

Yoga included
in depot fitness
activities



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CHEVRON

AND THE WESTERN RECRUITING REGION

Finance,
Medical
faceoff for
CG's Cup



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Vol. 71 – Issue 16

"WHERE MARINES ARE MADE"

FRIDAY, JUNE 17, 2011

Edson Range begins \$90 million building project

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

The Weapons and Field Training Battalion held a ground breaking ceremony June 7 that revealed the beginning of several military construction projects at Edson Range, WFTBn, Camp Pendleton, Calif.

The ceremony celebrated the start of five projects on Edson Range that have an estimated cost of \$90 million and are being built to enhance the training experience for recruits and instructors alike.

"The new facilities will provide more storage, and will help improve the quality of training the recruits will receive while at Edson Range," said Capt. Kathryn E. Baker, assistant logistics officer, WFTBn.

The five major projects included in the ceremony are field barracks, support facilities like a martial arts dojo, supply warehouse and target factory, a mess hall, an Indoor Simulated Marksmanship Trainer and two range houses.

"(The construction) will change perspectives of how we make Marines," said Maj. Gen. Ronald L. Bailey, commanding general, Marine Corps Recruit Depot and the Western Recruiting Region. "Every Marine and recruit who goes through your building will gain something from that experience," he added.

These construction projects required dozens of meetings to ensure contractors had sufficient information to place a bid.

Progress began in May once contracts were awarded and construction should be completed by October 2012.

The field barracks will be located near Ranges 501 and 505 near the Confidence Chamber and Team Shoot Event on the Crucible. They will be sparse in nature, only providing a roof over the heads of recruits and Recruit Training Regiment staff. However, it will improve the field experience by keeping them out of inclement weather.

The new mess hall will be the largest on Camp Pendleton,

see BUILDING ▶ 2



Cpl. Matthew Brown

From left to right, Andrew Ortero, owner, A&D General Contracting, Blake Munroe, BILBRO Construction, Navy Capt. Martin Smith, officer-in-charge of construction, Marine Corps Installations West, Maj. Gen. Melvin Spiese, Deputy commanding general, I Marine Expeditionary Force, Maj. Gen. Anthony Jackson, commanding general, Marine Corps Installations West, Maj. Gen. Ronald L. Bailey, commanding general, Marine Corps Recruit Depot San Diego and Western Recruiting Region, Steve Likins, vice president, Whiting-Turner, Dane Penick, vice president, T.B. Penick, Col. Christopher Dowling, commanding officer, Weapons and Field Training Battalion, use the ceremonial gold shovels to dig into the plot of land June 7 at Weapons and Field Training Battalion, Edson Range, Camp Pendleton, Calif. Edson Range have five construction projects underway with an estimated completion date of October 2012.

Depot hosts best military chef quarterly competition

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

Roman Emperor Maurice once said, "The commander who fails to provide his warriors with necessary food is making arrangements for his own defeat, even with no enemies present." The importance of military cuisine hasn't changed much from 600 A.D., but the quality has.

Marine Corps Installation West's



Lance Cpl. Crystal Druery

Col. Wayne R. Steele, officer in charge, general staff, 3rd Marine Air Wing was one of the many patrons who came out from the Western region to support their regional food service team.

regional food service teamed up with Sodexo to hold its Chef of the Quarter competition at the Duncan mess hall, Marine Corps Recruit Depot San Diego, June 8. The contest was open to all Marines and sailors who work in the military food service community.

"It's all about pursuing food service excellence through friendly competition," said Patrick T. Grosso, regional food service manager, Camp Pendleton, Calif.

Grosso explained the competition wasn't just a way for chefs to show off their skills, but a way to learn through experience.

On the first day, 18 individual participants were given a written test about basic food service information, then they were placed back into their two-man teams for a short jeopardy-style battle. Questions were based on important basics such as cooking safety and sanitation. At the end of the day, only four teams would advance.

The teams that made it to day two were Naval Hospital Camp Pendleton, Mess Hall 5500 from Marine Corps Air Station, Miramar, Calif., Marine Corps Mountain Warfare Training Center from Bridgeport, Calif. and Marine Wing Support Squadron 373, 3rd Marine Aircraft Wing from Miramar, Calif.

The remaining teams were given a mystery basket full of ingredients pertaining to the theme of the month, soul food, and had limited time to prepare a menu that would appeal to the judges and a small group of critics.

see CHEF ▶ 8

New Sgt. Major of the Marine Corps



Sgt. Michael S. Cifuentes

Commandant of the Marine Corps Gen. James F. Amos hands the sword of office to Sgt. Maj. of the Marine Corps Micheal Barrett during a relief and appointment ceremony at Marine Barracks Washington June 9, 2011. Barrett took charge as the 17th Sergeant Major of the Marine Corps as Sgt. Maj. Carlton W. Kent, his predecessor, relinquished his duties as senior enlisted advisor to the Commandant and retired from active service in the Marine Corps.

See story, pictures page 3

Assistant Commandant of the Marine Corps visits depot, dines with local officers



Cpl. Matthew Brown

General Joseph F. Dunford, assistant commandant of the Marine Corps, enjoys a beverage with Marine Corps Recruit Depot San Diego officers during the Commanding General's Officer Field Mess Night near the Bay View June 10. Historically, MCRD San Diego conducts the CG's Dining In or Mess Night in the spring of each year to enjoy a pleasant evening of tradition and camaraderie and maintain a high morale. "It was a great time and gave me the opportunity to meet my fellow officers and build that camaraderie that's so important in our Marine Corps," said Capt. Kyle Gallagher, action officer, Operations. "Plus, getting to hear the assistant commandant of the Marine Corps talk is always a great thing."

