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CHEVRON

AND THE WESTERN RECRUITING REGION



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Vol. 71 – Issue 37

“WHERE MARINES ARE MADE”

FRIDAY, DECEMBER 16, 2011

Depot hosts 5th annual December Kids events

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

Marine Corps Recruit Depot San Diego's Family Readiness Program is hosting their fifth annual December Kids Events throughout the month. These events are held during San Diego school district holiday breaks to help give parents time to themselves and give children an opportunity to learn while having holiday fun with other children.

The first event hosted by FRP was Parents' Day Out Dec. 10, giving parents a four-hour window to take care of holiday errands while their children enjoyed arts and crafts. At 10:00 a.m. Saturday morning parents were able to start dropping their children off at the FRP building. Some parents used this time to take care of holiday shopping while others needed some time to themselves during the busy holiday month.

Tracy Genica, Marine Corps Family Team Building coor-

inator, said the reason FRP started December Kids Events five years ago was because parents constantly were saying they didn't have enough time during the holidays to shop, go to the gym or any of the other things they needed to take care of.

“We hope to give parents the opportunity to do things on base and take care of themselves while their children have fun,” said Genica.

Angelita Andrea, Navy spouse and mother of four, has barely anytime to herself, making events like Parents' Day Out a wonderful opportunity to take care of herself and do some holiday shopping.

“It's four hours of relief for me,” said Andrea. “This is one of the few chances I get to myself. I have a lot of holiday shopping to do and now I have a chance to go to the gym after shopping.”

While parents were occupying their time, the children started their day with a North



Lance Cpl. Crystal Druery

Children wrote letters to Santa Claus Dec. 10 at the Family Readiness Program building during Parents' Day Out. This event is one of many December Kids Events FRP is hosting this month. Parents' Day Out allowed parents a four-hour window to take care of holiday errands while their children enjoyed arts and crafts. The other events are more educational, covering safety, military lifestyle understanding, and confidence. The other events will go from Dec. 20 through Dec. 22.

see KIDS ▶2

Commanding General's Cup procedures new for 2012

BY LANCE CPL. KATALYNN RODGERS
Chevron staff

New Year's is a time to ring in new resolutions and new ways of doing things. For the year 2012 the Commanding General's Cup will also have a few changes.

Normally each section in a command could form teams to compete and the points they earned went straight to the command. At the end of the year, all the points would be tallied and the command

with the most points would earn the CG's Cup of Excellence and a monetary prize.

Now, the CG's Cup scoring system has been reworked so that when shops enter a season to play, they earn points for their team rather than their commands.

Despite the new changes, the competition is still only open to Marine Corps Recruit Depot San Diego's active duty members and Department of Defense employees.

“By removing some of the restric-

tions for participation in the program, we believe that more people will form teams or join other existing teams,” said Renaud Villedieu, athletic director, varsity sports, Semper Fit.

“One of the major changes involves the point system. At the end of the season, the section earning the most points will receive the money. No longer will Headquarters and Service Battalion or Recruit Training Regiment collect all the points from sections which fall under them. So

bottom line is, the \$300, \$200 and \$100 checks go to the team that earned them and not up to the battalion or regimental level.”

According to Rachel Dickinson, intramural sports coordinator, Semper Fit, Headquarters and Service Battalion and Recruit Training Regiment have been broken down into individual shops and are now competing independently.

see CUP ▶6

Change of Command



Lance Cpl. Crystal Druery

Lt. Col. Daniel R. Kazmier, left, branch head, Headquarters Marine Corps, assumed command of 1st Recruit Training Battalion, from Lt. Col. Thomas G. McCann, right, during a Change of Command Ceremony Dec. 9. Kazmier has held various billets, including a successful tour as a drill instructor, during his Marine Corps career.

Shoppers cautioned against overspending

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

With the holidays fast approaching, many people often find themselves worried about last minute gifts and how to pay for them.

Cutting it so close, many are turning to credit cards to make ends meet, leaving the worry until the bills arrive next month.

“It doesn't matter whether you buy them a \$500 gift or a \$5 gift, it's the thought that counts,” said Michael A. McIsaac, program manager, personal financial management, personal and professional development.

“You don't have to go broke proving you love somebody,” added McIsaac.

One of the biggest mistakes consumers make is not preparing for the holidays in advance, forcing them to rush through their shopping.

“Suddenly on Dec. 24 at midnight they realize they forgot to buy presents so they're out there last minute trying to buy anything,” said McIsaac. “They get ripped off because they're not shopping around.”

By shopping early one can keep track of sale prices and make sure they get the most for their money. This also helps to spread out the spending so that it's not all being pulled from the same check.

“Go shopping with a list and stick to the list,” said McIsaac. “Window shopping is not a good idea and it's hazardous to your wealth.”

Most people end up shopping for the same people year after year, giving a clear view of the amount of money that needs to be saved.

“If they would start off by planning, thinking about who they were going to buy for and then figure out roughly what

it's going to cost then they can say maybe I should cut it down to \$5 or \$10 per person rather than the \$50 or \$100 per person that goes on credit cards,” said McIsaac.

This method can also work on holiday parties. By knowing how much is needed for food and snacks, one can be prepared for anything that comes their way.

“If you're going to have a party, have a potluck,” said McIsaac. “Have everybody bring a little something and that way you don't spend a lot of money.”

Another method of preparation McIsaac suggests is to set up a holiday account. Deposit money into it throughout the year to ensure holiday expenses are covered when they come up.

“Figure out how much it's going to take, divide it by 12 and then go to a credit union to open

see SPENDING ▶6

O Christmas Tree, O Christmas Tree



Lance Cpl. Crystal Druery

Lance Cpl. Steve Luna, right, administrative clerk, 2nd Recruit Training Battalion, carries a free Christmas tree to the car for Cpl. Marisela Martinez, administrative clerk, Headquarters Company, Headquarters and Service Battalion Dec. 8. The tree is one of 200 donated to depot personnel by Trees for Troops. The Spirit of Christmas foundation funds the Christmas trees by accepting donations throughout the year, said Christine Deboer, marketing manager, Marine Corps Community Services. Fed Ex delivers trees to military installations throughout the nation at no charge. Every active duty service member assigned to the depot who wanted a free tree got one on a first-come first-serve basis. All 200 Christmas trees were gone by the end of the event.

Colder weather, alternate heating methods can lead to home fires

PROVIDED BY MISSION ASSURANCE

On December 5th, almost 50 people spent Sunday night in American Red Cross shelters in West Virginia, Illinois and California after fire hit their multi-family dwellings. Home fires are the biggest disaster threat to people in this country – worse than floods, hurricanes and tornadoes. Every day, the Red Cross responds to as many as 170 home fires – that's one fire every eight minutes.

