

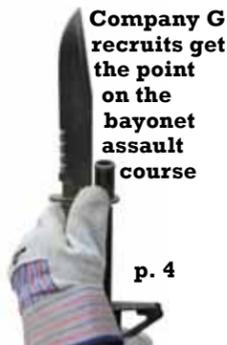
CHEVRON

AND THE WESTERN RECRUITING REGION

"WHERE MARINES ARE MADE"

FRIDAY, JULY 22, 2011

Vol. 71 – Issue 20



Company G recruits get the point on the bayonet assault course

p. 4



CG Cup competitions keep depot Marines on their toes

p. 8

Depot Marines honor Iwo Jima vets in parade

BY LANCE CPL. KATALYNN THOMAS
Chevron Staff

Many Americans like to settle down next to a grill, light fireworks, or play catch with their families on Independence Day. Several Marines aboard Marine Corps Recruit Depot San Diego celebrated America's independence a little differently.

Retired Marine Corps Sgt. Maj. Bill "Oorah" Paxton and several Marine volunteers from MCRD honored the veterans of the Battle of Iwo Jima with their float designed for Coronado's Fourth of July parade.

"Americans are enjoying Fourth of July activities -- someone has to continue to uphold the purpose of Independence Day," said Paxton. "Also for the other holidays that celebrate our men and women [who are] in harm's way so we can enjoy our freedoms. We are the land of the free because of the brave."

They built a float out of a

trailer, sand bags and a picnic table. Their goal was to make a float where they could re-enact the raising of the American flag on Mount Suribachi.

"I feel pretty good about how the float turned out," said Sgt. Will Johns, a drill instructor with Support Battalion. "I helped with the scheme and maneuver of it, but the [Basic Marine Platoon] Marines spent their off-duty time and did the work -- they did a good job."

Once they built the float and transported it to Coronado Island they had to decorate it and get the Marines ready to play the part.

According to Paxton, they borrowed World War II era camouflage utility uniforms from Coronado for the Marines to wear.

"The Marines put a lot of hard work and dedication into this float," said Paxton.

Their work paid off when they won first place in the military-themed category for the floats.

see PARADE ▶ 2



Courtesy of Sgt. Maj. Bill Paxton

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.

New MCRC CG visits depot



Brigadier General Joseph L. Osterman, Commanding General of Marine Corps Recruiting Command, speaks to recruiter school students, July 15, during his visit to Marine Corps Recruit Depot San Diego July 14 - 15. Osterman, who took command of MCRC July 5, was able to see how MCRD SD performs the recruit receiving process and visited 12th Marine Corps District. Osterman also toured Recruiters School and spoke with some of the students. "There is nothing more important than what you do out there," Osterman said to the Recruiters School students.

Childcare subsidy tightens Marine pockets

BY LANCE CPL. CRYSTAL DRUERY
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 CHILDCARE ▶ 2

Class teaches children about personal space

BY LANCE CPL. ERIC QUINTANILLA
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 stop her 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 prevention of 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 homes. That is a space free of flammable 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, flammable plants and objects are removed to a distance of at least 30 feet from the structures (50 feet in high hazard areas). In Zone 2, flammable vegetation is thinned out or removed by 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-paned 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 vent covers can melt and burn if a wildfire gets close.

They should also cover roof gutters to avoid accumulation of dried out 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.

By leaving early families can avoid the possibility of being caught in evacuation traffic and the possibility of being exposed to smoke or fire.

For this and additional information on how to safely respond to a wildfire emergency check the following websites:

- www.fire.lacounty.gov/SafetyPreparedness/ReadySetGo/home.asp
- www.fema.gov (Federal Emergency

Management Agency)

- www.calema.ca.gov (California Emergency Management Agency Cal-EMA)

- www.noaa.com (National Oceanic and Atmospheric Administration)

- www.firesafecouncil.org (The Fire Safe Council)

- www.fire.ca.gov (California Department of Forestry and Fire Protection)

- www.espfocus.org

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



Sgt. Vitaliy Rusavskiy

A CH-53E helicopter glides down to fill up a water basket at Pulgas Lake during the 2nd Annual Firefighting Exercise on Camp Pendleton, May 7, 2009. The exercise was established after the October 2007 Southern California wildfires.

CHILDCARE ◀ 1

impact and ensure the best options in childcare, local Childcare Resource and Referral offices assist in providing viable options.

