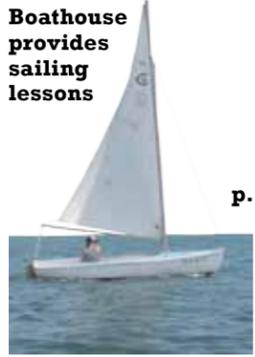


Boathouse provides sailing lessons



p. 4

MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION

Depot fitness center lets you spin



p. 8

Vol. 71 – Issue 24

“WHERE MARINES ARE MADE”

FRIDAY, AUGUST 19, 2011

Depot law enforcement pays tribute to San Diego cop

BY LANCE CPL. KATALYNN RODGERS
Chevron Staff

Marine Corps Recruit Depot San Diego's law enforcement officers recently banded together to mourn a fallen comrade.

As a sign of honor and respect,

MCRD's law enforcement placed a black mourning band around the center of their badges for Officer Jeremy Henwood of the San Diego Police Department. Henwood was also a captain in the U.S. Marine Corps Reserves who recently returned from a year-long deployment in

Afghanistan. He was promoted posthumously to the rank of major.

Officer Henwood, a four-year veteran of the SDPD, died shortly after 1 a.m. at the Scripps Mercy Hospital Aug. 7, the day after he was shot without warning while on patrol.

A car flashing its lights pulled up behind Henwood and when he pulled to the curb to assist, the suspect fired into Henwood's car. The suspect had been involved in another shooting less than 30 minutes prior. A witness stopped to render aid and used Henwood's radio to

call for help, police said.

Shortly after the attack police tracked the suspect down and blocked off his escape. When he grabbed the shotgun police officers fired at him. He was pulled from his vehicle and pronounced dead at the scene.

“We join the San Diego Police Department in mourning the loss of this brother police officer and Marine Reserve captain,” said Thomas J. Capaccio, deputy chief of police, provost marshal office here.

According to Cappacio, MCRD law enforcement officers wore black tape across their badges in a traditional sign of mourning and respect for their fallen comrade until after his funeral.

“The black tape is similar to mourning bands worn on the arm by civilians during funeral services,” said Capaccio. “The badge is the symbol of our authority and what binds us together as law enforcement officers; therefore, to shroud it in black acknowledges the loss of a comrade.”

Hundreds of vehicles from different police departments, including two of MCRD's patrol cars, gathered at Qualcomm Stadium early Aug. 12 to participate in Henwood's funeral



Lance Cpl. Katalynn Rodgers

Staff Sgt. Jason Biggers (left) military policeman, Headquarters Company, Headquarters and Service Battalion and Lance Cpl. Daniel Contois (right) military policeman, Headquarters Co., H & S Bn., stand in front of a Marine Corps Recruit Depot San Diego K-9 vehicle before the funeral procession for Police Officer Jeremy Henwood Aug. 12, at Qualcomm Stadium.

see HENWOOD ▶ 6



Lance Cpl. Katalynn Rodgers

A construction worker builds onto a support beam for a new parking area aboard Marine Corps Recruit Depot San Diego Aug. 16. This is no ordinary parking area, the roof will be lined with solar hot water heating panels. This is just one part of an energy saving project that will help MCRD go green.

Depot benefits from food waste recycling efforts

BY CPL. KRISTIN E. MORENO
Chevron staff

As the first participant in the City of San Diego's Commercial Food Waste Recycling Program, Marine Corps Recruit Depot

San Diego continues to play an active role in keeping the environment green by producing approximately 11 tons of pre- and post-consumer food waste per week.

The Commercial Food Waste

Recycling Program processes food scraps into compost product at the Miramar Greenery that later can be used to improve soil texture and increase its nutrient

see COMPOST ▶ 2

Depot gets \$2.5 million for 2012 green projects

BY LANCE CPL. KATALYNN RODGERS
Chevron Staff

Staying green while making Marines, the Marine Corps Recruit Depot San Diego was recently awarded approximately \$2.5 million by Headquarters Marine Corps as part of the 2012 Energy Investment Program.

The depot was given this money for additional energy saving upgrades such as replacing the chiller unit in the recruit

classrooms, installing gray water recovery systems in some recruit laundry huts and roof top solar hot water heating systems in some recruit barracks.

The warehouses on base have had solar panels on them for two years to help the depot produce electricity. Currently reviewing stands are being constructed by the parade deck with solar panels on them to help produce even more electricity for the depot.

see ENERGY ▶ 2

Depot Marines take a motivational run around the compound



Lance Cpl. Katalynn Rodgers

Up in the morning with the California sun, Marine Corps Recruit Depot San Diego came together for a formation run around base Aug. 15. Headquarters and Service Battalion, Recruit Training Regiment, Recruiter's School, Coast Guard detachments and members of the Navy aboard MCRD formed a long line of platoons for their motivating morning run. When they arrived back at the starting point the runners cooled down, then stood at attention for morning colors.

3rd Recruit Training Battalion gets new commanding officer



Lance Cpl. Eric Quintanilla

Lt. Col. Matthew A. Reiley, left, incoming commanding officer, 3rd Recruit Training Battalion, receives the organizational colors from Lt. Col. Noel Stevens, outgoing commanding officer, during a change of command ceremony aboard Marine Corps Recruit Depot San Diego August 12. The passing of the colors symbolizes the passing of all duties and responsibilities from one commander to the next. Reiley's previous assignment was staff secretary, Deputy Commanding General, U.S. Strategic Command. Stevens' future assignment is the commanding officer, Headquarters and Headquarters Squadron, Marine Corps Air Station Miramar

ENERGY ◀ 1

The facilities and maintenance team, along with tremendous support from previous commanding generals Salinas and Bailey, have been helping MCRD go green.