With the onset of winter and colder weather, people will be turning up their thermostats to stay warm. Many will resort to alternate heating methods to cut down on costs. Supplemental heating sources can be dangerous if not used properly. The Red Cross urges caution when using heating alternatives and offers the following safety tips on how to prevent fires:

- Have wood and coal stoves, fireplaces, chimneys and furnaces

professionally inspected once a year.

- Never use a stove or oven to heat the home.
- Never leave portable heaters or fireplaces unattended.
- Turn off space heaters or extinguish the fireplace before going to bed or leaving home.
- Place a space heater on a hard, level, nonflammable surface. Do not put space heaters on rugs or carpets, near bedding or drapes, and keep children and pets away. Look for a space heater model that shuts off automatically if the heater falls over.
- When using a fireplace, use a glass or metal screen large enough to catch sparks or rolling logs and keep the fire in the fireplace.
- Keep all flammable materials such as newspapers, matches, bedding, clothing, carpets and rugs at least three feet away from heat sources such as space heaters, fireplaces and stoves.
- Smoke alarms save lives. People should:

- Install smoke alarms on every level of their home, inside bedrooms and outside sleeping areas.
 - Check monthly that smoke alarms are working properly by pushing the test button.
 - Replace batteries in smoke alarms at least once a year.
 - Replace smoke alarms every ten years.
- Planning for fire emergencies is important. Make sure all household members know two ways to escape from every room of the home, and set up a meeting place outside in case of fire. Practice escaping from the home at least twice a year and at different times of the day. Teach household members to stop, drop and roll if their clothing should catch on fire.

Information for this article was gathered from www.redcross.org. To learn more about how to stay safe, visit the "Help Prevent Home Fires" section of the American Red Cross website.

KIDS ◀ 1

Pole experience. This included writing a letter to Santa Claus and dropping it off in the special mailbox that delivered the letters to the North Pole. They then worked on arts and crafts such as painting with their hands and much more. To top things off, the children were also provided snacks and lunch.

The next event for December Kids Events is Tell Me a Story Dec. 20 from 9:30 a.m. until 11:30 a.m. A Marine will read, "Night Catch," to children of all ages with the participation of parents. A free book will also be handed out to all of the children who attend.

Children from ages 6 to 12 may be dropped off at noon Dec. 20 to participate in L.I.N.K.S. for Kids. This is a military lifestyle class giving children the opportunity to meet others who have experienced some of the same things that come with being a child of an active duty member, said Genica.

There will also be a safety stand down for children ages 5 to 14, Dec. 21 that will involve the children participating in

interactive workshops with different safety groups such as the Substance Abuse Counseling Office, firemen and more.

The last event, New Year, New Me, takes place Dec. 22 and will be held from 9:00 a.m. to 1:00 p.m. Genica said this will be a character workshop where the children will move from one station to another to learn from Families Overcoming Stress, Behavior Health Services and San Diego Hall of Champions. This event focuses on helping children gain confidence.

"This event will teach children, through positive role models, that we should try to be the best that we can be," said Genica. "We will try to help them understand the lessons while having fun through games and activities."

The events from Dec. 20 through Dec. 22 are limited to the first 40 registrants. To register please contact Tracy Genica, (619) 524-8030.

"These events are a good chance for the children, especially mine that usually only get to play with one another, to get out and play with other military children while learning," said Andrea.

BRIEFS

Duncan Hall holiday closure

Duncan Hall will be closed for the holiday. The last meal will be served Dec. 21. Normal hours resume Jan. 4. Marines may eat at the recruit mess hall, building 569, during the closure.

Those using the recruit mess hall must be in the uniform of the day.

Christmas service

A Christmas service will take place at the Depot Chapel Dec. 23, from 10 until 11 a.m. Everyone is welcome.

Religious services

- Hannuka Menorah Lighting (Jewish) outside the depot chapel Dec. 20, 6 p.m.
- Hannuka 4th Lighting (Jewish) in building 28 in the regimental chaplain classroom, Dec. 23, 6 p.m.

Family readiness division

Come Join the Family Readiness Division for some great kid's events!

- "Tell Me A Story," Dec. 20 from 9:30 until 11:30 a.m. For all ages – parent participation required.
- LINKS for kids, Dec. 20 from noon until 3 p.m. Ages 6-12. Drop off.
- Safety stand down for kids. Dec. 21. Ages 5-14. Drop off.
- New Year, New Me character workshop Dec. 22. Ages 5-12. Drop off.

For registration and information contact Tracy Genica (619) 524.8030 or genicate@usmc.org

2012 CG Cup flag football league

A coaches meeting for the 2012 CG Cup flag football league will be held Jan. 4, from 11 a.m. until noon at the Fitness Center training room. Bring team rosters to the meeting.

MCX gold exchange

Turn gold and silver into cash. Get top dollar instant payment for broken or unwanted 10k, 14k, 18k, 22k or 24k yellow or white gold, silver & platinum jewelry, coins, items, etc.! (All stones are removed and returned to you on the spot). Visit the Exchange Outdoor Mall today until Dec. 20 from 9 a.m. until 5 p.m.

Library

The depot library has reopened with reduced hours until further notice due to lack of heat. The library is currently open Monday through Saturday, noon to 4 p.m.

The library will be closed Dec. 24, 26, and 31 for observance of the holidays.

For more information call (619) 524-1849

State tax exemption filing deadline

Eleven states do not withhold State Income Tax for active duty service members provided certain conditions are met.

- Residents of the following states must complete a DD Form 2058-1 prior to 31 Dec. 2011 for the tax exclusion to continue uninterrupted. The states are: MO, NY, NJ, OR, and WV.

- CT Resident: MUST complete a Connecticut State W-4 Form (Form CT-W4).

- MT Resident: Must file State W-2 and attach copy of current enlistment contract or appointment acceptance and mail to their state taxing authority.

For information call Mr. Saubon at CPAC, Ext. 4-6101.

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: "What was your most memorable holiday gift?"



"I got a guitar for Christmas one year. It was my first guitar and I got lessons too." Pvt. Enrico Davalle, Platoon 1051, Company C, 1st Recruit Training Battalion, Recruit Training Regiment



"After being deployed three times, I was able to spend Christmas with my family for the first time." Cpl. Esteban Montano, funeral trainer, Service Company, Headquarters and Service Battalion



"My brother handed down (to me) his car. It was a piece of junk, but it was mine." Sgt. Giancarlo Maragni, administration chief, 1st Recruit Training Battalion, Recruit Training Regiment

Vets emphasize importance of passing history

BY CPL. TYLER L. MAIN
Marine Forces Pacific

PEARL HARBOR, Hawaii — The 88-year-old man takes his time to sit down. His face is weathered by the years so that his distinguishing features tell a story even before he opens his mouth. He may be slow to move now, but he's still quick to remember that morning.

