition aircraft and Naval forces to drop thousands of bombs and cruise missiles on selected government and military targets in Baghdad, Basra and other cities to topple Saddam Hussein’s regime.

After the first night of bombing, all coalition aircraft returned safely to their bases and prepared for their next missions.



Photo by Sgt. C. Nuntavong

KUWAIT - A Marine Attack Squadron 225 F/A-18 Hornet taxis down the flight line here after a night mission in support of Operation Iraqi Freedom, Mar. 21.



Recycling becoming large part of Earth Day

By Rob L. Jackson
BARSTOW LOG staff

Earth Day, April 22, which is fast approaching, is a day set aside each year to show just how much Americans care about protecting public health and the environment.

Now in its 33rd year, federal, state, and local governments have spent billions of dollars implementing environmental programs that touch the lives of all Americans. These programs have resulted in improved public services, cleaner industries, and a heightened awareness by Americans of their responsibility to protect the environment, according to the Environmental Protection Agency.

MCLB Barstow continues to do its part in protecting the environment through the use of numerous programs, particularly with its recycling, reduce and reuse programs, or the three Rs.

Recycling, according to EPA, is one of the best environmental success stories of the late 20th century. Recycling diverted 64 million tons of material away from landfills and incinerators in 1999, up from 34 million tons in 1990.

There are a host of benefits offered by recycling to include conserving

resources for the future; it prevents emissions of many green house gases and water pollutants, saves energy, and supplies valuable raw materials to the industry.

Items that should be recycled include paper products, plastics, glass, scrap wood, and metals, according to Carmela Gonzalez, environmental protection specialist, Environmental Division, MCLB Barstow.

About two years ago MCLB Barstow implemented a program labeled co-mingled recycling. It was set up so that all recyclable materials except cardboard could be recycled together. A person no longer had to take the extra time to separate recyclable material into paper, plastic, glass and metal bins.

To assist with the change Environmental Division distributed small, blue trash cans with even smaller black containers affixed to them, to represent the proper ratio of recyclables to trash in an office environment. The recyclables in this case represent roughly 80 to 90 percent of materials produced in the office.

Environmental Division also distributed 95-gallon containers throughout MCLB Barstow for co-mingled recyclables, and eight cubic yard containers for cardboard for both



Cpl. Robert Anguiano (left) and Lance Cpl. John Rios, Headquarters Battalion supply clerks, place boxes on a stack for reuse at a later time.

Photo by Rob Jackson

office and personal use. The containers are emptied every Tuesday for 95-gallon containers, and Wednesday for cardboard containers. If service is not received, call John Watson at 577-6540.

Source reduction, often called waste prevention, means consuming and throwing away less. It includes purchasing durable, long-lasting goods and seeking products and packaging that are as free of toxins as possible. Because source reduction actually prevents the generation of waste in the first place, it is the most preferred

method of waste management and goes a long way toward protecting the environment.

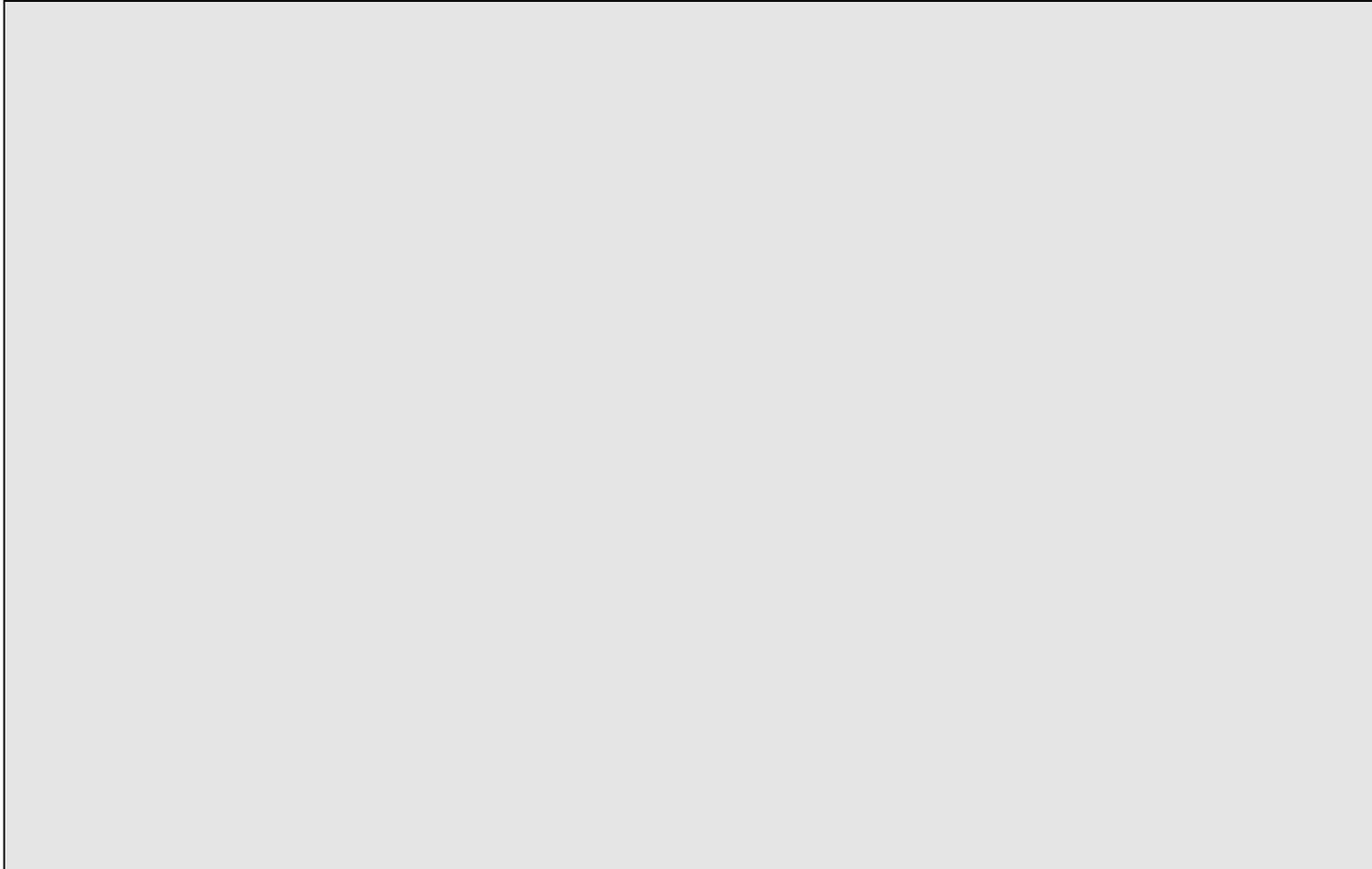
The final "R" practiced at MCLB Barstow is reuse. Simply put, it means reusing items by repairing them, donating them to charity and community groups, or selling them. Reusing, when possible, is preferable to recycling because the item does not need to be reprocessed before it can be used again.

