



# THE PONY EXPRESS

NEWSLETTER

VOLUME 2, ISSUE 1

RECRUITING STATION DALLAS

JAN 2012



US MARINE CORPS PHOTO TAKEN BY: CPL. SINDELAR



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# THE PONY EXPRESS

NEWSLETTER



MAJ. KARL TINSON

## WORDS FROM THE COMMANDING OFFICER

RS Dallas Family,

Happy New Year! I hope everyone had a restful but joyous holiday season. As we enter a New Year, I hope everyone established achievable resolutions! It looks as though 2012 will be yet another great year for our Corps and our Command. In recent months, the Marines brought home the last of our combat veterans from Iraq. It is now the Iraqis turn to lead their country. I'm confident the Iraqi people will be successful. We have started the year off with a bang! Our command continues to make its assigned mission without fail.

Our first three months of Fiscal Year 2012 have been some very good ones for our Recruiting Station.

Thus far, our recruiters have enlisted the highest quality young Americans into our Corps. Our quality metrics are the highest they've ever been! Why, you may ask. Our recruiters are working hard to sustain our illustrious reputation. Moreover, we seek to identify meritorious promotees for the next board.

As we attack the next three months, which are very difficult months of each recruiting year, I ask for your continued patience and support of your Marine. Not only do they have to find young Americans to ship to boot camp but they also have to get their summer shippers in shape and ready to go. Additionally, as you and your family persevere through the next couple of months of winter weather, I hope all of you will be mindful of the hazards of driving in snow and cold weather. Each of you and your family members are tremendously important to our Marine Corps family – be careful and avoid the hazards. Thanks for all you continue to do as Marine Corps families everyday.

I hope you enjoyed the Christmas Luncheon at the Bass Pro Shop. I certainly did! I look forward to seeing everyone together at our Annual Family Day this summer.

Semper Fidelis,  
Maj Tinson





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## STRAIGHT FROM THE SERGEANT MAJOR



**SGTMAJ. DOUGLAS CUTSAIL**

Dear Friends and Family,

The last few months have been extremely fulfilling as the Sergeant Major of this impressive Recruiting Station. As we approach February, March, April and May, the command group and all of your Marines will be tremendously busy over the next few months ensuring that we locate, close width and enlist the highest quality young women and men in to the ranks of our Corps. Although our schedules will be busy, we cannot forget about the importance of our family, friends, education, and the enjoyment that each day brings.

The Commanding Officer and I are extremely proud of the leadership at all levels who have contributed to the success of Recruiting Station Dallas. Each Marine in this command

brings a professional level of execution to their assignment as a Marine on Recruiting Duty; making every day that much more satisfying. I would like to take this opportunity once again to say thank you for your continued support of what we do. It is often said and I understand that the mission takes much of our precious time away from our families; however I do want you to know that we could not complete our mission without your steadfast support from the home front.

I hope that you enjoyed Happy Holidays; and have a prosperous New Year!

Semper Fidelis,  
SgtMaj Cutsail





## THE XO'S SAFETY CORNER

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

### Wash Your Hands Often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and warm water for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

### Travel Safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get check-ups and vaccinations.

While we're talking about vaccinations, let's talk about the flu. The flu can occur at any time, but in recent seasons, most infections have occurred in January and February. Therefore, getting vaccinated now is a good idea. That said, a vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. Generally speaking, the benefit outweighs the risk, but it's always important to talk your doctor first.

### Watch The Kids.

Children are at high risk for injuries that can lead to death or disability. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure



CAPT. CHRISTINA KNUTSON





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## THE XO'S CONTINUED

### SAFETY CORNER

...toys are used properly. Develop and reinforce rules about acceptable and safe behaviors, including electronic media.

#### Prevent Injuries.

Injuries can occur anywhere and some often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Wear a bicycle helmet to help prevent head injuries. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up-to-date.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

#### Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

#### Eat Healthy and be Active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help your kids and teens be active for at least 1 hour a day.

(Source: <http://www.cdc.gov/family/holiday/>)

Safety First!  
Capt. Knutson





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MSGT. DAVID TURNER

## DEPUTY FAMILY READINESS OFFICER

The holiday season is here. Kelisha and I would like to wish everyone a very Merry Christmas and a Happy New Year. The beauty of recruiting duty is that it allows our spouses to be home for the holidays, and not forward deployed. I ask each of you to cherish this time with your loved ones and be thankful for their health and safety.

Happy Holidays,  
MSgt David Turner

I would like to share a few points from Mrs. Lisa Jackson to help young families with children navigate the holiday season:

- **Develop a routine-**  
Developing a routine with your kids and keeping things similar to the way it was while they were attending school will make for an easier transition when school restarts in January.
- **Controlling Emotions-**  
Children will seek attention. Try to evenly distribute the love if you have more one child in the house. This will decrease the chances of your child misbehaving; which will warrant a negative response from you.
- **Take care of self-**  
Continue to do the activities that soothe your soul. Keeping your stress levels low helps you deal with the "roller coaster" of emotions and irritability that comes with a change in routine.

