BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 49 | Marine Corps Logistics Base Barstow, California | December 11, 2003

Holiday Safety

Base Safety Office offers helpful advice on how to make your holiday season safer.

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R-E-S-P-E-C-T

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Men stretch out the lead one more week as the season gains momentum.

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Check out the Marine Corps Web site.

http://www.usmc.mil

BARSTOW LOG

https://www.barstow.usmc.mil

Hybrid engine debuts at MCLB Barstow

By Rob L. Jackson
BARSTOW LOG staff

Modern technology has produced an array of items during the last few years, such as the digital video player, Pentium processor, and hybrid automobile.

RailPower Technologies Corp., based in North Vancouver, British Columbia, has advanced travel technology a step further by developing a hybrid locomotive called the Green Goat.

The company unveiled the advanced locomotive to a small group of train buffs, environmentalists, local media, and a few other onlookers at MCLB Barstow on Wednesday to get their impression.

"The idea behind the development of the Green Goat was formulated during a technology conference we attended in 1999," explained Frank Donnelly, chief technology officer with RailPower. "It's built on the same concept as the Toyota Prius, a hybrid automobile powered by both gas and electricity, but on a larger scale."

Donnelly developed and designed the 2,000 horsepower Green Goat and its smaller brother, a 1,000 horsepower locomotive called the Green Kid.

What makes the Goat different than conventional locomotives is that it draws power from a bank of batteries that are charged periodically by a small diesel engine. The engine recharges the batteries then shuts down until needed again, according to Dan Harapnuk, hybrid system associate with RailPower.

"You'll notice that everything is more compact than your typical switcher (locomotive)," Harapnuk said during a showing of the Goat. "It uses a recycled GP-9 locomotive platform, but modified topside to accommodate the battery banks."

This modification lowers the upper portion of the locomotive allowing better visibility for the engineer. Using batteries also offers a 50 to 80 percent reduction in fuel usage during rail operations depending upon the workload. At the same time the Goat offers a much quieter engine and produces an 80 to 90 percent reduction in nitrogen oxide emissions, according to Donnelly.

"You don't have to worry about stack fires, which you see occasionally from the conventional switchers,

Photo by Rob Jackson

Frank Donnelly, chief technology officer with RailPower Technologies Corp., stands in front of the Canadian-based company's hybrid locomotive, the Green Goat. The Green Goat, recently displayed at MCLB Barstow, features low noise, produces 80 to 90 percent less NOx, and offers a 50 to 80 percent reduction in fuel use, depending upon the workload.

See **GOAT** page 5

Toys for Tots effort earns $60,000

By Rob L. Jackson
BARSTOW LOG staff

There will be a few more toys under the Christmas tree this year for high desert children thanks to the overwhelming success of the 24th Annual Toys For Tots Telethon held Saturday at the Barstow Elks Lodge.

Donations from local residents, military and civilian employees of MCLB Barstow and NTC Fort Irwin totaled nearly $60,000 in toys and money, according to Mal Wessel, co-chairperson of the Barstow Community Toys for Tots Program.

The six-hour telethon, which aired on Time Warner Cable Channel 6, boasted auctions that included a car, truck and a gas grill, plus entertainment provided by local celebrities and choirs. As one of the major contributors, donating about 1,200 toys to the Toys For Tots Program, MCLB Barstow's commanding officer, Col. Liz Bergman, was on hand to make the presentation along with Assistant Fire Chief Steve Mulcare and other firefighters with the MCLB Barstow Fire and Emergency Services Division.

In making the presentation Col. Bergman first thanked Mal and Connie Wessel for the many years of work they have done in supporting the Marine Corps Reserve Toys For Tots Program.

She also thanked the Marines and civilian Marines aboard the base for their contributions and support of the program, and the Fire and Emergency Services Division for coordinating a successful on-base program.

Mulcare revealed that this was MCLB Barstow's best year for Toys For Tots in quite some time and attributed that to "Toys for Tots Tuesday," held Dec. 2, and the military and civilian employees aboard base.

Toy donations are still coming in even though the telethon has come and gone, and those toys will be delivered to children at the hospital and Haley House, according to Mulcare.

Toys donated and collected during the telethon will be distributed Dec. 16 – 18 from the distribution point located at 1234 E. Main St., Barstow, in the Von's Shopping Center, said Mal Wessel.

Eligible families can pick up an application at the following locations:

- Mail Boxes and More, 909 Armory Rd., Barstow
- Barstow Chamber of Commerce, 409 E. Fredricks, Barstow
- Desert Manna Homeless Shelter, 209 N. 1st Ave., Barstow
- Department of Social Services, 301 E. Mountain View
- Divine's Liquor Store, 25181 W. Main, Lenwood
- Upton's Complete Market, 475 Yermo Road, Yermo

See **TOYS** page 8

Tips to top off a safe, sound holiday season

Submitted by
Base Safety Office

The holiday season is here. The holidays provide the opportunity to travel long distances to be with family and friends. Such gatherings are not without risk.

Between the Thanksgiving and New Year's holidays last year, 10 Marines and six Sailors died in off-duty mishaps on and off the road. Others were seriously injured.

Families and friends spent the remainder of their holidays attending funerals and traveling to hospitals to visit and care for those who survived.