Since waiting time can be very extensive, Roberson encourages people to apply for on-base childcare as soon as possible. When Marine's receive orders, they are advised to submit applications as time as possible. Wait list requests can even be submitted during pregnancy for unborn children.

"The waiting list [to get into a child

development center] for an infant is six months to a year on average," said Christiana Roberson, operations assistant, Navy Region Southwest Childcare Resource and Referral.

While on the waiting list for a CDC, families have the option to use certified Child Development Homes run by Department of Defense employees, retirees, and civilian spouses to provide certified care in their homes. They undergo thorough training and are held to the same standards as on-base Child Development Centers.

Though the current childcare on base is limited, the Marine Corps is working toward providing more on-base space. Laporte explains the Marine Corps does recognize the childcare shortcomings and are doing their best to work toward a solution, including working with a civilian firm to analyze the childcare need and options for military families.

Roberson explains to make it easier and more convenient for busy military personnel in the San Diego area, they can apply in person at their local CCRR or by e-mail at ccrr@mwrs.com.

FAMILY ADVOCACY ◀ 1

groups five to seven and eight to nine to ensure age-appropriate lessons where children learn that they have rights when it comes to their personal space. The children were also taught why it is important to respect the personal space of others.

"It's important for children to learn about personal space and what type of contact is appropriate and what is not," said Loewe. "This class helps the children develop more of an awareness around this and helps empower them to get help from another

adult if they feel uncomfortable or concerned"

The classes are designed to be interactive and give each child a chance to answer questions and participate in the activities. Every child was given a coloring book to help them to understand the lessons of each class.

Although this is the first time Wager has taught the class on MCRD, she is credentialed to teach this class and has taught the class numerous times in local San Diego Schools.

For more information about this series of classes and others offered through Behavioral Health Services, please call (619) 524-0465.

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 forefathers," 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 Pezan, Basic Marine Platoon, Support Battalion, Recruit 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.

BRIEFS

Parking lot closure

The depot's quarterly maintenance schedule for stripping parking lots, traffic markings, curbs and stop lines continues for Zone 8. Areas being addressed this time are the spaces directly between the Promenade, Bldgs. 6 and 7, and the parade deck. Work is scheduled for Monday and Tuesday from 7:30 a.m. and 2:30 p.m.

These areas will be marked with signs.

In order for the work to proceed with as little inconvenience as possible, vehicles need to be removed before the scheduled start time. Vehicles in the work zone will be cited and towed.

Casino Night

MCCS has schedule three full hours of Black Jack, Craps, Roulette, Texas Hold'em and Pai Gow tonight at the depot recreation center, Bldg. 590. The runs from 6 to 9:30 p.m., with registration from 5 to 7 p.m.

Prizes include:

- Massage Packages
- Golf Outings
- Dinner and Movie Bundles

The fee: \$15 per individual and \$25 for pairs, includes two beverages, \$2,500 in playing chips and ten raffle tickets. For information go to <http://www.mccsmcrd.com/SemperFit/CasinoNight/index.html>

Baby Boot Camp

The next Baby Boot Camp, a fun and dynamic two-day class for first time expectant parents, is scheduled for Tuesday and Wednesday.

Baby Boot Camp addresses topics about your new baby ranging from diapering, bathing and soothing your infant, as well as what to expect during baby's first year and how parents can support growth and development.

Upcoming classes are scheduled for Aug. 30 and 31, Oct. 25 and 26, and Nov. 15 and 16 at MCRD. Call the New Parent Support Program office at (619) 524-0805 for more information and to register.

Car and Motorcycle Show

This event directly supports the Marine Corps "Toys for Tots" program. Bring an unwrapped toy to the area between the depot's recreation and fitness centers July 30, to enjoy automotive displays from 10 a.m. to 2 p.m. For information go to <http://www.mccsmcrd.com/SemperFit/AutoSkillsCenter/CarMotorcycleShow/index.html>

Military Retiree Fair

For retired military personnel and those on active duty retiring in the next few years are invited to attend a retiree fair in the depot's Semper Fit Fieldhouse, Bldg. 650, Aug. 6 from 9 a.m., to 2 p.m.