Balance is a good way to keep this holiday season as enjoyable as possible. For more information about this and other topics related to infants and toddlers contact the New Parent Support Program aboard MCRD San Diego at (619) 524- 0805.





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## UVA NEWS:

TRAINING - TRAINING - TRAINING:

According to Department of Defense, the key to prevention is ensuring everyone understands their role and responsibilities in preventing sexual assault. A consistent, vigorous training and education element is crucial.



GYSGT. JONAS DELIRA

# UNIFORMED VICTIM ADVOCATE

**As your UVA, I challenge you to keep up with Department of Defense's Sexual Assault Prevention and Response Program. Ensure all Marines are trained to preventing sexual assault, improving a victim's access to service, increasing the frequency and quality of information provided to the victim regarding all aspects of his or her case, and expediting the proper handling and resolution of a sexual assault case.**

### **Remember, preventing sexual assault is everyone's duty.**

**The new bystander training is available and it is a requirement for all Non Commissioned Officers. Bystander Intervention is said to be the most effective method of preventing sexual assault. We need to make sure before October 2012 all Non Commissioned Officers receive their Bystander Intervention Training. As an active bystander you can take the initiative to help someone who may be targeted for a sexual assault by a predator, talk to a friend to ensure he or she is doing ok, make up an excuse to help a friend get away from someone, call the police, recommend to the bartender or a party host that someone has had too much to drink, remove a friend from a risky situation, and you can also take the initiative to help friends who are not thinking clearly from becoming perpetrators of crime. Together, we can stop the crime before it begins. To learn more about the Active Bystander Intervention program, give your UVA a call at (781) 540-9615 or go to <http://www.unh.edu/preventioninnovations/> for more information.**





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## UNIFORMED VICTIM ADVOCATE CONTINUED

### PREVENTION SAFETY

SEXUAL ASSAULT CAN HAPPEN TO ANYONE. AS YOU UVA I CHALLENGE YOU TO USE COMMON SENSE, SITUATIONAL AWARENESS AND TRUST YOUR INSTINCT TO REDUCE YOUR RISK OF BEING SEXUALLY ASSAULTED.

**Here are some tips that can decrease your chance of being attacked:**

- You have the right to say **NO** even if you said yes before.
- If you consume alcohol, do so in moderation.
- Do not leave your beverage unattended or accept a drink from an open container.
- Communicate your limits clearly from the beginning.
- Be aware of your surroundings at all times.
- Travel with a friend or in a group.
- Do not allow yourself to be isolated with a person you do not know or trust.
- Keep the doors to homes, barracks and cars locked.

For more information on how you can protect yourself on becoming sexually assaulted, call your UVA at (214) 431-0314, (781) 540-9615 or you can go to <http://usmc-mccs.org/sapro/>.

Remember, sexual assault is crime that includes rape, nonconsensual sodomy (Oral or anal Sex), indecent assault (unwanted, inappropriate sexual contact or fondling) or attempts to commit these acts. **YOU ARE NOT ALONE.** This crime has no place in the United States Armed Forces. Call your UVA to get more info on how to get help for yourself, your Marine or someone you know.

**Your UVA is at your service 24/7**

**GySgt Jonas Delira**

**Office: (214) 431-0314**

**Cell: (781) 540-9615**

**Cell: (903)530-1723**

**Email: [delira.jonas@marines.usmc.mil](mailto:delira.jonas@marines.usmc.mil)**





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## ANNIVERSARIES

NAME	RSS	DATE
SSGT NICHOLAS AND VANESSA BREDEHOFT	TEXARKANA	SEPTEMBER 5
SGT GABRIEL AND AZENETH DELACRUZ	TEXARKANA	SEPTEMBER 6
GYSGT ANTHONY AND CHRISTINA KAYLOR	DALLAS SOUTH	SEPTEMBER 22
GYSGT JONAS AND VALERY DELIRA	RS DALLAS HQ	SEPTEMBER 24
GYSGT DUSTIN AND LAIKEN DEATON	DALLAS MEPS	SEPTEMBER 25
SGT ALLAN AND MARIA WEEG	PLANO	OCTOBER 18
GYSGT LARRY AND MICHELE THOMPSON	DALLAS NORTH	OCTOBER 30
SGTMAJ DOUGLAS AND ANA CUTSAIL III	RS DALLAS HQ	NOVEMBER 10
SGT MICHAEL AND HOLLY BALES	PLANO	NOVEMBER 11
CIV JAMES AND TAMMY REYES	RS DALLAS HQ	NOVEMBER 19
SSGT MURRAY AND CHRISTINE JOHNSON	SHERMAN	NOVEMBER 22
GYSGT DAVID AND INNA ADAMS	DALLAS MEPS	DECEMBER 1
SGT CURTIS AND WHITNEY LEWALLEN	RS DALLAS HQ	DECEMBER 20
MAJ KARL AND GERMINIA TINSON	RS DALLAS HQ	DECEMBER 24
MSGT WILLIAM AND HOPE BARHAM	PLANO	DECEMBER 26
SGT STANLEY AND KIMBERLY ROBINSON	DALLAS SOUTH	DECEMBER 27
SGT MARTIN AND AMANDA HOLTZMAN JR	DALLAS SOUTH	DECEMBER 27
SGT COLTON AND STACIE TERRELL	PLANO	DECEMBER 31