He woke up at 7:00 a.m., dressed himself, and went to the mess hall for breakfast. Business as usual. After breakfast, he went topside, or above deck. He heard explosions at the North end of Ford Island. He was curious, but not necessarily alarmed; "It's probably one of the squadrons doing maneuvers," he thought.

It was when a plane came straight down the runway and began firing shots that he realized what was happening.

"It's the Japanese!" someone shouted.

That's when everyone aboard the USS Phoenix rushed to their battle stations. For 18-year-old seaman Louis E. Gore, that meant gun turret number four. Gore and his brothers-in-arms fought long enough to see the USS Arizona burst into flames and sink to the harbor floor. He remembers seeing many of her sailors and Marines floating, lifeless, in the water.

The Marines and sailors aboard the Phoenix, for the most part, were unscathed and were one of the first crews out of the harbor during the attack, not to escape, but to go hunting.

"We were going to track down the carriers that were launching these planes," Gore said. "It was the Phoenix, maybe eight destroyers and few smaller boats. But after three days of searching, we found nothing, so we came back to what was left of Pearl Harbor."

"We started cleaning, and then bodies would surface and we would go collect them, many

of them from the USS Arizona," Gore said.

Gore returned to Pearl Harbor Dec. 7, 2011 with his two sons, daughter and granddaughter for the first time in about 50 years to attend the 70th Anniversary of Pearl Harbor Commemoration. He wanted to show his family where he had fought 70 years ago.

Gore also served as a Corporal for 1st Battalion, 7th Marines, and actually wore his Marine Corps ball cap to the ceremony. It was decorated with different pins and military memorabilia, including one pin that read, "I've survived damn near everything!"

And he had. While attached to the Marines, Gore fought in the battles of Peleliu and Guadalcanal. He later served two tours in Vietnam. He remembers the great number of casualties both sides suffered at Guadalcanal and how his Marine buddies took good care of him when times were tough.

"I remember hearing 'corpsman up,'" Gore said. "That's the one thing you never wanted to hear at night on that island. It gives me chills to think about it to this day. My Marine buddies would say, 'don't go doc, please don't go. We'll get him and bring him back to you.' And they would. It was hard being a corpsman because many times, you would want to do something, you were expected to do something, but there was really nothing I could."

His family has heard all of his story dozens of times, if not more, but they still listen intently, like it's the first they had ever heard of the events. They know that one day they'll be forced to remember the story, rather than hear it first hand.

Kim Griffin, Gore's daughter, agrees that this may be the last time this many Pearl Harbor survivors are at the annual commemoration, or anywhere for that manner.



Cpl. Tyler L. Main

Louis E. Gore, an 88-year-old Pearl Harbor, Peleliu, Guadalcanal and Vietnam survivor, listens intently to keynote speaker Mal Middlesworth, another Pearl Harbor survivor, during the 70th Annual Pearl Harbor Day Commemoration at Pearl Harbor on Dec. 7. Gore wears a pin on his hat that reads, "I've survived damn near everything."

According to the United States Department of Veteran Affairs, more than 850 World War II survivors pass away every day. The VA also estimated roughly 2,079,000 American World War II survivors are still living. It's possible that on the 80th commemoration, there could be no survivors in attendance.

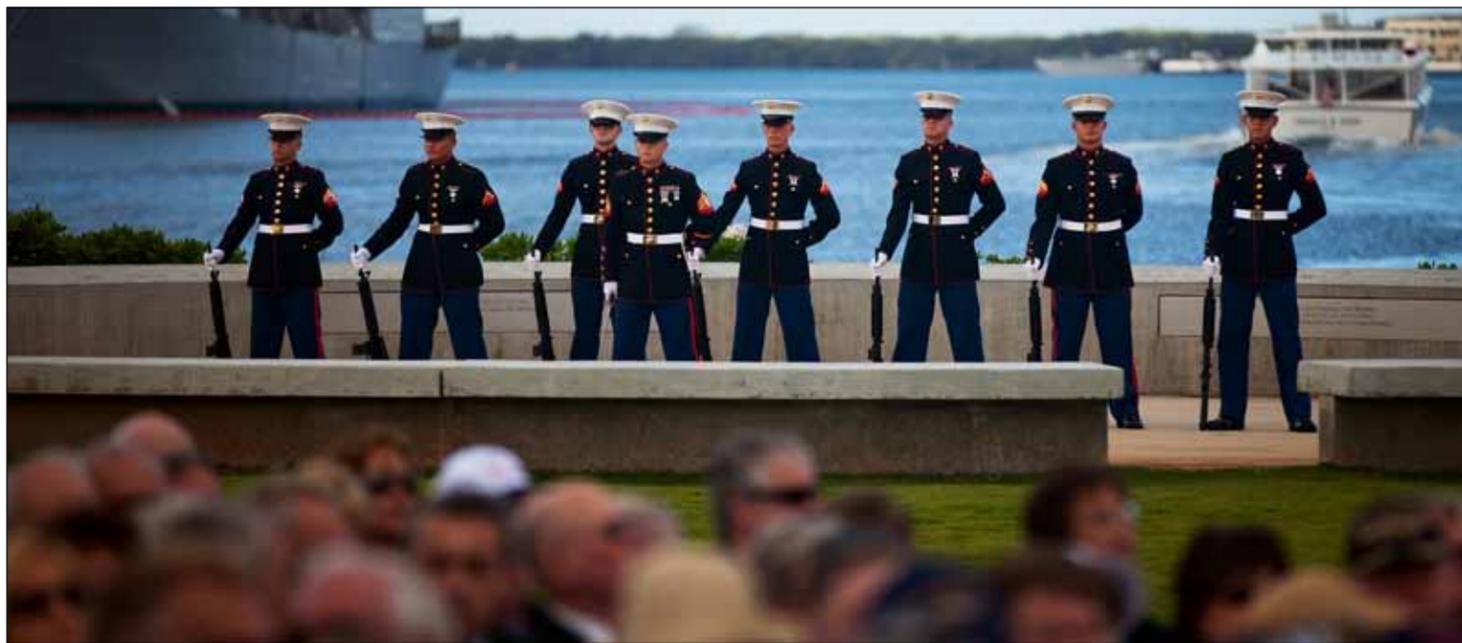
"There are things resident in these men's minds that can't be found anywhere else," retired Marine Maj. Jay Burzak, said. "Their ability to recount and relate their experiences needs to be captured and preserved."

Burzak, a New Hampshire

native, grew up listening to his father's stories of World War II. He's familiar with the desire to hear the stories again, and perhaps, discover things that were never shared.