Due to limited seating pre-registration is required at www.mccsmcrd.com, <http://www.mccsmcrd.com/>

Bootcamp Challenge

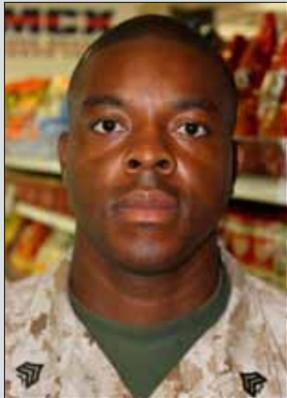
The 2011 Bootcamp Challenge, a three-mile obstacle run on the depot, is scheduled for Sept. 24, 9 a.m. Register at bootcampchallenge.com (<http://www.bootcampchallenge.com/>)

Send briefs to:

rdsd_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.

Around the depot

This week the Chevron asks: "How do you prepare for the Combat Fitness Test?"



"I run, practice ammunition can lifts and we do squats with Marines the same weight as us." Sgt. Keith Harris, senior drill instructor, Receiving Company, Support Battalion



"I try to get a decent amount of sleep and hydrate adequately." Staff Sgt. Roger Reyes, drill instructor, Company B, 1st Recruit Training Battalion



"I practice ammunition can lifts by using a 40-pound dumbbell, sprints in boots and utility trousers, buddy squats, and work on my abdominal muscles." Lance Cpl. Damian Parrott, data technician, Service Company, Headquarters and Service Battalion

WWII Marine hero home at last

BY CMDR. MANUEL A. BIADOG, 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. Lexey Lyons, and two nephews, Butch 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 Lexey, 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.



Cmdr. Manuel A. Biadog, Jr.

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.

CHEVRON
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Bayonet assault course sets combat mindset

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

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.



Lance Cpl. Crystal Druery

Recruits from Company G attack a simulated opponent with live bayonets to get in a combat mindset. The bayonet assault course helps prepare the recruits for close combat situations they could encounter.



A recruit from Company G balances a rifle with a bayonet through a trench during a bayonet assault course. The bayonet assault course helps prepare the recruits for close combat situations they could encounter.



Recruits from Company G demonstrate proper protective gear during a bayonet assault course. The bayonet assault course helps prepare the recruits for close combat situations they could encounter.



Lance Cpl. Crystal Druery

Recruits on the rope bridge July 12, part of the bayonet assault course. This training instills a combat mindset and instill the basic knowledge of the M-16A2 through repetitive training, also known as inoculation training.



Lance Cpl. Crystal Druery

Recruits practice new bayonet skills during pugil stick training. Before fighting a fellow recruit, they practice with equipment and arm themselves with their padded weapons.



Lance Cpl. Crystal Druery

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.



Lance Cpl. Crystal Druery

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.

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 and Sailors earning degrees aboard MCRD has grown. A total of 24 Marines and Sailors earned degrees ranging from associate to doctorate. This is an increase compared to last year's nine graduates. As of July, 667 Marines have taken 1,942 courses during fiscal year 2011.

To give Marines flexibility and accommodate their busy lifestyles, there are a few different options service members have when trying to take classes. They can choose online courses, a nearby school, or attend classes in the MCRD classrooms.

"A majority of Marines are taking most of their classes online," said James Brooks, education services officer. "Online schools are providing good opportunities to Marines in remote areas."

Currently, Columbia College, National University and San Diego City College are offering on-base classes to help service members with tight schedules. Brooks hopes to expand on-base opportunities by hosting more schools when room becomes available.

"We are currently at capacity for offering in-seat classes on base," said Brooks. "We have seven classrooms assigned for evening classes and they are all scheduled out for classes which run Monday through Saturday."

Classes are completely full in the evenings, and more colleges

are waiting for the opportunity to offer classes on base. Due to the high demand for classes, MCRD looked at nearby bases to accommodate students such as Marine Corps Air Station Miramar or Naval Region Southwest.

"These schools are going beyond the basics of just training," said Brooks. "They're asking, 'What do Marines want? What does the military want?' and they go back to develop it."

On top of the three schools that offer classes on base, 13 others provide academic advisors and office hours on base. This allows students to sit and talk to them about their degree plan and

make sure they are on schedule to complete it.

One Marine who recently earned an associate degree expressed the importance of higher education due to the benefits in and outside the Marine Corps.

"Education makes you competitive both in the civilian world and in the military," said Sgt. Deborah Young, fiscal NCO, finance office. "I definitely had a sense of accomplishment after getting my degree."