The EIP program is run by Headquarters Marine Corps to provide funding for energy reduction projects, said Richard Hatcher, energy manager, MCRD. Every Marine base submits a list of projects annually; the projects are validated by Headquarters Marine Corps and funded per their discretion.

"While the energy we save on the grid is miniscule for the size of San Diego, any bit saved is helpful for them,"

said Hatcher.

According to Hatcher the new air conditioning system to be put in building 626 features an oil free compressor. That compressor operates on a magnetic bearing system which reduces friction and increases efficiency. The new system is estimated to save approximately \$60,000 for the depot.

Gray water recovery systems will be installed in buildings 651, 652, 653, 654 and 655. These systems will capture water from the washing machines, filter it, and use it for the next water cycle.

According to Hatcher some of the recruit barracks capture gray water from the showers and sinks to flush the urinals and toilets.

"The gray water recovery

systems are expected to save approximately 1,660,000 gallons of water in each building annually," said Hatcher.

Gray water is any wash water used in the home such as sinks, showers and laundry. Water with human feces is not considered gray water, but sewage or black water.

"Not just MCRD, but the entire Marine Corps - everyone should be energy efficient," said Hatcher. "Just look at our dependency on foreign oil."

Solar thermal hot water heating panels will be installed on the roofs of buildings 554, 584 and 585. The panels circulate cold water through collectors on the roof, preheating the water. The heating panel process is expected to reduce the steam

required to heat the water in each of these buildings by 50 percent, said Hatcher.

"Areas that support recruit training are the most energy intense on the depot because these buildings operate twenty-four-seven, year-round," said Hatcher. "Projects that reduce energy in these areas have a greater affect on our base-wide energy use."

According to Hatcher, the government had mandated a goal to reduce energy use by 30 percent over a ten-year period since 2003.

"The worst thing you want to see is families struggling to make ends meet, then you look over the fence and see the Marine Corps with lights on all day in a vacant building," said Hatcher.

COMPOST ◀ 1

and water-holding capacity.

The depot first began their involvement in the program in 2001 by completing the pilot program phase to ensure the implementation of the program was feasible and the installation was a positive contributor.

During this phase, the facility representative accompanies the program staff to inspect and evaluate the first three loads of food waste at the greenery. Upon completion of the pilot program phase, the depot was officially accepted into the program in 2002.

On average, the depot serves approximately 8,000 meals per day to support the mission of making Marines, which leads to more than 416,000 tons of compost a year. The depot represents 38 percent of the program's total waste diversion.

"This figure has significant value in maintaining a green sustainable footprint image to the local community and in meeting U.S. Marine Corps goals and requirements," said Bill Nelsen, manager of the Facilities Division recycling program.

Previously, the food waste was collected as trash and discarded at a local landfill. Now, the depot benefits from saving money because there's less tonnage of waste leaving the installation.

The compost process consists of first grounding up yard trimmings and food scraps and placing them in windrows. The windrows are turned and watered for 70 days, giving the microorganisms time to digest the carbon- and nitrogen-rich mixture. During the process, the windrows sustain temperatures between 140-165 degrees Fahrenheit. This allows the organic material to break down into beneficial soil nutrients, which is later screened to a particle size of one half inch or less to remove any film plastic from the final product.

According to the City of San Diego Environmental Services Web site, the soil in San Diego lacks many essential plant nutrients. Mixing compost in with the soil is one of the best things to do for a yard and garden.

In order to participate in the Commercial Food Waste Composting Program, the city staff meets with the facility staff.

They discuss and provide technical assistance for on-site and logistics implementation of the program and train all kitchen, maintenance and administration staff of the process. The facility then must complete the pilot program phase before becoming a regular participant in the program.

There are currently 11

businesses participating in the program throughout San Diego, including Sea World San Diego, PETCO Park and the San Diego International Airport.

For more information on the program and its benefits, visit the City of San Diego food waste Web site at www.sandiego.gov/environmental-services/miramar/foodwaste.shtml.



Compost is made by processing organic material to turn it into a source of nutrients for gardening and landscaping.

BRIEFS

Get ready for school

Marine Corps Community Service is sponsoring a Back to School Readiness Resource Fair at the MCRD Fieldhouse on Aug. 27 from 10 a.m., to noon. There's fun for the whole family! Come and see vendors and resources before the school year. No RSVP is required.

Baby Boot Camp

Baby Boot Camp is a fun and dynamic 2-day class for first-time expectant parents addressing topics about your new baby such as 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. The next Baby Boot Camp will be held Aug. 30 and 31. Upcoming classes will be held on Oct. 25 and 26, Nov. 15 and 16, and Dec. 13 and 14 at MCRD. Call the New Parent Support Program at (619) 524-0805 for information and to register.

Scholarships for service-members and spouses

The Council of College and Military Educators (CCME) is offering \$1000 scholarships to five service members and five spouses who are working towards the completion of higher education degrees. Eligibility requirements and applications may be downloaded from <http://www.ccmeonline.org/scholarships.aspx>.

Deadline for the scholarship applications is Sept. 1.

For information, contact Annie Villalon, MHR Education and Career Specialist at (619) 524-1275.

Boot Camp Challenge

The 2011 Bootcamp Challenge, a three-mile obstacle run on the depot, is scheduled for Sept. 24, 9 a.m. Participants in the event are encourage to use public transportation. Participants may register at <http://www.bootcampchallenge.com>.

MyPay access

Military members and federal service employees can now access their personal MyPay accounts using the Common Access Card (CAC). To access the MyPay website with a CAC card go to the MyPay web page at <https://mypay.dfas.mil/MYPAY.ASPX> web address. Click on the "DOD CAC Login to MyPay" link. First time users must enter their social security number.

All MyPay customers will still be able to access MyPay using a login ID and password. For more information, contact Tom Garcia at (619) 524-6102.

