Depot ‘fires up’ healthy grilling

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Semper Fit Health Promotions held a healthy barbecue cooking class July 19 outside the Bayview Restaurant aboard Marine Corps Recruit Depot San Diego. Semper Fit puts together four healthy cooking classes a year for service members and civilians to help promote healthy lifestyles among service members.

"Knowing how to prepare quick and easy healthy meals at home can help motivate a person to avoid fast food and eat healthier more often," said Andrea Callahan, health promotion coordinator at MCRR. "Eating well is imperative for a long, active, and healthy life."

The recipes were chosen by Callahan and were all gluten free. Some required small changes, such as the turkey burgers using a Portobello mushroom head in place of a bun.

"The recipes are very natural and we’re using raw ingredients with great spices and flavoring," said Callahan. "That’s what it’s all about, being adventurous, right?"

Approximately 20 service members and civilians participated in the class to make eight different dishes including sides and desserts. With summer in full swing, grills were fired up for the main dishes giving participants a chance to add new skills to their kitchen.

The class was grouped into five teams, who were each given a recipe card with a main dish, side and dessert. The students were encouraged to practice their cooking skills through mental and physical challenges, teamwork, discipline and education.

"The biggest thing we look at when selecting participants is a strong desire to complete the program than there are allocations, participants must undergo a selection process which evaluates their health, physical fitness, character and most importantly, their desire to succeed."

"The Marine Corps is going to change from where we are (by) having a more diverse Marine Corps," said Amos.

Devil Pups make the cut

BY SGT. CRISTINA N. PORRAS
Chevron staff

As another election season draws near and politicians prepare to ramp up their campaigns, the Marine Corps released Marine Administrative Message 414/11 reminding Marines and federal civilian employees to exercise their political rights as citizens without violating Department of Defense regulations.

MarAdmin 414/11 emphasizes the guidance on political activities by members of the armed forces outlined in DoD Directive 1344.10.

Service members and federal civilian employees are encouraged to practice their rights as U.S. citizens and participate in the election process. Each individual is entitled to his or her opinion and may express their personal views, however, they must be careful not to create the perception that they are speaking on behalf of their respective service.

"It shouldn’t appear as if a branch of federal government, such as the Marine Corps, supports or endorses a specific candidate,” said Maj. Pete D. Howitz, Marine Corps Recruit Depot San Diego and Western Recruiting Region deputy staff judge advocate. "We’re Marines and we will follow orders of whichever President is appointed over us.”

Commandant talks diversity

BY SGT. CRISTINA N. PORRAS
Chevron staff

General James F. Amos, Commandant of the Marine Corps, speaks at the 39th Annual National Naval Officers Association Professional Development and Training Conference held at the San Diego Sheraton Hotel and Marina August 2. This year’s theme was “Enhancing Mission Readiness for the Sea Services Through Leadership, Mentoring and Diversity.” Amos presented a slide show giving an overview of the Marine Corps’ background, objective, and approach to diversity.

"The Marine Corps is going to change from where we are (by) having a more diverse Marine Corps,” said Amos.
Military Retiree Fair

Retired military personnel and those on active duty retiring in the next few years are reminded a retiree fair in the depot’s Semper Fit Fieldhouse, Bldg. 650, tomorrow from 9 a.m. to 2 p.m.

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

Fitness challenges

Earn points for 101 Days of Summer. There is only one monthly fitness challenge left before the 101 Days of Summer finale team competition. Individual male and female winners will each earn 50 points for their command. Participants can also earn points for the percentage of your command personnel involved.

The final event is a “Sprint Grenade Toss” scheduled for 11 a.m. to 1 p.m., August 17.

For information or to sign up, call the Fitness Center at (619) 524-4228.

CG’s Cup basketball league coach meeting

There will be a coaches meeting at the Fitness Center training room Monday from 11 a.m. to noon. Bring the team roster. All team members must be from the same office/command.

CG Cup basketball is a six week season, starting August 16, with games on Tuesdays and Wednesdays during the day at MCRD field house. League format and game times are dependent on how many teams are entered. This league is ONLY open to MCRD active duty and DOD/Nafi employees aboard the depot. For information call Rachelle Dickinson at (619) 524-0545.

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, go to the MyPay web page at https://mypay.disa.mil/MYPAY. Enter your CAC card number. Click on the “DOD CAC Login to MyPay” link. First time users must enter their 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.

