



Headquarters and Service Battalion Unit, Personal, & Family Readiness Newsletter

Marine Corps Recruit Depot
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JUN JUL AUG
2019

SPECIAL POINTS OF INTEREST:

- Upcoming Events



Iron Mike commissioning July 1924

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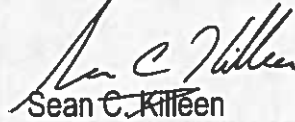
Families and Friends,

Summer approaches in the Low Country. That means quite a few changes for some, with a large number of folks leaving Parris Island bound for other Marine Corps and Navy adventures, and others new to the area, with all that entails. For those moving on, we wish you 'fair winds and following seas' as you make your transition. For those new to the area, there is much to do in the surrounding areas that I'm sure you will come to enjoy. To all who shall be with us for the next year, the Iron Mike's Unit, Personal, and Family Readiness Program (UPFRP) offers a vehicle to camaraderie, fun, sometimes prizes, and, on a more serious note, access to critical information relevant to living in the Low Country area.

We've just about completed one full year of UPFRP events and activities that included an MCRD Parris Island Flag Football tourney (to which your Iron Mike team took the grand prize), holiday parties and decorating events, feeding the troops for Thanksgiving, a chili cook-off, get-together's in the local area for Saint Patrick's Day and Cinco-de-Mayo, several volunteer opportunities in the local area, and a Town Hall. Next year's cycle will begin anew in the very near term, kicking off with a scheduled Battalion Town Hall on 25 July, with an opportunity to communicate directly with myself and the Battalion Sergeant Major about your recommendations to improve the UPFRP and to discuss the impending hurricane season and any necessary preparations. Both the Sergeant Major and I look forward to the discussion and feedback, and hope to see some offer to volunteer for our upcoming schedule of events. We've got a busy year planned again for next year that will include many similar events as last year that saw such great success, with a couple of new events tossed into the mix. We hope to see you there.

Don't forget about the 2019 hurricane season that runs from 1 Jun – 30 Nov 2019; the season is at our doorstep. We've had three back-to-back years (2016-18) where the Depot has been on notice for destructive weather, two of which short-term evacuations were ordered. Hopefully, this year will be quiet. That said, plan for the worst and hope for the best; please prepare yourselves now.

Semper fidelis,



Sean C. Killeen

Colonel, United States Marine Corps
Commanding Officer, Headquarters and Service Battalion

UPFRP Core priorities:

- 1) Creating a sense of unit camaraderie and family amongst the Battalion;
- 2) Ensuring families preparedness to contend with destructive weather that can be commonplace to coastal South Carolina; and
- 3) Ensuring our families understand the varied resources that are available to them to aid in family planning.



Chaplain's Corner

H&S Battalion Marines, Sailors and Families,

Growing up I often heard the phrase "the Dog Days of Summer" and never quite understood what it meant. So thanks to a few clicks on the iPhone, I recently discovered that it is a reference to the hottest days of the summer typically between the first part of July and middle of August. The phrase calls to mind the days when, because of the heat, that we find ourselves taking it a bit slower like that old dog who has found a cool spot to sleep away the afternoon. While the heat here in the low country of South Carolina can definitely zap our energy, maybe this is why we often use this time of year to take a bit more leave. And why not? School is out and the kids are home, backyard BBQ's are fired up, and beaches are filled with people escaping the busyness of daily life.

Regardless of what your favorite summer activities are, these "Dog Days of Summer" invite us to take it a bit easier, to stop and enjoy life a bit more. Maybe that is the hidden blessing in the 90 plus degree days, the opportunity to slow down a bit. Those of us in the military community, both active duty and families, live lives that are constantly filled with activity. While in many ways we get used to the pace, we often do not see that constant demands of life leave their mark. It affects us on a personal level both mentally and physically, increasing our stress and often leaving us tired and a bit worn down. It also effects our relationships with family and friends, as it takes us away from the ones we love and we can lose that personal connection with those closest to us.

