

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 8, No. 23

Marine Corps Logistics Base Barstow, California

June 10, 2004

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

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

Reagan's death prompts executive order

MCLB Barstow employees excused from duty Fri.

By Gerry J. Gilmore
Armed Forces Press Service

WASHINGTON – President Bush issued an executive order closing federal offices June 11 in observance of Reagan's passing.

That June 6 order does not apply to organizations that need to stay open because of national security, defense or essential public business. Included in the exceptions are the departments of State, Defense, Justice and Homeland Security.

Defense Secretary Donald Rumsfeld put out further guidance in a memo today to all military organizations and elements under DOD.

In it, he directed that "all addressees shall determine which elements" under them "shall remain open to support and conduct military activities related to the global war on terrorism; to maintain the health, safety and protection of DOD personnel and facilities; and to ensure the continuance of their respective organization's mission-essential functions."

"You should ensure that sufficient staff is on hand to support them in carrying out your essential responsibilities," Rumsfeld wrote to all DOD leaders.

The president proclaimed June 11 as a national day of mourning to honor the memory of the former president. Reagan possessed "an unshakable faith in the values of our country and the character of our

people" and "renewed America's confidence and restored our nation," Bush proclaimed on June 6.

Reagan's "optimism, strength and humility," Bush pointed out, "epitomized the American spirit."

His "courage and determination," the president said, had "enhanced America's security and advanced the spread of peace, liberty and democracy to millions of people who had lived in darkness and oppression."

Bush asked the American people "to pay homage to the memory of President Reagan" on June 11, adding that he invites "the people of the world who share our grief to join us in this solemn observance."

Reagan's leadership as chief executive "has left us stronger and better," Bush declared, noting the former president "has left us for a better place, the shining city that awaits him."

MCLB Contact Team inspects, repairs equipment

By Rob L. Jackson
BARSTOW LOG staff

With Marine Corps forces deploying regularly to Iraq in support of Operation Iraqi Freedom II, and Afghanistan in support of Operation Enduring Freedom, it's not surprising to know that not all the deploying units' equipment travel with them.

Some equipment is left behind because it is in need of various levels of repair or is needed for training and support requirements for the Marines that remain behind.

"When a unit deploys, the equipment that's left behind is designated initial RBE (Remain Behind Equipment)," said Capt. Dustin Thorn, project officer with Marine Corps Logistics Command, Albany, Ga. "The unit takes a look at its training and support requirements over a period of time as designated by its higher headquarters and separates the gear that's not RBE because it's going to be used to support those requirements."

Whatever is left over that the unit does not need to support its mission becomes RBE at which time Logistics Command assumes control of it, according to Thorn.

Recently an eight-member contact team from Maintenance Center Barstow, headed by Thorn, was tasked with performing assessments on ground and electronics equipment designated by the local units as RBE.

The contact team members assigned

the task of performing these inspections are chosen based on the requirements and types of equipment that will be assessed and repaired.

Within the span of two weeks this team of journeymen, with various equipment expertise, inspected equipment at Marine Corps Base Camp Pendleton, Marine Corps Air Station Miramar and Marine Corps Air Ground Combat Center Twentynine Palms.

The list of items to be inspected ranged from light armored vehicles to radio sets.

The team had several objectives to accomplish while making this whirlwind tour.

"First, there is accountability to make sure the assets are there," said Thorn. "Next is to determine if there is a requirement, if there is they'll work with the unit to see if they have the capability to perform the repairs in house. Then the team will work with the higher headquarters to see if they can do the repairs."

If the degree of repair is beyond what can be performed at the unit's level, then the contact team will either move the equipment to Barstow or Albany, if the equipment is in need of full rebuild and repair, or send out contact teams from the logistics bases or even Blount Island Command, to effect the repairs, Thorn explained.

Also during the inspection of the gear the team will assign each piece of gear a condition code based on their findings.

The condition codes could range



Photo by Rob Jackson

Terry Rolfs, artillery and small arms repairer, CWC 729, Maintenance Center Barstow, and Don Hamblet, heavy mobile equipment inspector, Fleet Support Division, inspects an M5 trailer for anything which may require repair.

from Condition Code "A," which means the item is practically new, to Condition Code "H," which means the item is beyond rebuild and repair and should be sent to DRMO, Thorn explained.

