Marines from Marine Corps Recruit Depot San Diego’s Basic Marine Platoon re-enact the raising of the American flag on Mount Suribachi on a float in Coronado’s Fourth of July Parade. The Marines and retired Marine Corps Sgt. Maj. Bill Paxton built this float to honor the veterans of the Battle of Iwo Jima.

Childcare subsidy tightens Marine pockets

Chevron staff

Marine families will soon find themselves with one less resource to offset the cost of off-base childcare.

According to Marine Administrative Message 365/11, released June 11, qualifications for the off-base childcare subsidy are being tightened due to budget constraints, resulting in fewer qualified applicants and applicants who will receive less money.

San Diego has been identified by the Marine Corps as one of the areas to be most affected by the new policy, said Rhondavena Laporte, Headquarters Marine Corps family branch head.

According to Laporte, the childcare subsidy was originally meant for geographically-dispersed service members who live outside a 30-mile radius of a military facility, such as recruiters or active duty reservists. This made it easier for families to afford accredited and licensed childcare.

After closely studying the childcare subsidy program, the Marine Corps found that members who were unable to get on-base childcare, due to the limited amount of space, were receiving financial assistance even though they lived within the 30-mile radius. Living within the radius makes them unqualified for the subsidy, resulting in the Marine Corps stepping in and tightening the policy, said Laporte.

The MARADMIN clarifies that Marines assigned to a Marine base will no longer be eligible. The families who still qualify under these guidelines will receive no more than $3,000 a year per child, up to two children. Families with more than two children will only get 20 percent of $3,000 for the third child.

In order to ensure minimal

see CHILD CARE 2

Class teaches children about personal space

Chevron staff

Marine Corps Recruit Depot San Diego hosted the first in a series of children’s classes entitled “My Body Belongs to Me” July 14 in the Marine Corps Family Team Building, 6E. Approximately 24 children of service members attended the class to learn about respect and personal space. Each class in the three-part series is designed to build on the lessons of the last.

This class is designed to teach our military children about the importance of personal space to help them have the safest, healthiest childhoods possible,” said Valerie Loewe, a counselor with the MCRD Family Advocacy Program.

The class was taught by Kat Wager, prevention educator for the Center for Community Solutions. The Center for Community Solutions emphasizes on the prevention and intervention of sexual abuse and assault and relationship violence. They have been a community resource for MCRD’s Quality of Life programs for the past 15 years.

Wager began the class by asking each child to think of an imaginary bubble around them to represent their personal space. She then walked up to each child asking them to step back when she got too close.

The children are also taught to respect other people’s boundaries with sayings like, “If it’s not my bubble, I keep my hands to myself,” and “my body belongs to only me and that is final.”

“They are simple messages that are age-appropriate,” said Jeanne Mossuto, director of the MCRD Family Advocacy Program. “She makes them feel comfortable by using songs to teach them about personal space.”

By putting the messages into the song the children are able to understand and learn the message. The classes are broken down into two age

see FAMILY ADVOCACY 2
SoCal's wildfire season has arrived

It is again wildfire season in America's Southwest. Texas, Arizona and New Mexico have already seen devastating wildfires that have burned hundreds of thousands of acres and destroyed many homes. At this time of year being prepared is the key to preventing loss of life and property.

Among the first actions individuals should take to safe-guard their property, is the establishment of a defensible space surrounding their home. That is a space free of flamable plants and objects, wide enough to prevent heat and flames reaching the home. The San Diego County Brush Clearance Program features two zones of protection. In Zone 1, flamable plants and objects are removed a distance of at least 30 feet from the structures (50 feet in high hazard areas). In Zone 2, flamable vegetation is the option, even after removed an additional 70 feet, 100 feet altogether. This should be extended by another 100 feet (for a total of 200 feet) in high hazard areas.

Owners may also harden their homes against wildfire by using fire resistant materials such as brick, cement or stucco instead of wood siding. fire resistant roofing material, and dual-pane windows with exterior tempered glass to reduce breakage in a fire.

Owners should cover vents to prevent ember intrusion, using 1/8 metal mesh. Fiberglass vents can melt and burn if a wildfire gets close. They should also cover roof gutters to avoid accumulation of dripped leaf debris, and keep fire extinguishers and tools (shovel, hoe, rake and bucket) handy. Owners should also maintain enough garden hoses long enough to reach any area on the property.

Each family should develop and regularly practice, a wildfire action plan. The plan should encompass such items as emergency meeting locations, training in the use of fire extinguishers, knowing where and how to shut down household utilities in an emergency, establishment of several different escape routes, and the assembly of individual and household emergency supply kits.

Plan to leave early in a wildfire emergency. Do not wait to be told to evacuate by the authorities. They may not have time to knock on every door.