The summer's heat offers us an out, a chance to slow down a bit—IF we are willing to take it up on the offer. This summer, I would encourage you take advantage of this offer and take a little time to slow down and enjoy. Maybe it is that trip to the beach or that road trip to see family and friends out of the area. Maybe it is having some friends over and showing off your grill-master abilities or maybe it is just taking some time to take a few laps in the pool or to visit your favorite fishing spot. Regardless, take summer up on the offer to slow down a bit, reconnect with family and friends, and let the summer's heat melt away the stress of life. So here is to the "Dog Days of Summer."

Chaplain Riffle, LT, HQSVCBN

A Word from the Uniformed Readiness Coordinator

I hope this newsletter finds you well as we inch closer to the start of summer. I am completing turnover with Capt Brimhall (HQ Co Cmdr) who will take over as your new URC for the Battalion. It has been rewarding and beneficial being able to stand alongside the Marines, Sailors, civilians and families of HQSVCBN at our events over this past quarter. I would like to thank you all for the contributions you have made through volunteer participation as well as coming out and enjoying the unit events we have put on. These events would not have been able to happen without the dedicated help of our UPFRP Volunteers.

Throughout the spring, we held a St. Patrick's Day night out where we gathered at Fishcamp in Port Royal for food, drinks and camaraderie. In a shining example of teamwork, 16 of our Marines volunteered over the weekend at the Marine Corps Air Station-Beaufort 2019 Air Show in April where over 1,300 dollars were raised for unit funds. Also, in May, we met up again for a night out to celebrate Cinco de Mayo at Brody's Bar and Grill on Lady's Island to gather and enjoy each other's company outside of work. We are in the planning process for some awesome events coming up this summer and fall for 2019, so keep a close watch as we hope to see you all at these and continue to make memories and unforgettable experiences within our HQSVCBN family.

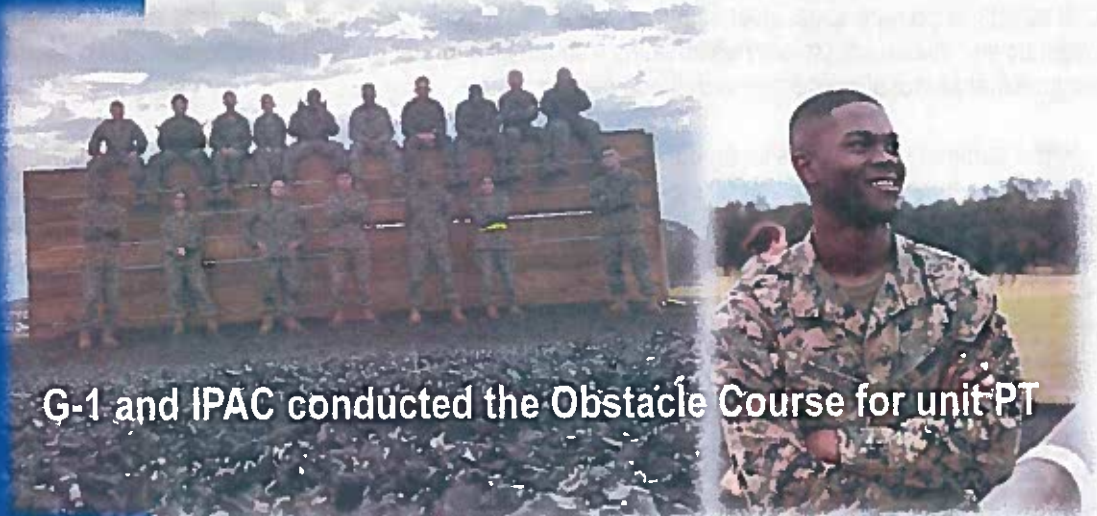
As always, it has been a privilege to serve alongside each of you here in HQSVCBN in this capacity. If you are interested in becoming a volunteer for the UPFRP, do not hesitate to contact me or Capt Brimhall. Many thanks for the support over this past quarter; let's continue to steam forward with this momentum.