Student aid program provides student employees an entrance to federal work

LANCE CPL. KATALYNN THOMAS
Chevron Staff

Three Recruit Administrative Branch employees who started working aboard Marine Corps Recruit Depot through the Student Educational Employment Program, have recently graduated college and now have chances to become permanent personnel.

The SEEP provides federal employment opportunities to students who are enrolled or accepted for enrollment as degree seeking students. This program is available to any of the offices here, and is being used on a regular basis.

The SEEP program is divided into two different programs: the Student Temporary Employment Program and the Student Career Experience Program.

"The STEP program is

the most flexible," said Edward Gonzales, director of the Human Resources Office. "The nature of the work does not have to be related to the student's academic or career goals."

According to Gonzales, to qualify for the STEP and SCEP programs a student must be enrolled or accepted for enrollment as a degree seeking student taking at least a half-time academic, technical or vocational course load.

"Students in the SCEP program may be non-competitively converted to term, career or career conditional appointments following completion of their academic and work requirements," said Gonzales.

When the three RAB employees started out, they were just part time. Now they have chances at permanent positions.

"I applied for this program because I thought it would be a great way

to start a career in the government," said April Santos, administrative clerk, RAB. "As a young student it is very difficult to get into a government position because they usually hire military personnel, those with experience working with the government, or hire within."

This program doesn't just benefit the students; it also helps the workplace that hires them in many ways.

Appointments made under the SEEP program can help agencies meet their needs to continuously recruit and develop employees to support changing missions, ensure that the government can meet its needs, and achieve a diverse workplace, said Gonzales.

"As the director at RAB, I am happy to see that these students have completed their college degree and still remain part of our

staff," said Roger Rickman, director, RAB. "Without them we would not be able to enjoy the successes we have enjoyed the past few years."

According to Gonzales, to complete the program the students under SCEP have to get a degree from an academic, technical, or vocational course in an accredited high school, technical, vocational, two or four year college or university, and 640 hours of work related experience.

The students under STEP are required to have a completion of degree or a technical/vocational certification, said Gonzales.

"Even in an era of downsizing, there is a continuing need to recruit and develop talented employees to support changing agency missions, ensure that the government can meet its professional, technical, and administrative needs, and achieve a quality and diverse workforce," said Gonzales.

recruit training mission by providing the space and equipment necessary to improve training, Baker explained.

Edson Range is home to four of the largest ranges on Camp Pendleton. Recruits receive instruction in rifle marksmanship, increase proficiency in common Marine Corps skills and

complete their final test, the Crucible. Upon successful completion, recruits will earn the title Marine while aboard Edson Range.

"This is not just monumental, but historic," said Bailey. "It's changing the face of this camp and changing the way we make Marines."

BRIEFS

Apply for scholarship

Applications for the Colonel Nate Smith Memorial Scholarships are now available from the MCRD Museum Historical Society. Three scholarships will be awarded this year. Each scholarship is worth \$1,000. The scholarships are available for MCRD San Diego and WRR enlisted Marines, sailors and their dependents who are enrolled in an accredited undergraduate or graduate college degree program. Applicants must have a high school diploma and provide proof of enrollment in undergraduate or graduate program. Application forms are available at the Society business office in the museum. They are also on-line at www.mcrdmhs.org. The deadline for applications is July 14. For information about the scholarships or on how to apply, call (619) 524-6719.

Commanding General's Welcome Aboard

MCRD San Diego's next Commanding General's Welcome Aboard is scheduled for Tuesday. The event is an information-based orientation. The morning program begins at 8:30 a.m. at the MCCC Personal & Professional Development Center (formerly Marine & Family Services), Bldg 14, with the formal welcome and an overview of available programs and services. A bus tour follows. Stops will be made at key points of interest around the depot. The bus tour ends at the Recreation Center, Bldg. 590, where attendees will be treated to a complimentary lunch and an Info Expo. The Info Expo affords attendees the opportunity to obtain additional information about any of the programs and support activities that may be of interest.

Newly arriving service members, their spouses, dependents, retirees, Civil Service/DoD, and NAF employees are invited to attend. Per Depot Order, the Welcome Aboard is a mandatory attendance function for all newly arriving Marines.

For information call the Relocation Assistance Program Office, Bldg. 14, at (619) 524-5298.

Freedom Run

The June 24 5K Freedom Run begins at 1 p.m., at the Boathouse and Marina. This year an optional 1 mile fun walk will be included for strollers and kids. Barbecue grills, flat screen TV, a beach bike, and Padre tickets are among the prizes awarded to post race raffle participants. All race finishers will receive a free T-shirt, food and beverages. Register online at mccsmcrd.com. Show ID at the time of bib pick up. The race is free for all authorized patrons. For information contact Dominique Gary at garydj@usmc-mccc.org.

CG's Cup Softball League

A coaches meeting is schedule for Monday from 11 a.m. to noon in the training room in the Fitness Center. Coaches should bring their team roster (all team members must be from the same office/command). The six week season starts June 28 with games during the day on Tuesdays and Wednesdays at Beeson field. The league is open only to MCRD active duty and DOD/Nafi employees aboard MCRD. League format will depend on how many teams are entered. For more information, contact Athletics at (619) 524-0548

Send briefs to:

RDS_D_PAO@USMC.MIL. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

BUILDING ◀ 1

capable of supporting 3,374 personnel, compared to the current one that has a dining capacity of 2,532.

The new facilities will help Edson Range accommodate the growing

Around the depot

This week's Chevron asks: "What do you admire most about your father?"



