

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 37

Marine Corps Logistics Base Barstow, California

September 18, 2003

Commander's Forum

Guidelines for contractors on base.

Page 2

Eye Contact

How it is effective for communication.

Page 4

Sept. 11

Photos of the remembrance and celebration of freedom in Barstow.

Page 6

Around the Corps

American military give Ethiopians vaccinations.

Page 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>

Rodeo stampeding into Barstow

By Cpl. Joshua Barnhardt
Editor

The Barstow Rodeo will be held at the MCLB Base Stables just outside the gate of the Yermo Annex Sept. 27 and 28.

There will also be a Rodeo kickoff party at Soutar's Dodge of Barstow Sept. 24 at 4:30 p.m. At the kickoff party there will be an eating contest, a roping instructor for kids and a rodeo clown for entertainment.

The events on Sept. 27 begin at 7:30 p.m. and the final go-around Sept. 28 will start at 5 p.m.

Some of the attractions scheduled to be at the rodeo are the world's largest steer, Cowpoke, and some of the best cowboys and cowgirls in rodeo today.

Last year, the Barstow Rodeo featured more than 350 cowboys and cowgirls, who competed in the various rodeo events. This year, the rodeo is adding an event for service members stationed at MCLB Barstow and NTC Fort Irwin.

Marines and soldiers are invited to

participate in Bull Poker. Bull Poker is a contest to see who can hold their hand of cards the longest with a bull let loose with them in the arena. The last one to leave the table is the winner.

To sign up for Bull Poker, call Master Gunnery Sgt. Kim Ortamond, the Marine Corps Mounted Color Guard staff-noncommissioned officer in charge, at 577-7302.

Cowpoke, billed as the world's largest Holstein steer, weighs over 2,000 pounds and towers up to six feet tall, said Mal Wessel, Barstow Rodeo organizer.

He comes from the Movieland Animal Ranch in Winchester and is being brought here by the B&E Dairy in Barstow, according to a news release. For a small fee, children will be able to get their picture taken with Cowpoke.

The first person to guess Cowpoke's exact weight will receive a free picture on his back.

This year's Rodeo Queens will also be crowned at the rodeo Sunday. Last year the Rodeo Queens of the Barstow Rodeo donated 25,000 minutes of calling card time to Marines deployed to

Iraq during Operation Iraqi Freedom.

Tickets are on sale at the Information, Tickets and Tours Office in Building 342, and through Brenda German at Maintenance Center Barstow on base. ITT's phone number is 577-6541, and German's phone number

is 577-7139.

Tickets are also on sale in town at the Barstow Area Chamber of Commerce, Soutar's Dodge, Dessert Community Bank, Peggy Sue's Nifty 50's Diner and the Boot Barn in Victorville. For more information, call 252-3093.

MCLB's drinking water proven safe

By Lance Cpl. Andy J. Hurt
BARSTOW LOG staff

Anyone who has seen the hit movie "Erin Brockovich" knows that the city of Hinkley, Calif., the town in which a water supply contaminated with hexavalent chromium spread cancer and grief, only to be "saved" by the quirky, scantily clad, foul-mouthed legal assistant played by Julia Roberts, is within close proximity to MCLB Barstow. This may strike fear in the hearts of many a Marine and civilian alike. Fear, that is, if they have failed to review MCLB Barstow's annual Consumer Confidence Report.

At least four times per year at MCLB Barstow, the drinking water is tested at both Nebo and the Yermo Annex. Annually, a

Consumer Confidence Report is issued and made available to the public in the Barstow Log and on the base intranet at <http://www.mclbonline/dept/environmental/water/2002ccr.htm>.

The report provides a matrix of water sample tests and results performed each quarter throughout the last fiscal year on base. This year was no exception, and in June the 2002 Consumer Confidence Report was released to the public. Drinking water on base, funny as some people think it tastes, smells or looks, is safe and fit for human consumption.

The sources of drinking water, both tap water and bottled water, include rivers, lakes, streams, ponds, reservoirs, springs and

See WATER Page 4



Sept. 19 is National Prisoner of War/Missing in Action Recognition Day. Marine Corps Logistics Base Barstow is co-sponsoring a special ceremony with the Veterans Home of California-Barstow to celebrate the return of former POWs living in Barstow and neighboring communities, and remember those still missing. Former POWs will receive special recognition and "You Are Not Forgotten" mementos. The public (military and civilian) are invited to attend lunch, which will cost \$4 and starts at 11 a.m. with the ceremony following. Uniform for Marines participating in the ceremony is Dress Blue "D" or equivalent for other service members. Uniform for Marines who are not in the program is Dress Blue "D" or the equivalent for other service members and business casual for civilians. For more information, contact public affairs at 577-6430 or e-mail editor@barstow.usmc.mil.

The Commander's Forum

The "Commander's Forum" is a tool of the base commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to Forumc@barstow.usmc.mil.