"I wish I had pressed a little harder (before he died) to find out more of the things he wouldn't discuss," Burzak said. "People need to know those stories. It's our history."

Although they were hard times for Gore, he prefers sharing these stories with people. He too understands the importance of passing these memories down to future generations.



Cpl. Tyler L. Main

A Marine Corps rifle salute team awaits the order to make ready and fire during the 70th Annual Pearl Harbor Day Commemoration at Pearl Harbor Dec. 7. The Marines spoke with many of the 'old breed' they've heard so much about since joining the Corps.

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Depot tree lit after band serenades attendees

BY LANCE CPL. KATALYNN RODGERS
Chevron staff

Families gathered aboard Marine Corps Recruit Depot San Diego during a chilly evening Dec. 10. Under lights of green, red and gold, they chatted

merrily with one another as they settled down to watch the evening's events unfold.

Marine Band San Diego entertained attendees with a variety of festive holiday music and the lighting of the depot's three-story Christmas tree. However, this wasn't just a random get-together, it was the annual Marine Corps Recruit Depot San

Diego Holiday Concert and Tree Lighting Ceremony.

"Being able to be here makes me that much more motivated to graduate," said Recruit James Whitaker, Special Training Company, Support Battalion. "This concert brings back memories from home, the music makes me think of my family and I'm happy because it feels like I'm closer to home."

As guests gathered around for the concert they were able to stop and help themselves to hot chocolate and choose from a variety of cookies provided by MCRD's Family Team Building.

Marine Band San Diego opened the concert with the "Christmas Fanfare," performed by the Brass Choir. Later in the show the Percussion Ensemble played the entire "Nutmcracker Suite," on percussion instruments only.

Staff Sgt. Timothy Cutler, trombone player, Service Company, Headquarters and Service Battalion, sang

"A Grown-Up Christmas List," accompanied by the entire Concert Band.

Following Cutler, Gunnery Sgt. Christian Arellano, enlisted conductor, and his wife Staff Sgt. Lacey Sullivan, flute player, both with Service Co., H & S Bn., sang "The Prayer," a duet by David Foster.

Arellano then read "Twas the Night before Christmas" to the crowd as the Concert Band emphasized pieces of the story with music. Upon finishing the classic Christmas story, the band played evening colors.

Brig. Gen. Daniel D. Yoo, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region officially welcomed guests and made closing remarks after the band played "A Christmas Carol Fantasy."

"With all the rushing around to parties and (buying) gifts, it's easy to forget the reason for the season," said Yoo. "So, the depot wishes you our warmest heartfelt holiday wishes!"

With that, Yoo stepped over to a festive light switch, asked guests to help him countdown from three, then flipped the switch and lit the depot's three-story Christmas tree to the audience's enjoyment.

"This concert was festive and enjoyable. It was a very diverse concert with many ensembles and a variety of music for all ages," said Jessica Siletzky, spouse of band member, Sgt. Robert Siletzky. "I was especially moved by evening colors, which was new to this year's concert. The concert was completed with the band playing a song by John Philip Sousa, "Stars and Stripes for Christmas."

"I love celebrating the season by listening to good Christmas music," said Siletzky. "The Marine Band always puts on a good show."



Lance Cpl. Katalynn Rodgers

Marine Band San Diego serenades the crowd with festive holiday music during the depot's annual Holiday Concert and Tree Lighting Ceremony Dec. 10. The band played a variety of music using different ensembles to bring different moods to the crowd. "I love celebrating the season by listening to good holiday music," said Jessica Siletzky, spouse of band member Sgt. Robert Siletzky. "Marine Band San Diego always puts on a good show."



Lance Cpl. Katalynn Rodgers

Brig. Gen. Daniel D. Yoo, commanding general Marine Corps Recruit Depot San Diego and the Western Recruiting Region flips the switch to light the depot's three-story tall Christmas tree during the annual Holiday Concert and Tree Lighting Ceremony.



Lance Cpl. Katalynn Rodgers

Guests were able to help themselves to a variety of cookies and hot chocolate provided by Marine Corps Recruit Depot San Diego's Family Team Building at the annual Holiday Concert and Tree Lighting Ceremony.



Lance Cpl. Katalynn Rodgers

Although Santa's sleigh operates on reindeer power and a humvee on gas, the color scheme for both vehicles is close and the purpose is the same – getting "Toys to Tots." Concert goers were given the chance to donate to Toys for Tots during the annual Holiday Concert and Tree Lighting Ceremony aboard Marine Corps Recruit Depot San Diego.



Lance Cpl. Katalynn Rodgers

Marine Corps Recruit Depot San Diego's three-story tall Christmas tree was lit by Brig. Gen. Daniel D. Yoo, commanding general, MCRD and the Western Recruiting Region during the annual Holiday Concert and Tree Lighting Ceremony. Yoo asked the crowd to help him countdown from three before flipping the switch.



Lance Cpl. Katalynn Rodgers

Staff Sgt. Lacey Sullivan, flute player, and her husband Gunnery Sgt. Christian Arellano, enlisted conductor, both with Service Company, Headquarters and Service Battalion sing, "The Prayer," a duet by David Foster during the depot's annual Holiday Concert and Tree Lighting Ceremony Dec. 10.

SPENDING ◀ 1

a Christmas account and every month put in [that amount]," said McIsaac.

Although credit cards are not the preferred method of shopping, they can be used with a solid plan.

"If you're going to use credit cards, set a limit, make a list," said McIsaac. "Every time you buy something keep a notepad with what your limit is and subtract it off. When you get down to your limit stop (and) go home."

For those who are unable to avoid credit cards, that doesn't mean all hope is lost. There are ways to strategically plan your credit card payoff.

"Stay persistent. Make it a full-time job getting out of debt," said McIsaac. "You can't borrow your way out of debt."

Over the years, people have found their own ways to help keep their finances in order during the holiday season.

"We keep track of sales and use a little from each pay check," said Vanessa Rodri-

guez, Marine spouse. "We have a secret Santa with our families and set a limit to save money."

Although the same plan doesn't work for everyone, the best thing to do is try to find different strategies and see what works best.

"Over the past few years, I've done a lot more online because it's easier," said Melissa Robertson, Air Force spouse. "Most of our family is out of state and they offer free shipping so it saves a trip to the post office."

Robertson also does a lot of shopping at the exchange where she says she usually saves at least 20% with sale prices.

For more information about budgeting and finances contact Michael McIsaac at (619) 524-1204.

"You can have a great Christmas, enjoy the holidays and enjoy family without going broke. You just need to think about what you're doing," said McIsaac. "Plan ahead, make a budget, use cash and leave the credit cards at home."



