



The Warrior

NEWSLETTER

VOLUME 3, ISSUE 1 SERVING THE MARINES AND FAMILIES OF RECRUITING STATION FORT WORTH, TX AUG 2011

NOT THEIR ORDINARY FOOTBALL PRACTICE

University of North Texas Football players test their strength, dedication and endurance with Marine Corps workout



U.S. Marine Corps photo by Cpl. Melissa A. Latty



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COMMANDER'S CORNER



Major Johnathan Camarillo

Spartan Family,

I'm Major Jonathan Camarillo and I recently joined the Spartan family in June. I'm honored to be part of such a winning team.

Your Marines have a long tradition of a strong Warrior spirit; the same Warrior spirit that your Marine fought with in Iraq and Afghanistan is that same spirit that they bring to this duty.

I've already begun meeting some of the spouses and children of the Marines and my goal is to meet every single spouse and child within the first four months in order to tell you "thank you" face-to-face. Your Marine is successful because of the support at home. Much of what we do in this billet; working late hours, working weekends, and not having a consistent schedule at home, those sacrifices are put on the shoulders of our families. So thank you for your sacrifices.

I would ask that you please help me with putting together our Family Readiness program. MSgt Miller, the Family Readiness Officer, will be soliciting for email addresses and phone numbers to ensure that our network of families get updated on the most recent information available. This is a tool that will only be used by me and MSgt Miller to keep families informed. Thanks in advance for your help with this.

Lastly, I would like to discuss this year's SEE CC pg 3

Straight from the Sergeant Major



Sergeant Major Charles H. Ridgeway Jr.

Families,

It has been a pleasure to serve as the Sergeant Major of a unit for the last thirteen months and I look forward to the next two years. Time has gone by so fast because we have all continued to stay so busy making things happen. Each month I get more excited about serving as your Senior Enlisted Advisor and Pool Manager! I pray that every Marine, Family member, Civilian and poolee affiliated with Recruiting Station Fort Worth, Texas has been satisfied with the dedication, energy and focus that I bring to "the fight" daily. I know that I ask for a lot when it comes to Marines improving themselves as Marines but in the long run everyone that follows my guidance will be rewarded in some fashion!

I will continue to remind each one of you that you are Marines assigned to recruiting duty! I will continue to teach and educate each and every one of you on Marine Corps orders and what is expected of us as "the most unique group of military practitioners in the world." Your challenge is to be a good student which will allow you to have a good quality of life and make mission simultaneously.

As a T.E.A.M. we have done some incredible things with contracting and shipping! Those few that have struggle personally or professionally in the past have learned to be very receptive to the guidance and advice given by us as a Command Group and our experienced 8412's. Remember to be very careful of the company that we keep and careful of the advise that we seek from outsiders. SEE SM pg 8

HONOR - Integrity, Responsibility, Accountability
COURAGE - Do the right thing, in the right way, for the right reasons
COMMITMENT - Devotion to the Corps and fellow Marines

HAIL & FAREWELL

NEW JOINS

SGT FORDHAM
SGT WADE
SGT SMITH
CAPT MACCORMACK
LCPL KOHUS
GYSGT EPPERSON
SSGT FOUST
CPL LATTY
SSGT DELANGELRIVAS

DEPARTING MARINES

CAPT. BLANKENSHIP
SSGT BARKSDALE
MAJ CRAWFORD
SSGT SOTELO
SGT WOOD
SSGT BARKSDALE
SGT HUNTER



Capt. Patrick Blankenship, outgoing executive officer, Recruiting Station Fort Worth, 8th Marine Corps District, receives a going away gift from Sgt. Maj. Charles H. Ridgeway Jr., sergeant major, RS Ft. Worth, during a going away luncheon in Arlington, Tx, July 6, 2011.

CC CONT FROM pg 2,

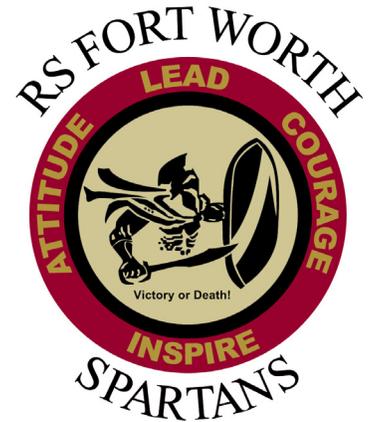
Marine Corps Birthday Ball. We are in the midst of planning and rest assured that we are working to make this year's Ball special for you and your family. The Marine Corp Ball team is working to ensure that it is affordable and that the proper services are provided to make this event enjoyable.