Emergency preparedness: Safe & Well

After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind. There is a website called Safe and Well, which is designed to help make communication easier and eliminate overloaded telephone systems. It can be found at <https://safeandwell.communityos.org/cms/index.php>.

If you have any questions, call the Mission Assurance Office at (619) 524-8432.

Send briefs to:

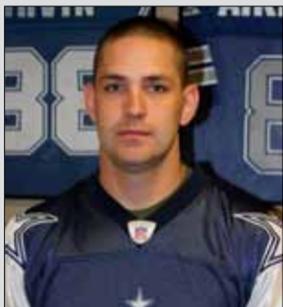
rdsd_pao@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Around the depot

This week the Chevron asks: "Which is your favorite National Football League team? Why?"



"The Chicago Bears are mine, because I am from Chicago and because on the 8th day God created the Bears." Cpl. Charles Engblom, military policeman, Headquarters Company, Headquarters and Service Battalion



"The Dallas Cowboys are my favorite. They are America's team, and when I was growing up they were the closest team to me. I've stuck with them through thick and thin." Staff Sgt. Tommy Corum, administration chief, Headquarters Company, Headquarters and Service Battalion



"The Green Bay Packers are my favorite. When I was younger my mom made me pick a team, and when she turned on the TV, Brett Favre was on. I pointed at him. Mom said, 'Okay you're a Packers fan.' Go Pack, Go!!" Lance Cpl. Paul Rosenberg, military policeman, Headquarters Company, Headquarters and Service Battalion

Electronics technicians keep Marine pilots flying

BY PFC. SEAN DENNISON
2nd Marine Aircraft Wing (Forward)

KANDAHAR AIRFIELD, Afghanistan – Within every Marine Corps AV-8B Harrier is a nervous system. A network of wires and cables relay battlefield information to the pilot and send his intent with the flick of a wrist or press of a button back through the jet at the speed of light.

The end result: a nimble attack jet that can hover, land vertically, and provide precision bombs on target.

In Afghanistan, the task of safeguarding the network of wires and cables that make the Harrier capable falls upon the shoulders of Marine Attack Squadron 513's avionics technicians.

"We're the brains of the jet," explained Cpl. Jacob Campbell, a VMA-513 avionics technician and native of St. Louis.

"Everything is related to us somehow."

The avionics Marines are responsible for the thousands of wires that snake through the Harrier. Avionic technicians impact a variety of the Harrier's systems, including radar, weapons, navigation and landing gear.

On any given Afghan day, there's no exact routine for avionics technicians. One scenario could see the Marines replacing a generator on a Harrier, another troubleshooting a problem with flight controls.

"Depending on the discrepancy, we identify the symptoms of what's wrong with the aircraft and then troubleshoot the problem using a variety of publications," said

Sgt. Brian Stephens, a VMA-513 avionics technician and Garden Grove, Calif., native.

Sometimes if other shops have issues concerning their systems, avionics is the final stop for help.

Avionics is also in charge of maintaining the Harriers' Lightening pod targeting system.

Cpl. Inez Pabian, a VMA-513 avionics technician and Northridge, Calif., native, explained that the targeting system allow pilots to "paint" a laser on enemy vehicles or structures, which are then used to pinpoint airstrikes.

The system also displays an infrared battlefield for the pilot, the image of which can also be relayed to ground troops to better coordinate attacks and improve accuracy.

Just as Marines on the ground in Afghanistan must be accurate with their rifles, avionics technicians must be skilled with their armament of wrenches, wire cutters and soldiering gear.

"There's no room for error here," said Campbell. "If we mess up, a jet's not flying."

Thanks to the desert atmosphere of their home base at Marine Corps Air Station Yuma, Ariz., the avionic Marines said they are accustomed to working in a hot, sandy environment – but working under the stresses of a combat zone is different than garrison life.

"The Marines have performed exceptionally since we've been here," said Master Sgt. Michael Cianci, the VMA-513 avionics chief and Salem, N.H., native. "We've overcome additional adversities we didn't foresee, but we handled it extremely well."



Pfc. Sean Dennison

Cpl. Ashley Zifko, a Marine Attack Squadron 513 avionics technician and Two Rivers, Wis., native, installs an inertial navigation unit on one of the AV-8B Harriers on the flightline of Kandahar Airfield, Afghanistan.



Pfc. Sean Dennison

Lance Cpl. Benjamin Johnson, a Marine Attack Squadron 513 avionics technician and Blanchard, Okla., native, puts back a fuel level amplifier on one of the squadron's AV-8B Harriers in the squadron's hangar at Kandahar Airfield, Afghanistan, Aug. 9.

CHEVRON
ESTABLISHED 1942

COMMANDING GENERAL
BRIG. GEN. DANIEL D. YOO

SERGEANT MAJOR
SGT. MAJ. SYLVESTER D. DANIELS

PUBLIC AFFAIRS DIRECTOR
MAJ. MICHAEL W. ARMISTEAD

DEPUTY DIRECTOR
JANICE M. HAGAR

PUBLIC AFFAIRS CHIEF
MASTER SGT. ROBERT G. KNOLL

PRESS CHIEF
STAFF SGT. KENNETH G. LEWIS JR.

PRESS NCOIC
SGT. CRISTINA PORRAS

COMBAT CORRESPONDENTS
LANCE CPL. KATALYNN RODGERS
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

The Chevron, printed with appropriated funds in compliance with Marine Corps order P5600.31F, is published by Marine Corps Recruit Depot San Diego personnel. Opinions and views expressed herein are not necessarily those of the Marine Corps or the Department of Defense. The Chevron is promulgated for informational purposes only and in no way should be considered directive in nature. All photos are official USMC property unless otherwise indicated.



