

Corporal's Course builds leadership skills

Story and photos by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – ‘I am an NCO dedicated to training new Marines and influencing the old’ echoed throughout the area during the end of the ceremony.

Forty-seven Marines and sailors from 1st Marine Logistics Group graduated Corporal's Course Class 3-11 here, May 13.

The Marines participated in the three-week long course, which was designed to educate and provide the necessary skills to noncommissioned officers to lead other Marines. During the course, they learned land navigation, basic patrolling, combat



Forty-seven Marines and sailors from 1st Marine Logistics Group stand at the position of attention during their graduation from Corporal's Course at Camp Pendleton, Calif., May 13. Class 3-11 endured a three-week course that challenged the service members academically and physically and taught them how to lead.

See **CORPORAL** Page 3



Sabrina Gibson, coach of the Camp Pendleton power-lifting team, 32, from Honolulu, Hawaii, lifts weights at the 14 Area Gym.

Grueling sport pumps iron

Story and photos by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – The power-lifting team known as the Camp Pendleton Bar Benders is looking to expand its team of weight lifters with more men and women from across Camp Pendleton.

The team is comprised of approximately 13 service members and one civilian who train for competitions across the

country.

“I’m here to let everybody know we are here,” said Sgt. David Douglas, motor transport mechanic, Repairable Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group. “I think power lifting is an overlooked sport as far as the Marine Corps goes. You got all the big sports like baseball, football and soccer that a lot of people look at, but

See **BAR** Page 3

INSIDE



Marine volunteers aid local horse therapy program

Page 2

Volunteer opportunities Page 2

Word on the street..... Page 3

Colonel retires after 29 years of service..... Page 4

Troops saddle up to help

Story and photo by
Cpl. Damien Gutierrez
Marine Corps Base PAO

RANCHO SANTA FE, Calif.—Marines and sailors from Camp Pendleton's Combat Logistics Battalion 1, Combat Logistics Regiment, 1st Marine Logistics Group, showed their appreciation to horses whose unique gift gives hope to veterans suffering from Post Traumatic Stress Disorder, May 13.

During the service members' visit to the Pegasus Rising Project Ranch, they helped uncover old paths to the ranch, cleaned stables, repaired fencing, groomed horses and also spent some time getting to know the animals.

"What these horses do and how they do it means so much to us," said Pfc. Nick Godfrey, vehicle mechanic, CLB-1, CLR-1, 1st MLG. "Whether they know it or not, they help injured veterans in a way no one else can; this is just our way of saying thank you for all their help."

The Pegasus Rising Project's mis-

sion is to help rebuild the trust and confidence of veterans and local San Diegans suffering from PTSD or a traumatic brain injury through interaction with the undomesticated Polish Arabian horses.

President and CEO Gary Adler said that because horses are deeply sensitive to human emotion, they make perfect partners for combat veterans, whose psychological wounds often run deep.

"Since these horses were found in the wild, their trust for humans is very fragile," said Adler. "The [Polish Arabian] horse is unique, in that they are naturally prey animals and their very survival depends on a heightened sense to smell, sound and movement, characteristics seen from those who are dealing with PTSD."

During the healing sessions, attendees build trust with the wild horses by slowly approaching them, petting them and calmly soothing the 1,000-pound animal with a low voice.

"Naturally, a wild horse will choose flight instead of fight when encountering something they are not familiar with," said Adler. "If they decide to come up to you and let you touch them that means they trust you and are confident in that you are there to cause them no harm."

As the trust and bond between man and horse develops throughout the sessions, so does their friendship.

Toward the conclusion of the session, veterans eventually are able to muzzle the horses and guide them through various obstacles, a feat only displayed when the horse has complete trust, said Adler.

"The Pegasus Rising Project is here to let veterans know that it's ok to let go and trust someone even when you're scared," said Adler. "If veterans can see an animal whose fear of the unknown is key to their survival, trust a stranger, they themselves too will build confidence and become one step closer to recovery."



Sgt. Nicholas Hanes, a platoon sergeant for Motor Transportation, CLB-1, CLR-1, 1st MLG, brushes the hair of a Polish Arabian horse during the unit's visit to the Pegasus Rising Project Ranch, May 13. The Marines helped uncover old paths to the ranch, cleaned stables, repaired fencing and groomed horses. The Pegasus Rising Project's mission is to help rebuild the trust and confidence of veterans and local San Diegans suffering from PTSD or a traumatic brain injury through interaction with the undomesticated Polish Arabian horses.