Lance Cpl. Eric Quintanilla

Melissa Robertson, Air Force spouse, shops for a close friend at the Marine Corps Exchange aboard Marine Corps Recruit Depot San Diego Dec. 12. She says she saves money by tracking sales and shopping at the exchange and online during the holidays.

CUP ◀ 1

"We were approached by some of the lieutenant colonels and sergeant majors in the

commands to see if we could restructure the program to make it a fairer fight for smaller commands," said Dickinson. "This has been a long process to make

this happen and now that offices are competing for themselves instead of a huge command it may make for an interesting year."

Any section aboard the depot may enter a team for the CG's Cup, but at least 75 percent of the team's roster must be members of that section. Also, at game time the team must maintain 75 percent participation from that section.

According to Dickinson, if a section doesn't have enough players to form a team they have two options. They can either recruit free agents from any section on the depot, or they may become free agents themselves and play for any team on the depot. A player can only be a free agent if their work section does not have a team.

The fun runs will also remain a part of the CG's Cup competition and count toward point totals as well as doubles events.

Doubles events are events where a team is comprised of two players. Placement points will be divided 50 percent to each player, if the players are from different shops.

For all events one entry point is given to teams for

males and another entry point for females. If there is an all male or all female team, they will only receive one point vice two. So it pays to have a coed team.

Each event has a different amount of points awarded for teams that place first, second and third.

According to Dickinson, all of the events that are normally offered with the CG's Cup will still be offered this year.

"The prizes have remained the same," said Dickinson. "First place wins the Commanding General's Cup of Excellence and \$300 towards their party funds, second place wins \$200 towards their party funds and third place \$100 towards their party funds."

This revamp will have to take baby steps in the beginning, but it should develop into a change that is here to stay.

"I believe this could be a beneficial change," said Dickinson. "I am excited to see how this new format develops as 2012 gets under way."



Lance Cpl. Katalynn Rodgers

While the Commanding General's Cup events will remain the same, Semper Fit has revamped the awards system. Previously, teams would play and earn points for their commands. Now they play to earn points toward the awards and monetary prize for their own shops.

Col. Kevin T. Wooley**Parade Reviewing Officer**

Col. Kevin T. Wooley, a native of Columbus, Ohio, received a Bachelor of Arts degree from Wheeling Jesuit College in 1985 and was commissioned a second lieutenant in August of 1986. After completion of The Basic School and The Infantry Officer Course, Wooley was assigned to 2nd Battalion, 9th Marines as a Rifle Platoon Commander, Heavy Machine Gun Platoon Commander, and Weapons Company Executive Officer.

In 1990, he was transferred to Marine Corps Security Force Company, Naval Submarine Base, Bangor, Wash., where he served as

Platoon Commander and Guard Company Commander. From 1993-1994, he attended the Infantry Officer Advanced Course at Fort Benning, Ga. In 1994 he joined 2nd Bn., 8th Marines at Camp Lejeune, N.C., and served as Assistant Operations Officer and Rifle Company Commander.

From 1997-2000, Wooley was assigned to Marine Corps Air Ground Combat Center in Twentynine Palms, Calif., as the Infantry Representative and Operations Officer for the Tactical Training and Exercise Control Group.

From 2000-2001, he attended Marine Corps Command and Staff College in Quantico, Va., and was awarded a Master of Military Studies. After completing Command and Staff College, he served as the Operations Officer for 6th Marine Regiment. In June of 2002,

he assumed duties as the 26th Marine Expeditionary Unit (Special Operations Capable) Operations Officer and served in Operation Iraqi Freedom and Joint Task Force Liberia.

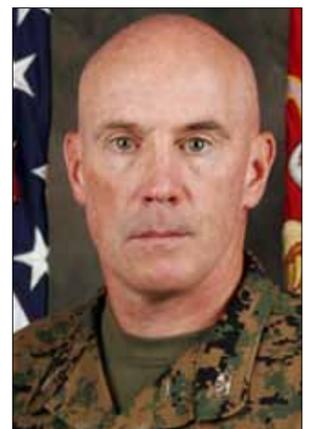
From December 2003 to July 2006, Wooley commanded Marine Combat

Training Battalion, School of Infantry East. From 2006-2007, he attended the Naval War College and was awarded a Masters of National Security and Strategic Studies. From June 2007 to June 2008 he served at United States Naval Forces, Central Command as

the Fleet Marine Officer and Director, Future Plans Center. He most recently was the AC/S G-3 at Marine Special Operations Command.

His personal decorations include the Bronze Star Medal and the Combat Action Ribbon.

"Marines of Company F: Congratulations! I'd like to share some advice with you that I received many years ago from my first company commander: 'Heed your NCOs - they will always be there when you need example and leadership. Have confidence in your training and equipment - it's the best in the world. Most importantly, trust the Marine to your left and your right - in times of danger, they will never let you down.' Once again, congratulations Marines!"





Platoon 2125 COMPANY HONOR MAN Pfc. K. M. Ligons Brentwood, Calif. Recruited by Sgt. K. E. Pahona	Platoon 2121 SERIES HONOR MAN Pfc. M. M. Estes Torrance, Calif. Recruited by Sgt. B. J. Downs	Platoon 2122 PLATOON HONOR MAN Pfc. A. J. Kowalski Cresthill, Ill. Recruited by Sgt. J. Tucker	Platoon 2123 PLATOON HONOR MAN Pfc. J. L. Korzan South Bend, Ind. Recruited by Staff Sgt. C. Barraza	Platoon 2126 PLATOON HONOR MAN Pfc. D. B. Pangelinan Saipan, Marianas Province, Pacific Ocean Recruited by Staff Sgt. T. Ray	Platoon 2127 PLATOON HONOR MAN Pfc. D. E. Divine Fresno, Calif. Recruited by Staff Sgt. M. T. Escobar	Platoon 2122 HIGH SHOOTER (335) Pfc. A. B. Voth Woodinville, Wash. Marksmanship Instructor Sgt. E. Cuernas	Platoon 2121 HIGH PFT (300) Pfc. M. D. Johnson Berlin, Wis. Recruited by Staff Sgt. C. Hollon
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FOX COMPANY

2nd RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. R. L. Hairston
Sgt. Maj. P. A. Siaw
Gunnery Sgt. J. F. Richard