Fight Gone Bad

The Fight Gone Bad functional fitness team competition, the final event of the 101 Days of Summer, is scheduled for August 26, from 11 a.m. to 1 p.m.

The event will be held on the outdoor functional fitness space at the Fitness Center. All team members of your command personnel involved. Each of the 101 Days of Summer finale team members will be able to access MyPay using a login ID and password. For more information, contact Tom Garcia at (619) 524-6102.

Bootcamp Challenge

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

Send briefs to:

rdpd_pao@mccs.mc.com. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations for standards of the U.S. Government.

POLITICS

Prohibited activities include wearing military uniforms to any partisan or nonpartisan political fundraiser, rally, meeting, debate or convention under any circumstances. Armed forces veterans running for government office may not wear their uniforms or display photos of themselves in uniform to sway voters.

“Once you put on your uniform, you represent the Marine Corps,” said Houtz. “In civilian clothes you have more liberty to express your personal views.”

According to the MarAdmin, political activity that is allowed includes encouraging others to vote, displaying a partisan bumper sticker on a privately-owned vehicle, making financial contributions to a political party or candidate and participating in the federal voting assistance program.

Violations by service members will be fully investigated and punished at their unit commander’s discretion. Violations by federal civilian employees will be investigated and punished by the U.S. Office of Special Counsel.

The MarAdmin is clear. It’s just a reminder for people not to cross the line,” said Houtz.

Service members and civilian employees who have questions about acceptable political involvement should contact their local SJA or human resources department to ensure they do not violate any orders.

Staff Noncommissioned Officer Academy tackles confidence course

The Devil Pups Endured intense physical training which included conditioning hikes, runs and an introduction to the Marine Corps’ Martial Arts Program. Marine mentors gave classes on the importance of goal-setting, teamwork, nutrition and other subjects.

“Providing healthy cooking classes in a supportive environment. We made it hard for them, and were forced to work together in a new environment. We made it hard for them,” said Lance Cpl. Edwin Martinez, warehouse clerk, Service Company, Headquarter and Service Battalion. “I want to be able to cook for my wife when she comes home.”

The students were allowed to keep the camouflage aprons that read “GRILL INSTRUCTOR.” Callahan also followed up with the students to e-mail the recipes.

“The students were able to learn the basics of cooking,” said Lance Cpl. Edwin Martinez, warehouse clerk, Service Company, Headquarters and Service Battalion. “I want to be able to cook for my wife when she comes home.”

The students were allowed to keep the camouflage aprons that read “GRILL INSTRUCTOR.” Callahan also followed up with the students to e-mail the recipes.

“The students were able to learn the basics of cooking,” said Lance Cpl. Edwin Martinez, warehouse clerk, Service Company, Headquarters and Service Battalion. “I want to be able to cook for my wife when she comes home.”

The students were allowed to keep the camouflage aprons that read “GRILL INSTRUCTOR.” Callahan also followed up with the students to e-mail the recipes.

“The students were able to learn the basics of cooking,” said Lance Cpl. Edwin Martinez, warehouse clerk, Service Company, Headquarters and Service Battalion. “I want to be able to cook for my wife when she comes home.”

The students were allowed to keep the camouflage aprons that read “GRILL INSTRUCTOR.” Callahan also followed up with the students to e-mail the recipes. 
Lance Cpl. Joel Juarez, a specialized search dog handler, Military Police Support Company, III Marine Expeditionary Force Headquarters Group, III MEF, shows his dog Benny a route to be searched for improvised explosive devices at Oura Wan beach on Camp Schwab July 26.

Specialized search dogs add a new weapon to fight against IEDs
Annual car and motorcycle show shines on depot

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

The Marine Corps Community Service Auto Skills Center hosted their 8th annual car and motorcycle show aboard Marine Corps Recruit Depot San Diego July 30.

The Christmas in July Car and Motorcycle Show featured approximately 140 vehicles of all makes, models, and years.

“This is really neat, I didn’t know the car show was this big,” said John Bogardus, retired National Guard 1st Sgt. “It’s great to invite everyone on base for this. The more they learn about the military the better off they are.”

The show offered the opportunity for the car owners to be acknowledged for the hard work they put into maintaining their vehicles. Guests voted on their favorite vehicles in 10 different categories including muscle, import and classic. Awards were given out for the top three vehicles in each category as well as People’s Choice and General’s Choice awards.