Sarah Zittlow, bartender, Marine Corps Recruit Depot San Diego Recreation Center, moves with ease in the San Diego Bay after finishing her two-day sailing course. Students can rent sail boats at any Marine Corps Community Services or Morale, Welfare and Recreation center.



Lance Cpl. Eric Quintanilla

Lance Cpl. Eric Quintanilla

Students at the sailing class practice their knots before the 50 question seamanship test aboard Marine Corps Recruit Depot San Diego Aug. 14. As well as knowing how to tie knots, students are expected to know what each is used for to receive their qualification card.



Lance Cpl. Eric Quintanilla

Ray Prescillo, sailing instructor, Marine Corps Recruit Depot San Diego Boathouse Recreation Center, helps the sailing class fold their sails for storage at the end of the course Aug. 14. The course is held for six hours on both Saturday and Sunday every other weekend and provides the students with basic sailing knowledge.



Lance Cpl. Ryan Collins, crew chief and Headquarters Squadron 10, Miramar, Calif., works on the sailboat during the two-day sailing course hosted at the Marine Corps Boathouse Recreation Center. The course ended with the class sailing.



Depot's Boathouse offers Marines sailing instruction

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Marines have been sailing the open seas since the inception of the Corps, and for a few dollars and 12-hours of instruction, the Marine Corps Recruit Depot's boathouse will help Marines and other service members keep that tradition alive – in a sailboat.

Service members looking to learn how to operate a sailboat can take advantage of sailing classes offered at the depot's boathouse from March through October each year.

At the end of the two-day course, participants will have earned a qualification card. This allows them to rent a 14-foot Capri sail boat from the boathouse and take it around the San Diego Harbor. The boathouse also honors civilian sailing certificates held by authorized patrons.

"Everyone should sail, I think," said Hugo Burchartz, manager, boathouse recreation

center who has been sailing for 33 years. "It's good for your spirit, and how you look at life."

The course starts by providing basic information about how the boats operate, before moving on to more advanced topics such as how to help a capsized boat.

"They're teaching us just enough to know what we're doing and go out there with confidence," said Lance Cpl. Ryan Collins, crash and fire rescue, Headquarters and Headquarters Squadron.

The boathouse also offers larger 22-foot sailboats. Students looking to rent 22-footers need practice in the smaller boats first. "The different boats require different ability levels," said Burchartz. "And (sailing is) green. There's no motor, so it doesn't pollute," he added about the environmentally friendly aspects of sailing.

After the first day of classroom instructions, students take the boats out in the estuary to practice what they learned. On the second day, they have a

couple of classes and take a test before setting sail in the San Diego Bay.

If the students pass the 50-question test, they earn a qualification card that is good at any Marine Corps Community Services or Morale, Welfare and Recreation Center worldwide.

Although the classes are tailored for beginners, it can make a good refresher course for the "seasoned" sailors who might not have sailed in a while.

Each day's classes last about six hours and are held every other weekend at the boathouse. The classes can hold eight students and cost \$25 a person.

"You learn a lot of terms that almost all come into play," said Michael Leonard, a retired U.S. Navy sailor. "This can turn into a lifelong hobby."

The boathouse also offers instruction on canoes, kayaks, motor boats and windsurfing boards, all of which are available to rent. For more information call (619) 524-5269.

...y sailing course Aug. 14. After earning their qualification cards,

Lance Cpl. Eric Quintanilla



Lance Cpl. Eric Quintanilla

...rash and fire rescue, Headquarters, Marine Corps Air Station Miramar, ...curing his sailboat at the end of the ...ed at the Marine Corps Recruit Depot ...eation Center Aug. 14. The course ...through the San Diego Bay.



Lance Cpl. Eric Quintanilla

Students at the sailing class move through the estuary at Marine Corps Recruit Depot San Diego Aug. 14. The two-day sailing course is held every-other weekend March through October for service members and their families, retired military, Department of Defense civilians and guests.



Lance Cpl. Eric Quintanilla

Hugo Burchartz, manager, Boathouse Recreation Center teaches the class how to steer sailboats during the sailing class aboard Marine Corps Recruit Depot San Diego Aug. 13. The two-day course is tailored for beginners and covers the basics before moving on to more advanced topics.

School liaisons bridge gap between military families and quality education

BY CPL. KRISTIN E. MORENO
Chevron staff

Every parent wants their child to be successful in life, but with the constant relocations associated with the military lifestyle, it can be difficult for children to cope and thrive in school. This can add a lot of stress on military families and shouldn't be a road they have to travel alone.

And they're not alone. The school liaisons here are scheduled to host a Back to School Readiness Resource Fair at the Fieldhouse Aug. 26 to give military families the resources and support they need when considering education opportunities for their children.

A school liaison's mission is to reduce the impact of the mobile lifestyle on school-age military children and their

families, as well as to implement support services that assist with relocations, life transitions and achieving academic success.

"We act as a connector to help families get the best quality education wherever they may be," said Elfredia Hines, 8th Marine Corps District school liaison and joint liaison for 12th MCD.

The liaisons provide information on kindergarten readiness, local schools, home schooling options and regulations, graduation requirements, college readiness, scholarships and strategies for academic success. They also provide guidance on transferring schools and the special education process.

Hines said they don't just give a checklist of what to do. Instead, the liaisons sit down

and work through a customized plan to fit the families' educational wants and needs.

Each school operates differently, so military students can be impacted by several factors, including the transfer of records, course sequencing, graduation requirements, exclusion from extra-curricular activities, missed entrance and exit testing, kindergarten and first grade entrance age variations, and the power of custodial parents while parents are deployed.

To ensure military students aren't penalized by their lifestyle and afforded the

same opportunities as other students, the Council of State Governments initiated the Interstate

Compact on Educational Opportunity for Military Children.

The compact addresses all the issues that pertain to military families as well as enforcement of the compact.