Submission guidelines

The Commander's Forum is used to keep the work force informed, to explain why things are the way they are or appear to be, and, when possible, to correct situations or make improvements.

Every Commander's Forum call or e-mail is researched, even if it is not published in the Barstow Log. If "callers" identify themselves, they will receive a response.

It is a valuable two-way communication channel through which people may address concerns they're not able to resolve through the normal chain of command.

The key to having a question and its response published in the BARSTOW LOG is that the it be specific and address things that may impact a significant amount of the base employees or tenants.

Q Are you aware of the fact that there are Mexican nationals working on base? They're part of the work crews demolishing the old housing. Now I know that Pass and ID probably did a cursory examination of their identification documents but false IDs and social security numbers are easy to come by. It would seem to me that there should be a thorough examination of

their work documents. I'd like to know if base authorities contacted the INS or FBI in order to confirm the legality of these workers. Thank you.

A We are aware that Mexican nationals are working aboard MCLB. According to Southwest Division of the Naval Facilities Engineering Command

(who administrates the majority of our construction and maintenance contracts on base) unless specifically called for in the contract, there is nothing to preclude qualified contractors or sub-contractors from hiring legal residents of the United States (i.e., those with "Green Cards"). It is against the law to hire illegals; therefore, it is the responsibility of the contractor/sub-contractor to ensure their employees

are legal residents.

The Provost Marshal's Office performs checks on all contractor personnel prior to granting them

base access.

All contractor personnel are subject to the same checks, regardless of their citizenship.

Positive attitude overcomes

By Lt. Cmdr. Randel Livingood
Base Chaplain



In a recent conversation I listened as a young man told me how out of shape he was and how overweight he felt.

He seemed saddened by his condition and genuinely dissatisfied with his current

state of affairs. He said that he felt listless, had low energy, and that his self-esteem was at an all time low because of his appearance and lack of fitness.

As I listened, I thought about how to try and guide this person toward a better sense of self so that he might be able to overcome his inertia and do something positive about his circumstances. This person is not morbidly obese, nor does he have any health problems that would preclude him from physical activity.

After ascertaining these facts I suggested that he start developing a fitness plan that included walking and rethinking his eating patterns so that he could improve his health. I noted with some amazement what he said next.

He indicated that he did not like to exercise and that he was not motivated enough to start exercising or changing his eating habits.

When I reiterated that he did not have to go run a marathon to begin with but could tailor the exercise regimen to suit his time schedule and level of personal fitness, he emphatically told me that he really had no motivation to exercise and that he supposed he was doomed to being an overweight couch potato for the rest of his life.

My response to him at this point was that getting in shape and changing his eating habits was too much like work. He responded that I was right.

I found it interesting that he reflected an attitude that is not uncommon for many. We seem to want to have the physique of an athlete but we are mostly unwilling to take the steps to earn it.

We want to take a pill to help us lose weight because to actually have to stop slamming down donuts and coffee in the morning, big juicy hamburgers at lunch, and rich cheesy pasta at dinner is just too much trouble.

If they had a pill that would dramatically increase our fitness levels we would take that

See **CHAPLAIN** Page 9

Just doing my job ...



Photo by Maj. Clarence T. Guthrie III

Giovanni "Gio" Galacgac, civil engineer for the Public Works Division here, recieved his commission, while being accompanied by Cmdr. Jeff Johnston, director of Installation and Logistics here, during a Sept. 7 ceremony in Las Vegas. Galacgac is attached to Naval Reserve Civil Engineer Corps Construction Battalion.

Chapel Services

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

Morning Prayer in the Building 15 Administration Office Tuesday at 8:30 a.m.

Catholic Rosary

First Saturday of every month.

3 p.m. at the Base Chapel.
For more info call 577-6849.

Episcopal Mass

Tuesday at 4 p.m. at Building 406 in Yermo.
Thursday at 11 a.m. at the Base Chapel.

For more info call 577-6849.



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
Editor: Cpl. Joshua Barnhardt
Correspondent: Lance Cpl. 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.

Lunch Menu

Unless otherwise indicated lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Chicken fried steak
Friday – Breaded hoki fish, macaroni and cheese
Monday – Chicken tenders, corn on the cob

Tuesday – Sliced pork roast, mashed potatoes
Wednesday – Beef stir fry
 Active duty military \$3.25, all others, \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Lunch is served at the Family Restaurant from 10:30 a.m. to 1 p.m. At the Cactus Cafe from 11 a.m. to noon.

Cactus Cafe serves hamburgers, subs, salads and other line items available for walk in lunch – for other Family Restaurant lunch menu items, call in orders before 9:30 a.m. to the Family Restaurant at 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 8 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m.

Family Night Dining

Tonight – Italian night. Angel hair pasta with chicken alfredo sauce, beef stroganoff with egg noodles and dessert, plus a fountain drink of choice.