The above information follows the Emergency Preparedness Monthly Theme: Wildfires, and was compiled by members of the Mission Assurance Branch office.

Parade 1

They received a first place ribbon and silver platter. "We weren't out there just to win. We were there to represent our Marine brother[s] said Paxton. Paxton explained that even little details have to be paid attention to, from the 48-star flag to having the chin strap on their helmets tightened. "This was a great way to honor those who came before us," said Pvt. Daniel Perez, Basic Marine Platoon, Support Battalion, Recruiter Training Regiment. "Their accomplishments allowed us to serve today, and we should recognize that." The West Coast Drill Instructor’s Association has participated in the parade for over 20 years, they have only lost once since they started added Paxton. "I hope that Marines will continue this tradition, even after I join the final formation," said Paxton.
WWII Marine hero home at last

by Cmdr. Manuel A. Beado, Jr.

Chaplain Corps, United States Navy

The wait is finally over. Pvt. Herman F. Sturmer Jr., is home.

Sturmer, a 1942 graduate of Marine Corps Recruit Depot San Diego, reentered the nation he defended at noon on June 29, 2011, when his remains arrived at Spokane International Airport, Wash. He was received by an honor guard of nine Marines from Battery P, 5th Battalion, 14th Marines Regiment; by family, World War II and active duty Marines, friends and thousands of Spokane’s residents.

Private Sturmer was initially listed as killed in action during Operation Galvanic, the Battle for Tarawa. The Battle for Tarawa was fought to take an airfield the Japanese had constructed on Betio Island, Tarawa Atoll, in the Gilbert Islands. The island’s 4,000-foot landing strip became one of the first steps in America’s march across the Pacific toward the Japanese home islands.

Sturmer was later classified as missing in action. He remained so for 68-years. In 2002, a construction crew working in what is now the Republic of Kiribati, found human remains and military equipment at a construction site on Betio. An American Peace Corps volunteer in Kiribati contacted U.S. government representatives who informed the U.S. Army Central Identification Laboratory in Hawaii.

The lab, responsible for recovery and identification of service members from past conflicts in Asia and the Pacific, dispatched an anthropologist returning from a mission in Papua New Guinea, to collect the remains and bring them to Hawaii.

The lab positively identified the remains as those of Sturmer on April 8, 2011, through DNA testing and dental records.

Sturmer’s surviving family members are his younger sister, 74-year old Mrs. Lesy Lexon, and two nephews, Batch and Dennis Walter. The last time Lyons saw her eldest brother was when the 17-year old enlisted in the U.S. Marine Corps in the fall of 1942. She was a seven-year old second grader living with her father, Herman, Sr., mother, Norma, and Glen, another older brother, in Spokane.

Sturmer was born on July 1, 1925 in Spokane. He was known by his preferred nickname, “Junior,” by family and friends.

Lyons said that she idolized her Marine brother and said she vividly recalled coming home one day after school and finding her mother crying in the laundry room. She asked, “Mom, why are you crying?” Her mother said, “Junior isn’t coming home.” Lyons saw her father in his bedroom with his head down, tears in his eyes and a telegram in his hand.

Under blue summer skies and in the presence of his sister Lesey, family members and friends, surviving World War II Marines, Korean and Vietnam veterans, the Spokane Police Department SWAT Team, and active duty Marines from Spokane, Sturmer was buried with full military honors next to his parents, at Spokane Memorial Gardens on July 1, 2011.

“The main reason why Junior is being buried on July 1, is because it is his birthday. If Junior were alive today, he would have been 86 years old. He was killed and missing in action four months after his 18th birthday. It took 68 long years for Junior to finally come home,” said Lyons. “I wish my father, mother, and Glen were alive to see this. It would have given them closure. I am very proud of his service in the Marine Corps, and to our country.”

Sturmer was awarded posthumously the Purple Heart Medal, Combat Action Ribbon, Asiatic/Pacific Campaign Medal (with one bronze star), and the World War II Victory Medal. He and his unit received the Navy Presidential Unit Citation from President Franklin Delano Roosevelt.

As of June 23, 2011, there are 83,603 U.S. military personnel listed as missing in action, according to the Joint POW/MIA Accounting Command. This includes 73,792 from World War II, 7,997 from the Korean War, 127 from the Cold War, and 1,687 from the Vietnam War.

Marines from Battery P, 5th Battalion, 14th Marines, Spokane, Wash., transfer the remains of Pvt. Herman F. Sturmer Jr., from the aircraft that ferried him from Hawaii to Spokane, to the waiting hearse for transfer to the funeral home.

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The sounds of gun fire and screaming filled the air as fully geared-up recruits from Company G, Marine Corps Recruit Depot San Diego, Calif., attacked the bayonet assault course July 12 with M-16A2 service rifles in hand.