<p>COMPANY F Commanding Officer Capt. C. F. Hernandez Company First Sergeant 1st Sgt. M. P. Hicks</p>	<p>SERIES 2121 Series Commander Capt. J. A. McNabb Chief Drill Instructor Staff Sgt. J. E. Frye</p>	<p>PLATOON 2121 Senior Drill Instructor Staff Sgt. J. M. Stanley Drill Instructors Sgt. J. L. Garcia Sgt. I. Cobos</p>	<p>PLATOON 2122 Senior Drill Instructor Sgt. C. Vigil Drill Instructors Sgt. R. Daffin Sgt. M. J. Serritos</p>	<p>PLATOON 2123 Senior Drill Instructor Staff Sgt. C. G. Garcia Drill Instructors Sgt. C. L. Roush Sgt. P. E. Espindola</p>
	<p>SERIES 2125 Series Commander Capt. T. C. Quinn Chief Drill Instructor Gunnery Sgt. G. T. Rosas</p>	<p>PLATOON 2125 Senior Drill Instructor Staff Sgt. J. E. Park Drill Instructors Sgt. T. C. Bartholomew Sgt. J. Y. Chambers</p>	<p>PLATOON 2126 Senior Drill Instructor Staff Sgt. J. J. Ortiz Drill Instructors Staff Sgt. A. S. Creel Staff Sgt. D. L. Morales</p>	<p>PLATOON 2127 Senior Drill Instructor Gunnery Sgt. A. C. Sims II Drill Instructors Gunnery Sgt. C. R. Gonzales Gunnery Sgt. E. Lopez Jr. Staff Sgt. A. C. Pittman</p>