HAPPENINGS

Motorcycle Safety Courses

An Advanced Riders Course will be held weekly on Wednesday from 7:00 a.m. – 4:30 p.m. A Basic Riders Course will be held weekly, Monday, Tuesday, Thursday and Friday from 7:00 a.m. – 4:30 p.m. Both courses will take place at Bldg. 200071. For more information, call Kevin Frantum at (760) 725-2897.

Navy Marine Corps Relief Society

The NMCRS is in need of volunteers to work in their thrift shop. Participants will help collect/sort donated items, and arrange sales area. For more information, call (760) 725-5337.

2011 Junior Lifeguard Program

Tryouts for the 2011 Junior Lifeguard Program will take place at the 13 Area pool May 28, June 4 and June 11 from 8-11 a.m. Those who qualify will participate in one of two summer lifeguard programs ranging 5-6 weeks. At a minimum, applicants must be able to tread water for five minutes and swim underwater for 10 meters. For more information, call 760-725-2703.

Fallbrook Career Day

Fallbrook's Potter Jr. High School is looking for Active Duty volunteers to speak at their Career Day on Friday, May 27. For more information, email, mcb.campen.volunteer.fct@usmc.mil.

Volunteer for SD Iron Kids

Ironman California is looking for volunteer units to assist with the San Diego Ironkids event, May 22, at Mission Bay Park. All participants would receive a LOA and limited funds toward the unit's Birthday Ball fund. For more information contact Gina Thomas at gina@multisports.com.

Legal Team Relocated

Legal Team Echo-Defense is relocating to the first deck of BLDG 22185, as of Monday, May 16 (next to the Chappo Area RAS). The Echo-Defense telephone number is (760) 725-3745/4284.



FOLLOW US ON:



COMMANDING GENERAL

BRIG. GEN. CHARLES L. HUDSON

PUBLIC AFFAIRS OFFICERS

1ST LT. JEREMY MCLEAN
1ST LT. REBECCA BURGESS

PUBLIC AFFAIRS CHIEF

STAFF SGT. JENNIFER BROFER

SERGEANT MAJOR

SGT. MAJ. ANTONIO VIZCARRONDO JR.

COMBAT CORRESPONDENTS

SGT. SHANNON E. MCMILLAN
CPL. KHOA PELCZAR
LANCE CPL. JERRICK GRIFFIN
LANCE CPL. KENNETH JASIK

CONTACT US: 760-763-7795

BAR

continued from Page 1

power lifting is one of the most grueling sports, in my opinion, that you can do.”

The Camp Pendleton power-lifting team has been around since 1999, but it wasn't as organized as it is now. The team is recognized by Varsity Sports, which is an organization on Camp Pendleton that offers athletes the opportunity to compete against other varsity teams from other bases and colleges in tournaments or competitions.

“We now hold the same kind of status as [baseball, football and soccer teams] you always hear about,” said Sabrina Gibson, the coach of the power-lifting team. “Hopefully we're here to make power-lifting just as popular as those teams.”

This year in competitions as a team, the Bar Benders have earned first place wins in all three contests entered.

“As a team, we have entered three competitions so far and we've won all three,” said Gunnery Sgt. Brian Kiraly, one of the members of the power-lifting team.

Each member has a different reason for why they started power lifting in the first place. Douglas, who can bench press more than 600 pounds, played soccer in high school before he began weight training.

“Okinawa was my first duty station, and there's not much to do there so I just stayed in the gym the whole time,” said Douglas, 24, from Milwaukee. “One of my [gunnery sergeants] out there said that I should try out the bench press competitions. I wasn't about competing with weight lifting, I just like to weight lift. I finally tried one of [the competitions] and I got hooked.”

While Douglas picked up weight lifting to pass time, Gibson, who was an athlete growing up, fell naturally into the sport.

“I started out as a competitive gymnast,”



Gunnery Sgt. Brian Kiraly, 31, from Pittsburg, Ohio, does a chest exercise at the 14 Area Gym on Marine Corps Base Camp Pendleton, Calif., May 11. The power-lifting team known as the Camp Pendleton Bar Benders is doing its part to get the sport of power lifting recognized by more people.

said Gibson, 32, from Honolulu, Hawaii. “I wasn't scared of strength and lifting weights. I was on the Air Force power-lifting team even though I was small, but [I] enjoyed lifting heavy weights. I would like to see more females take on that same role and not be scared of the weights.”

Though they all started lifting for different reasons, the team has one challenge they plan on completing together, bringing power-lifting to the forefront of the sports community. The team trains throughout the week and holds open training sessions to anyone the last Saturday of every month.

CORPORAL

continued from Page 1

life saving skills, drill manual and to include utilizing the noncommissioned officer sword, along with a wide variety of techniques and workouts to help stimulate physical fitness.