If money is the only reason a service member is putting off their education then there are also a few different options they can use to fund their school costs.

Tuition assistance currently offers up to \$4,500 a year for service members who would like to attend classes. However, they do set a cap on the maximum price per credit hour depending on the degree being pursued.

Another method of payment is to use the Post 9/11 GI Bill. The GI Bill offers financial support for education and housing for up to 36 months. Students can also choose to use both benefits to supplement each other if TA doesn't cover the full cost of their yearly expenses.

The two things a Marine needs to be eligible for TA benefits are to have a GT score of 100 or higher and to attend the

College 101 Training.

The education center offers the resources necessary to help Marines interested in education opportunities. College classes also help Marines get promoted by adding points to their composite score.

"Having an education sets you apart and increases the possibility of promotion," said Young. "It also demonstrates the person's desire to better themselves and that's a quality people look for."

For anyone interested in attending college or to get more information visit the Education and Career Service Center staff in building 14.



Lance Cpl. Eric Quintanilla

Students in the Ethics in Law, Business and Management class listen and take notes during a lecture given by Professor Arturo Martinez-Caceres June 18 held in the education center classes aboard Marine Corps Recruit Depot San Diego. There are seven classrooms at MCRD that are used six days a week for classes.

Brig. Gen. Michael M. Brogan

Parade Reviewing Officer

Brigadier General Michael M. Brogan is currently assigned as Training Command commanding general, Marine Corps Base Quantico, Va.

Brig. Gen. Brogan is a native of Orrville, Ohio. He graduated from the University of Notre Dame in May 1980, with a Bachelor of Science degree in Chemical Engineering and was commissioned a second lieutenant.

Following graduation from the Basic School, he completed the assault amphibian officers' course, where he was designated the honor graduate. He was assigned as an assault amphibious platoon commander for Company D, 3rd Assault Amphibian Battalion, 3rd Marines, 1st Marine Brigade, Marine Corps Air Station, Kaneohe Bay, Hawaii. After returning from deployment to the Western Pacific in support of Battalion 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 consecutively as a guard platoon commander, operations officer, guard officer, and executive officer.

The brigadier general transferred to Quantico in July 1987 and attended the advanced communications officer course. Following graduation as an honor graduate in June 1988, he reported to 3rd AABn, 1st Marine Division and became the assistant logistics officer. In March 1989, he assumed command of Company A, 3rd AABn. During Desert Shield and Desert Storm the company supported 1st Battalion, 5th Marines and was a part of Task Force Ripper.

In June 1991, Brig. Gen. Brogan assumed duties as the logistics officer at the Amphibious Vehicle Test Branch (AVTB), Camp Pendleton, Calif. While at AVTB, he completed work on a Master of Arts

Degree in Business and graduated with distinction from Webster University. He also attended the 20-week program management course at the Defense Systems Management College, Fort Belvoir, Va.

Brig. Gen. Brogan returned to Quantico in July 1994 as a student at the Marine Corps Command and Staff College.

In June 1995, as a distinguished graduate of the command and staff college, he reported to the Office of the Direct Reporting Program Manager, Advanced Amphibious Assault, to serve as the survivability project officer.

In June 1998, the brigadier general became the program manager for the Advanced Amphibious Assault Vehicle Survivability Program.

Brig. Gen. Brogan reported to 1st Marine Division, Camp Pendleton in June 1999 and assumed command of the 3rd AABn.

In July 2001, he transferred to the National Defense University, Fort McNair, Washington, D.C., as a student in the Industrial College of the Armed

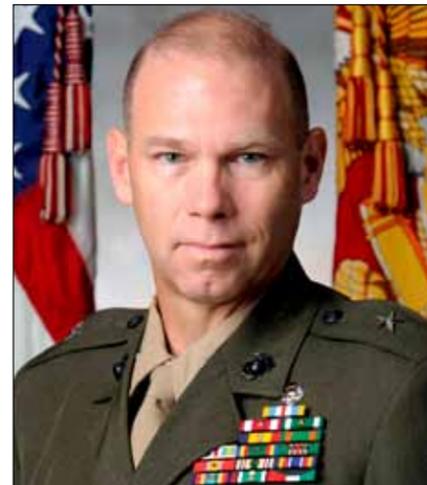
Forces (ICAF). Brig. Gen. Brogan graduated from ICAF in June 2002 with a Master of Science Degree in National Resource Strategy, and reported to the Marine Corps Systems Command, Quantico, where he was assigned as the product group director, Infantry Weapons Systems.