Once all the gear has been inspected and conditioned coded the units will submit a request for items designated to return to stores or Inspect and Repair Only As Needed. They will then take the equipment to their respective Transportation Management Office where it will be shipped to the Maintenance Centers by the most economical means, Thorn explained. The project officer works with LogCom's Maintenance Directorate for those items going through

MCLB Barstow and Albany's Maintenance Centers. Deciding how much gear each center receives will depend upon current Master Work Schedules and any other requirements they may have, Thorn revealed.

Although Marine forces, whether Atlantic, Pacific or Marine Reserve, does not take all its combat equipment with them when deployed the gear must still be maintained and ready for use when called upon.

With Logistics Command's contact teams from Maintenance Center Barstow or Albany inspecting and the Maintenance Centers repairing the gear, the Marine Forces can rest assured that when its needed the gear

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.

Q Today I saw a young woman in her teens working at the golf course.

I would like to know why Marine Corps Community Services allows young girls down there by themselves.

I would really appreciate you checking into this.

A Thank you for expressing your concerns regarding the safety and welfare of a young woman in her teens working for the MCCC Golf Course.

Safety issues and concerns are relevant for all employees working at this location, or any other location, regardless of race, gender, or age. It should be noted that it is

not the aim or intent of MCCC or the golf course staff to jeopardize the safety of any employee or patron.

The golf course sits on a remote piece of base property, outside the fence line. The property is accessible via Sorensen Field from the south, the BNSF maintenance access roads to the east and west, and the Mojave River to the north. Based on the sunrise to sunset

hours of operation, the remote location, and a limited security protection force, all MCCC employees are at some level of risk, which can never be reduced to zero.

Some things we are doing to lower the security risk level is to have the physical security chief at PMO conduct a security assessment to assist us in providing the most secure environment. I will not discuss all the recommendations made and steps taken, but two of the most visible measures we have taken are to have the golf course flags left on the course during the night and schedule a golf course maintenance worker to be on the property in the evenings with the recreation attendant. The young

woman you saw is not by herself. Additional steps being considered are: Provide panic alarm buttons on the attendant and at the cash register, radio communication or cell phones between golf course grounds workers and pro shop staff, video surveillance, departure calls to MPs when the staff is departing the facility for the evening, increased lighting around the clubhouse, increasing MP patrol frequency, and hire off duty military personnel to work in the evenings.

If you have further questions or concerns about the golf course, please stop by the Pro Shop and speak to Jim Hayes, the golf course manager.

Thank you for your concern.

The miracle of prayerful action

By Lt. Cmdr. Randel Livingood
Base Chaplain



Recently I read a pericope from the Gospel of Saint Matthew 14:13-21.

It is an interesting passage because it discusses the interaction of Jesus with the "everyday" people of the world. It is an excel-

lent example of someone who has something to offer, really being in a place and being of a mind to offer it.

The passage relates the idea that Jesus cured the sick and taught the crowds without appearing to think of himself as being above them.

He was able to connect with the people by being with them. He did not sit at home and say to himself and his contemporaries how much he prayed for the people who were in need; rather he went to where the people were. He offered himself freely to anyone who was willing to be where he was. In point of fact, he did not make the people come to a church or a synagogue; he created a venue of worship and community right where he was.

He certainly did not forsake the regular meeting place of the temple, but also found

ways to make anywhere there was need a place of worship. He saw worship maybe a bit differently than we do today. I believe he really lived up to a phrase that I have often heard when someone is asked whether or not they offered a prayer of thanksgiving for their meal before eating it.

The response, usually made in a joking manner is "my life is a prayer." I believe Jesus really did have a life that was a prayer. It was certainly shrouded in prayer from the beginning to the end. I believe that prayer is what made Jesus available to all those whom he contacted.

He was not selective about those with whom he shared the good news. It was because the barriers of class distinction, money, education, and birthright had been broken down by the power of prayer.

There was no longer a need to separate himself from the people who needed him most because they did not fit his idea of "good," or "smart." These people fit his ideal of being valuable, a part of God's creation.

Prayer led him to a place where he could reach all people without regard for their station in life. That was the good news. He managed to take this regard for others to the next level in this passage by what we commonly refer to as a feeding miracle. I have often thought about how wonderful it would be if we could have a "feed

See **CHAPLAIN** Page 4

Chapel Services

Protestant Sun. 8:30 a.m.

Catholic Rosary

Bible study will now be held at the Colonel's Workshop, Building 573 Tuesdays and Thursdays from 11:30 a.m. to 12 p.m.

For more info call 577-6849.

Just doing my job ...



Photo by Pfc. Nich R. Babb

Bill McCroy, store director of the base Commissary, works the grill during the Commissary Awareness Outreach Day sponsored by the Single Marine Program. The day informed Marines about what the Commissary has to offer and its benefits. McCroy has been working for the DOD for 21 years.