The Family Restaurant is open Mondays through Wednesdays and Fridays from 4:30 to 6 p.m. for dinner. They offer a dinner menu as well as regular menu service.

Pass and ID closed for lunch

The Pass and Identification section will be closed for lunch from 10:30 to 11:30 a.m. Mondays

through Fridays. Normal hours of operation are now from 7 to 10:30 a.m. and 11:30 a.m. to 3 p.m. daily. Call 577- 6969 or 577- 6371 to schedule an appointment.

Deadline for CAC ID

All military and civilian employees (to include eligible contractors) are to have their Common Access Cards by Oct.1. To get the new CAC IDs, personnel need to make an appointment at the Pass and ID office by calling 577-6969 or 577-6371.

The Pass and ID office is open from 7 to 10:30 a.m. and from 11:30 a.m. to 3 p.m. daily.

Military Mixer

The annual community-wide Military Mixer will be held at the Veterans Home of California-Barstow Sept. 24 at 6:30 p.m.

This is the 13th year individuals of all military ranks and civilian walks of life will gather to become better acquainted and strengthen relationships in a friendly and social atmosphere for the betterment of local military and civilian communities.

Advance tickets, which include an ample array of delicious hors d'oeuvres, are \$15 for military officers, enlisted personnel E-6 and above, and civilian leadership. Cost for military personnel E-1 through E-5 is \$10. Tickets are \$17 at the door except for "will call."

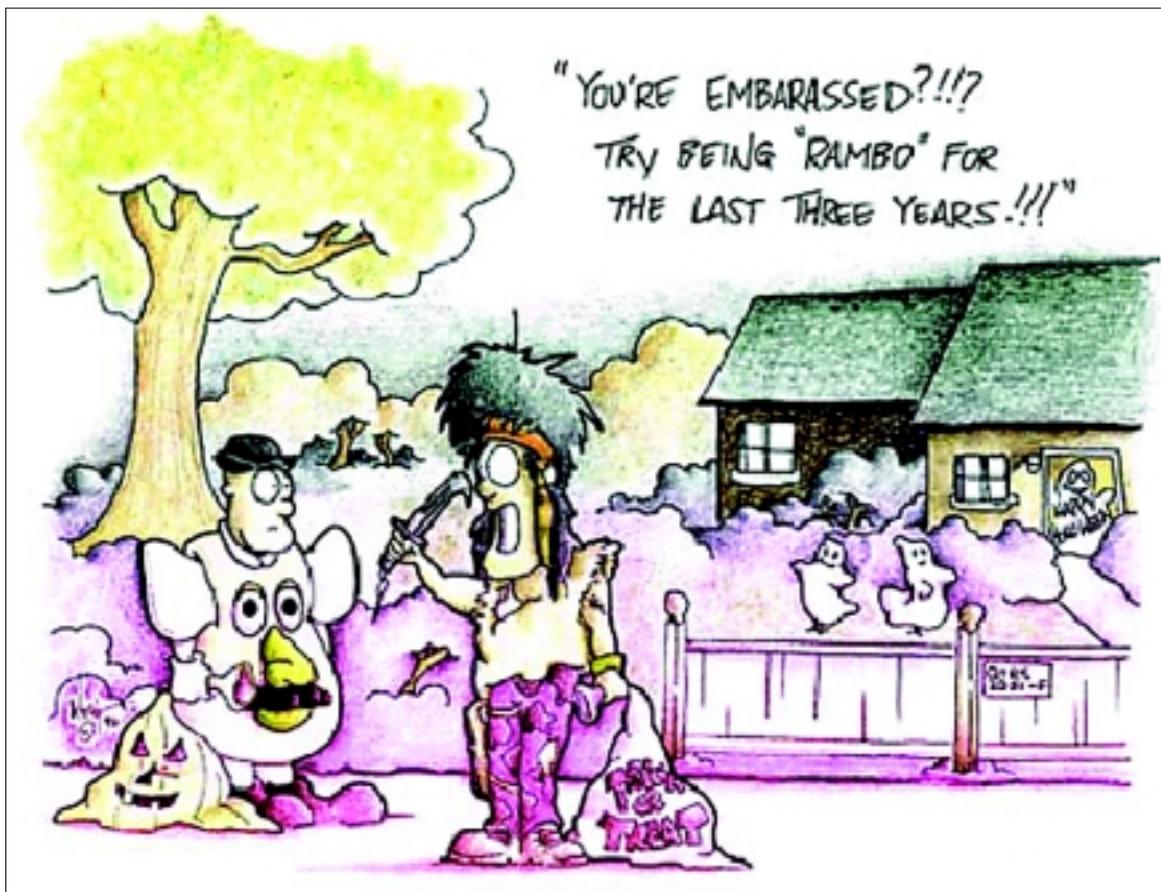
A no-host bar will also be available.