The prediction this year? Based on past performance, eight Marines and seven sailors could potentially be killed on the road or in other off-duty mishaps in addition to many who will be seriously injured. As supervisors, can we help save these men and women and minimize the grief of their families and friends? Here's how:

Remind your folks to use common sense and risk management when making holiday travel plans. Before you sign their leave chits or approve long weekend liberty, find out where and how far they are traveling. If they are driving, use these techniques:

• **Have them complete a driving mishap risk indicator – self assessment survey** (available at the Base Safety Office) Estimate their risk. High scores are red flags. Provide counseling if necessary.

• **Give each person a copy of the vehicle safety checklist** (available at the Base Safety Office) so he or she can identify deficiencies and correct them. Refer problems to a reputable shop. Recommend winterization of vehicles that will be driven to colder parts of the country.

• **Discourage driving between the hours of midnight and 6 a.m.** This is the time when fatigue strikes with a vengeance and there is an increase in the number of alcohol-impaired drivers on the road. They can kill you no matter how good a driver you are. Encourage drivers to plan ahead and allow plenty of time for rest stops at a safe location every two hours.

• **Emphasize using safety belts and shoulder harnesses** and wearing personal protective equipment on motorcycles. Defensive driving

See **SAFETY** page 5

Respect earns better treatment

By Lt. Cmdr. Randel Livingood
Base Chaplain

As I was doing my daily reading I was reminded of something that has garnered my attention a few times. One of those things that when I experience it I say something like, "I've become my father!"

The story I read was about a vineyard owner who sent workers to go and check on one of his distant vineyards to see how things were going.

The story goes that those who were at the vineyard did not respect those who had been sent. In frustration, the owner eventually sent his own son, believing that they would surely respect him.

Instead they mistreated and killed his son hoping to gain the vineyard for themselves.

This story made me think of the times when I have been negatively impressed by a lack of respect from people.

Now respect goes both ways, so if I cannot display respect for others I should not expect any for myself. So when I run into someone who doesn't seem to show respect I always ask myself if I have shown them respect first.

Now let me elaborate for a moment on what I mean by respect.

Respect is not something that only older people deserve or simply those people who are in power. Rather, respect is for everyone.

I believed that there had been a shift in what people viewed as respect because of some of the behaviors I had witnessed.

For instance, there was a time when people respected each other in mixed company and did not use vulgarity or curse words because it was thought to be impolite. For instance, as a gentleman when you were around ladies you spoke with civility as a sign of respect.

We also did things like let ladies or older people go first into a room

See **CHAPLAIN** Page 4

Just doing my job ...

Photo by Pfc. Jenna Lassandrello

Sgt. Giovanni Valladares, training noncommisioned officer for Headquarters Battalion, volunteers his time Friday to set up the stage for the Toys for Tots telethon on Saturday at the Barstow Elks Lodge. See page 8 for more photos.

Chapel Services

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

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the **Base Chapel.**
For more info call 577-6849.

Nebo Bible Study

Wednesday Noon–1:30 p.m.
At the **Chapel Office.**
For more info call 577-6849.

BARSTOW LOG

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News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to *editor@barstow.usmc.mil*.

Lunch Menu

Lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Sliced roast sirloin of beef.

Friday – Fish.

Monday– Spaghetti w/meat suace.

Tuesday – Teriyaki chicken.

Wednesday – Sliced pork roast.

Thursday -- Honey touched chicken.

Active duty military $3.25, all others, including civilians $4.75. 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 7:30 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military $1.60, all others $3.25.

Family Night Dining

Tonight – Beef or chicken fajitas, taquitos, flour tortillas, Mexican rice, refried beans, salad, fountain drink of choice.

VITA Volunteers

The MCLB Legal Assistance Office is once again gearing up for tax season and seeking dedicated military and civilian volunteers for the Volunteer Income Tax Assistance program. Volunteers will provide free income tax assistance and electronic filing to active duty military, retired military and their dependents for their 2003 income tax returns.

This program is sponsored by the Internal Revenue Service in cooperation with Headquarters Marine Corps through the Office of the Staff Judge Advocate and provides a major quality of life benefit to the military community.

VITA volunteers will attend a two-week training program from Jan. 12 to 23 at Building 236.

Volunteers will become knowledgable in federal and California income tax law. In addition, volunteers will also be trained to use software so that tax returns may be electronically filed.

Each volunteer will be required to commit at least eight hours per week from Jan. 27 to April 15 at the tax center to provide assistance.

If you are interested in helping our military communtiy by participating as a VITA volunteer or would like more information, contact Jacque Fadeley at 577-6874.

Blood Drive T-Shirts

The last blood drive for this year was held on Nov. 20 and it was noticed that blood drive T-shirts were not distributed to donors. In order to receive a shirt, individuals must have donated blood three times in the past year. If you qualify and did not receive a T-shirt, call and give your name, social security number and mailing address to Josie Marquez, blood bank coordinator, at 577-6483.

Safety Shoe Mobile

Safety shoes will be available for purchase on Wednesday at the following locations:

Yermo Annex: Parking lot in front of Building 573 (Maintenance Center) from 7 to 11 a.m.