"Even though I live 3,000 miles away, I get a phone call once a week making sure his youngest baby is okay." Kristina Moore, divisional sales manager, Main Exchange



"He was a Marine and he had a strong foundation." Pfc. Brooks Crittenton, postal clerk, Headquarters and Service Battalion



"He was a stand-up guy, very loving. He taught me to be a man, and to navigate through life's battles." Chief Petty Officer Jason M. Taylor, master at arms, USS Dewey

'Warfighter' takes charge as the new Sergeant Major of the Marine Corps

BY LANCE CPL. DANIEL A. WETZEL
Headquarters Marine Corps

WASHINGTON — "The Marines in uniform today, every single one of them, had a choice and they all chose to serve. I get to serve them, and I am privileged to get to serve in this capacity," said newly appointed Sgt. Maj. of the Marine Corps Micheal P. Barrett after he took the reins as the senior enlisted advisor to the Commandant of the Marine Corps.

Barrett became the 17th Sergeant Major of the Marine Corps during a relief and appointment ceremony June 9 at Marine Barracks Washington as Sgt. Maj. Carlton W. Kent retired from the Corps.

It was 90-degrees and humid throughout the evening in the 210-year-old Marine post in downtown Washington when the sword of office was handed to Barrett, signifying the transition in responsibility. Nonetheless, all Marines in attendance were in their dress blues, a uniform of a jacket and trousers that distinguish Marines since the 1800s.

The warm night only intensified two of the Corps' most top enlisted Marines when they were center stage during the scripted traditional ceremony to impart their genuine comments. Their voices bellowed through the post's courtyard corridors – Kent reflecting on his 35-year career and Barrett sharing anecdotes of Marines he's met and the excitement on becoming a leader of a "fearless and selfless" force.

"I expect all of our Marines to

continue to be selfless. I expect our Marines to continue to sacrifice for one another. I expect our Marines to continue to do brave deeds and endure the tough times that lay ahead," Barrett said.

The position of Sergeant Major of the Marine Corps was established in 1957 and was the first such post in any of the branches of the United States Armed Forces. Typically, it's a duty served for four years at the commandant's discretion.

Barrett praised Kent for his successful tour and said he plans to carry on from where Kent left off – to "work in line with the commandant's priorities and modernize the force."

"I'm going to be focused on all the issues. I'm going to give it all of my energies, and I'm going to enthusiastically continue to coalesce the team," Barrett said.

Before the appointment that brought Barrett to his current post, he was serving as the sergeant major of 1st Marine Division, a combat-ready unit of almost 20,000 Marines and sailors headquartered at Marine Corps Base Camp Pendleton, Calif.

He recently returned from a deployment to Helmand province, Afghanistan, where he served as Regional Command Southwest's sergeant major.

Sgt. Maj. Anthony Spadaro said to consider the appointment of Barrett a warning order – "everyone better bring their 'A-game' when he's around." Spadaro was the sergeant major of 3rd Marine Aircraft Wing (Forward), a unit recently deployed to Afghanistan that supported Barrett and his

Marines when conducting combat operations in Helmand province.

"Duty is not just a sublime word to Sgt. Maj. Barrett. It's everything to him," said Spadaro. "We're talking about a transcendental Marine who's ideal for the part."

In addition to a leader of Marines in a combat zone, Barrett was a sniper early in his career, made Marines as a drill instructor, and led Marines on the forward edge of the warzone – to include two tours to Iraq as battalion sergeant major of the battle-hardened 2nd Battalion, 7th Marine Regiment.

"The man is a warfighter," said Kent, describing Barrett. "And, he's a leader. The Marine Corps is in great shape because of the leaders that we have."

Kent said he's going to do "the most important thing" a Marine

should do when he retires from the Corps – spend quality time with the family.

Throughout his 35 years of service in the Corps, Kent has served as a drill instructor and made Marine aviators as a chief drill instructor and senior enlisted advisor at Naval Aviation Officers Candidate School in Pensacola, Fla. He took on lead roles a sergeant major of an artillery battalion, sergeant major of the West Coast's Recruit Training Regiment, and sergeant major of I Marine Expeditionary Force, a position that put him in front of tens of thousands of Marines and sailors.

He said it was an honor to serve as a leader, and he's leaving with a sense of pride in knowing that the Marines today are living up to the legacy Marines from the past have created.



Sgt. Michael S. Cifuentes

Sgt. Maj. of the Marine Corps Carlton W. Kent approaches Commandant of the Marine Corps Gen. James F. Amos to hand over the sword of office during a relief and appointment ceremony at Marine Barracks Washington June 9.



Sgt. Michael S. Cifuentes

Retired Sgt. Maj. of the Marine Corps Carlton W. Kent and newly appointed Sgt. Maj. of the Marine Corps Micheal Barrett salute during the pass-and-review portion of the relief and appointment ceremony June 9, at Marine Barracks Washington. Barrett, an infantryman by trade, is the 17th Sergeant Major of the Marine Corps, a billet appointed by the Commandant to be his senior enlisted advisor.

CHEVRON
ESTABLISHED 1942

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COMBAT CORRESPONDENTS

LANCE CPL. KATALYNN THOMAS
LANCE CPL. ERIC QUINTANILLA
LANCE CPL. CRYSTAL DRUERY

EDITOR
ROGER EDWARDS

CONTACT THE CHEVRON
RDS_D_PAO@USMC.MIL

CHEVRON/PUBLIC AFFAIRS OFFICE
1600 HENDERSON AVE. #120
SAN DIEGO, CA. 92140
(619) 524-8722

www.marines.mil/unit/tecom/mcrdsandiego/Pages/welcome.aspx

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Dancing, biking, muscle relaxation are all easy, fun steps to staying fit

BY LANCE CPL. KATALYNN THOMAS
Chevron Staff

Staying fit shouldn't be seen as something difficult to do, or bothersome. Marine Corps Recruit Depot San Diego's Fitness Center provides a variety of group exercises to help stay fit in fun ways.