Tickets are available at the MCLB Public Affairs Office, Building 15, the NTC/Fort Irwin Public Affairs Office, Building 983, the Chamber of Commerce, 409 E. Fredericks, and the Veterans Home of California-Barstow, 100 E. Veterans Parkway. For food preparation purposes attendees are requested to purchase tickets by Sept. 17.

For more information or to order "will call" tickets contact the Chamber of Commerce at 256-8617.

CFC kicks off

The annual Combined Federal Campaign kicked off Monday and is scheduled to run through Oct 17. This year's coordinator, 1st Lt. Michael Smith, of MCLB Barstow's



Finance Office, is looking forward to another successful campaign.

The goal again this year is to make 100 percent contacts with all of MCLB Barstow's Marines and civilian Marines. The CFC contacts are:

Name	Section	ext.
Agnes Bialkaski	Base Safety	6266
Barbara Rodriguez	C&P	6247
Merideth Taylor	HRO	6478
James Brown	Utilities	6512
Viola Edwards	I&L	6294
Michelle Eichler	MCB	7811
Gy. Sgt. Cherry	PMO	6666
Gy. Sgt. Green	I&L	6183
Staff Sgt. Johnson	HqBn	6851
Gy. Sgt. Jones	Housing	6871
Bertie Dailey	PAO	6430
Heather Hess	MCCS	6963
Maj. Wesely	SJA	6879
Ruby Adams	Comm	6211
1st Lt. Kut	FSD	7611
Beverly Short	OGC	6249
Carlos Alborno	Environ.	6856
CWO Charles	ASD	6727
Dallas Harris	DDBC	6434
Billie Reed	FSD	7857
Patty Geary	Commissary	6404
HM2 Corcoran	Medical	6491

ext. 128

MCCS One Source adds new category

MCCS One Source announced recently that it has added a new category to its online service. "Military Life" now appears on the home page as a second choice under "How may

we help you?" Service members no longer have to dig to find important information. MCCS invites personnel to check out the new category and send them any comments about "Military Life." The change is one of many that MCCS has made in its continuing effort to make the site more focused on service members and their families.

Occupational Health move

Occupational Health is in the process of moving its office from Yermo Annex to the Barstow Branch Medical Clinic at Nebo.

The move is to help improve the efficiency and employees' time lost from work by providing a building in which all labs, x-rays, audios and Pulmonary Function Tests are accomplished during the same visit.

Prior to the move patients were heading to three different areas to complete this.

The move will be completed by Sept. 8 and the new process will begin at that time.

All employees scheduled for audio, PFTs, Labs, or CXR should be at the Branch Medical Clinic at Nebo by 6:25 a.m. to begin processing.

They will then head to work after their medical evaluations are complete. Each employee will be responsible for checking in with the receptionist and before leaving checking out with the receptionist to make sure his or her medical evaluation is complete.

The Occupational Health team is very excited about this move, according to Lt. Kelly Leigh Horn, general medical officer at the Branch Medical Clinic.

Once the move is complete the Yermo employees will spend one morning conducting Phase One of their physicals, which includes x-rays, audio, PFTs and labs, at Nebo.

After completion of Phase One they will report to the dispensary at the Maintenance Center for Phase Two, which is a physical by the doctor, on Wednesday morning.

These appointments will be scheduled approximately one month after the Phase One process to allow sufficient time to gather all the results for the day of their physical.

Nebo employees will report on Tuesday mornings to the Nebo clinic for scheduled appointments approximately one month after their Phase One is complete.

The employees will be contacted and scheduled by the Occupational Health receptionist.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-321-03-NR	Industrial Maintenance Mechanic	09-15-03	10-14-03	09-19-03	MCLB Barstow
	GS-1601-14				

Applicants interested in the above positions should submit résumés online at the following Web sites: <http://www.donbr.navy.mil> and/or <http://www.usajobs.opm.gov>.

For information regarding open continuous announcements go to <http://www.donbr.navy.mil>
 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, 577-6279, or 577-6481.

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

Eye contact critical for effective communication

By **Cindy L. Martinez M.F.T.**
Personal Services Division

Editor's Note:

This is the first of four articles dealing with interpersonal communication.

When couples go into a counseling office, one of their main concerns that they want help with is communicating. "We don't talk to one another, anymore," the couple states. This can be very deceiving information for a counselor. What do they really mean? Are they really not talking to one another, or are they talking and no one is listening?

Couples oftentimes find themselves unable to resolve conflicts. Many couples become frustrated. As a last resort before a divorce, many couples come into Personal Services Division looking for a counselor who might tell them what they are doing wrong. Most

of us think we know how to talk to the opposite sex, but many fail in the finer points of getting our point across or communicating necessary information. We certainly have difficulty in our American society communicating feelings. Men seem to mostly get the bad rap for this, but in my practice I have found that women too have problems communicating feelings. Don't get me wrong; women are great at communicating emotion, but they may also have difficulty communicating feelings.