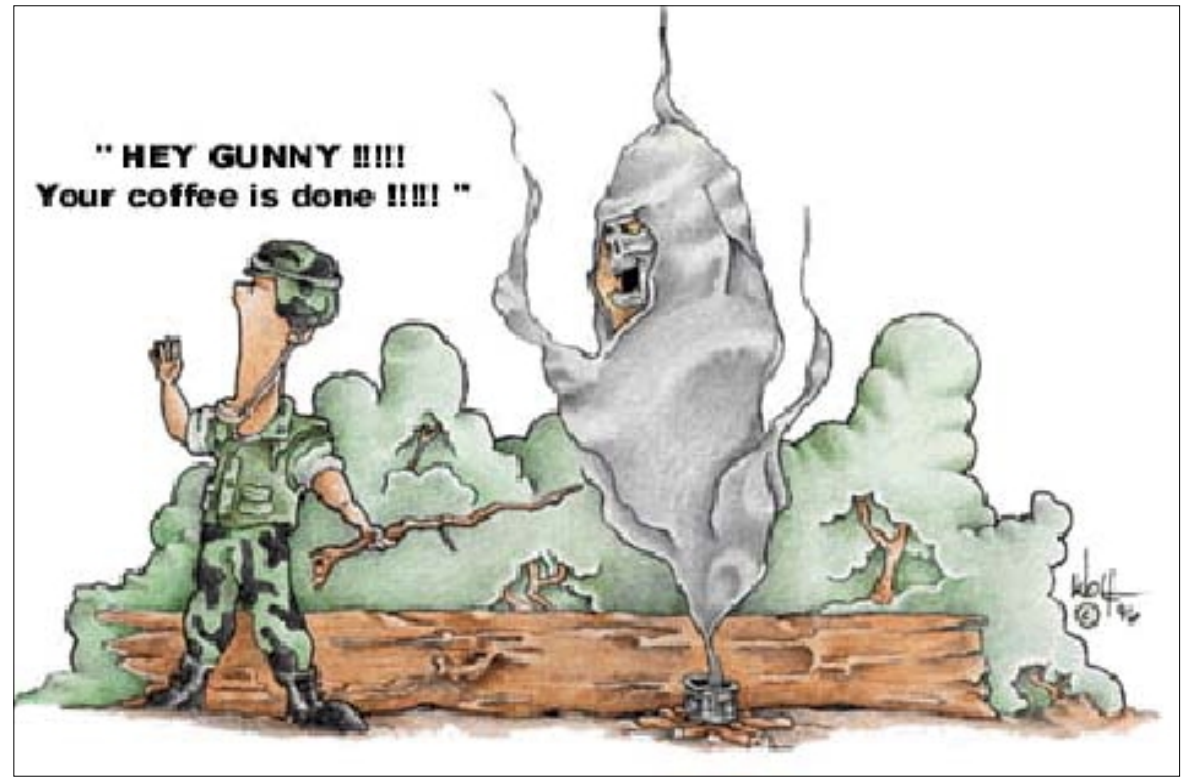
Nebo: Parking lot across the street from Building 236 (east end) from noon until 1 p.m.

For more information, contact Agnes Bialkowski, Base Safety Office, at 577-6626.

Leave Sharing Program

Edward B. Hayes and Margaret Steele have been affected by medical emergencies. Anyone wishing to donate leave may do so under the Leave Sharing Program by obtaining a leave donor application through his or her division/center administrative officer.

For more information, contact Pat Snyder, Manpower and Adminstration Department, at 577-7138.



Construction-Bldg. 129

The Marine and Family Services Division, Building 129, is undergoing minor construction for the next 60 days.

The office has announced it will be open for the regular business hours of 7 a.m. to 3:30 p.m. Mondays through Fridays.

The office requests all patrons please bear with them through this construction.

For more information, contact Bette Poe, administrative support clerk, Marine and Family Services Division, at 577-6533.

Maintenance Complaint Line

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

Barstow Log

The year's last issue of the Barstow Log is slated to hit newsstands Dec. 18 so the Public Affairs staff can take holiday leave.

The first edition of the Barstow Log for 2004 is scheduled to be published on Jan. 8 and will include a "year in review" section.

For more information, call the Public Affairs Office at 577-6430.

Calico Christmas

Calico Ghost Town plans to kick off its Christmas festivities on Dec. 13. A treelighting ceremony will take place at 5 p.m., Santa will be present from 11 a.m. to 4 p.m. and "The Night Before Christmas" will be read at 4:30 p.m. Holiday lights will be shining and Christmas carols will be provided by community choral groups.

Calico Ghost Town is open from 9 a.m. to 5 p.m. daily. Camping cabins and campgrounds are open 24 hours. Calico Ghost Town is located north of Barstow via I-15 to Ghost Town Road. To contact Calico call toll free 1-800-C-A-L-I-C-0 or visit the Calico Web site at www.calicotown.com.

Mystery Shoppers

The Marine Corps Exchange is looking for "Mystery Shoppers" to participate in periodic assessments for the exchange operations.

Mystery Shoppers enter the local exchange as average customers and evaluate the products and services offered. They then provide feedback on the service and quality they received.

Mystery Shoppers must have exchange privileges and are paid $15 to $25 for each completed assignment.

To become a Mystery Shopper, register with Confero, a mystery shopping company contracted by the Marine Corps Exchange, at http://www.conferoinc.com/mccs-mcx.htm. On the Mystery Shoppers page click on the "Apply Here" link at the bottom of the page to complete an application. For more information about the Mystery Shopper program go to http://www.conferoinc.com/mccs-mcx.htm.