But it wasn’t real gun fire. Speakers placed throughout the course blared the sounds of the Normandy invasion from the Hollywood blockbuster Saving Private Ryan.

“The sounds help get the recruits in a combat mindset, which is one of our main goals,” said Staff Sgt. Ganna E. Patten, martial arts instructor staff non-commissioned officer in charge.

Patten explains it’s important to develop a combat mindset so when recruits become Marines and are faced with a combat situation, the environment won’t be completely foreign to them.

Another way drill instructors achieve a combat state of mind in recruits is by using what martial arts instructors call the inoculation effect, or repetitive training. The bayonet assault course instills basic knowledge of the M-16A2 service rifle with a bayonet through repetitive training.

“We make the recruits do things over and over again so they get used to the feeling,” said Patten. “Running through this course inoculates the recruits with live bayonets,” he added.

Patten says while Marines don’t normally find themselves in a situation requiring a bayonet, several instances have occurred in recent operations. He explained just like in dry fire, shooting a weapon doesn’t become real until you put in the bullets and fire the weapon.

“At first we just did drill to transform us from civilians to recruits. This course is the closest thing we’ve seen to combat and one of the only times we’ll get to use a bayonet,” said Recruit Devon M. Wilson, Platoon 2145 guide. “The music helps get you in the combat mindset.”

Sweat ran from under the recruits Kevlar helmets and down their necks as they back-crawled under barbed wire. Adding to the pressure of moving fast, staying low enough, and the sound of gunshots was the roar of drill instructors screaming at recruits.

“The second portion is where you notice the recruits slow down and become more cautious of their actions,” said Patten.

Once the recruits get out of the trench, they have finished the first portion of the bayonet assault course. The next portion of the course requires recruits to take a knee and attach a bayonet to their M-16A2 service rifle.

Once the course is completed, recruits apply their new bayonet techniques by taking on a fellow recruit in pugil sticks. Recruits put on a padded helmet and body gear, and arm themselves with a padded stick. This simulates a rifle with a fixed bayonet.

“More than anything, pugil sticks takes away the recruit’s fears of contact,” said Staff Sgt. Luis F. Medina, lead series chief drill instructor, Co. G. “They know nothing bad will happen here, but they understand the consequences of combat.”

Recruits battle in a small pit filled with mud until the MAI determines a winner.

“Pugil sticks give us the chance to let out all that repressed energy,” said Recruit Michael C. Rumsey, Platoon 2147 guide. “[It shows that] there’s a warrior in everybody.”

The depot transforms thousands of civilians into Marines who come to the depot with little knowledge about combat. Martial Arts Instructors make sure they help build each recruit’s combat mindset and ensure their proficiency in close combat.

This training, along with the rest of recruit training, helps make sure every Marine is basically trained and prepared for the Fleet Marine Force.
A recruit from Company G balances on the rope bridge July 12, part of the bayonet assault course. This course is to try and get the recruits in a combat mindset and instill the basic knowledge of the M-16A2 service rifle with a bayonet through repetitive training, also known as inoculation training.

Recruits from Company G demonstrate new bayonet skills during pugil stick training. Before fighting a fellow recruit they put on proper protective equipment and arm themselves with their padded weapons.

Recruits from Company G finish the first portion of the bayonet assault course after back-crawling under the barbed wire obstacle. They then take a knee and attach a bayonet to their M-16A2 service rifles to take on the second portion of the course.

Recruits from Company G attack the bayonet assault course. Once recruits get out of the trench, they have finished the first portion. The sound of simulated gunfire adds realism to the training.
Depot Marines, sailors enjoy off duty education

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Off-duty education opportunities are growing aboard Marine Corps Recruit Depot San Diego, offering Marines and Sailors the chance to pursue their educational goals.

This year, the number of Marines graduating with associate degrees aboard MCRD has grown. A total of 24 Marines and Sailors graduated from associate to doctorate this past year.

Marines and Sailors are able to get their higher education through the various service branches and can take classes during their off-duty time. The education center on MCRD located at nearby bases to accommodate students such as Marine Corps Air Station Miramar or Naval Regional Southwest.

“Many of these schools are going beyond the basics of just training,” said Brooks. “They are asking, ‘What do Marines want?’”

The brigadier general transferred to Quantico in June 1995, as a distinguished graduate of the Industrial College of the Armed Forces and was commissioned a second lieutenant.

Following graduation from the Basic School, he continued his military career as a platoon commander in the 3rd, 3rd, and 3rd Marine Divisions. He served in the 3rd Battalion, 3rd Marines, 1st Marine Brigade, Marine Corps Air Station, Kaneoke Bay, Hawaii. After returning from deployment to the Western Pacific in support of Battaling Landing Team 1/3, he was reassigned in August 1982 as the maintenance management officer and assistant logistics officer, 1st Battalion, 3rd Marines and completed a second Western Pacific deployment.