In these next series of articles, my goal is to help the average couple communicate more effectively to enhance their relationships with their spouses. Please try and practice them. It just might help.

Make eye contact.

It's been said that the eyes are the windows of the soul.

Eyes can communicate love, anger, rage, frustration and desire even when words are not spoken. Eye contact communicates that you are interested

and listening. Eye contact enhances verbal communication. Lack of eye contact may cause unnecessary tension to the person you are talking to. The person may feel that he or she cannot trust you or that you are lying. Sometimes people are not comfortable with direct eye contact. They may be of a different culture or are not comfortable with what you are talking about. Some helpful suggestions might include the following:

Focus on the other person instead of yourself.

Draw your eyes upward to meet the other person's eyes.

Sit facing one another.

Turn off the radio and the television.

Compliment her or him sincerely.

Pay attention to what the person is telling you.

Alleviate your stress and anxieties by taking several deep breathes and smile.

If you want further assistance, please call Personal Services Division at 577-6533 and speak with a counselor.

WATER from Page 1

wells. As water travels over the surface of land or through layers of the Earth's crust, it dissolves naturally occurring minerals, and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals and human activity. The presence of these contaminants does not necessarily mean water may be a health risk.

The Consumer Confidence Report monitors contaminant levels found in samples taken from a wellhead assessment on the MCLB Yermo Annex. Levels are compared to standards and regulations set by the state of California and federal regulations.

"People think we set the regulations," said Michael R. Cox, water quality manager at the Environmental Division here.

Contaminants that may be present include microbial

contaminants such as viruses and bacteria that may come from sewage plants, septic systems, agricultural livestock operations and wildlife. Other contaminants may include inorganic chemicals, pesticides and herbicides, organic chemicals and radioactive contaminants, which can be naturally occurring or be the result of oil and gas production, as well as mining activities.

Contaminant levels are compared a maximum contaminant level (MCL), the legal tolerated level of contaminants present in a water source. If levels are above the MCL for a detected chemical, further testing is conducted. Customers are immediately notified of contaminants above the MCL, and the water source is shut off until the problem is fixed. The environmental division provides bottled water in such cases, said Cox.

Contaminants are measured on a scale of four different units. Parts per million (ppm) is the equivalent to three drops of

See **WATER** Page 10

National Defense University pubs share knowledge

By Spc. Chuck Wagner
Special to American Forces
Press Service

WASHINGTON — It's no secret that a successful military strategy requires information from the field and powerful thinking in the board room. It may not be well known that some of the brightest minds in America's defense share their knowledge with the public.

The NDU Press in Fort McNair's National Defense University publishes the insights and ideas of writers in the national security community as part of the university's outreach program.

For their audience of service members, academics and defense decision makers, NDU Press publications are a chance to learn from the experts and the experienced.

The press publishes 10 to 12 books, monographs and reports

each year, and puts out the full-color, glossy-paged Joint Force Quarterly, as well as several dozen current affairs newsletters.

"We support professional military education, and we support defense and foreign policy," said Robert Silano, publications director and Joint Force Quarterly editor. "Everything is unclassified, nothing is copyrighted, it's public domain, and it's all for educational purposes."

NDU Press has a split personality, Silano said. It is a publisher of books related to policy, strategy and national security, and through JFQ, it also addresses operations-level topics that aim to "promote understanding of the integrated employment of land, sea, air, space and special operations forces" according to the magazine's mission statement.

"A good deal of the books are written by people here at the university," said Silano. "Most are

generated by our own research efforts."

The press puts out several dozen Strategic Forum newsletters each year that allow contributors to issue briefs on timely topics. NDU Press can't publish all submissions, and chooses selections based mostly on topic, budget limits and workload, Silano said.

The press commissions many projects from faculty members and resident fellows, said Silano, but has printed unsolicited submissions. Author John A. Wickham delivered the book "Korea on the Brink" as a manuscript ready for editing. NDU released the book in 1999.

Silano enlists works from various subject-matter experts for some publications. The press's most recent book, "The People's Liberation Army and China in

See NDU Page 9



Col. Liz Bergman, base commander signs her Combined Federal Campaign donation slip as 1st Lt. Michael Smith, CFC director, stands by. The CFC is an annual fundraising campaign which allows donors to select from literally hundreds of local and national charitable organizations. For more information on how to donate to the CFC, Marines and base employees should see the list of CFC contacts on Page 3, or contact Smith at 577-6726.

Sept. 11 remembered in Barstow ceremony



Photo by Lance Cpl. Andy J. Hurt

A junior patriot waves the American flag, during the Sept. 11 ceremony at Robert A Sessions Memorial Sportsark in Barstow, where hundreds of people gathered to "remember the fallen" and "celebrate our freedom."

Lance Cpl. Quyen Au, a working dog handler with MCLB Barstow's Provost Marshal's Office, as well as other military policeman from the K-9 unit here performed a 50-minute demonstration for crowds at the Sept. 11 ceremony. By demonstrating the dog's speed, strength and ability, the MP's wooed the crowd.