BARSTOW LOG

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

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, 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 – Picadillo with steamed Jasmine rice

Friday – Breaded Hoki fish with macaroni and cheese

Monday – Veal parmesan with egg noodles

Tuesday – Breaded pork chops, mashed potatoes and gravy

Wednesday – Chicken fajitas, flour tortillas, Mexican rice and refried beans

Active duty military \$3.25, all others, including civilians \$4.75.

Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Lunch hours: Family Restaurant: 10:30 a.m. to 1 p.m. Cactus Cafe: 11 a.m. to 12 p.m.

For more information, call 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 Boggogi night. Beef Boggogi, steamed Jasmine rice, broccoli, tossed green salad, dessert and fountain drink of your choice.

Family Night dinners are served at the Family Restaurant every Thursday from 4:30 p.m. to 7:30 p.m.

Prices are the same for military and civilian: \$6 adults, \$4 children (5 to 11 years). Children under 5 years dine free.

chased by June 10 from any of the following people:

Marva Johnson- Human Resources Office 577-6965

Jack Stormo- Installation and Logistics Department 577-6937

Richard Kastner- Maintenance Center 577-7037

Ed Tintos- Maintenance Center 577-7193

Michael Olguin- Fleet Support Division e-mail: micheal.olguin@usmc.mil or Michelle Noice at michelle.noice@usmc.mil

The event is open to everyone with supervisor's approval.

Win Prizes

New and existing Oasis Club members have a chance to win various prizes during the club's Traditions Membership Drive from June 1 through Aug. 2.

Membership benefits include two-for-one meals, free hors d'oeuvres every evening, discounts to MCCS facilities, and entry to members-only functions like concerts and comedy shows.

The following pay grades and above are eligible for membership: All E6s, GS5s, WS1s, WG9s and NF03s.

Applications are available at the Oasis Club, Lanzer's Lounge and the Bowling Center. Call Ida Peck at 577-6418 for more information.

Power Outages

Due to the ongoing upgrade of the Nebo electrical distribution system, the following outages are scheduled for the following dates and locations:

June 18, Building 598, from 7 a.m. to midnight June 19. Call 577-6911 or 577-6608 for additional information.

June Social Events

Wednesday at 8 a.m. is the Headquarters Battalion change of command ceremony. The ceremony is to be held at Building 15 by the flagpole.

Maj. Christina Wesely's retirement ceremony and reception is scheduled for June 18 at 4 p.m. in the Oasis Club. June 24 at 3 p.m. is Col. Liz Bergman's farewell reception at the Oasis Club. Master Sgt. David Vanhovel's retirement ceremony and reception is scheduled for June 25 at 3 p.m. in the Oasis Club.

The base change of command ceremony is scheduled for 8 a.m. June 29 at Sorensen Field.