“They did an outstanding job,” said Sgt. Antony Santiago, 25, from New Haven, Conn., who served as the chief instructor during the course. “With the physical and academic challenges, these [Marines and sailors] came through and strived.”

Also during the course, the young leaders of the Corps were taught extensively on how to lead, give periods of instruction and conduct inspections.

“It was a good course,” said Cpl. Kel-

ley Gibbons, 24, from Santa Maria, Calif., landing support specialist, Landing Support Company, Combat Logistics Regiment 17, 1st Marine Logistics Group. “I learned a lot in those three weeks.”

The students benefited from the 155 hours of rigorous physical training and classroom instruction, they said.

“It was a great experience,” said Cpl. Jonathan Browning, radio technician, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, who was also named the honor graduate. “I gained a lot of experience there, and I'm glad I brought enough experience to even be deemed the honor graduate for the course,” said Browning, 22, from Tyler, Texas.

Each Marine and sailor gained confidence and knowledge to return to their units and lead those under their charge.

Word on the Street

*What do you
think of
weight lifting?*



“When I think of weight lifting, I think of feeling good and looking good.”

Seaman Chris Towndrow
Hospital Corpsman, 1st MLG



“I think of in-shape, athletic individuals striving to accommodate their drive of testosterone.”

Cpl. Chris Riley
Combat Engineer, 7th ESB, 1st MLG



- GIVE HIM ONE! - COL. ANTHONY ARDOVINO

Story and photos by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. –

With close to 30 years of honorably serving his beloved country, one service member looks back on his extensive career and admires his time in the Corps.

Col. Anthony Ardovino, the outgoing chief of staff, 1st Marine Logistics Group, was commissioned in the Marine Corps in December 1982. He said he had wanted to be a Marine since childhood.

“I read a book when I was in the third grade called Guadalcanal Diary,” said Ardovino, 51, from Vestavia Hills, Ala. “It was about the battle of Guadalcanal, and ever since I was a kid, I was just attracted to the Marine Corps, the mission, the

challenge of being a Marine, the physical and mental challenges. Plus, I wanted to serve my country.”

He added that he felt he owed this country for giving his grandparents, who came to America from Sicily, Italy, a good start and a good life.

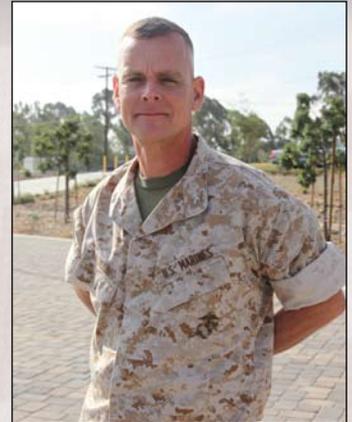
He said his father, Anthony J. Ardovino, and his mother, Josephine Ardovino, influenced him in joining the Marine Corps.

“My dad and mom were both hard workers,” said Ardovino. “They always worked and tried to make it better for me and my brother and sister.”

Ardovino started out as an infantry officer before he became a logistics officer. His first unit was 3rd Battalion, 9th Marines, 7th Marine Regiment, 1st Marine Division here on Camp Pendleton back in 1983. As an

“Ever since I was a kid I was just attracted to the Marine Corps, the mission, the challenge of being a Marine.”

- Col. Anthony Ardovino
Chief of Staff, 1st MLG



infantry officer, he served as a rifle platoon commander, weapons company executive officer and weapons company commander. In 1986, he became a logistics officer with 1st MLG, then known as 1st Force Service Support Group.

His current job as the Chief

of Staff is to lead and manage the staff and all the staff actions that need to occur to run 1st MLG and to assist the commanding general.

With all the years he has served in the Marine Corps, his wife Patti, and daughter Logan, have been there every step of the way, he said.

“They are the reason I do everything,” said Ardovino. “Being married in the Marine Corps, your [spouse] and family [are] an integral part in supporting what you enjoy doing, and certainly Patti and Logan have always supported me in every assignment and everything I wanted to pursue in the Marine Corps. They have been right there with me, and they supported me 100 percent... couldn’t have done it without them.”

After having a successful career, Ardovino plans to retire, June 3, 2011.

Before leaving the Marine Corps he passed knowledge to the warriors who will keep the Corps running.

“To the leaders, I would tell them don’t forget that every one of their Marines has been entrusted to them by a loving set of parents and that they always need to take care of their Marines,” he said.



Col. Anthony Ardovino, 51, from Vestavia Hills, Ala., the outgoing chief of staff, 1st Marine Logistics Group, Marine Corps Base Camp Pendleton, Calif., plans to retire June 3, 2011, after 29 years of honorable service to the Marine Corps.