Zumba, Spin and Yoga are just a small selection of activities that are provided at the fitness center.

"These classes are ways of working out that are fun and beneficial," said Giovanna Thiesen, fitness director, Semper Fit. "Not everyone likes to work out alone so it offers a fun and motivating group environment."

Sometimes called a "Dance Fitness Party," Zumba is a Latin-inspired fitness program that blends international music with easy to follow dance steps. It began in 2001, and since then millions of people of all ages and sizes have been taking weekly classes all over the nation.

"Zumba is a fun way to stay fit because everybody can do it," said Claudia Hillard, a Zumba instructor with MCRD's Fitness Center. "It gives me great satisfactions when I see them smile and share with me how much weight they have lost with Zumba."

If Zumba is too fast pace for an attendee, there are calmer, more relaxing ways to help stay healthy and fit.

A Hindu spiritual and ascetic discipline, Yoga includes breath control, simple meditation, and adoption of specific body postures. It is widely practiced for health and relaxation.

"Yoga benefits every level of your being," said Marguerite Baca, MCRD's Fitness Center's first Yoga instructor. "You start to feel peaceful in situations where you would normally freak out. When taught right, you can begin to calm your nervous system, identify and manage your emotions, gain better flexibility, and open the range of motion in your spine and joints."

For those who enjoy the feeling of a really hard workout or being outside, there is spinning. Participants are on stationary bikes that can be geared with enough resistance to make it seem like you are going up hills or sprinting across flat pavement.

Spin classes are far more vigorous and are led by the instructor who guides attendees through warm-ups to more challenging phases, then to a period of peak effort followed by a cool down.

"Spin uses interval training," said Melissa Perkins, spin instructor, MCRD Fitness Center. "It is an effective way to burn a lot of calories and maintain or build your fitness level."

The good news is that there is no registration for these classes. They are open to all eligible patrons and up to two guests per patron. The fitness center strives to accommodate all their patrons, and never turn someone away.

"All levels of fitness are welcome at our classes," said Thiesen. "Even if they are very fit or just beginners, all of our classes are modifiable to make sure that everyone is comfortable."



Participants of Marine Corps Recruit Depot San Diego's fitness center are one of the hottest



Lance Cpl. Katalynn Thomas

Eligible patrons aboard Marine Corps Recruit Depot San Diego used their lunch time to attend a Spin class provided by MCRD's Fitness Center, June 13. Spin classes replicate the resistance of hills and sprints of flat pavement while riding a stationary bike.



Those who practice Yoga at Marine Corps Recruit Depot San Diego's fitness center can achieve a calm state of mind.



Attendees at Marine Corps Recruit Depot San Diego's fitness center can achieve a calm state of mind.



Lance Cpl. Katalynn Thomas

Marine Corps Recruit Depot's Fitness Center's Zumba Fitness class follow the instruction of Claudia Hillard, a Zumba instructor, June 10. "Zumba has a lot of new workouts available," said Hillard.



Lance Cpl. Katalynn Thomas

Participants are called Yogis. Yogis hold a position in a set of warrior poses during their class, June 11. Yoga is one of the many group exercises provided by Marine Corps Recruit Depot San Diego's Fitness Center. A class schedule is posted on www.mccsmcrd.com and in the fitness center.



Lance Cpl. Katalynn Thomas

Recruit Depot San Diego's Fitness Center's Yoga class start off in the child's pose, controlling their breathing and relaxing, June 11. Through Yoga, Yogis gain a sense of calm and better flexibility in their joints and spine.

Third week inspection a stressor tool for DIs

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

Early in the morning June 10, recruits from Company K stood tall in formation, rifles in hand and aligned to the front of their right boots. Most faces revealed no emotion, but anyone could have sensed the nerve-racking pressure they felt. These recruits were standing by for their very first inspection.

The senior drill instructor inspection is held three weeks into recruit training, testing the recruit's ability to meet Marine Corps standards in appearance, bearing and discipline. These principles are also imperative to success in a combat situation.

"The senior drill instructor inspection tests recruits on stress," Staff Sgt. Ray Williams, senior drill instructor, Platoon 3221. "We show the recruits how to conduct themselves through pressure so when they're in combat they can adapt."

Proper preparation is the first step in preventing poor performance here or overseas. Recruits learn early on that working together by checking over one another prevents them from causing risks to themselves. Later they will need to apply these fundamentals while in combat. Checking their fellow Marines over to make sure they have their rifle, water and other essential gear for their mission at hand assists in reducing hazardous situations.

"Checking each other is important before going outside the wire, just like the recruits rely on one another to check

each other before inspection," said Capt. Thomas Zackary, Co. K series commander for lead series, Recruit Training Regiment. "You can't do this by yourself. You need that team mindset," he added.

To achieve that mindset, the drill instructors have to teach the recruits to focus. Creating a chaotic and stressful environment for recruits on a

regular basis, such as in a senior drill instructor inspection, sets up recruits for any situation, helping them have the ability to adapt. They learn how to tune out the yelling of their drill instructors and focus solely on what's at hand.

Developing this skill early on will be more than beneficial later. It's what will help keep them alive. Muscle

memory is a method drill instructors engrave in recruits by repetition. This helps them perform the most paramount decisions under pressure, like during a fire fight against enemy forces.

During the drill instructor inspection, confidence plays a big role, said Zakary. Just like in combat, confidence combined with muscle memory will help a

Marine make the best decision. If either of the principles are missing, or they become complacent, it could cost lives.

The real test isn't if the recruits can properly recite their general orders, nor is it if they can lace their boots properly, but it may be using the knowledge they have been given and applying it once they get to the fleet.