In February 2004, Brig. Gen. Brogan reported to the Office of DRPM AAA for duty as the expeditionary fighting vehicle program manager.

In September 2006, the brigadier general became the commander, Marine Corps Systems Command. In February 2007, the Under Secretary of Defense (Acquisition, Technology & Logistics) assigned Brigadier General Brogan on the additional duty of joint program executive officer for the Joint Mine Resistant Ambush Protected vehicle program.

Brigadier General Brogan's personal decorations include: the Defense Superior Service Medal, the Meritorious Service Medal with Gold Star, the Navy and Marine Corps Commendation Medal with Gold Star, the Navy and Marine Corps Achievement Medal and the Combat Action Ribbon.

Congratulations Marines! I join with fellow Marines, your families and your friends in congratulating you on reaching this significant milestone. Less than 1% of our fellow citizens serve in the Armed Forces of the United States--an even smaller percentage become United States Marines. By completing Recruit Training, you have earned the title United States Marine and you now join the elite few who have gone before you and served our Nation as "Soldiers of the Sea." As you depart the Recruit Depot and prepare to continue your training at the School of the Infantry and eventually join your new units, remember that the Marine Corps is now YOUR Corps. In everything you do, everyday, you represent our Corps. You have inherited a proud tradition. It is a legacy earned by your predecessors at places like Belleau Wood, Iwo Jima, Hue City, Fallujah, and Sangin. We expect you to carry these colors high during your watch and to maintain our proud reputation. Take care of your fellow Marines. Attack the challenges you will face with honor, courage and commitment. Semper Fidelis and again, congratulations Marines!





Platoon 3263 COMPANY HONOR MAN Lance Cpl. A. R. Valladares Dupae South, Ill. Recruited by Sgt. P. Ruiz	Platoon 3266 SERIES HONOR MAN Pfc. S. P. Gisselman Rhineland, Wis. Recruited by Staff Sgt. S. M. Cambell	Platoon 3261 PLATOON HONOR MAN Pfc. S. C. Lewis Oak Harbor, Wash. Recruited by Sgt. J. Bradley	Platoon 3262 PLATOON HONOR MAN Pfc. L. S. Amburn Portland, Ore. Recruited by Staff Sgt. A. Gyori	Platoon 3265 PLATOON HONOR MAN Pfc. S. A. Stephens Terra Haute, Ind. Recruited by Staff Sgt. D. Walker	Platoon 3267 PLATOON HONOR MAN Pfc. C. M. Kermon Indianapolis Recruited by Staff Sgt. T. Atkinson	Platoon 3261 HIGH SHOOTER (337) Pfc. S. W. Marcus East Salt Lake City, Utah Marksmanship Instructor Sgt. D. Cannargo	Platoon 3265 HIGH PFT (296) Pfc. R. S. Holland Mount Prospect, Ill. Recruited by Sgt. S. M. Regentz
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MIKE COMPANY



<p>3rd RECRUIT TRAINING BATTALION <i>Commanding Officer</i> Lt. Col. N. C. Stevens <i>Sergeant Major</i> Sgt. Maj. E. Gonzalez <i>Battalion Drill Master</i> Staff Sgt. J. A. Cargile</p>	<p>SERIES 3261 <i>Series Commander</i> Capt. J. F. Boyer <i>Chief Drill Instructor</i> Gunnery Sgt. C. R. Williams</p>	<p>PLATOON 3261 <i>Senior Drill Instructor</i> Staff Sgt. A. M. Poznanski <i>Drill Instructors</i> Staff Sgt. A. Jurado-Segovia Sgt. D. Mena</p>	<p>PLATOON 3262 <i>Senior Drill Instructor</i> Staff Sgt. M. A. Bowman <i>Drill Instructors</i> Staff Sgt. J. I. Chavez Staff Sgt. G. Fuentes</p>	<p>PLATOON 3263 <i>Senior Drill Instructor</i> Staff Sgt. D. R. Brewer <i>Drill Instructors</i> Staff Sgt. M. A. Miranda Sgt. R. A. Moctezuma</p>
<p>COMPANY H <i>Commanding Officer</i> Capt. S. G. Page <i>Company First Sergeant</i> 1st Sgt. L. E. Harrell</p>	<p>SERIES 3265 <i>Series Commander</i> Capt. G. Martinez <i>Chief Drill Instructor</i> Staff Sgt. N. A. Solana</p>	<p>PLATOON 3265 <i>Senior Drill Instructor</i> Sgt. R. N. Caudle <i>Drill Instructors</i> Sgt. G. Dulal-Whiteway Sgt. J. Munoz Sgt. J. D. Ruiz</p>	<p>PLATOON 3266 <i>Senior Drill Instructor</i> Staff Sgt. C. L. Olinger <i>Drill Instructors</i> Staff Sgt. R. Curiel Jr. Sgt. L. R. Palmer</p>	<p>PLATOON 3267 <i>Senior Drill Instructor</i> Staff Sgt. L. S. Parker <i>Drill Instructors</i> Staff Sgt. L. A. Bourdony Sgt. M. A. Sedlak</p>