As of July 10, 2010, 35 states had enacted the compact and eight were introduced to it.

The school liaisons here constantly connect with the schools throughout the Western Recruiting Region and train educators on the military lifestyle and educational needs of military associated school-

age students so they understand and support why the compact is in place.

"Many teachers have no clue these children are in their classrooms," said Hines. "They don't realize that military students make up a large percentage of the school's population. That's why making this connection is so important."

Hines said military families have enough to worry about during a relocation. The school liaisons help ease the transition and take some of that stress off them so they can worry about getting settled in and back to accomplishing the mission.

For more information or assistance with enrolling dependents in school, contact Elfredia Hines or Sherise Stark, 9th MCD school liaison and joint liaison for 12th MCD, at (619) 524-0916.



HENWOOD

procession. Ambulances and fire trucks were also a part of the procession.

Red and blue lights reflected brightly off the freshly washed patrol cars as they made their way into Qualcomm's vast parking lot to settle into line for their solemn duty.

Law enforcement officers mingled together to speak about their fallen com-

rade and to console each other before the procession began. Cappacio said that MCRD representatives were sent to show unity, sympathy, mourning and support for the fallen officer and to his department and family.

The procession made its way from Qualcomm Stadium to the Rock Church in Liberty Station where the memorial was held.

Henwood's burial is set in San Antonio near where his parents live.



Lance Cpl. Katalynn Rodgers

Hundreds of law enforcement vehicles, fire trucks and ambulances from several different police departments were parked in the Qualcomm Stadium parking lot Aug. 12. The vehicles were part of a funeral procession for Police Officer Jeremy Henwood that led to memorial services at the Rock Church.

Sergeant Major of the Marine Corps Micheal P. Barrett

Parade Reviewing Officer

Sergeant Major of the Marine Corps Micheal P. Barrett was born and raised in Youngstown, N.Y. He enlisted in the Marine Corps in March 1981 and underwent recruit training at 2nd Recruit Training Battalion, Company D, Marine Corps Recruit Depot, Parris Island, S.C.

In November 1981, Barrett completed Infantry Training School at Camp Lejeune, N.C. He was ordered to 1st Battalion, 4th Marines, Twentynine Palms, Calif., for duty. While there he served in a variety of billets ranging from grenadier to platoon sergeant.

Barrett was transferred in August 1984 to Inspector-Instructor duty with 2nd Battalion, 25th Marines, New Rochelle, N.Y. Outside of his primary duties as an infantry instructor, he was assigned support duties that included armorer, nuclear biological chemical noncommissioned officer, and training chief.

In September 1987, Barrett was

assigned to 3rd Battalion, 9th Marines where he assumed the responsibilities of platoon sergeant of the Surveillance Target Acquisition Platoon. He deployed forward during the Gulf War with Task Force Papa Bear.

In April 1992, Barrett received orders to Drill Instructor School, MCRD, San Diego. Upon completion of Drill Instructor School, he was assigned to Company F, 2nd Recruit Training Battalion, where he served as a drill instructor, senior drill instructor, and chief drill instructor. In January 1994, he was selected as the battalion drill master of 2nd Recruit Training Battalion.

In January 1995, Barrett was assigned to Scout Sniper Instructor School, Quantico, Va., as the chief instructor.

In September 1996, Barrett was transferred to Marine Security Company, Camp David, Presidential Retreat, for duties as the company gunnery sergeant and liaison to the United States Secret Service.

Upon completion of his tour at Camp David, Barrett was transferred to 3rd Battalion, 4th Marines, Twentynine Palms, Calif., where he assumed the duties as first sergeant, India Company from August 1998 until April 2000. He was then assigned to Headquarters and Service Company from April 2000 to

March 2001 and his tour culminated as the senior enlisted leader of Weapons Company from March 2001 to June 2002.

Barrett was then assigned to Recruiting Station Cleveland, Ohio, from July 2002 until May 2005, as the recruiting station sergeant major.

Barrett was transferred to 2nd Battalion, 7th Marines in May 2005, where he completed two combat deployments in support of Operation Iraqi Freedom (04-06.2 and 06-08.1) in the Al Anbar Province, Iraq.

From October 2007 to May 2009, Barrett was assigned to Officer Candidates School, Quantico, Va.

Barrett was selected as the 1st Marine Division Sergeant Major and took his post in June 2009. In December 2009, he assumed the duties of sergeant major, I Marine Expeditionary Force (Forward), and deployed to Operation Enduring Freedom (10.1/10.2) in March 2010. During this deployment, he also became the NATO Regional Command (Southwest) command sergeant major for Nimruz and Helmand Province, Afghanistan. He turned over the 1st Marine Division, I Marine Expeditionary Force (Forward) and Regional Command (Southwest) in March and April 2011.

Barrett assumed his current post as

the 17th Sergeant Major of the Marine Corps on June 9, 2011.

His personal awards include the Legion of Merit, Bronze Star Medal with Combat "V" and gold star, Meritorious Service Medal with gold star, Navy and Marine Corps Commendation Medal with Combat "V" and three gold stars, Navy and Marine Corps Achievement Medal with two gold stars, Combat Action Ribbon with gold star, and the Presidential Service Badge.