Lance Cpl. Crystal Druery

Sgt. Brandon L. Wesson, 3rd Battalion drill instructor, finds a discrepancy while inspecting a recruit during the senior drill instructor inspection. Wesson yells at the scribe to document the discrepancy, in an attempt to create a stressful environment for the recruits.

Sgt. Maj. Anthony A. Spadaro

Parade Reviewing Officer

Sergeant Major Anthony A. Spadaro was born in July 1963, in New Brunswick, N.J. He enlisted in the Marine Corps in April 1985, and attended recruit training at Marine Corps Recruit Depot Parris Island, S.C.

Following recruit training, Spadaro reported to Marine Artillery Detachment, Fort Sill, Okla., for training as an artillery fire direction controlman. He then reported to Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., for duty with Battery R, 5th Battalion, 11th Marines. He was promoted meritoriously to corporal in September 1986, and attended Noncommissioned Officer Leadership School in November.

In February 1987, Spadaro was assigned to Naval Air Station North Island, Coronado, Calif., for training as an artillery nuclear projectileman.

Spadaro received orders to Marine Security Guard School, Quantico in April 1987 and upon completion of the school, he was assigned as a watch stander to the American Embassy, Abidjan, Cote D'Ivoire, Africa. He was meritoriously promoted to sergeant in June 1988, and selected to activate the newly formed Marine Security Guard Detachment in Gaborone, Botswana as the assistant detachment commander in October 1988. In May 1989, Spadaro became the detachment commander. During his tenure, the detachment was honored as the most improved MSG Detachment in Company F, Marine Security Guard Battalion.

In March 1990, Spadaro was transferred to 1st Marine Division and subsequently assigned to Battery G, 3rd Battalion, 12th Marines, and attached to

1st Battalion, 11th Marines.

Spadaro deployed in December 1990, to participate in Operations Desert Shield and Desert Storm as a member of Battalion Landing Team 3/1 until August 1991. During this deployment, Spadaro participated in combat operations against the enemy in Operations Ripper and Desert Slash.

In November 1991, Spadaro was transferred to 11th Marines for duty in intelligence. He was promoted to staff sergeant in February 1993.

"Marines, today should be one of those days that will remain burned into your memory - for today is not only your graduation but the start of a journey that will last a lifetime.

Like the Eagle, Globe and Anchor that you have earned and the title you know wear proudly and present faithfully - depart this parade field of honor with the knowledge that generations of Marines expect YOU to carry our mantle of pride to the next century and through the next breach. I speak for all Marines past, and present - WE are proud of you and wish you fair winds and following seas."



In January 1994, Spadaro returned to Fort Sill, for the Marine Artillery Operations Chief Course. When he graduated in April 1994, he was assigned to be the meteorological chief, 11th Marines, and as platoon sergeant for Headquarters Battery, 11th Marines.

In June 1995, he completed the Staff Noncommissioned Officer Academy Career Course, Marine Corps Air Station El Toro, Orange County, Calif., and in 1996, Spadaro became the regimental survey chief for 11th Marines, and an instructor at the Artillery Training School. He received orders to become

a drill instructor in April 1997, and completed Drill Instructor School at MCRD San Diego, Calif., in June 1997. He completed seven cycles as a drill instructor and wrapped up his tour as chief drill instructor.

In July 1999, he was assigned to the staff of Drill Instructor School. During his time as an instructor, Spadaro was responsible for making 1,300 Marines and 310 drill instructors.

Upon his selection to first sergeant in March 2001, Spadaro was assigned

Staff Noncommissioned Officer Selection Board.

In 2006, Spadaro attended the Navy Senior Enlisted Academy (the first Marine sergeant major to attend the course), in Newport, Rhode Island. Spadaro was a distinguished graduate.

In March 2007, Spadaro was assigned to 3rd Marine Aircraft Wing, Marine Corps Air Station, Miramar, Calif., where he served as the squadron sergeant major of Marine Medium Helicopter Squadron 165 and the sergeant major for the Air Combat Element (ACE) of the 15th Marine Expeditionary Unit.

Following several assignments, he was selected as the 3rd MAW (Forward) sergeant major and, from April 2010 to March 2011. He served as the sergeant major for Aviation Combat Element, Regional Command (Southwest), Afghanistan, in support of Operation Enduring Freedom.

Spadaro has completed the following Professional Military Education courses: NCO Academy (honor graduate), SNCO Career Course (distinguished graduate), SNCO Advance Course, First Sergeant's Course, Warfighting, Expeditionary Warfare School (by extension), Command and Staff College (by extension), Navy Senior Enlisted Academy (distinguished graduate), the Senior Enlisted Professional Military Education Course and the Senior Enlisted Joint Professional Military Education Course.

Spadaro's personal decorations include the Bronze Star Medal, Meritorious Service Medal with gold star, the Air Medal with numeral "3", the Navy and Marine Corps Commendation Medal with three gold stars, the Navy and Marine Corps Achievement Medal, the Army Achievement Medal and the Combat Action Ribbon. He is authorized to wear Naval Aircrewman insignia, and has been inducted into the Honorable Order of Saint Barbara recognizing his contributions to field artillery in 1996.

as the first sergeant to Special Training Company, Support Battalion, MCRD San Diego. In August 2001, he transferred to 3rd Marine Division and was assigned to Battery B, 1st Battalion, 12th Marines.

In July 2004, Spadaro reported to MCRD San Diego for duties as company first sergeant for Company C, 1st Recruit Training Battalion.