* Indicates Meritorious Promotion

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| <p>PLATOON 3261
Pvt. C. J. Adlington
Pvt. G. A. Aispuro
Pfc. B. L. Alexander
Pvt. L. D. Anderson
Pvt. D. L. Apodaca
Pvt. A. J. Arnold
Pfc. J. Avila
Pvt. D. S. Avis-Gray
Pfc. A. R. Baker
Pfc. T. S. Barrett
Pvt. M. A. Benavides
Pvt. J. J. Benavides-Zenosain
Pfc. J. A. Bergstrom
Pvt. J. R. Blank
Pvt. C. C. Bloom
Pfc. M. S. Bondarenko
Pfc. J. K. Brower
Pvt. C. M. Burns
Pfc. T. S. Byrne
Pvt. R. F. Cabrera
Pvt. A. Cadena
Pfc. J. S. Calix
Pvt. J. H. Carroll
Pvt. M. P. Chen
Pvt. N. E. Christensen
Pvt. J. D. Cipriano
*Pfc. K. E. Cormier
*Pfc. J. E. Cortez
Pvt. J. D. Crowell
Pvt. F. Cruz-Cruz
Pvt. K. B. Eberhart
Pvt. D. L. Edwards
Pvt. T. J. Helt
Pvt. D. Hernandez
Pvt. B. P. Herrera
Pvt. L. E. Herrera
Pvt. E. E. Hlavka
Pvt. T. D. Johnston
Pfc. T. R. Knorr
Pvt. M. J. Krisman
*Pfc. J. D. Kuhn
Pvt. R. Lamas
Pfc. S. C. Lewis
Pvt. O. Lopez
Pvt. L. Mancilla
*Pfc. S. W. Marcus
Pfc. C. J. Muckenhirn
Pvt. C. A. Ponce
Pfc. G. I. Ponce
Pvt. J. A. Rubalcava-Gallo
Pfc. H. Vasquez</p> | <p>PLATOON 3262
Pvt. B. D. Alexander
Pvt. D. A. Alexander
*Pfc. L. S. Amburn
Pvt. N. L. Anderson
Pfc. R. M. Armstrong
Pvt. J. C. Banta
Pvt. J. P. Barger
Pfc. D. K. Bradford
Pvt. D. R. Brenner
Pvt. D. M. Brewer
*Pfc. T. M. Brown
Pvt. C. D. Carlisle
Pvt. B. T. Carmichael
Pfc. C. D. Caudle
Pvt. J. W. Cawthon
Pvt. F. R. Coutino
Pvt. T. Depew
Pvt. B. R. Dubuque
Pvt. W. Z. Duke
Pvt. T. C. Dunks
Pvt. M. J. Edgren
Pvt. A. J. Emaus
Pfc. D. M. Ereu
Pvt. E. A. Ernest
Pvt. C. Esquivel Jr.
*Pfc. J. T. Fleming
Pfc. J. B. Fox
Pvt. R. D. Frantz
Pvt. C. C. Furstenberg
Pfc. G. Garcia
Pfc. A. J. Gilbert
Pfc. J. A. Golding
Pfc. S. A. Grimaldo-Garcia
Pfc. E. Gutierrez
Pfc. C. L. Hall
*Pfc. D. J. Hamilton
Pfc. J. K. Harness
Pvt. T. J. Hebbert
Pvt. A. Montes Jr.
Pvt. J. M. Pelayo
Pvt. J. Perales
Pfc. J. W. Phillips
Pfc. M. A. Poff
Pvt. N. T. Poorman
Pfc. C. A. Sartor III
Pvt. W. L. Sherman-Burton
Pvt. J. N. Shields
Pvt. B. E. Simmons</p> | <p>PLATOON 3263
Pfc. C. D. Belcher
Pvt. T. M. Bollenbaugh
*Pfc. C. L. Bowman
Pvt. J. Brown-Austin
Pvt. R. M. Evans-Schilling
Pfc. T. P. Fox
Pvt. M. R. Garcia II
Pvt. J. F. Hellie
Pfc. D. S. Henson
*Pfc. A. J. Hernandez Jr.
Pvt. T. J. Kansy
Pvt. C. G. Knitter
Pvt. E. Martinez
Pvt. J. T. Miller
Pvt. M. P. Moon
Pvt. D. R. Morris
*Pfc. J. G. Palmer
Pvt. D. J. Rundall Jr.
Pvt. J. T. Saiz
Pvt. R. M. Sanchez
Pvt. C. J. Sims