* Indicates Meritorious Promotion

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|--|--|--|---|--|---|---|
| <p>PLATOON 2121
Pvt. T. L. Baker
*Pfc. C. S. Barajas
Pvt. A. J. Bechtel
*Pfc. C. T. Bengston
Pvt. E. R. Berg
Pvt. D. B. Boyd
*Pfc. D. M. Brown
Pfc. P. M. Buckallew
Pvt. D. M. Buelow
Pvt. W. C. Burroughs
Pvt. B. A. Calhoun
Pvt. G. E. Cardenas
Pfc. S. T. Carlyon
Pvt. L. E. Carrasco
Pfc. C. R. Cartes
Pvt. C. J. Cartmill-Endow
*Pfc. B. T. Caward
Pvt. E. Celaya
Pfc. F. S. Cheung
Pvt. W. B. Clarey
Pvt. J. L. Colwell
Pvt. G. E. Cooper
Pfc. M. W. Copeland
Pfc. C. J. Cortez
Pvt. A. G. Davis
Pvt. J. C. Deatherage
Pfc. T. I. Decker Jr.
Pvt. H. C. Diaz-Murguia
Pfc. F. O. Draw
Pvt. D. J. Drolz
Pfc. J. Dupart
Pvt. N. D. Eckles
Pvt. M. S. Edrich
Pvt. C. C. Edwards-Zwickl
Pvt. B. N. Epps-Johnson
Pvt. K. M. Erickson
*Pfc. M. M. Estes
Pvt. R. J. Estrada
Pvt. L. C. Finlen
Pfc. G. W. Flores
Pvt. D. J. Gonzalez
Pvt. P. D. Gregory
Pvt. Z. A. Heath
Pvt. J. H. Henrichs
Pfc. A. L. Hernandez
Pvt. J. N. Hernandez-Franco
Pvt. A. Herrera-Tarelo
Pvt. C. S. Huggett
Pvt. J. C. Irely
Pvt. B. Jara
Pfc. M. D. Johnson
Pvt. A. M. Kesler
Pvt. T. M. Smallwood
Pvt. A. D. Smith
Pvt. L. D. Swenson
Pvt. E. A. Terrones
Pfc. A. W. Thom
Pfc. L. Thompson</p> | <p>Pvt. N. R. Thompson
Pvt. N. C. Thompson
Pfc. E. T. Togami
Pvt. D. R. Tompkins
Pvt. D. A. Vasquez
Pfc. C. J. Watson
Pfc. J. D. White
Pvt. D. E. Wilsey
Pfc. C. M. Winn
Pvt. R. N. Woods</p> <p>PLATOON 2122
Pfc. A. Acosta
Pfc. B. E. Balch
Pvt. N. T. Corder
Pfc. Z. M. Curtis
Pfc. J. R. Day
Pvt. C. N. Dement
Pfc. S. B. Drea
Pvt. J. M. Duran
Pvt. W. S. Eiseman
Pfc. S. A. Eklund
Pvt. J. B. Faught
Pvt. T. A. Feliciano Jr.
Pfc. L. Fierro-Larraga
Pvt. R. D. Fuller
Pvt. J. D. Funk
Pvt. J. A. Garcia
Pvt. M. U. Garcia
Pfc. C. R. Garza
Pfc. J. A. Gibson
Pvt. K. L. Gonzales
Pvt. K. H. Graham
Pvt. S. R. Gropp
Pfc. E. Guzman
Pvt. D. D. Haggerty
Pvt. Z. R. Hardcastle
*Pfc. A. T. Harris
Pvt. A. T. Helfrich
Pfc. E. W. Hill
*Pfc. Q. J. Holbert
Pfc. T. A. Hranarson
Pvt. S. H. Jackson
Pvt. C. W. Jason
Pvt. J. W. Johnson
Pfc. C. B. King
Pfc. C. W. Klauer
Pvt. S. J. Konecny
*Pfc. A. J. Kowalski
Pvt. Z. A. Martinez
Pvt. S. Munoz
Pfc. J. D. Pacheco-Espino
Pvt. Z. R. Rome
Pvt. R. G. Rosas
Pvt. D. W. Rowland
Pfc. L. J. Sanchez
Pvt. M. S. Schad
Pvt. C. T. Semenske
Pvt. S. M. Shepherd
Pvt. S. R. Shutt
Pvt. J. A. Smith
Pvt. Z. R. Spires
Pvt. N. J. Surendran</p> | <p>*Pfc. K. J. Taylor
Pvt. M. D. Taylor
Pvt. E. E. Thompson
Pvt. E. I. Timocin
Pvt. A. L. Tucker
Pvt. F. D. Vasquez Jr.
*Pfc. A. B. Voth
Pfc. S. L. Waddell
Pvt. J. M. Wade
Pfc. M. W. Walters Jr.
Pvt. G. L. Wehmeier
Pvt. K. W. Weise
Pvt. L. O. Williams
Pvt. E. Younan
Pvt. S. A. Zaft
Pvt. A. E. Zigler</p> <p>PLATOON 2123
Pvt. J. L. Acosta
*Pfc. D. G. Gentry
*Pfc. J. B. Gunn
Pvt. J. A. Guzman
Pvt. B. R. Hansen
Pvt. S. R. Holtry
Pfc. D. L. Horn
Pvt. C. S. Jacobo
Pfc. J. L. Korzan
Pvt. J. M. Leon
Pvt. C. A. Logston
Pvt. J. Lopez-Soto
Pvt. B. K. Lowry
Pfc. J. D. Lujano
Pvt. O. J. Martinez
Pvt. J. C. Meeks
Pvt. E. E. Mejia
Pvt. B. N. Mitchell
Pvt. I. B. Moore
Pvt. A. J. Morris
*Pfc. C. J. Morse
Pvt. K. C. Myer
Pvt. T. R. Norton
Pvt. L. D. Norton
Pvt. J. R. Oberle
Pvt. J. C. Ostrander
Pfc. C. Pagan-Rivera
*Pfc. T. D. Paige Jr.
Pvt. A. Perez-Maldonado
Pfc. M. Pickett
Pvt. T. E. Ramirez
Pvt. S. D. Ranney
Pvt. M. S. Resendez
Pvt. H. E. Riojas-Pruitt
Pvt. R. C. Rist
Pvt. J. A. Ruedas
Pvt. K. A. Salas
Pvt. M. A. Salazar-Corona
Pvt. J. A. Sapp
Pvt. K. J. Schmidt
Pvt. C. E. Schramm
Pvt. K. L. Seckinger
Pvt. L. C. Segovia
Pvt. A. B. Sizemore</p> | <p>Pvt. W. Soto Jr.
Pfc. M. SotoPerez
Pfc. M. D. Stanich
Pfc. S. A. Stiles
Pvt. M. A. Stotko
Pvt. H. C. Talbott
Pvt. A. P. Taylor
Pvt. D. D. Truner
Pvt. N. L. Upton
Pvt. J. Valdez Jr.
Pvt. J. Vasquez
Pvt. D. B. Vining
Pvt. J. S. Vonmoser
Pvt. J. D. Wallgren
*Pfc. J. A. Ward
Pfc. C. D. Watkins
Pvt. S. M. Wesley
Pvt. J. R. Wilkinson
Pvt. K. A. Winn
Pvt. J. G. Worthington
Pvt. J. C. Wright
Pvt. J. D. Yoder</p> <p>PLATOON 2125
Pfc. A. J. Ahumado Jr.
Pvt. C. Altamirano
Pvt. B. J. Atchison
Pvt. M. D. Barela
Pfc. J. Benitez
Pfc. G. T. Bustamente
Pvt. D. E. Calderon
Pvt. R. R. Castillo Jr.
Pfc. M. A. Coats
Pvt. K. J. Darnielle
*Pfc. D. R. Edison
Pvt. M. A. Flores-Custodio
Pfc. D. G. Frazer
Pvt. A. Garcia
Pvt. I. E. Garcia
Pvt. J. Garcia
Pvt. L. J. Garcia
Pvt. R. J. Garcia
Pvt. R. D. Hampton II
Pvt. C. S. Hernandez
Pfc. B. W. Hesse
Pvt. A. J. Ibanez
Pvt. D. R. Lara
*Pfc. K. M. Ligons
Pvt. J. D. Lindsey
Pvt. S. T. Logslett
Pvt. J. R. Lopez
Pvt. J. J. Macias
Pvt. W. J. Mallett-Brown
Pvt. D. P. Mastro
Pvt. C. J. Metcalf
Pvt. P. M. Montano
*Pfc. J. J. Moore
Pvt. M. A. Moran
Pvt. J. A. Negrete
Pvt. D. C. Noble
Pvt. N. L. O'Brien</p> | <p>Pfc. D. A. Osorio
Pfc. Q. V. Phung
Pvt. F. R. Piedra
Pvt. K. A. Pinkey
Pvt. A. D. Plummer
Pvt. J. S. Pond
Pvt. J. L. Pooler
Pfc. E. T. Przybiski III
Pvt. F. M. Quiroz Jr.
Pvt. B. Ramirez
Pvt. F. O. Ramirez Jr.
Pfc. J. M. Ramirez
Pfc. R. P. Rebollozo Jr.
Pfc. P. M. Reed
*Pfc. D. M. Reno
Pvt. A. J. Reyes
Pvt. A. J. Reyes
Pvt. S. A. Reyes
Pvt. Z. T. Reynolds
Pvt. A. R. Rice
Pfc. J. C. Robinson
Pfc. T. K. Robinson
Pvt. D. L. Rogers
Pvt. D. R. Rojas
Pfc. V. A. Saenzvilla
Pfc. J. E. Salasnedbal
Pvt. C. M. Saldana
Pfc. R. O. Serano
Pvt. M. A. Somaru
Pfc. V. M. Villarino-Rojo</p> <p>PLATOON 2126
Pvt. F. Aguirre
Pvt. J. H. Anthony
Pvt. P. Araujo Jr.
Pfc. J. A. Argueta
Pvt. R. Arias
Pvt. J. D. Baker
Pfc. M. G. Beachem
Pfc. S. G. Begay
Pvt. J. T. Bigman
Pvt. E. D. Bingman
Pvt. L. A. Bland
Pvt. S. R. Brooks
Pvt. D. P. Brown
Pvt. C. K. Bryan
Pfc. N. A. Budnella
Pfc. E. D. Cabrera
Pvt. B. D. Calderon
Pvt. J. L. Camara Jr.
Pfc. D. P. Can
Pvt. C. R. Carbajal
Pvt. P. S. Carey
Pvt. J. S. Casey
Pvt. W. Ceja
Pfc. S. N. Chellaram
Pvt. M. M. Choe
Pvt. J. S. Chung
Pfc. J. N. Clark
Pvt. E. B. Cope
Pvt. J. R. Domoleczny Jr.
Pfc. A. C. Downes</p> | <p>*Pfc. C. C. Flavel
Pvt. R. I. Flores
Pfc. L. C. Fox
*Pfc. M. R. Giebudowski
Pvt. K. A. Gonzalez
Pfc. K. M. Guarnes
Pvt. B. R. Guillen
*Pfc. R. J. Halverson
Pvt. T. M. Hanson
Pvt. J. A. Harms
Pvt. N. C. Haupt
Pvt. D. W. Head II
Pvt. C. P. Heeb
Pvt. T. J. Heins
*Pfc. S. A. Hernandez
Pvt. V. G. Jamison
Pvt. J. Jimenez
Pvt. W. M. Johnson
Pvt. E. D. Malynn
Pfc. W. L. Mangahis
Pvt. Z. Z. Mansour
Pvt. A. S. Miller
Pvt. R. Moreno
Pvt. O. A. Ortega
*Pfc. D. B. Pangelinan
Pfc. M. Park
Pfc. N. K. Pavao
Pvt. S. I. Perez
Pvt. D. M. Petschel
Pvt. J. M. Rodriguez
Pvt. T. R. Roney
Pvt. R. A. Shannon Jr.
Pvt. A. Sotelo-Cruz
Pvt. J. C. Stubblefield
Pvt. R. G. Talamantez
Pfc. C. M. Vantine
Pvt. J. M. Zoellner</p> <p>PLATOON 2127
Pvt. A. M. Alvandyen
Pfc. E. J. Arvin
Pvt. B. M. Beebe
Pvt. B. T. Bouchard
Pvt. K. E. Bowman
Pfc. J. O. Buckler
*Pfc. J. A. Budvarson
Pvt. B. T. Cain
Pvt. C. Cassidy
Pvt. D. A. Charles
Pfc. T. A. Chidester
Pvt. N. C. Collins
Pvt. R. J. Cortez IV
Pvt. C. Cruz-Gonzalez Jr.
Pfc. W. A. Cummings
Pvt. N. M. Curry-Maciell
Pvt. E. B. Daugherty
Pfc. N. W. Dehn
Pfc. R. A. De La Rosa
Pfc. R. W. DeWitte
Pfc. D. A. Divine
Pfc. C. A. Esparsen
Pvt. A. J. Faria</p> | <p>*Pfc. B. T. Fitzpatrick
*Pfc. J. R. Flores
Pvt. D. C. Gallegos
Pfc. A. R. Galvin
Pvt. J. D. Groom
Pvt. D. E. Halverson
Pvt. B. M. Hansen
Pvt. N. W. Harris
Pfc. C. Herrera
Pvt. J. E. Hittle
Pvt. R. P. Houghon
Pvt. C. A. Huether
Pvt. J. A. Izaguirre-Trevino
Pfc. D. M. Jones
Pvt. D. D. Keipp
Pfc. J. W. Kirtley
*Pfc. A. D. Laird
Pvt. T. J. Langel
Pfc. C. K. Langford
Pfc. T. L. Larkins
Pvt. C. A. Levitt
Pvt. J. L. Lira
Pvt. J. L. Lloyd
Pvt. A. D. Lockett
Pvt. C. T. Long
Pfc. F. Z. Lorenzo
Pvt. T. J. Lundquist
Pvt. C. M. Lynch
Pvt. T. L. Martin
Pvt. C. D. McIntyre
Pvt. C. D. McKale
Pfc. R. R. Medina
Pfc. I. J. Miller
Pvt. J. O. Montiel
*Pfc. B. C. Moore
Pvt. T. P. Nance
Pvt. C. W. Needham
Pfc. S. J. Norman
Pvt. M. A. Norris
Pvt. A. M. Obana
Pvt. A. J. Okray
Pvt. D. Olvera
Pvt. H. G. Ponce-Flores
Pvt. Z. T. Pyle
Pvt. L. R. Quezada
Pvt. J. A. Rollins</p> |
|--|--|--|---|--|---|---|