Some of the ways to reuse items include using a durable coffee mug, using cloth napkins or towels, refilling

bottles, reusing boxes, turning empty jars into containers for leftover food or for loose nuts and bolts.

The three Rs (reduce, reuse and recycle) as Gonzalez states are pollution prevention initiatives. Based on the awards MCLB Barstow has received for pollution prevention, the programs have had a lot to do with that.

Anyone desiring more information on the three Rs, or who would like to receive training in recycling should contact Gonzalez at 577-6744 or by e-mail at gonzalezj@barstow.usmc.mil.



1999 FORD MUSTANG 35TH ANNI-VERSARY: Automatic, V6, all power, AM/FM cassette with CD player, c/c, keyless entry, xlt. Cond., asking 10,000, OBO, 71K miles, Call 253-3237 ask for Jr.

1994 JEEP: V8, runs good, asking \$4,000 firm. Call 252-7213.

1966 DODGE: Station Wagon, 383 engine, auto, air, runs needs TLC, \$1,200 or trade. Call 254-1913.

1994 BOUNDER SPECIAL EDITION: Diesel pusher, 32 ½ ft. long fully equipped, too much to list, must see to believe, 49 K miles, like new condition, \$40,000. Call 252-1834 ask for Jerry.

MISCELLANEOUS: New golf clubs, bag and accessories, \$125, Corvair eng. \$125, Volkswagen, all 4 mag rims \$55, aluminum awning for carport or patio, \$110, Ford Ranger tailgate, \$55. Call 254-1913.

MISCELLANEOUS: JVC 12 CD changer (FM Modulator) with wireless remote, like new, \$165, OBO; logic HP bandpass box with 20" punch XLC subwoofer, xlt. cond. \$100, OBO; Bazooka bass tube, model EL804, xlt. cond. \$75, OBO. Call 252-1502, lv msg.

MISCELLANEOUS: Playstation PS1 with 6 games, \$40, for more info call 255-4339.

MISCELLANEOUS: Large dining room table with 6 chairs dark oak, good cond. \$150, OBO; misc. book hard and soft cover, \$25 takes all; epileptical trainer, \$50, OBO needs bolt. Call 252-2205.

MISCELLANEOUS: Full size stroller with removable carrier, like new, \$50; Play and Go playpen, \$15. Call 256-4873 (8-5 Lynda) or 253-2677 AWH.

MISCELLANEOUS: New top of the line car stereo system, 8100D MTX, 2 solar barics L5.15, paid \$1,700, your price \$1,000. Call 252-0399 ask for Jason.

MISCELLANEOUS: 19" RCA color television \$50 OBO; large bird cage \$40 OBO; 20" lawn mower w/bag \$60 OBO; 6-ton jack stand set \$15 OBO; mechanic's creeper \$12 OBO; Yamaha porta-sound keyboard \$45 OBO. Call 252-4787 or 447-2771.

MISCELLANEOUS: Baby items, entertainment center \$35 OBO; intercom set \$20 OBO; rocking cradle w/bedding \$65 OBO; large stroller \$80 OBO; small stroller \$35 OBO, swing set \$35 OBO blues blue blanket (twin size) w/drapes and sheets \$45 OBO. Call 252-4787 or 447-2771.

WANTED: Honda and Acura car parts. Call 254-1913.

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