Pvt. C. M. Sitzmann
Pvt. B. W. Smith
Pfc. T. S. Smith
Pfc. T. E. Snider
Pvt. K. J. Sooley
Pvt. D. M. Soto
Pvt. N. W. Stock
Pvt. A. R. Stueland
Pvt. J. N. Sutherby
Pvt. E. A. Targon
Pfc. D. E. Thompson
Pfc. J. D. Treadaway
Pvt. P. W. Triplett
Pvt. C. A. Tyron
*Lance Cpl. A. R. Valladares
Pvt. J. P. Vandriel
Pvt. J. T. Vaughan
Pvt. L. F. Veganava
Pvt. J. E. Velasquez
Pvt. J. R. Villalva
Pvt. E. Villarreal
Pfc. T. C. Vu
Pvt. S. R. Waterman
Pfc. A. M. West
Pvt. W. G. White
Pvt. J. C. Wilson
Pvt. N. A. Winters
Pvt. G. M. Wise
Pvt. M. J. Wright
Pfc. P. F. Yoho
Pfc. T. J. Yokofich
Pvt. J. C. Zuidema Jr.</p> | <p>PLATOON 3265
Pvt. D. M. Agcalon
Pfc. R. L. Anderson
Pfc. J. W. Armstrong
Pvt. R. A. Becerra
Pvt. C. R. Cobbins
Pvt. K. M. Hofmeister
*Pfc. R. S. Holland
Pfc. C. A. Hurt
Pvt. A. P. Johns
Pvt. K. R. Johnson
Pvt. M. D. Klassen
Pvt. V. P. Kuamoo-Kamai
Pvt. D. J. Kurz
Pvt. J. M. Kusiak
*Pfc. I. M. Larsen
Pvt. J. T. LeBlue
Pfc. L. Macias
Pvt. C. C. Mackley
Pvt. J. M. Martinez
Pvt. B. M. Martinez-Pons
Pvt. J. A. Mayer
Pvt. D. A. McCain
Pvt. C. D. McKnight
Pvt. A. M. Meese
Pvt. J. D. Misegan
Pvt. L. D. Mitchell Jr.
Pvt. C. E. Moore
Pvt. S. C. Neville
Pvt. D. S. Patton
Pvt. A. D. Plante
Pvt. E. Ramirez
Pvt. A. R. Reinoso
Pvt. N. A. Robinson
Pvt. F. Rodriguez
Pvt. S. S. Sahota
Pvt. A. Sanchez
Pvt. G. M. Sanders
Pfc. J. W. Shepard
*Pfc. S. A. Stephens
Pvt. R. R. Tatro
Pvt. B. A. Turner
Pvt. T. A. Turrentine
Pvt. D. B. Vaknin
Pvt. D. E. Washington
Pvt. K. L. Weaver III
Pvt. C. D. Webb
Pfc. D. O. Webb
Pfc. A. H. White II
Pfc. B. Wilson</p> | <p>PLATOON 3266
Pfc. R. J. Everett
Pfc. R. C. Ezell
Pvt. C. Farias
Pvt. A. Flores
Pfc. M. G. Floyd
Pfc. B. R. Forrest
Pvt. E. Gallegos
Pvt. J. Garcia
Pvt. M. Garcia
Pfc. K. J. Genrty Jr.
Pfc. S. P. Gisselman
Pvt. Z. M. Glanzer
*Pfc. F. J. Gonzales
Pvt. J. U. Gonzales
Pvt. J. K. Gracia
*Pfc. D. R. Hanson
Pvt. M. M. Hargrove
Pvt. R. C. Hinton
*Pfc. D. C. Marquis
Pvt. S. R. Mazzola
Pvt. G. A. McPhatter
Pvt. B. K. McWilliams
Pvt. H. A. Mendoz-Brayley
Pvt. R. E. Miller
Pfc. D. A. Navarrete-Vargas
Pvt. M. G. Patin
Pvt. J. J. Patton
Pfc. D. C. Petri
Pfc. C. J. Plum
Pvt. C. A. Portales
Pvt. U. Quinonez
Pvt. H. F. Quintero
Pvt. O. N. Ramos
Pvt. L. J. Raney
Pfc. T. C. Rasco
Pvt. B. D. Reed
Pvt. V. Resendez
Pvt. T. A. Rettler
Pvt. S. K. Roberts
Pvt. H. A. Robinson
Pvt. K. E. Robinson
Pvt. R. D. Robinson
Pvt. S. A. Robison
Pfc. R. Rodriguez Jr.
Pvt. V. E. Rodriguez
