

Veteran's Day marks service and sacrifice

Lt. CMDR. RONALD R. RINGO
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This month we took a moment and remember those who serve or have served our country in our military services. We hopefully remembered the great dedication, time and sacrifice they freely have given their fellow man to enjoy the freedoms and liberties we do today.

It is taught in the scriptures that: "Greater love hath no man than this, that a man lay down his life for his friend." Does that sound familiar? Well, I know that I was taught this belief throughout the time I was a young enlisted infantry Marine. Now, my Marine son has actually lived it serving two combat tours in Iraq and seeing several of his friends pay that price.

History suggests that actually few people ever are called to give this ultimate love and sacrifice. We have seen the courageous in the military give their all in the battlefield because of this love of country, devotion to duty, and commitment to their fellow serviceman.

But, we also see devoted mothers sacrificing their lives to protect a child. As well as, political, organizational, and religious leaders who have been martyred for their cause or beliefs. Yet, what about you and me in our daily walk and routines?

Most likely, our sacrifices are many smaller ones that will become expressions of that greater love. Most of us lay our lives down every time we think of another and put their interests and needs ahead of ours.

Even though we may not be killed as a martyr, or in combat, or give our life for a loved one's safety, we are given many opportunities each day to lay down our lives for another. Not in death, but in service and sacrifice, be it one day, one hour, or one moment at a time, you are giving the mark of a true friend. No greater love can be given than to lose ourselves in service to others. It has been said that; "When we are in the service of our fellow beings, we are only in the service of our God." (Mosiah 2:17)

With so many of our friends and family going through this time of uncertainty, may we look evermore for those opportunities to give of ourselves to lift another. A quote by an unknown author expresses it this way, "I expect to pass through this world but once. Any good therefore that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."



Brig. Gen. Ronald L. Bailey, commanding general, Marine Corps Recruit Depot and the Western Recruiting Region, kicks off the first lap of the 234-mile marathon commemorating the birthday of the Marine Corps, while Sgt. Robert Boyles carries the depot colors alongside Sgt. Miguel Grijalua, Nov. 8.
Cpl. Shawn Dickens/Chevron

Depot Marines run 234-mile marathon relay for birthday

BY CPL. SHAWN DICKENS
Chevron staff

As evening colors sounded and Old Glory was put to rest for the night, another flag was just beginning to be flown around the depot. The small flag, mounted on a hand-held baton, signified something just as important to those who carried it, as the national ensign that is raised and lowered with honors everyday.

As the sun set on Marine Corps Recruit Depot San Diego Nov. 8, Marines stationed here took turns consecutively carrying the flag around Shepherd Memorial Drill Field in commemoration of the birth of the Marine Corps on Nov. 10, 1775. The 234-mile marathon symbolized one mile for each year the Marine Corps has been in existence.

The run started with Brig. Gen. Ronald L. Bailey, commanding general, MCRD San Diego and the Western Recruiting Region, carrying the Corps colors for the first lap. The flag was then passed on like the traditions of our Corps from one generation of Marines to the next.

"While I ran with the baton holder, I couldn't help but think of all the people over the years that have made huge sacrifices for the Marine Corps," said Cpl. Zach Griffith, 12th Marine Corps

District. "For those who have earned the title Marine, the Marine Corps flag stands for a brotherhood, a way of life so running with my fellow Marines was motivating."

For over 48 hours, individual depot Marines and small formations took turns carrying the flag. As runners neared the 230-mile mark, depot personnel gathered in a formation near building 31 to run the final three miles together around the depot, ending on Shepherd Memorial Drill Field.

"Witnessing the way Marines come together to accomplish a goal firsthand like this marathon just made me reflect on the Marines who did great things like those during the battle for Iwo Jima," said Griffith. "No matter what the goal we are tasked with, from taking an enemy position in combat to something as simple as participating in this birthday run, we will go above and beyond to ensure the mission is accomplished."

After the run, depot Marines gathered for the Cake-Cutting Ceremony and then sat down together for a birthday meal at Duncan Hall.

"Running alongside my fellow Marines was a rewarding experience," said Griffith. "But the best part of the day was the steak and lobster."

BRIEFS

Cardiac risk screening

Cardiac risk screenings will be held for active duty, reservists, retirees, DoD members and their guests Tuesday from 10 a.m. to 1 p.m. at the depot Fieldhouse. Participants can learn their heart disease risk factors, have their cholesterol, blood glucose, blood pressure, and body fat measured. Appointment times are every 15 minutes. Refreshments will be provided. Register online at www.mccssd.com. For information, contact Andrea Callahan, Health Promotions coordinator, at (619) 524-8913 or at callahanal@usmc-mccs.org.

Turkey Trot

The depot's annual Turkey Trot 3-mile Fun Run and Walk will start at 1 p.m. Tuesday between the depot's Fieldhouse and the Recreation Center. The event is free and open to authorized depot personnel and their families. Awards will be given to the top three finishers in each age category. Finishers will receive a T-shirt. Free food and prize giveaways will be featured. Register online at mccsmcrd.com or at 10:30 a.m. race day.

For information, call (619) 524-8083.

Great MCRD Smoke Out

During registration for the Turkey Trot Tuesday at 11 a.m., between the depot's Fieldhouse and the Recreation Center, patrons who turn in their cigarettes or smokeless tobacco receive a candy kiss at the kissing booth. The event is open to all eligible patrons and their guests. For information, call (619) 524-8913.

Gamers' Grub Video Release Lunch

The video release lunch will be held Nov. 24 from 11 a.m. to 1 p.m. at the depot Recreation Center, Bldg. 590. Newly-released video games of the month and free food will be offered. To register, call (619) 524-8083.

Brown Bag Lunch Seminar

The next Personal Financial Brown Bag Lunch Seminar will be "How to become a military millionaire," Nov. 25 from 11:30 a.m. to 1 p.m. in the Marine & Family Services' Classroom, Bldg. 14. Seminars are free and open to authorized depot personnel and their families: active duty; reservists; retired military members; civil service and contract personnel. A free light lunch will be served, but attendees are welcome to bring their lunch. To register, call (619) 524-5728.

Thanksgiving buffet

The depot's Bay View Restaurant will host a Thanksgiving buffet from 11 a.m. to 3 p.m. Nov. 26 for active duty, reservists, retirees, DoD personnel and their guests. The price is \$24.95 for adults and \$12.50 for children ages 3 to 11. Children under 3 eat free. Traditional Thanksgiving dishes and trimmings will be served. For information and reservations, call (619) 725-6388.

Santa at the Exchange Mall

Santa Claus will be at the depot's Exchange Mall Nov. 27 from 10 a.m. to 4 p.m. Entertainment will also be provided. The event is open to active duty, reservists, retirees, DoD and their guests.

SEND BRIEFS TO:

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From left, Sgt. Christopher D. Schiff; Lance Cpl. Jeremy N. Mendoza; Hospital Corpsman 2nd Class Tomas B. Diaz; Hospital Corpsman 1st Class Jason M. Walker; and Desiree Bobbie, administrative support assistant, operations; receive their respective awards from Sgt. Maj. Brian K. Jackson, Marine Corps Recruit Depot San Diego and the Western Recruiting Region sergeant major, and Col. Carl F. Huenefeld, chief of staff, during the Morning Colors Ceremony here, Nov. 4. The awardees' respective commendations include Noncommissioned Officer of the Quarter, Marine of the Quarter, Junior Sailor of the Quarter, Blue Jacket Sailor of the Quarter and Employee of the Quarter. Cpl. Matthew Brown/Chevron