Headquarters Company Highlights

The Marines and Sailors of Headquarters Company (HQ Co) continued to excel at supporting MCRD Parris Island's main mission of making Marines this quarter.

Several members of the Company distinguished themselves through their professionalism and perseverance. Sgt Hernandez, Juan won the NCO of the Quarter award for the Battalion. LCpl Oseguera, Ramiro from Protocol Office won the Meritorious Corporal board at the Battalion level, and will be going on to compete at the Depot.

HQ Co welcomed their newest member to the Command when Sgt Rodriguez, Yarimar gave birth to Adriana Elizabeth Rodriguez on 22 Apr 2019. She was born 7lbs and 2 oz at Beaufort Memorial Hospital. HQ Co strove to maintain its high state of readiness and won the Battalion Commander's 72 hour liberty that was granted for winning the readiness competition which is scored by each Company's level of medical, dental, annual/fiscal training, and PME completion rates. The Parris Island Marine Band served the public with a free concert at Battery Creek High School on March 22nd featuring members of the President's Own as well.



G-1 and IPAC conducted the Obstacle Course for unit PT



HQ Co bid a farewell to LtCol Manoz (G-1) at Traditions

Service Company Highlights

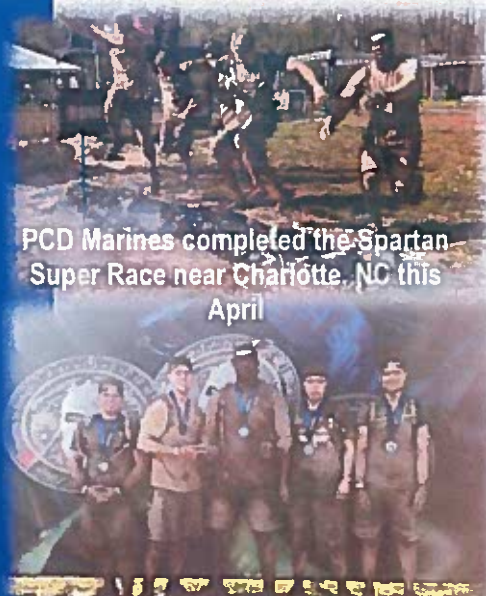
Service Company (Svc Co) personnel and families, we hope all finds you well as we approach the start of summertime and begin the JJAS (June, July, August, and September) period. Rest assured that your faithful and diligent Svc Co of HQSCVBN remains hard at work, to ensure the smooth sailing of the Depot's everyday life known as Recruit Training. This past quarter, Svc Co Marines have displayed their mettle multiple times on boards of exceptional performance, team activities, and individual recognitions. Two of these Marines are Cpl Roman (DCL) and LCpl Gargano (LSST), who won NCO of the Quarter and Marine of the Quarter respectively for the 2nd Quarter of CY19. These Marines have done a stupendous job on setting the example and embodying our core values.

Throughout the past quarter, the Company's Marines have done an outstanding job in supporting the Battalion's fundraising efforts toward lowering the 2019 USMC Birthday Ball ticket costs. At the April MCAS Beaufort Air Show we had six Marines volunteer throughout the weekend alongside Headquarters Company (HQ Co) Marines where over 1,300 dollars were raised for Battalion funds by their hard work and dedication to the unit.