Photo by Lance Cpl. Andy J. Hurt

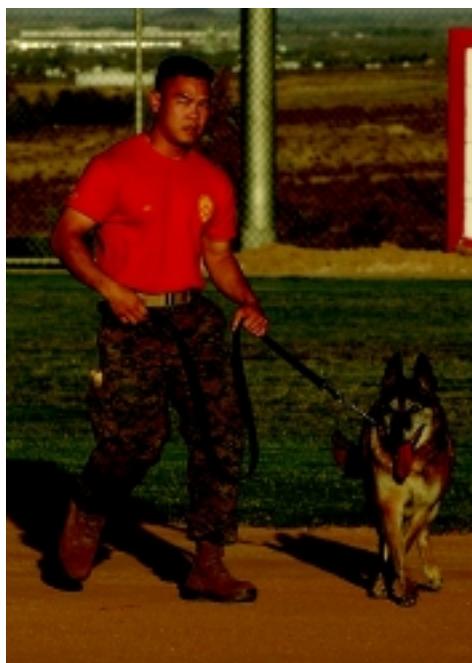


Photo by Lance Cpl. Andy J. Hurt

A joint color guard prepares to retrieve the colors at the end of the ceremony. Members of the joint service color guard present at the Sept. 11 ceremony included (from right to left) Lance Cpl. Elizabeth Macias-Rojo, Air Force Staff Sgt. Kalua Crow, Lance Cpl. Matthew Kogut, Hospital Corpsman 3rd Class Jeffery Pearson and Army Sgt. 1st Class Charles King. Not pictured are Marine Sgt. Alex Arrieta and Army Staff Sgt. Jason Yearwood.



Photo by Lance Cpl. Andy J. Hurt

MCLB Barstow Installation Division maintenance work leader Leroy Fearon sings "Stars and Stripes" at the Sept. 11 ceremony held at the Robert A. Sessions Memorial Sportsark in Barstow. Fearon also sang "God Bless the USA," by Lee Greenwood.

Around the Corps

American military delivers polio vaccine in Ethiopia

By Sgt. Bradly Shaver
CJTF-HOA

Camp Ramrod, Ethiopia - An Army reserves team from the 478th Civil Affairs Battalion (Special Operations) supporting Combined Joint Task Force - Horn of Africa, vaccinated more than 15,000 children in the Ethiopian region against polio, Aug. 29 - Sept. 5.

In the seven-day period, the civil affairs team from Miami traveled across the eastern portion of Ethiopia

providing polio vaccinations to numerous villages and communities.

"The polio campaign we have done is a massive effort for the people of Ethiopia," said Army Capt. Fitzroy Grizzle, team leader with 478th CA BN. "It is an annual event in coordination with the World Health Organization, the United Nations Children's Fund, Rotary International, United States Agency for International Development and many governments across the world.

"We are pleased to be part of this

campaign by providing logistic support and transportation to the villages that need it most," said Grizzle.

Traveling in their High Mobility Multipurpose Wheeled Vehicles, the civil affairs team found themselves crossing mountains, raging rivers and extremely rough terrain to reach as many villages as possible in the seven-day period.

Upon arrival to the towns, the team passed out the vaccine to those in charge and even administered the children's vaccinations, which is given

orally to children under the age of five.

Army Spc. Tony Vinas, medic with 478th CA BN, said giving the children the vaccinations was an enjoyable feeling.

"I could never have done this type of operation and training back in the states," Vinas said. "I'm glad I got to come here and contribute my help."

"Coming to Africa, working in this type of environment has been a very rewarding and a good learning experience," said Grizzle. "We in civil affairs, were called in as reservists to execute a mission that gives us great satisfaction by participating in the War on Terrorism.

"By being here improving the quality of life, welfare and health of the Ethiopian economy, we are deterring terrorist organizations," Grizzle said. "With our forces being here, it makes it difficult for terrorists to find support or even operate in this environment."

As a small group, separated from

their battalion, the members of Civil Affairs team in Camp Ramrod have relied on teamwork to get the mission completed.

"Our efforts are geared toward ... the villagers in this region," expressed Grizzle. "We are tasked with improving the perception of U.S. military forces, we also help to make it a more permissive environment for the U.S. military to operate in the region.

"We are building an excellent relationship with the civilian population," he said. "We are like ambassadors, representing not only the U.S. military, but the United States as a whole."

A local interpreter said the people are thankful U.S. forces are in Ethiopia helping the local villagers better their lives, and the sense of community has increased tremendously.

Providing assistance in health, education, veterinary treatment or military training, helps local Ethiopians remain very positive about the American presence in Ethiopia, he said.



Photo by Sgt. Bradly Shaver

Army Reserve Spc. Tony Vinas, a medic with 478th Civil Affairs Battalion supporting Combined Joint Task Force - Horn of Africa, administers polio vaccinations, which is given by mouth to children under the age of five, to a small village near Camp Ramrod, Ethiopia.