In closing, I look forward to meeting every one of you and do your best to stay "cool" during these dog days of summer.
Semper Fi

CO OUT!

JUDGEMENT- The ability to weigh facts and possible courses of action in order to make sound decisions.
JUSTICE - Giving reward and punishment according to the merits of the case in question.

HAIL & FAREWELL



*Maj. Patrick Crawford
relinquishes command to
Maj. Jonathan Camarillo*



DEPENDABILITY - The certainty of proper performance of duty.
INITIATIVE - Taking action in the absence of orders.

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Recruiter of the Quarter



SSgt Dederick Brooks
RSS Mansfield

Recruiter of the Month



April
SSgt Stephen Cervantez
RSS Fort Worth



May
SSgt Stephen Cervantez
RSS Fort Worth



June
Sgt Aaron Hart
RSS Bedford

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Promotions



Congratulations, GySgt Quintero on your promotion!



DECISIVENESS - Ability to make decisions promptly and to announce them in a clear, forceful manner.
TACT - The ability to deal with others without creating hostility.

UNT FOOTBALL PLAYERS PARTICIPATE IN MARINE CORPS PHYSICAL TRAINING

RECRUITING STATION FORT WORTH, TEXAS - Football players from the University of North Texas came to football practice the morning of July 1 expecting an ordinary dead-lift workout. Little did they know, Marines with Recruiting Station Fort Worth would be there to greet them on the field.

The players were briefed by their coaches and let loose to be tested on their strength, endurance and teamwork.

Split into teams, the players conducted a series of circuit exercise including, buddy drags, squad push-ups, and crunches.

The teams rotated on a two minute whistle, from station to station until they had made their way through each vigorous exercise. Following the circuit exercises the teams lined up to complete the Marine Corps Combat Fitness Test, which consists of a 880-yard sprint, maneuver under fire, and ammunition can lifts.



Sgt. Justin Hulsey, a recruiter with Recruiting Subordinate Station Denton, instructs a foot ball player from the University of North Texas while conducting a combat fitness test at the college football field, July 1, 2011. The players were able to train like Marines in preparation for their upcoming football season.



“This workout is very different [from our every day training],” said Frank Wintrich, a coach with UNT. “Usually what we do is very regimented and individually purpose driven and geared more towards football. Its high intensity and short duration. Whereas today, is a lot of different types of thing that are totally unrelated [to football].”

“The most important thing about today was there was a lot of team work, accountability and discipline. These are things that they need, outside of physical traits, to be successful out on the field. The only way to get that is to push themselves hard.”

In this case, hard was an understatement.

“The guys had an extremely hard work-out and were pushed to their limits both mentally and physically,” said Wintrich.

The teams were scored by the Marines on how well they performed.

Following the workout, the Marines rewarded the first place team.

Gunnery Sgt. Aaron Strickland, assistant officer selection officer, presented the winning team with back packs and spoke to the Marines about the importance of character.

“Talent is nothing without character,” he said. “And character is judged by your ability to perform under strenuous circumstances.”

The team was appreciative of the Marines willingness to attend one of their practices and share with them what being a Marine is about.

“I really wanted the Marines to come out because it’s a great opportunity to have people who actually do this for a living and whose lives depend on this every single day, to come out and teach this to our guys.”

“We are trying to teach the players how to come together and rely on each other in uncomfortable situations so they are able to push through it.

The team will be beginning their football season with an opening game at their new stadium on Sept. 1, 2011.

INTEGRITY - Uprightness of character and soundness of moral principles.
ENTHUSIASM - The display of sincere interest and exuberance in the performance of duty.



*RSS Killeen
recruiters and their
families, enjoy a
day of food, games
and socializing at
Fudruckers.*



BEARING - Creating a favorable impression in carriage, appearance, and personal conduct at all times.
UNSELFISHNESS - Avoidance of providing for one's own personal advancement at the expense of others.

SPOUSE CORNER

Remember

By Gina Ullman



I wanted to start off by introducing myself and my family. My name is Gina Ullman, the wife of SSgt Ullman and the mother of two. Our oldest Lyric James is five years old and our baby is Layton Jagger who is one year. We are currently living in Abilene, Texas (the desert). My husband has been on recruiting duty now for about 10 months, and although we haven't been out here very long I have learned a lot about the importance of having a strong family. My instructions in writing this were to put into words my own interpretations, feelings, and beliefs, that may help encourage other spouses.