Gil Gresoro, owner of a 1966 Pontiac GTO won the top award, the General’s Choice Award. Gresoro is the original owner of the vehicle and has managed to maintain it throughout the years.

“This is a great event that serves multiple purposes,” said Brig. Gen. Daniel D. Yoo, commanding general, MCRD and the Western Recruiting Region. “I’m enjoying going around and seeing how much effort they have put into their vehicles.”

The entry fee for vehicle owners was $10 and the donation of a new toy for Toys for Tots. The Marine Corps Reserve Toys for Tots Program collects new, unwrapped toys to distribute to needy children in the community during Christmas.

“Everyone who works here can benefit from this,” said Yoo. “The Marine base here is an extension of the community.”

The show also provided an opportunity for Marines to spend time with family, with a bounce house for children and food for all guests. A local radio station provided musical entertainment throughout the day as well.

“The drill instructors don’t get a lot of time with their families, so I can send them here to break up the monotony of working all the time,” said Staff Sgt. David Adames, Drill Instructor, Company C, 1st Recruit Training Battalion.

Just 30 minutes or an hour with family can mean a lot to Marines who don’t get a lot of down time, added Adames whose favorite car at the show was a yellow Camaro with black stripes.

Not only does this give a chance for service members and civilians to come together it also gives them an opportunity to enjoy cars and see what can be done with them, said Jose Ortega-Garcia, manager of the Auto Skills Center aboard MCRD.

“This is a good way to see what the Marine Corps is,” he added. “[Civilians] can come on base and make a connection. It can help build support for the Marines.”

A variety of the classic and contemporary vehicles are displayed during the Marine Corps Community Services Auto and Skills Center’s 8th annual Car and Motorcycle Show.

Service members and their families enjoy a day on the depot’s Marine Corps Community Services Auto Skills Center’s Car and Motorcycle Show. The top three vehicles in each of ten categories received awards.

Guests vote on their favorite vehicles during the depot’s Marine Corps Community Services Auto Skills Center’s Car and Motorcycle Show. The top three vehicles in each of ten categories received awards.
A variety of the classic and contemporary vehicles are displayed during the Marine Corps Community Services Auto and Motorcycle Show at the depot July 30. The entry fee to display a vehicle was $10 and a new, unwrapped toy donated to Toys for Tots.

Presentation of the vehicle was just as important as the vehicle itself during the competition. Vehicle owners were trying to win the votes from judges as well as guests.

Older and classic cars were not the only vehicles on display at the show. Service members and civilians also had the opportunity view and discuss more modern rides.

Service members and their families enjoy a day on the depot July 30, at the annual Marine Corps Community Services Auto Skills Center's Car and Motorcycle Show. The family-friendly atmosphere included food and a bounce house for children.
Depot Marine wins bodybuilding competition

by Lance Cpl. Crystal J. Druery
Chevron staff

Lance Cpl. Dylan A. Bruner pumps iron and runs six days a week. He follows a strict diet and plans seven daily meals precisely. He has dedicated himself to pushing his body to its limits.

Bruner, a finance clerk with Service Company, Headquarters and Service Battalion, was inspired to train his body through vigorous training to compete in bodybuilding competitions. He knows that discipline and dedication don’t only apply to him while in his Marine Corps uniform but on his off time as well.

“Bruner does a really good job at setting the example physically and diet-wise for the other Marines, not only for his peers but chief warrant officers as well,” said Staff Sgt. James R. Vandever, travel staff noncommissioned officer in charge, Service Company, Headquarters and Service Company. “What lance corporal does that?”

Though he’s always been athletic, having been involved in sports growing up, Bruner had never thought of starting bodybuilding. The first competition he entered was on a whim. When a sergeant approached him a year ago about entering a competition, Bruner realized his potential and convinced him to start training for a competition, he said. “I did what is called (carbohydrate) cycling,” said Bruner. “I only ate one hundred grams of carbohydrates a day, except weekends I would eat a little more.”

Carbohydrate cycling is the same concept as changing up a workout in the gym. If someone continues to do the same workout every day, they can plateau. This practice can keep the metabolism guessing. Bruner explains besides fluctuating his carbohydrate intake, he would also take in a large amount of protein and very low amount of fat.

“You go to the gym everyday and see these people that look the same all the time, but if you do hard work and set your mind to it, you can do a lot with your body,” said Bruner. His hard work paid off when he took first place in the competition.