Online Training

Online training is available through Army, Navy and other Web sites. Examples of some of the courses include: Microsoft application software, administrative support, communications curriculum, finance, team building, and strategic planning and management. Some courses are free, but courses charging a fee must be authorized by a supervisor.

Training is available at:

MCLB Barstow Online Training at http://www.mclbtraining.com/

Navy E-Learning at http://www.navylearning.navy.mil/

Gov Online Learning Center at http://www.golearn.gov

Graduate School USDA at http://grad.usda.gov

Marine Corps Institute (MCI) Online at http://www.mci.usmc.mil

Chief of Naval Education and Training at https://www.cnet.navy.mil

Army Correspondence Course Program at http://www.atsc.army.mil/accp.aipdnew.asp

Advance Learning Technology Resource Center at http://altrc.gov

Air Force Institute for Advanced Distributed Learning at http://www.maxwell.af.mil/au/afiadl

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-033-04 NR	Industrial Maintenance Manager GS-1101-14	11-21-03	12-22-03	12-05-03	MCLB Barstow
DEU-027-04-A-NR	Firefighter (paramedic) GS-0081-04 (target GS-07)	11-24-03	12-29-03	11-26-03	MCLB Barstow
DEU-032-04-A-NR	Firefighter (paramedic) GS-0081-07	11-24-03	12-29-03	11-26-03	MCLB Barstow

Applicants interested in the above positions should submit resumes, online at the following Web sites: http://www.donhr.navy.mil or http://ww.usajobs.opm.gov. For information regarding Open Continuous announcements point your browser to *http://www.usajobs.opm.gov*. 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, 577-6357/6279/6481. This is not an official list. Please see the Web sites listed for a complete list.

MC-CS MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Holiday Night of Savings

Tuesday night from 4 to 7 p.m., the Super Seven Store will host a Holiday Night of Savings. Come on over and enjoy free beverages and food, wine tasting and door prizes. Savings from 10 to 75 percent off selected items throughout the store, hourly specials, plus discount gas prices! The Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m., Sundays 10 a.m. to 6 p.m. Check for special holiday hours. For more information call 256-8974.

Oasis Club Events

Happy Hour tonight from 3:30 to 6 p.m. TGIFamily Night tomorrow - bring the whole family down for fun and activities. Burn Your Own Steak Night Tuesday, Movie Night Wednesday. The Oasis Club is open Tuesdays through Fridays from 3:30 to 10 p.m.

Enlisted Club Events

Darts, pool, TV and CD music tonight, T.G.I.Friday tomorrow night. Saturday is NCAA College Football Championship Playoffs. Doors open 10 a.m. Sunday is NFL Sunday Ticket. Doors will open at 10 a.m. Monday is Monday Night Football with Philadelphia at Miami, Tuesday is Bar and Grill Night and Wednesday is Midweek Relaxation Hour from 6:30 to 7:30 p.m. Doors open at 6 p.m.

Children's Christmas Party

Bring your child to the Children's Christmas Party Dec. 20 at the Youth Activities Center from noon to 5 p.m. Enjoy all kinds of activities, from Christmas crafts to decorating cookies. All children are welcome! For more information call the Children Services at 577-6473.

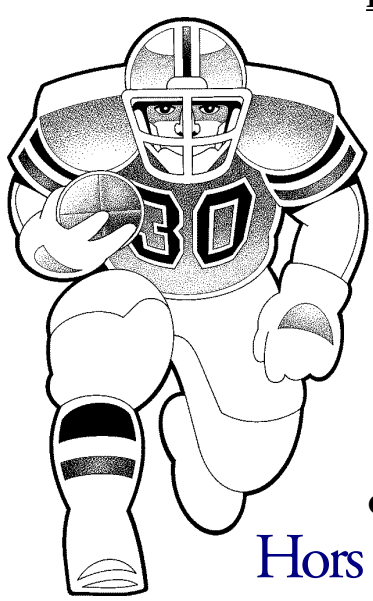
Football Bash

At the E-Club
Tonight at 6 p.m.

Join us for your chance to win:

A trip for two to:

PRIZES • PRIZES • PRIZES PRIZES •
PRIZES • PRIZES • PRIZES • PRIZES •



First Place
- $100 MCCS Gift Certificate
- Dinner for two at the Family Restaurant
- Cola-Cola Binoculars

Second Place
- $50 MCCS Gift Certificate
- Lunch for two at the Family Restaurant
- Coca-Cola tote bag

Third Place
- $25 MCCS Gift Certificate
- Lunch for 2 at the Family Restaurant
- Coca-Cola Hat

Hors d'oeuvre will be served

CHAPLAIN from Page 2

or elevator as a sign of respect.

We used terms like sir or ma'am as a sign of respect as well.

As I said, I had believed that there had been a shift in the ways that people thought about respect until the other day when I encountered a young man while riding a chair lift at a ski resort.

As my wife and I sat there riding up to the top of the mountain I engaged one of the two young men in conversation about snow boarding.

He began to speak and freely peppered his monologue with invectives.

I said nothing at first, but when he continued as though that was his normal mode of speech, I introduced myself as the chaplain at the Barstow Marine base in hopes that it might make a difference since my wife was also having to listen to what this young man said.

When I introduced myself, the young man began apologizing profusely for the way he had been using profanity and began to carry on a conversation that would have, I am sure, been very pleasing to his parents.