Photo by Sgt. Bradly Shaver

Traveling in a High Mobility Multipurpose Wheeled Vehicle, the 478th Civil Affairs Battalion supporting Combined Joint Task Force - Horn of Africa, found themselves crossing mountains, raging rivers and extremely rough terrain in eastern Ethiopia to reach as many villages as possible in a 7-day polio vaccination program.



Photo by Sgt. Bradly Shaver

An Army reserves team from the 478th Civil Affairs Battalion (Special Operations) here supporting Combined Joint Task Force - Horn of Africa, assist a polio vaccination campaign in Ethiopia. The Civil Affairs team provided polio vaccinations to more than 15,000 children in the region, Aug. 29 through Sept. 5.



By Jim Gaines
MCCS Publicity

Fragrance Sale

The Fragrance Sale is in progress at the Super Seven Day Store and will run through Oct. 12.

Women's fragrances as well as men's cologne and after shave are on sale at special prices. Drop by the Super Seven Day Store and check out these great bargains.

For more information call the Super Seven Day Store at 256-8974. 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.

SMP to see baseball game

The Single Marine Program will be going to watch the Los Angeles Dodgers play the San Francisco Giants Saturday. Sign up sheets are posted at the

base gym, the Super Seven Day Store and the barracks. For more information call Somer Meeden at 577-6817 or Brenda Petrucio at 577-6971.

Football at the Enlisted Club

Saturday, Sunday and Monday enjoy all the football you want.

The football weekend at the Enlisted Club is open to all ranks, anyone over 18 years of age are all invited to come on down.

Saturdays feature college football. Sundays feature NFL football all day from 10 a.m. to 8 p.m. as well as a free barbecue. Monday nights feature NFL Monday night football.

It's a football festival at the Enlisted Club, so come on over and enjoy the games - NCAA, NFL Sunday Ticket and NFL Monday night football.

All ranks are welcome and encouraged to drop by.

For more information call Tammy Younger at 577-6418.



presents ...

**NTC Commanding General's & MCLB
Commanding Officer's
Golf Tournament
Sept. 26**

7 a.m. Registration

8 a.m. Tee time

Entry fee \$20 (cart additional)

4-person teams (form your own team
or we can put you in a team)

Registration deadline is Sept. 24

Limited to first 60 registrants

Continental breakfast and lunch provided

Sign up at Tees and Trees Golf Course
today! For more information call 577-6431.



Brought to you in part by:

Phoenix Construction Services
Clauss Construction
Brown Bag Sandwich Co.

NOT A DEFENSE DEPARTMENT OR MARINE CORPS ENDORSEMENT



**Tees
and
Trees**
Golf Course

CHAPLAIN from Page 2

because it is too difficult to get up in the morning to go and work out. It would disrupt our day and we might miss our favorite TV show in the evening if we exercised then.

I have to wonder where we learn these attitudes. I say we, because I find myself struggling to do the things that I know I need to do. I'm lucky, I have my own personal cattle prod to help me get out and exercise.

I have a personal phone call everyday that goes something like this. "Chaplain, you ready to run?" I have to respond with "yes" or "Oorah" (something affirmative) because the embarrassment of whining and saying "no, I don't feel like going today" just doesn't cut it.

So I manage most days to go out and get some exercise. The point is that after doing this for a while I learned how to do it without being prodded. I believe that is what St. Paul had in mind when he said, "Do all things without murmuring and

arguing so that you may be blameless and innocent...without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world," (Philippians 2:12).

There is no joy in doing the things that we need to do with a bad attitude, grumbling the whole time. It only detracts from the enjoyment of those around us. I will be the first to admit that many times work, like exercise can be challenging and difficult, but the key is to do things without complaining.

As we do, we will develop a lifestyle of positive attitudes that will begin to permeate our lives and the lives of those around us. In a world in which the prevailing attitude is one filled with complaining and poor attitudes a positive demeanor will stand out like a bright star in the night sky. The great thing about keeping a positive attitude is that it's contagious!

Peace,
Fr Randel

NDU from Page 5

Transition," compiles the work of 18 writers knowledgeable on the subject.

On average, the press publishes 5,000 copies of each book, and offers them free to universities, "think tanks" or other groups that request copies for educational purposes. Digital files of the books are available on the university's Web site. Most NDU Press publications also are sold through the Government Printing Office.

About 35,000 free JFQ magazines are distributed quarterly. The Army, Air Force and Marines have "pull down" distribution, which responds to requests for the magazine. The Navy automatically "pushes down" issues to various distribution points, but also responds to requests. Readers can subscribe, read online or download JFQ.

JFQ is targeted to officers between staff and war colleges, explained Silano, "basically active duty O-4s and O-5s."