Platoon 1042 COMPANY HONOR MAN Pfc. M. A. Jimenez Fullerton, Calif. Recruited by Sgt. K. A. Adams
Platoon 1047 SERIES HONOR MAN Pfc. J. C. Catsinas Lincoln, Neb. Recruited by Sgt. R. J. Mihely
Platoon 1041 PLATOON HONOR MAN Pfc. A. S. Delfer Sacramento, Calif. Recruited by Staff Sgt. C. Drevalas
Platoon 1043 PLATOON HONOR MAN Pfc. T. E. Cronin Lansing, Mich. Recruited by Staff Sgt. I. Estupinan
Platoon 1045 PLATOON HONOR MAN Pfc. J. W. Trei San Diego Recruited by Staff Sgt. M. Drake
Platoon 1046 PLATOON HONOR MAN Pfc. J. J. Gifford Claremore, Okla. Recruited by Staff Sgt. J. W. Miller
Platoon 1045 HIGH SHOOTER (343) Pfc. V. E. Irizarry Phoenix Marksman Instructor Cpl. C. Rodas
Platoon 1041 HIGH PFT (300) Pfc. B. J. Birner Milwaukee Recruited by Staff Sgt. R. L. Hefner



CHARLIE COMPANY



<p>1st RECRUIT TRAINING BATTALION <i>Commanding Officer</i> Lt. Col. T. G. McCann <i>Sergeant Major</i> Sgt. Maj. J. N. Perry <i>Battalion Drill Master</i> Staff Sgt. M. A. Saldaña</p>	<p>SERIES 1041 <i>Series Commander</i> Capt. P. C. Early <i>Chief Drill Instructor</i> Staff Sgt. D. A. Adames</p>	<p>PLATOON 1041 <i>Senior Drill Instructor</i> Staff Sgt. K. H. Nguyen <i>Drill Instructors</i> Sgt. W. Caballero Sgt. A. Torres</p>	<p>PLATOON 1042 <i>Senior Drill Instructor</i> Staff Sgt. L. A. Sanchez <i>Drill Instructors</i> Staff Sgt. K. D. Oldham Sgt. C. G. Blas</p>	<p>PLATOON 1043 <i>Senior Drill Instructor</i> Staff Sgt. A. L. Sharp <i>Drill Instructors</i> Sgt. A. Hernandez Sgt. J. E. Toro</p>
<p>COMPANY C <i>Commanding Officer</i> Capt. G. A. Ankrah <i>Company First Sergeant</i> 1st Sgt. M. D. Bass</p>	<p>SERIES 1045 <i>Series Commander</i> Capt. D. E. Trafican <i>Chief Drill Instructor</i> Gunnery Sgt. A. L. Blake</p>	<p>PLATOON 1045 <i>Senior Drill Instructor</i> Gunnery Sgt. C. R. Mazzeo <i>Drill Instructors</i> Staff Sgt. M. A. Garcia Staff Sgt. M. D. Riggs</p>	<p>PLATOON 1046 <i>Senior Drill Instructor</i> Staff Sgt. F. H. Faria <i>Drill Instructors</i> Staff Sgt. P. T. Maningat Staff Sgt. C. Romero</p>	<p>PLATOON 1047 <i>Senior Drill Instructor</i> Sgt. J. E. Duque <i>Drill Instructors</i> Sgt. C. Ortega Sgt. D. L. Wright</p>

* Indicates Meritorious Promotion

PLATOON 1041

- Pvt. C. B. Acker
- Pvt. R. U. Aquirre
- Pfc. A. A. Alghanem
- Pvt. A. D. Anderson
- Pvt. N. R. Arent
- *Pfc. T. S. Asedo
- Pfc. W. J. Atuncar
- Pvt. M. E. Aviles
- Pvt. B. M. Bakhtan
- Pfc. R. D. Banaga
- *Pfc. A. Bandt
- Pvt. R. E. Barahona
- Pfc. A. K. Barrand
- Pvt. A. Benitez
- Pfc. J. M. Bergstrom
- Pfc. B. J. Birner
- Pfc. R. J. Bleecker
- Pfc. S. R. Bray
- Pvt. P.E. Bucaro
- Pvt. J. Bustillos
- Pvt. R. E. Cadena
- Pfc. J. G. Canchola
- Pvt. M. A. Carrazco
- Pvt. C. Carrillo
- Pfc. D. M. Carter
- Pvt. N. P. Conforti
- Pvt. J. J. Contreras
- Pfc. N. A. Corn
- Pfc. D. Corral Jr.
- Pvt. J. A. Cortesrincon
- Pvt. S. M. Cox
- Pvt. B. E. Dean
- *Pfc. A. S. Delfer
- Pfc. E. M. Dluzen
- Pvt. D. M. Donohue
- Pfc. R. M. Dsilva
- Pvt. J. L. Duran
- Pvt. T. D. Dyer
- Pvt. J. G. Edwards
- Pfc. B. V. Enquist
- Pfc. M. J. Falibene
- Pvt. N. A. Ferrol
- Pvt. S. O. Frey
- Pvt. D. A. Garcia
- Pfc. R. T. Glenn
- Pvt. M. P. Gnitka
- Pvt. M. T. Gorman
- Pfc. D. S. Grant
- Pfc. D. H. Hallbeck
- Pvt. K. N. Halleen
- Pvt. J. T. Harris
- Pvt. B. T. Hebert
- Pfc. N. D. Lemmon
- Pfc. P. L. Lemmon
- Pfc. A. R. Randall