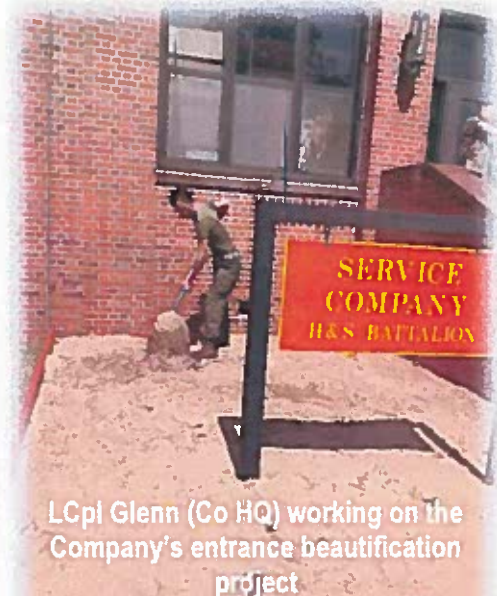
In support of our fallen brothers and sisters during the month of April, 20 Marines from our Company conducted 12 funerals with military honors for Marine Corps veterans laid to rest in Beaufort National Cemetery and in the local area of Beaufort, Jasper and Hampton Counties.

In the spirit of competition, we have a longstanding rivalry with HQ Co for the Commander's Cup Trophy. This quarter, we were bested marginally in our overall readiness where HQ Co won a Company 72. We look to reclaim the Trophy and come out on top over this next quarter to win ourselves a well-deserved 72. Continuing the competitive atmosphere off duty, a group of our Marines from PCD put together a team to conquer the Spartan Super Race near Charlotte, NC in April. Fighting their way through nearly thirty obstacles covering an impressive 8.2 miles of off-road racing, these Marines didn't just finish, they completed the race within the top 15% of 1954 teams. Special congratulations to, Cpl Harrison, D., LCpl Willbanks, SSGT Jeffries, Cpl Harrison, Z. and LCpl Castrejonelegio for their hard work and dedication on and off duty!

Svc Co staff is grateful for all of our Marines' hard work and support to mission accomplishment. We would not be able to reach these successes and achieve these accolades without the support from our whole team.



PCD Marines completed the Spartan Super Race near Charlotte, NC this April



LCpl Glenn (Co HQ) working on the Company's entrance beautification project

Upcoming Events

Headquarters and Service Battalion Events

June 2019

July 2019

25

Town Hall

Depot Theater

Aug 2019

Sept 2019

TBD

27

Amazing Race Parris Island

HQSVCBN hosted Hurricane Brief

MCRFD-PI Main Side

Four Winds Family Readiness Center

Upcoming Events

Marine Corps Family Team Building MCRD Calendar of Events

June

| | | | |
|----|--------------------------------|--------------------------------------|-----------|
| 5 | L.I.N.K.S. 13 Week Challenge | Four Winds Family Readiness Center | 1730-1930 |
| 11 | L.I.N.K.S. 13 Week Challenge | Four Winds Family Readiness Center | 1730-1930 |
| 14 | Super Hero 5k | MCAS Fitness Center | 0700-0800 |
| 19 | L.I.N.K.S. 13 Week Challenge | Four Winds Family Readiness Center | 1730-1930 |
| 20 | Career, Edu and Health Fair | MCAS Fitness Center Basketball Court | 1100-1330 |
| 28 | Home Readiness Hurricane Brief | Four Winds Family Readiness Center | 1300-1500 |

July

| | | | |
|----|--------------------------------|------------------------------------|-----------|
| 10 | Cartoon Character 5k | MRCO-PI Fitness Center | 0700-0800 |
| 26 | Build Your Kit Hurricane Brief | Four Winds Family Readiness Center | 1300-1500 |

Aug

| | | | |
|----|-----------------------------------|------------------------------------|-----------|
| 14 | Passport to Volunteering | Four Winds Family Readiness Center | 0900-1100 |
| 23 | Hawaiian Summer Sizzler 5k | MCAS Fitness Center | 0700-0800 |
| 23 | Children & Family Hurricane Brief | Four Winds Family Readiness Center | 1730-1930 |

For more information, please contact your MCRD MCFTB Team:

Deanna Simpson - MCFTB Director - 228-1505

Camila King- Administrative Assistant - 228-1662

Ashley McCartney - Family Readiness Program Trainer - 228-1663

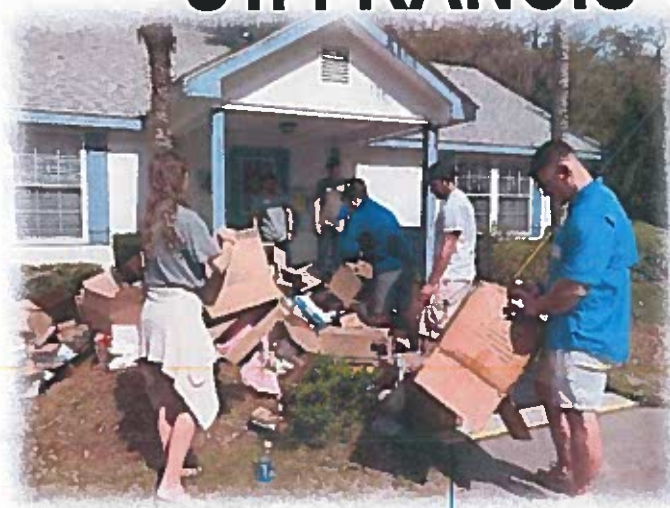
Paula Dyson- L.I.N.K.S. Program Trainer - 228-1573

Crystal Hundley - LifeSkills Trainer - 228-1570

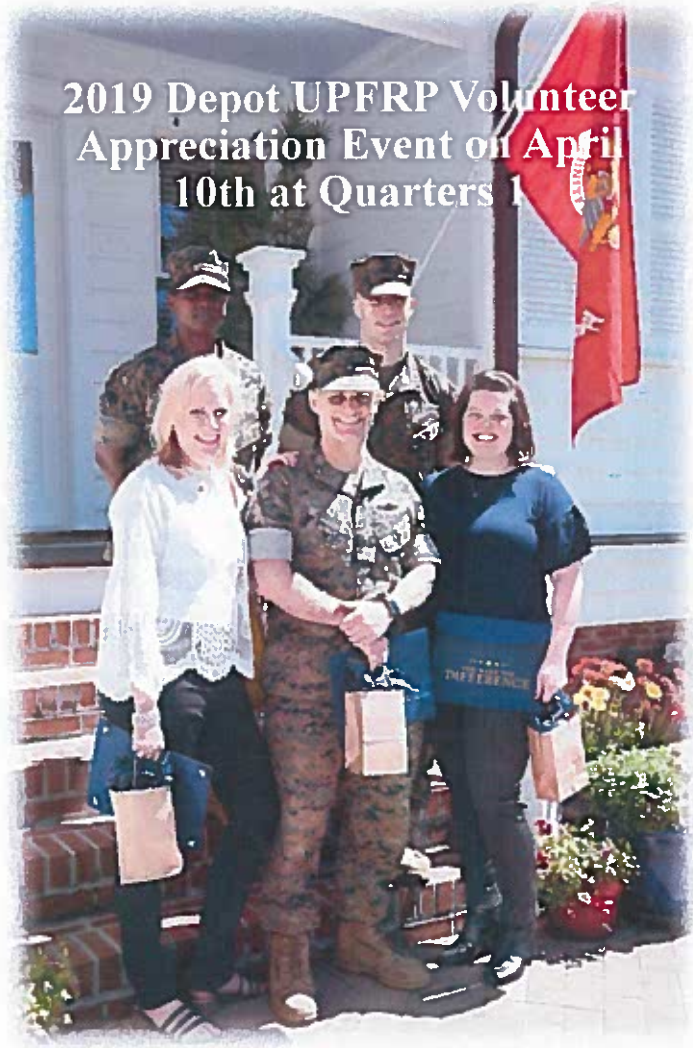
Anne Doty - LifeSkills Trainer - 228-1550



ST. FRANCIS COMREL EVENT



2019 Depot UPFRP Volunteer
Appreciation Event on April
10th at Quarters 1



CySgt Hoover's going away ceremony