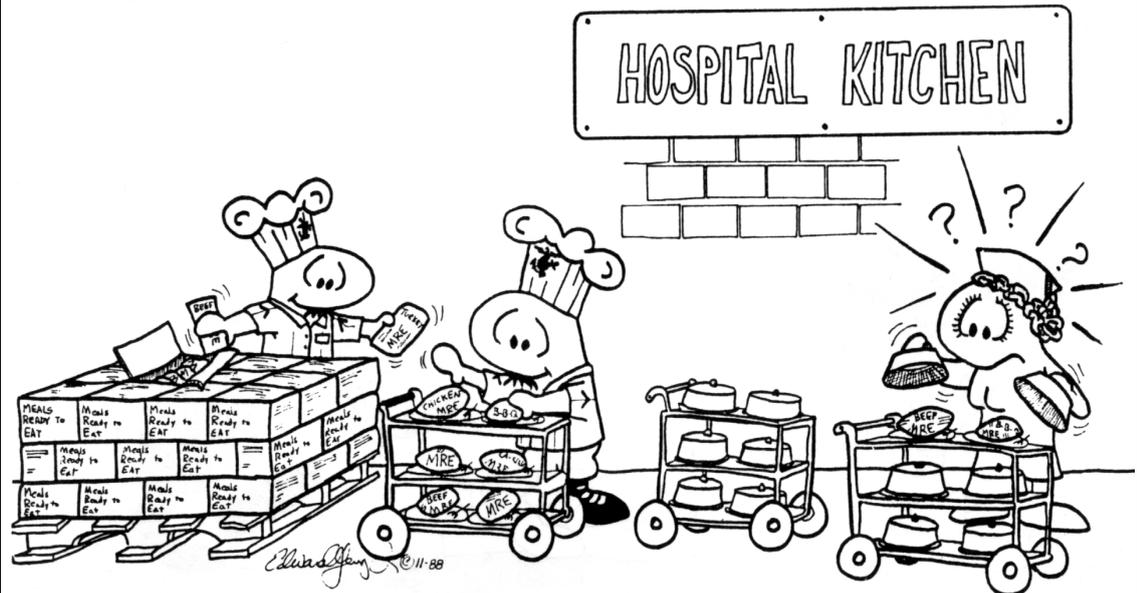
Classic Car and Quilt Show

The 4th anniversary celebration of the Route 66 Mother Road Museum Classic Car and Quilt Show is scheduled for June 26 from 9 a.m. to 3 p.m. at the Historic Harvey House Casa del Desierto.

Admission is free, along with free

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to be a dietician.

parking, Harvey House tours from 10 a.m. to noon and admission to the Route 66 Museum and the Railroad Museum.

For an entry form or more information on the Classic Car and Quilt Show, check the website or call (760) 255-1980 or Kenny McConnell at (760) 267-6100. Flyer/ application for can be sent via e-mail. For quilt information, call Dell Martinez at (760) 256-2362.

Transportation Incentive Program

Information on the Transportation incentive program is now located on the MCLBONLINE Intranet at www.mclbbarstow.usmc.mil under MCLB Barstow information Transportation Incentive Program.

There the link to the Transportation Incentive Program information, program application forms, vanpool application forms and a calendar of events can be found.

For more information, contact Monica Moorman at 577-6559, Carmela Gonzalez at 577-6744, Jose Melendez at 577-7481, Brenda German at 577-7211 or Michelle Eichler at 577-7811.



Photo by Lance Cpl. Jenna Lassandrello

Donald Crowover, the supervisor of the MK-48 line, explains the processes involved in the MK-48 line to Maj. Hwan Lim and Maj. Su Ohk, members of the Republic of Korea Marine Corps, during a recent tour of Maintenance Center Barstow. The tour provided better understanding of the processes that take place at MCB and at the same time enhances the relationship between South Korea and the United States.

Disabled Employee Awareness Luncheon

A Disabled Employee Awareness Luncheon is scheduled to be held at the Oasis Club June 17 from 11 a.m. to 12:30 p.m. Elisa Sedlacek, community advocate for the Center on Deafness High Desert, will be the keynote speaker.

Grilled chicken salad and a roll or Salisbury steak with mashed potatoes and gravy will be served.

Tickets cost \$7.50 and can be pur-

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
SW0896-04-176235-DE	Supervisory Industrial Engineer	05-24-04	06-11-04	05-26-04	MCLB Barstow
	GS-0896-13				

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

For information regarding Open Continuous announcements point your browser to <http://www.donhr.navy.mil>.

For more information concerning 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 at 577-6357/6279/6481.

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

Hospital Corps celebrates 106th birthday June 18

Compiled by
Barstow Log staff

The Branch Medical Clinic here will be closed June 18 in celebration of the 106th Navy Hospital Corps birthday. No regular services will be offered but a duty crew will be available for emergencies.

For more than a century, the Hospital Corps has played a large role to ensure sailors, Marines and their families receive the best quality health care whether they are at home, stationed overseas or deployed.

Navy hospital corpsmen's roots date back to the 19th century. Navy Surgeon General James Tryon was the first to suggest the idea of establishing an "organized hospital corps," which he defined as "a professional, well-trained group of individuals to provide medical care for the Navy."

After years of lobbying on Tryon's part, in 1898, Congress approved a bill establishing the Navy's long-needed corps.

Since then, hospital corpsmen have repeatedly distinguished their corps. Whether on the battlefield

with the Marines and seals, aboard surface ships and submarines, at military healthcare facilities worldwide, deploying with Seabees and aiding victims of natural and manmade disasters, anytime the call for "corpsman up" has been made, hospital corpsmen have moved swiftly into action to aid the wounded and bleeding.

The Navy Hospital Corps continues to serve around the world in widely diverse roles, always standing ready to assist.

The Hospital Corps looks upon its history of selfless giving and sacrifice with pride at their distinguished heritage and the pledge to continue to meet those high standards.

The 106th Hospital Corps birthday is a time for all corpsmen to reflect on their proud and distinguished heritage and look forward to the challenges that await in the future.

Editor's Note:

Information used in this article was found at www.kingsbayperiscope.com.