In 1992, then-chairman of the Joint Chiefs of Staff Gen. Colin Powell established and edited the magazine. Powell intended for the publication to educate officers serving with or about to join their

first joint assignment, Silano said, yet the magazine appeals to all ranks and services because of its real-world input from the field or fleet.

Because JFQ focuses on operations, military personnel send in nearly 60 percent of its submissions.

"I am always actively looking for military contributors," said Silano. "We'd like to have more, but military contributors are obviously busy doing what we'd like them to write about. Our civilian contributors usually have more time to write."

Eight staff members work in the press's offices; four are involved in editing. The office shoots high with each publication's standards, Silano said.

"We are not looking for puff pieces. We want serious, informative articles," he said.

Silano said he publishes about a quarter of all submissions to JFQ. He does not want to discourage potential contributors, he added, but likes contributors to know what he's looking to print. The National Defense University Web site explains how to submit to the press's various products. Each JFQ magazine also provides details on submitting.

WATER from Page 4

water in 42 gallons, one second in 12 days or one inch in 16 miles. Parts per billion (ppb) are equal to one drop in 14,000 gallons, one second in 32 years or one inch in 16,000 miles. Parts per trillion (ppt) or nanograms per liter, are equal to 10 drops in enough water to fill the Rose Bowl, one second in 32,000 years or one inch in 16 million miles.

Finally, parts per quadrillion (ppq) or picograms per liter, are equal to one drop in 13.2 billion gallons, one second in 31.7 million years or one drop of water in enough water to fill 100 Rose Bowls.

An independent contractor is hired each quarter to test wellhead systems at the Yermo Annex, said Cox. In the year 2002, 71 organic contaminants were tested with zero detection levels.

Follow-on testing showed all drinking water wells at Yermo are testing below the MCL for gross alpha radiation, gross beta radiation, radium, uranium and radon 222, according to the 2002 Consumer Confidence Report.

The drinking water supply at Nebo comes from a different source than the Yermo Annex. The Southern California Water

Company (SCWC) pumps drinking water to Nebo from the Mojave River Basin.

Cox said that another contaminant sometimes present in drinking water that customers worry about is nitrate, a chemical common in sewage collection systems and parks, as well as office complexes and apartment buildings. High nitrate levels can interfere with the capacity of an infant's (less than 6 months of age) blood to carry oxygen, resulting in blue baby syndrome, said Cox. According to the 2002 Consumer Confidence Report and SCWC report, nitrate levels on MCLB are below the MCL.

Funny taste and smell in drinking water here is relative, said Cox, adding that the Environmental Division receives numerous queries each year about water taste and smell.

"It all depends on where you came from," said Cox.

The reports showed no major violation of any contaminant levels. A single contaminant recorded above the MCL was retested and found to be within regulations. Cox said he credits the "high levels" to incorrect readings.

Although the tests are extremely accurate, said Cox, the test

process itself relies heavily on the contracting agency.

Error can occur when sample-collecting containers are not sterilized or have not been properly handled. Samples have a set time limit in which they are to be tested, preventing chemical change in the samples.

Preservatives are utilized in sample collecting devices, and oftentimes samples must be stored in a constant temperature that may vary from outdoors or room temperatures, requiring ice or heat during storage, said Cox.

"The water quality here is good," said Cox, "I wouldn't feel good about my job if I knew it wasn't."

With quality control in place, as well as state, federal and base regulations, Erin Brockovich need not be snooping around MCLB Barstow.

Editor's Note:

The 2002 Consumer Confidence Report and SCWC Quality Reports were used in writing this article. For more information about base water quality, contact Michael R. Cox, water quality manager, at 577-6811 or visit http://www.aswater.com/CSC/Water_Quality/2002/Barstow.pdf

Gunny's Picks

Week 2



Congratulations to Nancy Johnson, IT Specialist with Communications Division, the winner of this week's Gunny's Picks. Johnson went 12 – 3. Originally from the state of Washington, Johnson, a faithful Seahawks fan, is predicting a Seattle victory over St. Louis this weekend. Of her Week 2 win Johnson said "The girls are 2 – 0 (for Gunny's Pick). Come on guys,

watch your stats." Nuff said. After rushing for a record 295 yards against the Browns don't be surprised if Jamal Lewis cracks the 200-yard mark against the Chargers. Can Seattle go for three in a row? Many questions should be answered this weekend. Here are the pairings for Weeks 3.

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 Green Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.

- *Tampa Bay at Atlanta
- *Pittsburgh at Cincinnati
- *Minnesota at Detroit
- New Orleans at Tennessee*
- Jacksonville at Indianapolis*
- NY Jets at New England*
- *Kansas City at Houston

- St. Louis at Seattle*
- NY Giants at Washington*
- *Green Bay at Arizona
- *Baltimore at San Diego
- Cleveland at San Francisco*
- *Buffalo at Miami

Monday Night

Oakland at Denver*
Total points: _____

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