So I had to rethink my idea that the ideas of courtesy and respect had changed and realize that they had not changed at all but that people probably just chose not to employ them for whatever reason.

Certainly, being in the Navy I have heard many sailors turn the air blue and so I am not a novice to that kind of language, but that does not mean that I would use that language.

I believe that respect must be given freely and that when it is people learn to treat each other better.

It becomes increasingly difficult to treat someone badly who has treated you with respect and, in fact, it breeds respect in others.

So that takes me to the final point of this diatribe, that I am responsible for respecting others first and that when I do that they can respect me without feeling as though they are doing deference or being subordinated.

I believe that when we begin working toward respecting others that we will discover that the "rules" of respect have not changed and that most people really do know how to behave. We just need to inspire one another to do that.

It doesn't matter if you are young or older, you can be an inspiration to those around you and you can lead the way.

Peace,
Fr Randel

Photo by Lance Cpl. Andy J. Hurt

Marines from Headquarters Battalion play Santa Claus Friday morning as they fight the high desert wind and chill to deliver toys to MCLB Barstow's Fire and Emergency Services Division Toys for Tots collection boxes. Together, the Marines collected dozens of toys that will be distributed to children who are less fortunate than others. See page 8 for more photos.

Photo by Rob Jackson

Guests invited out to see the Green Goat's debut at MCLB Barstow check out one of the massive battery banks which powers the locomotive.

GOAT from Page 1

or oil spills and sprays on the tracks," he said. "What's really great about it is that is built almost completely from recycled parts."

After receiving a brief and up close view of the different components that make up the Green Goat observers were given the opportunity to take a short ride. John Noxon, Transportation Contracting Officer's representative and quality assurance at Public Works, and one of the people responsible for getting the Goat here for a demonstration, was very impressed with the locomotive, so much so that he said he would like to have four of them. As far as pulling power goes, Ray Silva, locomotive engineer with MCLB Barstow's rail crew, revealed that the Green Goat pulled 32 cars the previous week loaded with M1A1 Abrams tanks and Bradley vehicles and it had no problems.

"I was very impressed with it (the Green Goat)," said Silva, a 13-year veteran engineer. "It has great visibility, very good pulling power, and it's very quiet." Donnelly said the Green Goat has performed admirably so far but there is more testing in store for the locomotive, to see how it performs in extreme heat and cold conditions and heavier workloads, before the company begins full production. From concept to placing the Goat on the tracks took about two years, according to Donnelly. So how did they come up with the "Green Goat" title?

"Traditionally the switchers in a rail yard are referred to as 'goats' by the engineers and 'green' represents the environment, thus the name 'Green Goat'," he said.

Technology is constantly advancing. This time it has given the world a much quieter and environmental friendly locomotive. What's next?

SAFETY from Page 2

techniques are a must.

• **Provide speed warnings**. Speeding reduces a driver's ability to steer safely around curves or objects in the roadway. Speed also extends the distance necessary to stop and increases the distance a vehicle travels while the driver is reacting to a dangerous situation.

• **Promote responsible use of alcohol**. Caution against drinking and driving. Lots of good information and safe driving tips can be found at the Base Safety Office.

Highways are dangerous but they aren't the only hazards that kill and injure.

Death from fires and burns peak during the holiday period. With the onset of winter, we turn on our furnaces, light our fireplaces and fuel our kerosene heaters.

If these heat sources are not properly maintained and vented, people can die from flames and toxic gases.

Have your heating system and equipment checked and make sure smoke detectors work.

If you cook with gas, or with other fuels, including wood, install a carbon monoxide alarm.

You're risking a chance of fire if you place Christmas trees too close to heat sources and use electrical lights and extension cords that are faulty.

Be sure yours are "UL" approved and free of defects. Get rid of all those candles and use electric lights instead.

Assuming personal responsibility for your actions and managing risk will keep you and your family safe and healthy during this holiday season and throughout the New Year.

Supervisors, you can help by making safety awareness and risk management a top priority this holiday period. Show you care by putting into practice what you preach.

The ideas outlined above are good starting points. They can be lifesavers.

What better gift can you give this holiday season?

Make it happen.

HEAR THE LATEST NEWS?

If you think you've got something newsworthy, pick up the phone and call the Barstow Log Public Affairs Office at 577-6430. We'd love to hear from you.

Around the Corps

American, French forces make history with commando school

By Sgt. Bradley Shaver
Joint Task Force - Horn of Africa

ARTA PLAGE, Djibouti -- Personnel supporting the Combined Joint Task Force - Horn of Africa made history Nov. 20 when they became the first Americans to graduate from the French Commando School here.

Twenty Army soldiers and five Marines completed the three-week course and were each awarded the French Commando medal and a certificate of completion.

"It was one of the hardest training operations I've faced, but at the same time one of the better schools I've been through," said Lance Cpl. Bryan Napier, who graduated in the top five of his class. "I feel honored to represent the American platoon in the top five. It will definitely be an experience to remember.

Before entering the course, service members were required to take a test ensuring they could meet the physical demands of the commando school.

The test involved pushups, sit-ups, pull-ups, squats, an upper-body rope climb and a 200-meter swim with a rifle.

Within the first few days, the original 34-member platoon had dropped to 26 due to either failing the test or injury during training.