CHAPLAIN from Page 2

ing" miracle in modern times. The more I thought about it, the more I realized that this kind of miracle would take prayer and plenty of it.

It would take a humbled heart of the person praying. It would take prayer that removed the mountains of preconceived ideas and that would level out valleys of mistrust. Still more thoughts came to mind as I pondered this miracle, the chiefest of which was, "what are the odds of this miracle happening today?"

For a moment I was slightly discouraged and then I realized that this miracle could take place after all. Yes, it would still need much prayer, but it could take place if we all worked together to bring food to the needy. The miracle would not be the food as it was in the passage of scripture; rather it would be the fact that we all worked together, putting aside our differences to meet the needs of others.

It would be the fact that we brought our faith into life instead of keeping it neatly tucked away in our own private lives. To repeat an oft used phrase, "Yes Virginia, there are still miracles." It's just that the miracles begin with us.

Peace,
Fr Randel

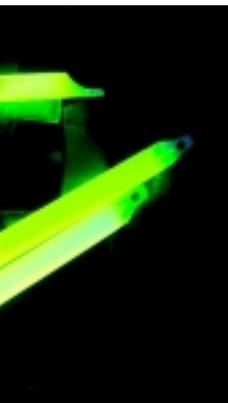


Photo by Lance Cpl. Jenna Lassandrello

Col. Ofer Gollinski, a member of the Israeli Defense Forces, takes a look at the desert scenery from the top of an LAV during a tour of Maintenance Center Barstow on Monday. Gollinski, along with other members from the Israeli Defense Forces, came to be a part of a type of technological exchange and gain information about the depot and the operations here in hopes of enhancing their own operations.



...ng and Cpl. Douglas Yates of Fleet Support Division compete in a fireside push-up contest shortly after the night operations training. Esprit de corps and unit camaraderie are just two side-items that 1st Lt. Jason Kut. Travis Snyder have set out to build with the ongoing training exercises they have planned and will begin early this year.



...ne light sticks were laid out for anyone to form a navigational aid. The "non glowing" light sticks can only be seen through night-vision goggles.

...ny, a mechanic at FSD, and Cpl. Santos and Cpl. Nicole of the Marine Corps two weeks ago. The night operations training in the high desert, was a challenge with objectives they set for the operational forces.

...ght-vision goggles that were used in the global operations training. The night operations training was set used in the global operations training. The night operations training was set used in the global operations training.



Marines from MCLB Barstow's Fleet Support Division raise the Marine Corps flag at their bivouac site somewhere in the Mojave Desert prior to implementing the night operations training later that evening.

Editor's Note: The following letter was submitted by a gentleman who encountered MCLB Barstow Marines during the night operations training. The letter is followed by a reply from the base commander.

Dear Col. Bergman:

As we see so much negativity about our troops lately, I would like to take a moment to share with you and of the great people of this great country, and of that of the world, an incident that I experienced last night at my job.

As one of the park rangers for Calico Ghost Town ... I am in charge of the security and collection of camping fees. Upon starting my shift it is customary to patrol the park to determine who is in it. As I approached a site ... nestled in the rock wall canyons was a "unit" of U.S. Marines. I found it to be unusual that a "unit" of U.S. Marines are camping.

As I approached, one of the Marines met me ... I ... said to the Marine, "Planning on roasting a few marshmallows gentlemen?" ... They and I laughed when one young Marine stated to me immediately thereafter, "Sir, no sir. Sir, we are here on training, sir."

I said, "Training."

He said, "Yes sir. We are here to get used to our night vision goggles. Our (lieutenant) has brought us out here ... sir."

I was stunned. I was actually overcome with slight emotion. Training on their own time. This, after all we see in the news today about some troops in other branches that have "tarnished" our military's reputation and of our military's goals. But "tarnished" is all it is, as incidents such as this make up for the mistakes some others have made that I believe is blown out of proportion. I hope you share the same.

Training on their own time, when they all can be at home, at the local pub relaxing, bowling, doing whatever they do for relaxation, but no, not this group of Marines, who is under the leadership of 1st Lt. Jason Kut.

Lt. Kut is the one who also (arranged) for this site to better his unit and to assure them and himself that they have gone far beyond the average to stay alive and to fight for others to stay alive in an effort to achieve freedom. This is a powerful statement. "To stay alive."

Also, only those with the discipline in their lives know that taking extra steps in life (working, studying, etc., on one's own time) assures one, in most cases, success. This (lieutenant) obviously knows, but most Marines do. And in this case, success means "staying alive."