## PROMOTIONS

GYSGT DUSTIN DEASON	DALLAS MEPS	NOVEMBER 1, 2011
GYSGT JONATHAN CARUSO	MESQUITE	NOVEMBER 1, 2011
SSGT JANETTA NUTTALL	PLANO	OCTOBER 1, 2011





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## FAIR WINDS AND FOLLOWING SEAS

NAME	STATION	DATE
SSGT SONNY HERMAN RSS PLANO	3RD MARINE DIVISION KANEHOE BAY, HI	SEPTEMBER 16
SSGT MICHAEL MORENO RSS PLANO	3RD MARINE LOGISTICS GROUP OKINAWA, JAPAN	SEPTEMBER 25
SSGT GARRETT PELLERZI RSS DALLAS SOUTH	HMLA-167 NEW RIVER, NC	OCTOBER 6
SSGT MARCOS CERVANTES RSS DALLAS NORTH	1ST BN 5TH MAR 1ST MAR DIV CAMP PENDLETON, CA	OCTOBER 10
SSGT EARL TAYLOR RSS DALLAS NORTH	MALS-11 MAG-11 3RD MAW SAN DIEGO, CA	NOVEMBER 1
SGT SEAN MURPHEY RSS LONGVIEW	MB 8TH & I WASHINGTON, DC	NOVEMBER 23
GYSGT PRESTON YOUNGBLOOD RSS BRYANT	HMT 302 MAG 29 2ND MAW NEW RIVER, NC	NOVEMBER 23
SSGT MICHAEL LEONARD RSS GARLAND	COMM ELEC SCH 29 PALMS, CA	DECEMBER 13
GYSGT JONATHAN CARUSO RSS MESQUITE	2ND BN/7TH MAR 1ST MARDIV 29 PALMS, CA	DECEMBER 15
SGY KYLE BENALLY RSS TYLER	1ST BN 11TH MAR 1ST MARDIV CAMP PENDLETON, CA	DECEMBER 18

## NEW ADDITIONS

SGT GABRIEL DELACRUZ	RSS TEXARKANA	DECEMBER 2
SGT CEDRICK WILLIAMS	RSS GARLAND	DECEMBER 2
SSGT ANDREW JACKSON	RSS LITTLE ROCK	NOVEMBER 29
SGT RICHARD DAVIS	RSS BRYANT	NOVEMBER 18
MSGT PHILLIP STATEN	RSS TYLER	OCTOBER 10
SGT FERNANDO BRAVO	RSS TYLER	SEPTEMBER 26
SSGT JANETTA NUTTALL	RSS PLANO	SEPTEMBER 23





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## OVERALL RECRUITER OF THE 4TH QUARTER

**SGT WARE**  
RSS GARLAND



## OVERALL RSS OF THE 4TH QUARTER

**RSS BRYANT**  
GYSGT DEATON





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## OVERALL RECRUITER OF THE 1ST QUARTER

**SGT WEEG**  
RSS PLANO



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## OVERALL RSS OF THE 1ST QUARTER

**RSS BRYANT**  
GYSGT DEATON





## TOP RECRUITERS OF THE QUARTER

1. **SGT WEEG**  
RSS PLANO



2. **SSGT JOHNSON**  
RSS TEXARKANA



3. **SSGT ROSS**  
RSS LITTLE ROCK



4. **SGT BALES**  
RSS PLANO



5. **SGT KESSLEMAN**  
RSS MESQUITE





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6. **SGT WARE**  
RSS GARLAND



7. **SSGT RIDGEWAY**  
RSS LONGVIEW



8. **SSGT MESSEROLE**  
RSS LITTLE ROCK



9. **SGT PERRY**  
RSS DALLAS NORTH



10. **SGT ROBINSON**  
RSS DALLAS SOUTH





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## RS DALLAS PHOTO MONTAGE





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