"The reason for attending the French Commando School was to better prepare the soldiers and Marines for nautical and mountain warfare challenges in the terrain of Djibouti," Army Master Sgt. Chris Fields said. "These particular challenges trained each soldier and Marine for a hostile situation if one occurred in an area similar to this region."

The American platoon trained alongside a platoon of French Foreign Legionnaires.

Both accomplished the same training, but as separate units. The two forces participated in training and exercise that included working with each other's equipment and competed in timed races over different courses.

Under the supervision of French instructors, trainees were graded on a variety of exercises requiring the nine-man squads to use teamwork to successfully complete the tasks. With assault packs and rifles slung across their backs, trainees negotiated obstacle courses that forced them to use every member in their squad to complete the course. Engaging in obstacles positioned on mountaintops, attached to a rocky cliff face and afloat in the Gulf of Aden, squads were required to complete courses under a set time. The water and mountain obstacle tracks are eight-part objective courses that must be finished together as a squad. In the mountain obstacle course, squads carefully worked together to accomplish each objective.

Trainees were graded on their ability to complete these obstacles. Combined with the individual track, service members' scores were calculated and used for their final graduation score.

The individual track, called "Hells Way," is built into the side of the mountain with pipes, wires and ropes leading to the eight different objectives.

Although some were hesitant at first, expressing fears of height, all trainees were required to complete the course within a set time.

"The commando school immediately jumped into the training and kept us on our toes at all times," said Napier.

Though the training sounds mainly physical, trainees also received classroom instruction prior to conducting tested training missions.

These classes involved land navigation, explosives, squad formations on land and water, Zodiac beach assaults, ambushes, raids, helicopter flights, cargo drops, knot tying for rope bridges and rappelling, hand-to-hand combat and training for prisoners of war.

"Through the course, the French instructor's methods of instruction and practical applications were set up very well," said Fields.

"As we got physically tired and weary in our upper body, the classes moved to movements and strengthening in the lower body. ... In-between were classes based on knowledge. Their instructions and exercises were scheduled evenly throughout the course."

Several times the French and American platoons joined together for live-fire exercises at various ranges and beaches. The two platoons would exchange rifles to become familiar with each other's weapon and its firing capabilities. Some exercises involved mock medical evacuations by American humvee and French helicopter, while the two platoons would provide suppressive fire on the nearby range.

At sundown, when the trainees were not in the field or in the water operating Zodiacs, they were prepping for scheduled night missions. Marching several miles up and down mountainous terrain, the platoon executed ambushes and raids on specific targets assigned by the instructors.

See **COMMANDO** page 9

Photo by Sgt. Bradley Shaver

Spc. Matthew Vargo, with Combined Joint Task Force-Horn of Africa, struggles to get back on the guide-wire as a French Foreign Legion instructor gives him advice. 26 service members completed the three-week French Commando School at Arta Plage, Nov. 1-20, becoming the first Americans to graduate from the school.

Service members with Combined Joint Task Force-Horn of Africa accomplish an obstacle course built for learning rappelling tactics during the French Commando School at Arta Plage, Nov. 1-20. The training was the first time American forces have gone through the three-week commando course that was held by French Foreign Legion instructors.

Photo by Sgt. Bradley Shaver

READY, FRONT

Non-judicial punishment

A Marine was charged with one count in violation of article 92 on Dec. 4.

The Marine was reduced in rank to E-2, sentenced to 14 days in Correctional Custody Unit, and forfeiture of one-half month's pay for two months. Another Marine was charged with one count of article 86 on Dec. 2. The Marine was sentenced to reduction in rank to E-2 and Correctional Custody Unit for 14 days.

Also on Dec. 4, a Marine was charged with article 92, reduced to E-2, sentenced to 30 days of restriction, and forfeiture of one-half month's pay for one month.

The non-judicial punishment is pending appeal.

Promotions

The following Marines were promoted to their listed ranks in a ceremony at the Base Gym Dec. 1.

Cpl. Jeremiah Russo

Cpl. Doug Yates

Cpl. Michael Sullivan

Lance Cpl. Devin Cantrell

Lance Cpl. Luke Tabio

Good Conduct medals

Sgt. Giovanni Valladares

Cpl. James Castro

Range Scores

Staff. Sgt. David A. Bargas
58 expert

Staff Sgt. Dale J. Cobin
45 expert

Staff Sgt. Jeffrey Goldsworthy
37 sharpshooter

Staff Sgt. David Kempt
36 sharpshooter

Staff Sgt. Jeffrey Kenney
52 expert

Staff Sgt. Jose Sanchez
43 expert

Staff Sgt. Laura L. Sikes
38 sharpshooter

Staff. Sgt. Jeffrey Skjelver
45 expert

Staff Sgt. Rodney Smith
35 sharpshooter

Sgt. Stanley Rawles
32, marksman

Cpl. Kevin Hying
44 expert

Cpl. Joseph Tumpis
45 expert

Lance Cpl. Matthew Shockey
42 expert

Lance Cpl. Ryan Simmons
44 expert

Lance Cpl. Steven E. White
36 sharpshooter

Pfc. Joshua Lovett
31 marksman

Lance Cpl. Matthew Kogut
44 expert

Lance Cpl. Oliver F. Ellis
35 sharpshooter

Golf Tournament

A golf tournament is scheduled for Friday morning at 7 a.m. at the Tees 'n Trees Golf Course. The event is designed to help raise money for the Single Marine Program.