This (lieutenant) and his unit obviously are aware of what it takes to achieve freedom for others and preparing for their possible turn. I am so very proud of this (lieutenant) and of the representative he is of the U.S. Marine Corps. It's obvious to me that this leader is doing whatever it takes to make sure, if ever confronted with combat, his unit is prepared to survive.

Then a female Marine approached me. Much to my surprise she was pregnant. She openly stated to me that her husband is also a Marine, and currently in Iraq. She said that this training was important as it's

imperative to get used to wearing and using the "night vision" equipment. She further stated professionally that her (lieutenant) was the one who is leading them and what a great person he is, outside of being her commander.

I agreed.

I then asked one Marine, as now there are several that have come over to greet me, "Is the government taking care of you guys?" One Marine stepped forward and stated, "Sir, yes sir. Take a look." The Marine escorted me amongst his row of tents that were all so perfectly aligned, approximately seven or so in each row, and there were two rows.

The Marine showed me his tent. He was so proud. He then unzipped it. Upon doing so he was fumbling with the material to the tent. Upon my wonder, he then turned the material inside out and said, "Sir, see here, sir." He said nothing else. What he was showing me was the Marine Corps (emblem), which is stamped on all tents supplied to our Marines. Again, I was a little choked up with emotion as I could see the pride in this young Marine's face as he was looking at me with that (emblem) in his hand.

Again, I was impressed and choked with emotion. I commend all of these Marines. I commend their leader 1st Lt. Jason Kut. (Lieutenant) Kut is stationed at the Marine Corps Logistics Base in Barstow, Calif. What a leader he is.

Prior to my leaving I asked if they are planning on going to Iraq. This young Marine stepped forward and stated, "Sir, we don't know sir, but if we do, we are going to be ready to fight, sir."

Is this the "military" we see on TV, and in all the degrading photos we all have seen lately? No ... it isn't!

As I wanted to leave them alone I said my good-byes, and thanked them very much for their service. I wished all of them the best. ... Upon my leaving, the one Marine that showed me his tent said out loud, "Say good-bye to the ranger ...!"

They all yelled out so loudly "hey" and "thanks." Immediately after they all yelled that, they all in cadence gave me an "oohrah." Talk about making my night. Col. Bergman, I hope you enjoy this story as much as I did. I am going to forward it to as many politicians as possible, including the President of the United States.

Martin Nustad

Mr. Nustad,

Thank you for your remarks. Yes, I agree Lt. Kut is a fine young man and officer. You can be assured that he is not "special" as far as the Marine Corps standards go. He represents all the fine sons and daughters of America who have for centuries served us so well in preparing our Marines for tough challenges and keeping us free.

Semper Fi
Col. Bergman

Traveling with TRICARE: what you need to know

By Lance Cpl. Ashley Warden
Combat Correspondent

The need for medical care can arise at any time or in any place. When going on vacation there are a few things that are necessary to bring to while under a TRICARE plan.

For whatever reason for travel, TRICARE can help with health care needs while on the road.

To ensure access to this care, members must be sure to have a military identification card on hand as well as a TRICARE card, said Gloria Sheppard, health benefits advisor here. This card tells the health care provider where to bill as well as establish the fact that the person with the card has medical coverage.

Along with having these items, there are different procedures to gain access to the benefits of the programs depending on the type of care needed, to include emergency care, urgent care and prescription medication.

An emergency is a medical or psychiatric condition that would lead an average, non-medical person to believe that lack of immediate medical attention would threaten life, limb or sight. Care provided to relieve severe pain or suffering is also considered an emergency.

If traveling and confronted with an emergency, seek im-

mediate care at the nearest hospital emergency room or call 9-1-1, said Sheppard.

Be sure to contact your Primary Care Manager if hospitalized or need follow-up care. If hospitalized, contact the Health Care Finder at (800) 242-6788 within 24 hours to initiate a record of care received. Keeping all receipts and other documents related to the care received will ensure proper and quick payment of a claim after returning home.

To receive reimbursement of care, see the health benefits advisor, said Sheppard.

"One of our jobs is to help (the beneficiaries)," she said. "Anything that is medically necessary, they will be reimbursed."

Reimbursement rates depend on what the type of TRICARE plan a person has, said Sheppard.

For urgent but non-emergency conditions while traveling, the HCF needs to be contacted before receiving care. If authorization is not given from the HCF prior to receiving care, the plan holder will be billed for the services under the Point-of-Service option, meaning that there will be a higher cost-share and deductible. It is also recommended that the PCM be notified.