Lance Cpl. Eric Quintanilla

The Morning Mayhem class uses body bars to add weight to exercises at the depot's Fitness Center Dec. 12. The hour-long class is held Monday, Wednesday and Friday at 6 a.m. and is open to active duty military, reservists, retirees with a valid military ID, Department Defense Civilians and guests.

Fitness Center adds Morning Mayhem

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

Service members looking to improve their physical fitness level have a new class they can attend at the Fitness Center aboard Marine Corps Recruit Depot San Diego.

Morning Mayhem provides a boot camp-style, full-body workout that pushes its students to their limits using a combination of equipment and body weight.

"The class is basically designed with the active duty personnel in mind, so that their [physical fitness test] and

[combat fitness test] scores will continually improve," said Ron Rivera, instructor and morning supervisor for the Fitness Center. "A lot of it is strength, core and cardio based all at the same time."

The students begin in the classroom, using a variety of exercises that use body weight to build strength. The instructor first demonstrates each movement then the class follows his lead.

"As with any [physical training] program, you get what you put into it," said Army Staff Sgt. Eduardo Quezada, Space and Naval Warfare Systems Command, Naval Base Point

Loma. "It helps me meet my goals and is helping us meet our unit goals."

The students then move on to work with cables, Pilate balls, exercise tubes and body bars to add weight and resistance to their exercises. Between each set of exercises the class runs laps around the classroom or around the outside of the gym.

"I look forward to coming to this class," said Casey Sprague, Navy spouse visiting from Hawaii. "This is the only class I've ever been willing to stick with and enjoy."

She explains that Rivera's personality helps to keep the class interesting, and he

incorporates a little bit of that Marine Corps mentality. "I know you're fatigued but I don't care, get outside in the cold rain," and for her that works very well to have someone push her like that, she added.

Although the class has just been added to the schedule, it has been around for much longer. The class started about a year ago specifically for the Army, as a special request for those seeking improvement.

Generally the class brings in about 15 to 20 students, and many of them take the class regularly. Students often come back excited about improvements they've made, explained Rivera.

"I love the combination of upbeat music and upbeat personalities with the hardcore pushups and strength training, the mix of it together, most classes you get one or the other," said Sprague. "If I'm here for two weeks, I'll see a change

in my fitness just from doing it Monday, Wednesday and Friday."

Although the class is held early in the morning, many students feel it helps to kick-start their day.

"You're tired, but you feel good after doing a good workout in the morning," said Quezada. "My day goes a lot better than if I stay in bed and not do anything."

The hour-long class is held Monday, Wednesday and Friday at 6 a.m. at the Fitness Center and is open to active duty military, reservists, retirees with a valid military ID, Department of Defense civilians and guests.

"You could come in here and essentially do nothing," said Sprague. "You could stand in the back of the room, pick up a five pound weight and really not make an effort. But if you're willing to give back what Ron's giving to us, then you're going to see results for sure."



Lance Cpl. Eric Quintanilla

Army Staff Sgt. Eduardo Quezada, Space and Naval Warfare Systems Command, Naval Base Point Loma, works up a sweat with the cables during the Morning Mayhem class at the Fitness Center aboard Marine Corps Recruit Depot San Diego Dec. 12. Morning Mayhem is a boot camp-style, full body workout that uses a combination of equipment and body weight.



Lance Cpl. Eric Quintanilla

Army Staff Sgt. Eduardo Quezada, Space and Naval Warfare Systems Command, Naval Base Point Loma, does modified pushups during the Morning Mayhem class at the Fitness Center aboard Marine Corps Recruit Depot San Diego Dec. 12. The class is catered towards active duty service members who are looking to improve their annual fitness tests.

FINAL COMMANDING GENERAL'S CUP SCORES

COMMAND	PLACE POINTS	ENTRY POINTS	TOTAL
1st H&S Battalion	203	241	444
2nd 12th Marine Corps District	42	291	333
3rd Recruit Training Regiment	119	181	300
4th Coast Guard	24	100	124
5th Medical/Dental	8	99	107