Spadaro was selected for sergeant major in November 2004. He assumed the billet as the 1st Recruit Training Battalion sergeant major in August 2005, and from January to March 2006, he served as a board member for the FY 2006 Reserve



Platoon 2102 COMPANY HONOR MAN Lance Cpl. A. Frison Texarkana, Ark. Recruited by Sgt. R. Ford	Platoon 2107 SERIES HONOR MAN Pfc. F. A. Trejo Peoria, Ariz. Recruited by Staff Sgt. M. Walker	Platoon 2101 PLATOON HONOR MAN Pfc. J. B. Federhofer O'Fallon, Ill. Recruited by Staff Sgt. S. Leemar	Platoon 2103 PLATOON HONOR MAN Pfc. A. Perez Phoenix Recruited by Sgt. W. Lazo	Platoon 2105 PLATOON HONOR MAN Pfc. J. J. Ruiz Palm Desert, Calif. Recruited by Staff Sgt. J. R. Guillen	Platoon 2106 PLATOON HONOR MAN Pfc. R. Lechuga Fort Wayne, Ind. Recruited by Gunnery Sgt. J. Reed	Platoon 2106 HIGH SHOOTER (335) Pvt. S. Moon Albuquerque, N.M. Marksmanship Instructor Sgt. A. Green	Platoon 1022 HIGH PFT (300) Pfc. J. J. Ruiz Palm Desert, Calif. Recruited by Staff Sgt. J. R. Guillen
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ECHO COMPANY



<p>2nd RECRUIT TRAINING BATTALION Commanding Officer Lt. Col. R. L. Hairston Sergeant Major Sgt. Maj. P. A. Siaw Battalion Drill Master Staff Sgt. K. J. Consiglio</p> <p>COMPANY E Commanding Officer Capt. A. Farsaad Company First Sergeant 1st Sgt. K. L. Hutson</p>	<p>SERIES 2101 Series Commander Capt. J. A. McNabb Chief Drill Instructor Staff Sgt. J. F. Richard</p> <hr/> <p>SERIES 2105 Series Commander 1st Lt. B. T. Chen Chief Drill Instructor Gunnery Sgt. D. J. Farmer</p>	<p>PLATOON 2101 Senior Drill Instructor Sgt. A. J. Butler Drill Instructors Sgt. D. A. Bibbins Sgt. F. Garcia Sgt. J. C. Lopez Sgt. J. M. Mansfield</p>	<p>PLATOON 2102 Senior Drill Instructor Staff Sgt. J. B. Ferguson Drill Instructors Staff Sgt. J. A. Ratliff Sgt. G. L. Borjon Sgt. R. Melendez</p>	<p>PLATOON 2103 Senior Drill Instructor Staff Sgt. J. J. Anciaux Drill Instructors Staff Sgt. J. E. Orozco-Colorado Sgt. I. R. Castellanos Sgt. J. Montalvo</p>	<p>PLATOON 2105 Senior Drill Instructor Staff Sgt. R. G. Lomeli Drill Instructors Staff Sgt. A. Gomez-Fletes Sgt. J. B. Fuentes Sgt. R. A. Jimenez</p>	<p>PLATOON 2106 Senior Drill Instructor Gunnery Sgt. A. W. Duncan Drill Instructors Staff Sgt. J. I. Abdul Staff Sgt. N. Casias Staff Sgt. Z. D. Curran Sgt. H. Torres</p>	<p>PLATOON 2107 Senior Drill Instructor Staff Sgt. A. Glenn II Drill Instructors Sgt. J. A. Belill Sgt. M. P. DiMauro Sgt. S. C. Jackman</p>
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* Indicates Meritorious Promotion