When receiving urgent care, consider where you want to obtain the care. Under different TRICARE plans, there are certain criteria of where persons can seek care. For instance,

TRICARE for Life patients must make certain that the provider is a Medicare provider, said Sheppard, while TRICARE Prime beneficiaries must go to a contracted provider.

"Some doctors do not want to deal with TRICARE," said Sheppard. "A contracted provider has the credentials and is willing to work with TRICARE."

Another problem of needing medications could also arise when traveling. Before leaving home, use the TRICARE Mail Order Pharmacy. Through TMOP you can receive up to a 90-day supply of most medications. For more information about TMOP, call (866) 363-8667 or visit www.express-scripts.com.

Other alternatives to using TMOP is using a pharmacy within your region, or filling a prescription outside of your TRICARE region. Going to a pharmacy within your TRICARE region will cost a co-payment by using a network pharmacy. If it is necessary to fill a prescription while outside of a person's TRICARE region, you will need to pay the entire amount and seek reimbursement from TRICARE upon returning.

Claim forms for reimbursement can be found at www.TRICARE.osd.mil/claims, or talk to your local health benefits advisor.

For more information about traveling with TRICARE, call Gloria Sheppard at 577-6491 extension 102 or customer service at (800) 242-6788.



By Jim Gaines
MCCS Publicity

Father's Day Shopping

Shop now for great gifts for dad - check out these bargains: Timex assorted men's watches 20 percent off already low prices. JWIN CD/Cassette Boom Box, CD Alarm Clock, Personal CD Players are only \$19.99 each. Mintek 5-inch Portable DVD Player on sale for \$149.99.

All this and more for dad at your MCX. Drop by and browse all the bargains and specials.

We also have great Father's Day T-Shirts on sale at only \$9.99.

Flag Day is Monday, make sure you have your American flag all ready to display on this important day. Your MCX has flags in stock just for you.

Your Super Seven Store has gifts, cards and balloons just right for the occasion. For more information please call the Super Seven Store at 256-8974.

The Super Seven Store and Gas Station hours are: Mondays through Fridays, 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m. and Sundays 10 a.m. to 6 p.m. Credit card sales for gas at the pumps are 24/7.

Father's Day Brunch

Go ahead, make his day! Take him to Father's Day brunch at the Family Restaurant June 20 from 9 a.m. to 2 p.m. Menu includes: Baron of beef carved on line with au jus, baked and fried chicken, bacon, sausage, Mojo potatoes, cut corn, pancakes, french toast, omelets made to order, tossed green salad, fresh cut fruit, red velvet

cake, champagne for all fathers. Adults \$10.95, children (5-11 years) \$6.95. For more information please call 577-6428.

Club Activities

At the Oasis Club this week: Tonight is Happy Hour from 3:30 to 5:30 p.m. Tomorrow is TGIFriday Family Night. Tuesday is Burn Your Own Steak Night, and Wednesday is Movie Night. At the Enlisted Club this week: Monday is darts, pool and TV. Tuesday is Karaoke Night, Wednesday features Midweek Relaxation Hour from 6:30 to 7:30 p.m. Thursday is darts, pool and TV. Friday is TGIFriday Night. Saturday and Sunday are Bar and Grill Nights. For more information please call 577-6418

Movies on the Patio

Free movies every Wednesday at the Enlisted Club on the patio. Bring your own chair, blanket and picnic dinner and take in a movie.

Wednesday's movie is "Poolhall Junkies." The film is rated R, the length of the film is one hour, 34 minutes.

Movies begin at dusk. Movies will be shown inside the Enlisted Club in case of inclement weather.

For more information please call

577-6817.

New Parent Support

Classes for new and expecting parents from the New Parent Support Program:

June 15, from 1 to 2 p.m. in FAP classroom, Building 129, learn the answers to questions concerning your child and more in a play filled discussion of infant states, behavior and cues. This is a great way to get an early understanding of what is normal for your child. Free development gift.

June 22 from 1 to 2 p.m. in FAP classroom, Building 129. Save yourself a trip to the ER, by joining our one hour Hot Topic discussion of common childhood symptoms and methods of treatment. A drawing will be held for a door prize.

For details on these classes or other New Parent Support Program programs please call Robin Lindsay at 577-6332.