PLATOON 1042

- Pvt. M. R. Combs
- Pfc. C. A. Fontaine
- Pvt. J. W. Hawley
- Pvt. P. A. Henriquez
- Pvt. D. S. Hilliard
- Pvt. Z. E. Holbrook
- Pvt. J. H. Jack
- Pvt. J. L. James
- *Pfc. M. A. Jimenez
- Pvt. L. A. Larry
- Pvt. N. P. Logan
- Pvt. C. J. Maass
- Pfc. J. M. Marshall
- Pfc. L. Martinez
- Pvt. A. C. McEwen
- Pvt. M. Medina Jr.
- Pvt. J. Mejia
- Pvt. R. Mendoza Jr.
- Pfc. A. A. Mendoza
- Pfc. C. J. Mercer
- Pfc. B. C. Miller
- Pvt. C. E. Miller
- Pfc. M. D. Mindlin
- Pvt. A. L. Moldan
- Pvt. J. R. Monette-Paz
- Pvt. J. A. Montano
- Pfc. G. A. Morales Jr.
- Pvt. V. M. Nuñez
- Pfc. B. M. Olex
- Pvt. D. N. Ombasa
- *Pfc. I. W. Probert
- *Pfc. D. J. Puga
- Pvt. C. A. Radtke
- Pvt. C. Ravelo
- Pfc. H. M. Ristvedt
- Pvt. M. E. Rodriguez
- Pvt. L. H. Rohrer
- Pvt. J. B. Roldan
- Pvt. J. R. Romero-Campos
- Pfc. J. R. Rother
- Pvt. Z. S. Shearer
- Pfc. T. J. Shelton
- Pfc. J. A. Sifontes
- Pfc. P. R. Smith
- Pfc. S. J. Smith
- Pfc. T. P. Stukenholtz
- Pvt. M. T. Symington
- Pvt. C. E. Tate
- Pvt. T. N. Taylor
- Pvt. K. L. Winfrey

PLATOON 1043

- Pfc. M. J. Aispuro-Ochoa
- Pvt. N. R. Aley
- Pvt. T. D. Ashley
- Pvt. S. D. Bagby
- Pvt. T. L. Baker
- Pvt. D. L. Barnett
- Pvt. S. L. Bates
- Pvt. H. S. Briggs
- Pvt. B. E. Brody
- Pvt. N. K. Bruno
- Pfc. J. R. Busse
- Pvt. B. E. Bustamante
- Pvt. J. F. Bustillos
- Pfc. S. A. Byram
- Pfc. K. I. Cameron
- Pvt. F. J. Castillo
- Pfc. J. I. Castro-Loera
- Pfc. K. M. Charanza
- Pvt. C. A. Collecchi
- Pfc. T. E. Cronin
- Pvt. E. S. Curiel
- Pvt. M. J. Deitrich
- Pvt. K. D. Deleon
- Pvt. S. Del Monte
- Pvt. P. A. Enea
- Pvt. J. S. Esparza
- Pfc. E. Flores
- Pvt. J. L. Fowler
- *Pfc. J. Garcia
- Pfc. R. D. Gomez
- Pvt. R. S. Gomez
- Pvt. G. Gonzalez
- Pvt. J. L. Greer
- Pvt. J. E. Gregory
- Pfc. M. Gutierrez
- Pvt. J. H. Heidt
- *Pfc. M. V. Hill
- Pvt. L. D. Hoefflin
- Pvt. E. O. Holguin
- Pfc. M. G. McGee
- Pfc. F. Oduro
- Pfc. R. G. Thomas
- Pvt. S. E. Torres
- Pvt. D. A. Tringali
- Pfc. B. D. Valdez
- Pvt. W. A. Wagner-Reed
- Pvt. J. P. Walker
- Pvt. C. R. Walsh
- Pvt. L. R. West
- Pvt. H. C. Whittaker
- *Pfc. C. Yang
- Pvt. B. M. Zepeda

PLATOON 1045

- Pvt. W. A. Helgeson
- Pfc. V. E. Irizarry
- Pfc. J. E. James
- Pvt. S. C. Jimenez
- Pfc. B. J. Kars
- Pfc. T. L. Kousonsavath
- *Pfc. D. C. Kruizenga
- Pfc. J. M. Labrada
- Pvt. A. J. Lisi
- Pfc. E. R. Lopez
- Pfc. J. J. Lopez
- Pfc. D. M. Lowder
- Pvt. J. A. Lyman
- Pvt. T. J. Marks
- Pfc. C. R. Martinez
- Pvt. R. Martinez
- Pvt. D. A. McCreight
- Pfc. G. K. McSullivan
- Pfc. B. J. McTague
- Pvt. L. A. Mendez-Reyes
- *Pfc. D. E. Miller
- Pvt. I. J. Morales
- *Pfc. K. Nassiri
- Pvt. H. J. Northrup
- Pvt. S. J. Ochoa
- Pfc. M. A. Olivas
- Pvt. R. J. Pena
- Pfc. N. E. Perreault
- Pvt. C. Picazzo Jr.
- Pfc. Z. L. Robbins
- Pvt. E. D. Rodriguez
- Pfc. J. D. Royce
- Pfc. D. J. Russell
- Pfc. M. J. Ryall
- Pvt. C. R. Sanchez
- Pvt. J. T. Smith
- Pvt. N. S. Smith
- Pvt. L. G. Stocker
- Pvt. D. B. Swain
- Pfc. J. W. Trei
- Pfc. C. B. Tybur
- Pfc. J. A. Vaccaro
- Pfc. B. D. Van Engen
- Pfc. D. Vazquez
- Pvt. S. M. Velazquez
- Pfc. J. Villagomez
- Pfc. E. M. Villanueva
- Pvt. T. R. Vinsant
- Pvt. K. J. Vinson
- Pfc. A. L. Voultos
- Pfc. S. W. Whiting