<p>PLATOON 2101 Pvt. A. C. Aguayo Pvt. A. M. Allen Pvt. J. A. Andrade-Hernandez Pfc. K. C. Bangi *Pfc. M. A. Bannister Pfc. L. Barraza Pvt. S. E. Baum Pfc. A. Betancourt III Pvt. M. S. Boterf Pvt. M. R. Broadbent Pvt. M. L. Brown Pvt. C. J. Buege Pvt. T. M. Bushell Pvt. A. T. Calderon Pvt. D. W. Camden Pvt. F. A. Campos Pvt. A. Carrillo Pvt. J. T. Corrales Pfc. B. J. Coulthart Pvt. M. T. Courson Pfc. A. M. Curtis Pfc. S. D. Dadamo Pvt. J. R. Davis Pfc. J. A. Delarosa Pfc. F. S. Duran Pvt. K. A. Dycus Pvt. L. Esparza-Nunez Pvt. N. J. Evans Pvt. J. E. Fagalnifin Pvt. J. A. Fay Pfc. T. L. Fears *Pfc. J. B. Federhofer Pvt. J. D. Foster Pvt. T. J. Frazierfortson Pvt. S. R. Glover Pvt. J. W. Hofmann Pfc. B. C. Lacroix Pvt. M. D. Lopez Pvt. A. J. Stoelb Pvt. T. N. Thomas Pvt. B. M. Wheeler *Pfc. J. M. Young</p>	<p>PLATOON 2102 Pvt. A. M. Albright Pvt. J. S. Aluia Pvt. J. A. Alvarez-Aguilar Pfc. T. J. Atherton Pfc. A. S. Bailey Pfc. C. W. Barrett Pvt. D. F. Bauer Pfc. M. L. Bearden Pfc. B. H. Benner Pfc. A. A. Blane *Pfc. J. T. Brown Pvt. G. R. Burch Pvt. J. W. Chapman Pvt. V. L. Choate Pvt. F. Cisneros Pvt. J. F. Clark Pvt. A. M. Conklin Pvt. N. Coronado Pfc. S. P. Delawder Pvt. T. K. Demelo Pfc. C. J. Dimeoediger Pfc. J. B. Edelstein Pfc. A. F. Escobar Pvt. W. B. Evans Pvt. E. Falcon Pvt. F. I. Fernandez *Pfc. A. B. Field *Lance Cpl. A. C. Frison *Pfc. A. Gonzales Pfc. J. L. Hester Pvt. J. D. Lee Pvt. O. A. Lopez Jr. Pvt. N. J. Magness Pfc. J. A. Moore Pfc. Z. J. Neuharth Pfc. A. O. Onyango Pfc. C. D. Pullen Pfc. M. Sanchez Pvt. N. R. Stevens Pfc. B. P. Stewart Pvt. A. S. Taapken Pfc. A. J. Tondini</p>	<p>PLATOON 2103 Pvt. M. L. Amador Pvt. E. P. Araozpaz Pfc. J. A. Back Pvt. D. M. Beathard Pvt. J. E. Caple Pvt. D. D. Davis Pvt. M. A. Garcia Pvt. G. J. Geare Pvt. A. J. Gersch Pvt. R. J. Hession Pvt. T. W. Jones Pfc. S. S. Kim Pvt. J. Koerts Pfc. T. J. McCourt *Pfc. J. M. McKee Pvt. M. D. Medema Pfc. E. S. Membreno Pfc. E. T. Meyervolinek *Pfc. A. Perez Pvt. D. M. Pezan Pvt. B. F. Pike Pfc. J. L. Poynter *Pfc. J. M. Puda Pvt. M. W. Rachow Pfc. T. F. Relva Pfc. T. J. Reynders Pvt. T. Riley Pvt. B. J. Roach Pvt. B. R. Robbins Li Pfc. E. J. Roggenkamp Pvt. S. Rosas Pvt. T. A. Sabyan Pvt. A. Salcedo Jr Pvt. R. A. Sassen Pvt. S. Selhorn Pfc. B. E. Seller Pfc. S. A. Shoemake Pvt. J. L. Sinsheimer Pvt. D. M. Smoll Pfc. W. J. Stewart Pvt. D. R. Tippie Jr. Pfc. H. E. Wilkerson</p>	<p>PLATOON 2105 Pvt. J. M. Blakeman *Pfc. T. R. Geronzin Pvt. K. I. Gibbons Pfc. B. D. Gibson Pvt. C. L. Gilliam Pvt. B. S. Graham Pfc. J. M. Graham Pvt. K. D. Graham Pvt. J. P. Gutting Pvt. C. Hernandez Pvt. X. C. Hernandez Pvt. P. E. Herrera Pvt. J. C. Hoke Pfc. C. M. Hoospianmer Pfc. A. D. Hopperstad Pvt. A. G. Jerzyk *Pfc. J. M. Joyce Pvt. K. E. Kreski Pvt. J. M. Larson Pvt. J. R. Lawson Pvt. C. A. Lemke Pfc. J. H. MacFadden Pvt. R. Mandujano Pvt. C. A. Martinez Pvt. D. L. Martinez Pvt. D. J. Mason Pfc. T. J. McCrea Pvt. M. K. Miller Pvt. J. J. Nash Pvt. A. S. Navarro Pvt. A. J. Nishimura Pfc. J. K. Otsuka Pfc. A. M. Palumbo Pvt. J. H. Park Pvt. M. T. Parker Pvt. J. A. Pendley Pvt. V. M. Perez Pvt. M. P. Pflughoeft Pvt. T. X. Pham Pvt. J. W. Phelps Pfc. M. C. Polivany *Pfc. J. D. Ruiz</p>	<p>PLATOON 1026 Pvt. J. L. Forrest Pvt. A. J. Gagliardo Pfc. A. M. Galaviz Pfc. J. E. Garcia-Rizo Pvt. C. J. Gooden III Pvt. H. Guerrero Pfc. Y. I. Gutierrez Pvt. M. R. Hall *Pfc. J. D. Hansen Pvt. D. M. Hanson Pvt. R. A. Happe Pvt. M. R. Hollern Pfc. G. A. Hultman Pfc. J. Imhoff Pvt. J. A. Isom Pvt. J. A. Jackson Pvt. A. Kim Pvt. J. A. Kniesel Pvt. B. A. Knoblauch *Pfc. R. Lechuga Pvt. A. R. Lewis Pfc. S. K. Liggins Pvt. P. V. Lim Pvt. C. J. Longo Pvt. A. G. Luna Pvt. J. W. Martin Pvt. D. I. Medrano Pvt. J. M. Miranda Pfc. G. L. Mock Pvt. S. Moon Pvt. A. E. Moran Pvt. O. Olivares Pfc. T. S. Paine *Pfc. B. R. Perkins-Olsen Pfc. K. K. Pradhan Pvt. B. J. Reed Pvt. K. M. Reedy Pvt. D. A. Rivas Pvt. M. A. Robles Pvt. M. Rojo Pfc. S. E. Streeter</p>	<p>PLATOON 2107 Pvt. M. A. Aguirre Pvt. B. A. Ashworth Pvt. B. D. Gough Pvt. J. C. Hale Pvt. J. A. Millian Pvt. B. S. Romero Pvt. C. B. Roop Pvt. E. E. Rooy Pvt. K. Silva *Pfc. J. A. Sizer *Pfc. R. L. Slown Pvt. P. K. Smith Pfc. D. D. Soundara Pfc. A. J. Spann Pvt. T. T. Speir Pvt. R. E. Sprague Pvt. J. M. Steinbeiser Pvt. R. H. Stobbs Pvt. C. L. Stoner Pvt. K. E. Stumpf Pfc. V. L. Sutton Pvt. T. C. Thetard Pfc. J. O. Thomas Pvt. G. J. Thompson Pvt. J. N. Thurman Pvt. A. J. Tipton Pfc. F. A. Trejo Pvt. M. J. Troyer Pfc. A. Uribe Pvt. J. Vanderploeg Pfc. T. A. Vasko Jr. Pvt. J. Vega-Pacheco Pfc. V. V. Vo Pvt. J. K. Walbridge Pvt. T. J. Wesley Pvt. J. J. White Pvt. N. F. Whitten Pvt. M. H. Wileman Pvt. J. D. Williams Pfc. J. L. Wrazidlo *Pfc. D. K. Wrenn Pfc. D. I. Wright Pfc. T. Yang</p>
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Finance tips balance in third game of CG's Cup volleyball match

BY STAFF SGT. KENNETH G. LEWIS, JR.
Chevron staff

Medical squared off against Finance in the Commanding General's Cup volleyball league June 15 at Marine Corps Recruit Depot San Diego's field house.