Family Swimming Pool

The Family Swimming Pool will be open full time beginning Saturday. The Oasis Club Pool is closed until further notice. The Family Swimming Pool is open to all active duty ranks, reserve forces, retired military person-

nel, DOD MCLB civilian employees, family members and guests when accompanied by the sponsor/employee. All ID holders may bring one guest. Children under 11 years old must be accompanied by a parent or guardian of at least 18 years. The Family Swimming Pool schedule is as follows:

Mondays - Closed

Tuesdays through Fridays - Lap swimming 11 a.m. to 1 p.m. Recreational swimming 1 to 7 p.m.

Saturdays and Sundays - Recreational swimming 11 a.m. to 7 p.m. For more information please call 577-6971.

MCCS E-News

Keep up to date on MCCS events, services and specials with the MCCS E-News on the LAN each week. Win prizes - find the weekly "scrambled" word and claim your prize. You can even have MCCS E-News delivered electronically to your home computer - simply e-mail us at our Web site barstow.mccs.mktg@barstow.usmc.mil and tell us you would like to subscribe to the MCCS E-News and give us your email address.

2003 MUSTANG: Low mileage, fully loaded, \$12,500. Call 253-4268.

1995 JEEP WRANGELER: Red, 2.5 L motor, soft top, new motor, new tires, \$5,000. Contact LCpl. Lovett at (352) 457-3273.

1994 NISSAN QUEST VAN: Preferably for parts only, needs new engine, runs off and on, you pick up, price negotiable. Call 252-2642.

1966 PLYMOUTH FURY: 383 engine, auto, air, four door, runs, needs TLC, \$1,200. Call 254-1913

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

1986 HONDA HATCHBACK: Quarter mile race car. (not street legal) tilt front end, roll bar, lugs changed, plexiglas windows, wired for 1.6 motor, needs motor and trans. \$2,000 or trade for motorcycle. Call 254-1913 or cell 760-285-4931.

MOTORCYCLE: 1987 Kawasaki, 900 Ninja, new tires, 43k miles, Super Tap exhaust, new cabin seat, \$1,500. Call Jeff Ozanne, 948-2186 or 254-2913.

MISCELLANEOUS: Carpet, Burgundy, 12 x14, xlt cond., \$50. Call 256-1653. Lv msg.

MISCELLANEOUS: Bridgestone truck tires (LT235/75/R15), Xlt Cond., \$150; Call 256-1430.

MISCELLANEOUS: Entertainment Center, black wood with gold trim, \$75. Call 951-7281.

MISCELLANEOUS: Baseball glove, Mizuno 12.5 inches, MPM 1251, xlt cond., \$25. Call 256-6629.

MISCELLANEOUS: Racing edge bike, (5 spd), \$40; Goldstar microwave, \$25; Exercise Waist wheel, \$10; various kitchen utensils, \$.50 to \$1.00. Call 252-1160.

MISCELLANEOUS: Toyota Celica Sports Bra, fits 2000 – 2003 models, brand new, paid \$160, sell for \$50, OBO; three life jackets, Water Sports size, 2 x L, 1 x Lg, brand new, \$5 each. Call 953-3240.

MISCELLANEOUS: Panasonic battery re-charger, includes a set of D, C, AA batteries, \$20; TV trays and cart, dark butcher block design, \$25; Floor sweeper vacuum, bag less, \$10; crib layette, red polka dots with colorful, quilted balloons,

\$25; toys, various prices. Call 252-1160.

MISCELLANEOUS: White bunk bed (twin bed on top) (futon couch that turns into bed bottom), must sell good condition, \$75. Call 951-0986 AWH.

MISCELLANEOUS: Scanner, Visioneer 6100, PC Compatible, asking \$50, OBO; Singer sewing Machine, model 6202/ 6212, has carrying case and accessories, \$50, (like new), one owner, w/manual ideal as spare; professional hair dryer, Belvedere First Lady, \$50. Call 953-3240.

MISCELLANEOUS: Craftsman 22 inch gas lawn mower, electric starter, brand new battery, mower in xlt cond., \$100; Men's suits, 46 long, athletic cut, dark blue, dark green and brown, xlt cond. Call 2527198

MISCELLANEOUS: Pro Form Cross Walk Treadmill, 0-10 MPH, 2HP, 14" x 45 tread belt, xlt cond, \$125.00. Call 256-6629. Lv Msg.

MISCELLANEOUS: Dog igloo for medium dogs, like new \$50. Call 252-9120, Lv msg.

WANTED: 1979 to 1985 Toyota 4 x 4 pick-up or Forerunner, Call 963-5401.

LOST AND FOUND: Found one black cellular phone and one black wristwatch. If you think one of these items may be yours, please call Cpl. Rogers at 760 590-3995, or stop by the Physical Security Office at Building # 236.