All hands are encouraged. Please submit a list of Marines who will participate by close of business today to Danielle Heize, Headquarters Battalion support clerk, at 577-6370.

Barstow's 24th Annual Toys for Tots Telethon

TOYS from Page 1

Applications must be received by Dec. 12; however, with time so short applications can be hand-delivered to Mail Boxes and More to meet the cutoff, according to Wessel.

After 24 years the annual Toys For Tots Telethon, through the support of local residents, has once again been called a success and because of it there will be a few more smiles and joyful noises come Christmas Day in the high desert.

Below : Col. Liz Bergman, commanding officer, MCLB Barstow, greets Toys for Tots telethon volunteer HM3 Jeffery Pearson.

Photo by Pfc. Jenna Lassandrello

Photo by Pfc. Jenna Lassandrello

HM3 Jay Ayon, a corpsman from Branch Medical Clinic, MCLB Barstow, answers a call from a bidder during one of the competitive auctions held at the Toys for Tots telethon.

Photo by Pfc. Jenna Lassandrello

Col. Liz Bergman, commanding officer of MCLB Barstow, recognized the efforts the base fire department put in the Toys for Tots program this year. The fire department collected more than 1,200 toys from base military and civilian personnel to donate at the telethon.

Photo by Pfc. Jenna Lassandrello

Connie Wessel, one of the organizers of the Toys for Tots telethon at the Elks Lodge, thanked Base Commander Col. Liz Bergman and all the Marines, sailors and civillian Marines at MCLB Barstow for the toys and time that were donated while firemen from MCLB Barstow's Fire and Emergency Services Division, coordinators of the MCLB Barstow toy drive, looked on.

Gunny's Picks

Week 15

Congratulations to Michael Boone, supply technician with Installation and Logistics, this week's winner of the Gunny's Picks. After another wild weekend where even the gunny went a little south on his picks, Boone managed an 11-4 record without the Monday night game. Boone, a San Diego Chargers fan, said Philadelphia would lose Monday Night's game because Miami needs this. He also said it will be Kansas City and St. Louis in the Super Bowl; we shall see. His win extended the MCLB men's lead over the women at 8 – 6. This weekend expect to see a few more teams eliminated from playoff contention like Washington, which plays Dallas and Pittsburgh, which plays the Jets. If I were Bill Parcells or Bill Cowher, I wouldn't take these teams lightly; they have nothing to do but play spoiler and ruin someone else's party. Here are the rest of pairings for Week 15.

Sunday, Dec. 14

Buffalo @ Tennessee*
Atlanta @ Indianapolis*
Detroit @ Kansas City*
*Minnesota @ Chicago
San Francisco @ Cincinnati*
Seattle @ St. Louis*
Jacksonville @ New England*
*Pittsburgh @ NY Jets
Houston @ Tampa Bay*
Dallas @ Washington*
Cleveland @ Denver*
*Baltimore @ Oakland
*Carolina @ Arizona
*Green Bay @ San Diego
NY Giants @ New Orleans*

Monday Night

*Philadelphia @ Miami
Total points:_____

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

HEAR THE LATEST NEWS?

If you think you've got something newsworthy, pick up the phone and call the Barstow Log public affairs office at 577-6430. We'd love to hear from you.

COM-MANDO from Page 6

Photo by Sgt. Bradley Shaver

Lance Cpl. Bryan Napier, with Combined Joint Task Force-Horn of Africa, crawls along a 50-foot guide-wire in an obstacle course during the French Commando Training at Arta Plage, Nov. 1-20.

"Marching though Djibouti is a lot harder than it looks," said Spc. Jon McCoy. "Walking at night over large loose rocks was very stressful for everyone."

Venturing miles into the field for their last three days of school, the two platoons combined for day and night missions including beach assaults, ambushes and raids.

The lessons previously learned while getting through obstacle tracks were applied in maneuvering the two platoons over land. After accomplishing all their missions, the trainees - exhausted and relieved - returned to Arta Plage to graduate and be officially recognized as commandos.

"Overall, I think everybody did extremely well in the course," commented Fields. "The challenges they faced in this course were some they will never meet again. Later on in these now commandos' lives, whether in the military or as a civilian, if they are faced with troubled times, it will be less of a challenge to them to overcome it."

Fields went on to say the training with the French is essential to the mission in the Horn of Africa of detecting, deterring and defeating transnational terrorists in the region.

"It enhances our operations and gives us the ability to see real world situations in an environment we are not as familiar with as the French are. It is imperative that if we are to fight together as allies, we must train together in this war on terrorism."

Death of loved ones causes mixed emotions, pain

By Pfc. Jenna Lassandrello
Barstow Log Staff

Grief is as old as mankind but is one of the most neglected of human problems according to www.save.org. The death of a loved one causes a pain that cannot be described, and no scale can measure the loss.

After someone close commits suicide there are many emotions those left behind may experience. Those emotions may even cause behavioral changes. It is common for those left behind to avoid things, foods, or places that remind them of the person. Some people even become emotionally numb and cease to enjoy things that once made them happy. It can cause grief, immense stress and even depression.