*Pfc. J. K. Rogers
Pvt. C. R. Romero</p> | <p>PLATOON 3267
Pvt. D. M. Bird
Pvt. J. L. Bladen-Rodel
Pvt. A. M. Brintnall
Pvt. S. A. Brown
Pvt. K. A. Buck
Pvt. E. J. Cagle
Pfc. M. R. Callahan
Pvt. C. T. Caley
Pvt. V. Campos
Pvt. P. R. Corcoran
Pvt. Z. L. Crane
Pvt. J. A. Eriwin
Pfc. K. A. Fields
Pvt. C. A. Fisher
Pvt. J. D. Fitzsimmons
Pvt. K. S. Fluty
Pvt. R. A. Gaia
Pvt. C. A. Grant
Pvt. A. J. Greene
Pvt. L. Guier
Pvt. C. Hernandez
*Pfc. A. J. Herring
Pfc. C. J. Hernandez-Perkinson
Pvt. D. T. Herzog
Pvt. B. C. Hliva
Pfc. B. W. Hodges
*Pfc. D. P. Hodgman
Pfc. S. M. Hornbeck
Pvt. R. M. Hood
Pvt. Z. A. Hurst
Pvt. B. E. Huttinger
Pfc. W. B. Jayroe
Pfc. A. J. Kanan
*Pfc. C. M. Kermon
Pfc. C. N. Kirk
Pvt. N. R. Klobassa
Pvt. J. F. Langeland
Pvt. C. B. Likes
Pvt. J. J. Leibiger
Pvt. F. P. Lopez-Chavez
Pfc. T. D. McCarty
Pvt. M. Mata
Pvt. S. M. Matheny
Pvt. J. S. McGaha
Pvt. R. E. Mindieta
Pvt. P. J. Morse
Pvt. D. Ochoa
Pvt. A. C. Owens
Pfc. C. N. Swiler</p> |
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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 Service health promotions 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 its 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. MCRD 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.



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. KATALYNN 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, leadership, teamwork, morale, and loyalty.”

The CG’s Cup is won based on points earned throughout the year. The command

with the most points wins the CG’s Cup of Excellence for the year and \$300 from Marine Corps Community Services and Semper Fit.

Units may field several teams, as long as each team meets the prescribed deadline.

Points are awarded for participation and the overall final standings.

Additional points are given to co-ed teams who represent their commands.

“Slowly but surely our numbers of females has grown,” said Dickinson. “It is important to us at Athletics to reach our males and females with the events we provide to promote sportsmanship, 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 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

Placing	Unit	Sports Points	Entry Points	Total
1 st	Headquarters and Service Battalion	102	141	243
2 nd	Recruit Training Regiment	92	131	223
3 rd	12 th Marine Corps District	26	171	197
4 th	Medical/Dental	8	83	91
5 th	United States Coast Guard	12	54	66