



**UNITED STATES MARINE CORPS**  
MARINE CORPS INSTALLATIONS WEST-MARINE CORPS BASE  
BOX 555010  
CAMP PENDLETON, CALIFORNIA 92055-5010

1700  
MCCS  
04 December 24

MEMORANDUM

From: Active Duty & Unit Recreation Dept Head, Semper Fit Division,  
Marine Corps Community Services, Camp Pendleton  
To: Sergeant Major, Marine Corps Air Station, Camp Pendleton,  
California

Subj: MINUTES OF THE MARINE CORPS AIR STATION (MCAS) SINGLE MARINE  
PROGRAM COUNCIL MEETING WEDNESDAY, 04 December 2024

Ref: (a) MCO 1700.36B  
(b) MCIWEST-MCB CAMPENO 5420.10

1. As provided in reference (a), the Single Marine Program (SMP) Council meeting was called to order by the MCAS SMP Council Vice President at 1200.

2. Attendance

a. Units with Junior Service Member Representative(s) Present

- (1) Marine Medium Tiltrotor Squadron 364 (VMM-364)
- (2) Marine Aviation Logistics Squadron 39 (MALS-39)
- (3) Marine Wing Support Squadron 372 (MWSS-372)
- (4) Marine Aircraft Group 39 Headquarters (MAG-39 HQ)
- (5) Marine Air Support Squadron 3 (MASS-3)

b. Units with Senior Enlisted Adviser (SEA) Present

- (1) Headquarters & Headquarter Squadron, Marine Corps Air Station (H & HS MCAS)
- (2) MWSS 372
- (3) Marine Light Attack Helicopter Squadron 169 (HMLA-169)

c. Others Present

- (1) Active Duty & Unit Rec. Department Head
- (2) Single Marine Program Assistant Coordinator
- (3) Recreation Center Supervisor

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- (4) 22 Area Active-Duty Recreation Center (ADRC) Manager
- (5) 24 Area Active-Duty Recreation Center (ADRC) Manager
- (6) MCAS Fitness Manager
- (7) Resilience & Wellness Specialist
- (8) Personal Finance Specialist
- (9) Substance Abuse Program Specialist

3. Sgt Spears Started the meeting by introducing herself as the vice president and encouraging everyone to sign in and take notes.

4. Col Houser 20 Dec we are borrowing a HIIT box in 24 at the grass area. When a unit needs it to deploy, they will take it, and we will request another. We are really focusing on the MCTF initiative to get our Marines and Sailors physically mentally, socially, and spiritually fit.

5. Quality of Life Issues

a. Old Issues

1. No Old Issues.

b. New Issues

1. No New Issues

6. Guest Speakers

a. Ms. Beth Middleton. People spend on average around \$1,000 for the holidays. Our department can help you make smart financial decisions. We are happy to offer credit card debt advice. High interest rates are a big issue today. We can schedule one on one or group meetings with your unit.

b. Ms. Jodessa Braga. Our department focuses on skill building and education to optimize your health. We offer life coaching on mental, physical, spiritual, and social well-being. Warrior network classes focus on building healthy habits and identifying negative ones. We teach how to foster healthy relationships and how to build SMART goals. Any goal you have, we can work with you and help you build a realistic plan. Our main center is at Paige Fieldhouse, but we are located all around base. You can come to one of our offices or we can come to you.

c. Ms. Tonya Bryant. Discussed the upcoming events at 22 ADRC.

d. Mr. Chris Phillips. Discussed the upcoming events at 24 ADRC.

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e. Mr. Thomas Nadeau. Continue to think about yourselves and your health during the holiday season. Be mindful of your diet, exercise, and mental health. We can do 1 on 1 nutrition, HIIT classes, yoga classes, or other group exercises. The MCAS gym is now 24/7, you must register to access the gym after hours. Must follow all rules. There is a buddy system. It will be open during the holidays for 24/7 access.

f. Ms. Carina Johnson. Outdoor Adventures (OA) offers events such as mountain bike rides, hikes, surf lessons, archery and more. Must reserve at least 2 weeks in advance. The more notice the better availability. All OA events are for active duty only. Gravel Ride Hustle is now every Wednesday at 1100 behind the 22 Area Barracks. Please email [Pen.oa@usmc-mccs.org](mailto:Pen.oa@usmc-mccs.org) to sign up for any OA activity. We are headed back to Big Bear for ski/snowboarding January 17-20 and February 14-17. These overnight trips will be announced soon. Price and location are still TBD. Please check our social media for updates. We are offering a holiday scavenger hunt at the recreation centers. All you must do is attend 5 different rec center events in the month of December to win a free goodie bag filled with prizes. Photos must be taken at each event and emailed to [Pensmp@usmc-mccs.org](mailto:Pensmp@usmc-mccs.org) to receive your bag.

g. Mr. Mark Gobert. Our department mitigates high risk behaviors that lead to alcohol and drug use. We can help you to reduce addictive tendencies. Many people don't realize that vaping is a gateway drug, it is a problem on base. There are many stages to addiction, and we can help you to identify them. We offer different programs and classes to help you build healthy habitats.

h. Mr. Eddie Hadley. Our Dana West Yacht Club event is full, please email [Pensmp@usmc-mccs.org](mailto:Pensmp@usmc-mccs.org) to get on the waitlist. This Friday 12/06 we are going to Disneyland, there are still a few seats available. Cost is \$120. Our annual stocking stuffer event is happening at the recreation centers from 24-25 of December. First come, first serve from 1000-1800. We received several gifts and gift cards from several sponsors this year, the bags will be packed with goodies.

7. Closing Remarks. Sgt Spears thanked everyone for attending and reminded everyone to sign in on the sheets in the back of the room and to turn in appointment letters. She encouraged marines to spread the word so we can keep hosting trips and events.

8. The meeting adjourned at 1300. Questions can be emailed to [PENSMP@usmc-mccs.org](mailto:PENSMP@usmc-mccs.org)