When I heard that recruiting duty had one of the highest divorce rates, it saddened me greatly so when I was asked to write this, I just wanted to share something that has helped keep our marriage strong for 8 years, 3 deployments, and now on recruiting duty. It has been said, the little things mean the most! I find this very true, especially for our family. Remembering the little things when a relationship is tested or goes through a major change such as coming from the FLEET to recruiting duty will help hold it together and remind us of the great memories

shared with each other. A nice sticky note put somewhere you know will be found during the day is something small but it lets your spouse know you thought of them. A quick kiss at a red light, date nights, or even a fun family game night to keep things interesting can go a long way. Go on evening walks. Remember, communication is key, laugh often, respect and honor each other always. Remind them how much you appreciate what they do. Little things can mean a great deal to your spouse and it never hurts to be reminded of what made you fall in love in the first place. Although I wrote briefly; I hope this helps encourage other spouses either directly, or by helping someone else you may know. In short, remember ...remember the little things, remember why you fell in love and live everyday as if it were your last. Thank you and God bless!

(SM Cont.) The next task that I have for us is to continue to improve our quality of life by planning time in our schedules for our significant others and our children. I know that we are all busy and we have so much going on but where is the reward of making mission so early if we are not planning some time for those that support our efforts daily?! If the time we spend with love one's means we need to leave at 1500 instead of 1900 for the day, plan it, tell someone senior to you and make it happen! I have met some wonderful spouses that have been a major support in our successful efforts so let's give them a little of our time too. Hell, take business cards where ever you decide to go together and hand them out or leave them on the table with the "tip"!

To all of you that I have had the pleasure of talking to at the Marine Corps ball, family days, Cook-out, Dining-In and Change of Command it has been a great experience thus far. I plan to get out with Major Camarillo (New Commanding Officer) and Master Sergeant Miller (New Family Readiness Officer) each quarter to see spouses and maybe enjoy a light snack and some conversation. Welcome aboard to all families who have joined us since the last news letter. I look forward to meeting everyone affiliated with our recruiting family at the Marine Corps ball. The Marine Corps Birthday ball celebration will go 18 November at the Marriott 5 Village Circle Westlake, TX 76262. More details to come.

We have a solid T.E.A.M. so let's all seek improvement daily as individuals and move forward as a T.E.A.M.! Perfect your "grid square" and lead by example and the rest will fall into place, Marine Leaders.

As always, we all need to remember, Together Everyone Achieves More so that as Spartans we can continue to lead the way. Though we are small, we can continue to be mighty!

Semper Fidelis

Sergeant Major Charles H. Ridgeway Jr.

COURAGE - recognize the fear of danger or criticism, but proceed in the face of it with calmness and firmness.
KNOWLEDGE - Having professional knowledge and understanding your Marines.

SAFETY

BEAT THE HEAT

- Wear sunscreen when outdoors for long periods of time.
- Stay hydrated, drink at least 8 glasses of water a day.
- Schedule workout sessions for evenings or early mornings.
- Wear life jackets when participating in water activities.
- Wear proper protective gear when riding bikes, motorcycles, four-wheelers, etc.
- Never leave children unattended while swimming.
- Make sure you remove the ladder from above ground pools when not in use.
- Use a safety fence or secure pool cover to keep small children out of in-ground pools when not in use.
- Be sure to service your car and ensure it is in good working order before taking a road trip.

MEET YOUR SAFETY CHIEF!

GySgt. Royderick Jackson



*“Proactivity
always trumps
reactivity”*

Watch for theses signs of dehydration:

STATUS	No Dehydration	Some Dehydration	Severe Dehydration
CONDITION	Well, alert	Restless, irritable	Lethargic or unconscious; floppy
EYES (Tears)	Normal (present)	Sunken (not present)	Very sunken and dry (not present)
MOUTH & TONGUE	Moist	Dry	Very dry
THIRST	Drinks normally, not thirsty	Thirsty, drinks eagerly	Drinks poorly or not able to drink
SKIN PINCH	Goes back quickly	Goes back slowly	Goes back very slowly
DECIDE	No signs of dehydration	If two or more signs are present there is some dehydration	If two or more signs are present, there is severe dehydration

LOYALTY - The quality of faithfulness to country, the Corps, and unit, and to one’s seniors, subordinates, and peers.
ENDURANCE - The mental and physical stamina to withstand pain, fatigue, stress, and hardship.