PLATOON 1046

- *Pfc. R. I. Aguilera
- Pvt. R. D. Arismendez
- Pvt. J. D. Armenta Jr.
- Pvt. K. K. Bagorio
- Pvt. D. Z. Belkin
- Pfc. L. R. Bidding
- Pfc. D. G. Brewer
- Pvt. D. E. Calhoun
- Pvt. S. D. Camacho
- Pfc. J. M. Carder
- Pvt. B. J. Cluff
- Pfc. H. E. Combs
- Pvt. K. R. Dalton
- Pfc. T. A. Daniels
- Pvt. R. D. Dowling
- Pvt. J. R. Ebbs
- Pvt. T. W. Frazier
- Pfc. C. D. Gamble
- *Pfc. J. J. Gifford
- Pvt. C. J. Glick
- Pvt. A. T. Grandy
- Pvt. V. C. Grounds
- Pfc. M. G. Halbrook
- Pvt. K. M. Harper
- Pfc. M. W. Harrop Jr.
- Pfc. E. J. Hawley
- *Pfc. B. A. Hernandez
- Pvt. A. K. Holmes
- Pvt. J. E. Hornbeck
- Pfc. D. M. Howell
- Pfc. A. G. Isham
- Pfc. R. L. Isaacson
- Pvt. D. R. Isselhard
- Pvt. D. M. Jantz
- Pfc. K. W. Johnson
- Pfc. M. S. Johnson
- Pfc. D. A. Jones
- Pvt. C. E. Jordan
- Pfc. W. P. Jordan
- Pvt. J. W. Ko
- Pfc. G. J. Koo
- Pvt. Q. J. Markley
- Pfc. R. L. Martin Jr.
- Pvt. A. L. Martinez IV
- Pfc. I. P. Mataele
- Pvt. I. W. McCoy
- Pvt. L. S. McGary
- Pvt. T. L. McGary
- Pvt. G. S. Puckett
- Pvt. B. K. Wright
- Pfc. J. M. Yarbrough

PLATOON 1047

- Pfc. A. M. Ayers
- Pvt. R. K. Bourgeois
- Pfc. J. C. Catsinas
- Pvt. A. M. Collins
- Pvt. A. J. Feazle-Malone
- Pvt. M. J. Garcia Jr.
- Pvt. S. R. Glover
- Pvt. M. G. Graven
- Pfc. J. M. Hiatt
- Pvt. J. J. Hummel
- Pfc. T. J. Lundy
- Pvt. M. A. Martinez
- Pvt. F. N. Meacham
- *Pfc. T. R. Miles
- Pvt. M. O. Mohamed
- Pvt. T. W. Morgan
- Pvt. M. M. Murphy
- Pvt. M. L. Myers
- Pvt. C. S. Nessl
- *Pfc. F. C. Padiilla
- Pvt. H. M. Paillou
- Pfc. R. Penland
- Pfc. J. S. Perez
- Pvt. B. Portales Jr.
- Pfc. S. Ramesh
- Pfc. P. J. Renault
- Pvt. B. A. Reuter
- Pfc. M. D. Rippe Jr.
- Pvt. D. Rodriguez
- Pfc. K. D. Ruppel
- Pfc. T. C. Sain
- Pvt. C. E. Schewendemann
- Pvt. K. Sellen
- Pfc. D. E. Shamble
- Pvt. A. A. Silva
- Pfc. J. L. Simpson
- Pfc. A. J. Smith
- Pfc. J. E. Smith
- Pvt. B. R. Stilwell
- Pfc. T. J. Sykes
- Pfc. R. W. Sykora
- *Pfc. G. L. Tennis
- Pvt. A. L. Tommingo
- Pvt. C. S. Voldrich
- Pvt. K. E. Walters
- Pvt. J. L. Watson
- Pvt. N. J. Wells
- Pvt. J. W. White
- Pvt. L. R. Windover
- Pfc. T. A. Wood
- Pfc. A. Zazueta

Spinning is a low impact way to good health



Lance Cpl. Eric Quintanilla

Students participating in a spin class listen for the instructor's directions at Marine Corps Recruit Depot San Diego's Fitness Center Aug. 5. Throughout the class the instructor yells out when to sit or stand and how much time is left before moving on to the next phase of the workout.

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

Those looking for a new addition to their workout schedule have the opportunity to take the spin classes at the Marine Corps Recruit Depot San Diego's Fitness Center.

The spin classes, which are offered six days a week, are performed on a stationary bicycle in a fitness studio where an instructor leads the class through the various stages of the workout.

"All levels can participate, from beginners to the highly experienced, because they can tailor it to their fitness level," said Melissa Perkins, spin instructor at the MCRD Fitness Center.

During class, the instructor tells participants when to sit or stand, as well as the time left before moving to the next stage. Adding spin to a regular workout regime can help build stamina and cardiovascular strength.

"It's an interval-based workout that's easier on the joints," said Perkins, who has been teaching spin classes for nine years. "Runners who want to mix things up can benefit from spin because it's lower impact on their knees, hips and spine."

Running is a high-impact activity that can add a lot of stress to the joints, she added. The spin classes can help break up the monotony of running, while still providing a cardiovascular workout that can burn a lot of calories.

"The benefits I noticed

taking the class three days a week has been improvement on my run time, more muscular tone in my legs, calves and back, and weight loss," said Laura Park, spouse of Sgt. Justin Park, a drill instructor for Company F, 2nd Recruit Training Battalion.

After knee surgery, Park needed to find another way to stay in shape that wouldn't strain her knee. Thankfully, spin did just that and was able to hold her interest, she said.

And while there are many people who ride bikes outside, spin classes offer constant resistance, compared to riding a bike outside, which incorporates hills, flat lands and coasting. However, spin can still incorporate outside factors such as hills and sprints which increases the difficulty in the class.

"There's no coasting, balancing or stop and go. You're always having to do something," said Perkins.

Before each class, participants ensure that their bikes are set up properly to avoid injuries. "Bike adjustments are very important," said Perkins. "Don't be afraid to ask for help. Little tweaks can make a big difference."

Hour-long spin classes are held Monday, Wednesday and Friday at 11:30 a.m., Tuesday and Thursday at 6 a.m. and Saturday at 8:30 a.m. at the MCRD Fitness Center. These classes are free to active duty, reservists, retirees, Department of Defense civilians and their guests.



Lance Cpl. Eric Quintanilla

Jill Sues, a spin instructor at Marine Corps Recruit Depot San Diego Fitness Center, leads her class through a workout at the center Aug. 5. Spin classes are held six days a week at the depot for service members and their families, Department of Defense civilians and guests.