The two depot units were neck and neck in the standings, Medical in fourth place and Finance in fifth place. Much like the standings, the match was close and required all three games to determine a winner.

Finance fell behind early in the first game, but recovered nicely and was able to dominate the shorthanded Medical team with a 25-15 victory.

"We communicated really well in the first game," said Cpl. Tony J. Pulido, fiscal clerk, Finance. "We

played well and did what we did," added the 23 year-old coach.

The Medical team was full strength by the time the second game began. The difference could be seen by looking at the scoreboard. Medical took a demanding lead early in the game 19-13. Finance battled back strongly and tied the game at 22.

However, Medical wouldn't be denied and scored three unanswered points and won the second game 25-22.

"We had momentum starting with the serve and we were able to capitalize," said Petty Officer 3rd Class Andrew H. Johnson, hospital corpsman, Branch Medical Clinic. "They came back, but we were able to regain the lead," added the 29-year-old from Englewood, Fla.

Finance, who dominated the first game, attributed the loss to a lack of one crucial requirement.

"We didn't communicate very well," said Pulido. "We were just hitting the ball over."

With the teams trading victories, a third match was required and Finance was able to establish their dominance once again.

"We got our original pack in and were able to regroup" said Pulido, from Madera, Calif. "We got back to bump, set, and spike."

Medical is looking forward to a rematch when the playoffs roll around later this season.

"We'll be back and should see them again," said Johnson.

The volleyball season concludes June 21. The top six teams will advance to the playoffs beginning June 22.



Master Sgt. Robert Knoll

Finance's coach, Cpl. Tony J. Pulido, fiscal clerk, spikes the volleyball over the net against Medical June 15 during a Commanding General's Cup volleyball match at the Marine Corps Recruit Depot San Diego field house. Finance won the match two games to one.



Master Sgt. Robert Knoll

Finance and Medical battled neck and neck at the Marine Corps Recruit Depot San Diego field house June 15. Finance won the first match easily. Medical regrouped and won the second game, forcing another game to break the tie. Finance won the third match, giving them a 2-1 victory in the best two-out-of-three format.

CHEF ◀ 1

The second day kicked off with spatulas and knives in full force to prepare an award-winning meal that would land them the prize of a five-week course at the Culinary Institute of America in New York. They were judged on sanitation, taste, texture and presentation.

"We are raising the bar for food service. These competitions teach them how to be better cooks and share their skills," said Donavon Brown, a regional executive chef for Sodexo.

Until recently, the Chef of the Quarter was only open to Marines, making this year a highlight for Navy personnel who were invited to participate in the competition and also the first place winners for this quarter's event.

"This is something we really wanted, we always compete on the Navy side of the house but wanted to compete on the Marine side and maybe open up some doors," said Petty Officer 2nd Class Denis Camarillio.

Petty Officer 2nd Class Matthew Gerritson and Petty Officer 2nd Class Denis Camarillio prepared a meal fit for kings, but with nutrition in mind to cater to their everyday chow hall-goers. They now

have the challenge and pleasure of going back to their unit and serving the dish they made at the competition for their own chow hall, which consisted of fresh green salad with grilled chicken and a mixed berry vinaigrette, rolled stuffed pork wrapped with bacon, sautéed kale with ham hocks, roasted sweet potatoes, and bread pudding with fresh rhubarb jam.

"It's a lot of hard work and not glamorous," said Petty Officer 2nd Class Matthew Gerritson. "This is a good way to show we don't just open cans and warm stuff up," he added.

Though the Navy cooks are proud of their accomplishment, the two Marines, Sgt. Jonathan King, and Sgt. Hiram Carrion, from Marine Wing Support Squadron 373, 3rd Marine Aircraft Wing, Miramar, Calif., who placed second, will be attending the Culinary Institute Association in New York City, due to funding purposes.

"The experience is what helps us learn. There are a lot of years of experience walking around, so we get to take advantage of that," said Sgt. Jonathan King, Marine Wing Support Squadron 373, 3rd Marine Aircraft Wing, Miramar, Calif.

Awards didn't end there. The group of critics tasted and voted on the teams menu based



Lance Cpl. Crystal Druey

People came from all over the Western region to support their regional food service team. The supporters got to act like critics and taste the different dishes. They later voted the Marines of Mess Hall 5500 from Marine Corps Air Station, Miramar, Calif. the People's Choice Award.

solely off the taste of the food. The final result may have been a bit of a surprise to the judges, as the winner was neither the 1st or 2nd place victors they chose earlier. Critics gave the thumbs up to the Marines of Mess Hall 5500 from MCAS, Miramar, Calif., making them

the receivers of the People's Choice Award.

Everyone took home something, whether it was a free ride to a world renowned culinary school or an honorable mention. But in the end, the real reward may have been recognizing the power of

teamwork and the chance to learn from some of the very best Sodexo chefs.

"Everyone did great," said Brown. "They have learned new skills they can bring back to their unit and have built camaraderie while here," he added.