“When I won all I could think about was how hungry I was and I just wanted to eat,” said Bruner.

Now that Bruner has seen what he can do with his body he says he would like to make bodybuilding a career. With only a short amount of time left in the Marine Corps, Bruner plans on getting out and earning a degree in a fitness-related subject while he continues to pursue bodybuilding.

“I love lifting weights. It makes me feel good,” said Bruner. “The blood flowing through my muscles is satisfying.”

Retired Lt. Gen. Ronald S. Coleman

Parade Reviewing Officer

Retired Lt. Gen. Coleman joined the Navy in April 1964, and was discharged upon his return from Danang, Republic of Vietnam in June 1970.

Upon graduation from Cheyney State University, Cheyney, Penn., in 1973, he was commissioned a second lieutenant. Following the Basic School he reported to Camp Lejeune with the 2nd Marine Regiment and served as the regimental supply officer, platoon commander, and assistant logistics officer.


In November 1978, he reported to Officer Candidate School and served as the logistics supply officer, candidate platoon commander and director, Non-Commissioned Officer School. He attended Amphibious Warfare School, during the 1981 - 1982 academic year and was then transferred to Headquarters Marine Corps Officers Assignment Branch, and served as a company grade monitor and administrative assistant to the director, Personnel Management Division.

In August 1985, he was assigned as an instructor at Amphibious Warfare School and, in 1987, he attended the Marine Corps Command and Staff College.


In June 1993, he reported to HQMC and served as the logistics project officer and head of the Maintenance Policy Section, Installations and Logistics Branch. He was promoted to Lieutenant Colonel in May 1992.
<table>
<thead>
<tr>
<th>SERIES 2141</th>
<th>SERIES 2145</th>
<th>SERIES 2146</th>
<th>SERIES 2147</th>
</tr>
</thead>
</table>
Chevron staff

Marine Corps Community Services teamed up with San Diego Hall of Champions to host a mini soccer camp for military children aboard Marine Corps Recruit Depot San Diego, July 25-28. Children between the ages of four and 13 came out to the recreation center’s field on MCRD to play soccer and increase their skills with help from Kraig Chiles and Mike Mercurial, semi-professional soccer players with the San Diego Sockers.

To help introduce soccer to the children, the semi-professionals did basic drills and scrimmages with the kids.

“The camp is about skill-building and teaching kids fundamentals of soccer through scrimmages and drills,” said Gina Woolgar, military youth coordinator, San Diego Hall of Champions.

San Diego Hall of Champions is an organization that strives to enhance San Diegans through sports. They offer mini sports camps throughout the year for children to stay active. Woolgar explains they’re more cost-efficient than those found off base for military families.

“Out in town something like this is about double or triple the price,” said Woolgar.

Along with the opportunity to learn new skills and getting the positive influence of semi-professional athletes, children get a chance to explore different activities that are available to them.

“This is a good way to introduce sports to your children,” said Woolgar. “You don’t know if your four or five-year-old [child] can hack it, so this gives them a good sample of the game and gives the kids an opportunity to see what they can grow up to be.”

San Diego Hall of Champions recruits athletes who can be a positive influence and volunteer to spend time with the children.

This mini soccer camp coincides with the start of a fall soccer camp they hold, giving the kids a chance to see if they want to play a full season.

“Only about half of the kids come back each season due to the constant moving of military families, but when they do come back, it’s nice to see their improvement,” said Brian Quince, sports director, Community Supported Agriculture, San Diego Hall of Champions affiliate. “The kids will take these skills with them as they get older.”

Military youth end summer with a ball

Kraig Chiles, San Diego Sockers player, tries to keep the ball away from children participating in a Marine Corps Community Services-sponsored mini soccer camp July 28 on Marine Corps Recruit Depot San Diego. Kraig Chiles and Mike Mercurial, San Diego Sockers players, came out to help introduce the kids to soccer by teaching children the fundamentals of soccer by scrimmaging and drills.

A child participating in a Marine Corps Community Services mini soccer camp shoots the ball during a scrimmage against two San Diego Sockers players who volunteered to help the kids learn the fundamentals of soccer.

Children participating in a Marine Corps Community Services mini soccer camp face off during a scrimmage. MCCS teamed up with San Diego Hall of Champions to give military children a chance to play soccer during a four-day camp.