"There is no way to properly grieve, every person is different. Therefore, the grieving process will vary from person to person," said Staff Sgt. Joseph Johnson, the base substance abuse counselor for the Marine and Family Services Division and the base suicide representative. There are six common emotions of grief that a person may go through following a suicide. These include shock, confusion, grief, despair, anger, and guilt.

Shock or disbelief is usually the first step in the grieving process. Suicide is not usually expected, and to face that a loved one is really gone can be a hard realization to come to terms with.

Confusion and grief may follow after the initial shock is gone. Not all suicide victims leave notes so understanding the reason may never be possible. Crying is the most common way to express grief and it may seem uncontrollable.

Despair is a strong feeling that can affect eating and sleeping habits, energy levels and relationships with others. Despair often leads to depression, and professional help may be needed to cope with the feelings of helplessness. Anger and guilt can be the following emotions. Feeling of anger with the suicide victim for causing so much pain and for committing the act, or feeling furious with doctors, family members, friends, or even yourself for not being able to detect or prevent the suicide. This usually leads to guilt. "Sometimes people remain in the grieving process because they are unable to forgive themselves," said Johnson.

Thoughts of how it could have been helped or what could have been done differently may surface.

"Grief is a normal emotional response in a situation like suicide," said Johnson. These emotions and others are normal in the grieving process. But if things do not get better over a period of time professional help may be needed.

"Grieving can last a number of days, months, even years. If a person is finding it difficult to deal with their grief, seeking counseling from a professional can be beneficial," said Johnson.

Marine and Family Services Division has counselors available to help with coping with a death. To contact the Marine and Family Services Division call 577-6533.

Editor's Note: Information in this article was taken from www.save.org. For more information, call 577-6533

Internet: A tool to increase efficiency, not distractions

By Pfc. Jenna Lassandrello
Barstow Log Staff

Every time a Marine, sailor or civilian employee logs onto the government computers at MCLB Barstow, a warning screen appears as mandated by DOD General Counsel Memorandum dated March 27,1997.

Usually the OK button is clicked without a second thought. But what is the user agreeing to?

The user is acknowledging that the computer is for authorized government use only, giving his or her consent to be monitored while using the computer, and in the event of improper use, acknowledging that adverse actions may follow.

The Internet is an important tool in the way that information is created, accessed, managed and stored for use. When used properly, the Internet can enable jobs to be done better, faster, and easier.

But when the Internet is used incorrectly it can hinder the productivity of the worker, compromise the security of the network and increase the risk of damage to the network.

"These are government computers for government employees to do government work. It is that simple," said Staff Sgt. Jeffery Skjelver, the operations support chief for the Communications Division.

While surfing the Internet, shopping on E-bay or writing a personal e-mail, users are taking up some of the local area network's bandwidth, basically the amount of data that can be transmitted in a fixed amount of time.

Some tasks take up more "space," or bandwidth, than others.

"Watching video sites, playing Internet games, or downloading large files can take up excessive bandwidth. If (a user) does not need to be on the Internet, (he or she) should stay off to enable fellow workers to be able to use the Internet faster and more efficiently," said Sharon Loschen, information systems security manager for MCLB Barstow.

The security of the network can also be jeopardized when accessing certain Web sites on the Internet. When entering personal information onto websites, such as a credit card number while making a purchase, the user's information can be stolen and used in fraudulent ways.

When time is spent on the Internet doing unauthorized activities it can open the window for viruses to enter MCLB Barstow's network.

A few years ago the Melissa virus got into local area network and all global communications were inaccessible for almost a week. The Marine Corps Information Technology and Network Operations Command, or MITNOC, disconnected MCLB Barstow from the global network until all systems were certified to be virus free.

So is there anything that can be done on the computers except work? Yes. It is authorized to do other things on the computers but only under specific conditions.

It is authorized to visit the Web site www.mypay.dfas.mil for payroll and www.donhr.navy.mil to update resumes or submit resumes, according to Loschen.

Users can also access government Web sites and authorized commercial Web sites to obtain information that enhances the professional skills of the Marine Corps personnel, or visit global or local training sites such as www.mclbtraining.com, which is offered by MCLB Barstow's Environmental Division to improve job skills.

MCLBtraining.com Environmental Web site offers MCLB Barstow computer users the mandatory Computer Security Awareness Training course, which is an annual requirement.

The Web sites must not result in any added expenses to the government, cause no adverse effects to the Department of Defense or the military, and abide to other regulations as well.

If a user decides to disregard the agreement, disciplinary action may follow.

"Civilians and Marines can lose their Internet access, be fined, or face administrative actions. Marines can also be (subject to non-judicial punishment) or a court martial," said Cal Walker, information systems security officer for MCLB Barstow.

The best way to prevent any negative action is to use the computer strictly for work, according to Loschen.

If users want to access a Web site on the Internet and they don't know if it is authorized, they should ask their first line supervisor or refer to Base Bulletin 5271, located at www.mclbonline. Select "Policies & Directives" and click on "Base Bulletins" and then select "5271." Examples of what is prohibited: All material that is offensive, obscene and subversive in nature; sites offering material in violation of the appropriate vender's patent, copyright, or license agreements; commercial e-mail service sites that offer wagering, gambling, or the placing of bets.

Editor's Note:

Information from MCLB Barstow's Base Bulletin 5271 and Marine Corps Policy Statement 3-02 was used in this article. For more information on proper Internet usage, contact the Communications Division help desk at 577-6780.