In January 1984, Brig. Gen. Brogan reported to Marine Barracks, Naval Weapons Station, Yorktown, Virginia where he served as platoon commander for Company A, 3rd Marine Division and became the assistant logistics officer. In March 1989, he assumed command of Company A, 3rd Marine Division and completed a second Western Pacific deployment.

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Functional fitness workouts provide real-life benefits

BY LANCE CPL. ERIC QUINTANILLA
Chevron Staff

Marines are always looking for ways to stay on top, striving for peak physical fitness levels to achieve perfect scores on their physical and combat fitness tests.

Functional fitness is about preparing people to handle day-to-day tasks and real life situations by mimicking movements found in everyday life.

“Functional fitness specializes in not specializing. Every day the workout changes,” said Master Sgt. Andres Castro, depot food technician, food service division. “It combines strength with muscular endurance.”

The CFT is an example of how the Marine Corps implements functional fitness in the regular training schedule. Examples of functional fitness exercises include push-ups, sit-ups, pull-ups and many others that are very recognizable.

The major difference is putting them all together. In a functional fitness workout, one would do each workout for a minute straight, moving to the next with no rest. This can aid with CFT scores because it is very similar to the maneuver under fire.

“You combine all the movements to do a short, but intense, workout with a lot of benefits,” said Andrea Callahan, Marine Corps Community Services health promotion coordinator. “Everything is scalable and modifiable, so anyone can do it.”

The exercises are compound movements, meaning they utilize multiple muscle groups and joints. They are natural, effective, and efficient ways of moving the body and external objects.

“Functional fitness mimics what Marines do in combat operations,” said Castro. “You transition from one task to the next.”

By practicing these movements within a workout program, Marines can effectively prepare to better handle the tasks of everyday life.

“You’re able to do everyday things better,” said Callahan. “A major benefit is it’s adaptability to everyday life.”

Although, nothing is needed to begin a functional fitness training program, examples of equipment that can add difficulty are barbells, jump ropes, or even a pack with weight in it. MCRC also has a Functional Fitness area at the gym with space and equipment.

If interested in starting a function fitness training program, asking a friend or researching online will help to ensure all exercises are preformed correctly.

The 101 Days of Summer Campaign will come to a close with a team functional fitness event named Fight Gone Bad Aug. 26.

The CG’s Cup is an intramural level sports program consisting of leagues and one-day events. It is open to all active duty Marines, coast guardsmen, sailors and civilians use the functional fitness center for a kettle bell class July 18 aboard Marine Corps Recruit Depot San Diego.

Lance Cpl. Eric Quintanilla

Marines, sailors and civilians use the functional fitness center for a kettle bell class July 18 aboard Marine Corps Recruit Depot San Diego. Kettle bell workouts are just one example of how functional fitness can be added to a new training program.

CG Cup fun way for depot commands to compete

LANCE CPL. KATALYN THOMAS
Chevron Staff

Many of Marine Corps Recruit Depot San Diego’s personnel participate in the annual Commanding General’s Cup. But what exactly is the CG’s Cup?

The CG’s Cup is an intramural level sports program consisting of leagues and one-day events. It is open to all active duty Marines, coast guardsmen, sailors and Department of Defense employees aboard the recruit depot.

The commands currently competing are Headquarters and Service Battalion, Recruit Training Regiment, Medical and Dental, 12th Marine Corps District, and the Coast Guard detachments.

“The intramural sports program provides active duty personnel, regardless of skill level or experience, an opportunity to take part in a competitive sports program,” said Rachel Dickinson, intramural sports coordinator with the Semper Fit Center. “This year-long competition helps promote combat readiness, esprit de corps, teamwork, leadership and camaraderie.”

The remaining sports for the 2011 CG’s Cup are basketball, badminton, wallyball, racquetball, the Turkey Trot and the final field meet.

Fun runs that are part of the CG’s Cup are scored differently. Each age group from 18-24 is awarded points for the first, second and third place runners. Once all the runners have completed the race, the points are calculated and the command with the best-tallied score will win additional points.

For more information on the CG’s Cup call (619) 524-0548.

Lance Cpl. Eric Quintanilla

Sgt. Maj. Wayne Pederson, Support Battalion, spikes the ball past Sgt. Benedict Baclig, 12th Marine Corps District, during a Commanding General’s Cup volleyball game at the Field House aboard Marine Corps Recruit Depot San Diego, June 7. The CG’s Cup is an annual intramural sports competition held by Semper Fit in which depot units compete against each other for the year’s CG Cup and cash for unit funds.

Current standings in the Commanding General’s Cup competition

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