



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

1700  
MCCS  
09 January 25

MEMORANDUM

From: Active Duty & Unit Recreation Dept Head, Semper Fit Division,  
Marine Corps Community Services, Camp Pendleton  
To: Sergeant Major, Marine Corps Installations West, Marine Corps  
Base, Camp Pendleton, California  
Subj: MINUTES OF THE SINGLE MARINE PROGRAM COUNCIL MEETING THURSDAY,  
09 January 2025  
Ref: (a) MCO 1700.36B  
(b) MCIWEST-MCB CAMPENO 5420.10

1. The council meeting was canceled 09 January 2025 in accordance with the National Day of Mourning for President Jimmy Carter. The notes below were passed to the Assistant Recreation Coordinator.

2. Quality of Life Issues

- a. Old Issues
  - 1. No Old Issues.
- b. New Issues
  - 2. No new issues.

3. Notes

a. Mr. Miguel Juarez. The base volunteer coordinators are here to find things for you to do. There is something for everyone, you just let us know what your interests are, and we can find fun volunteer programs near you. Volunteering is rewarding and beneficial for you and the community. It's good to get out of the barracks and try new things. If you complete a certain number of hours at the end of the year, you get a signed LOA from the President of the United States. We are also having an award ceremony this April for Volunteer of the year. You can nominate someone you think qualifies for this award. The deadline to nominate someone is February 15, 2025. Please email if you have any questions [miguel.juarez@usmc-mccs.org](mailto:miguel.juarez@usmc-mccs.org).

b. Mr. David Pendergrass. A recent study was done that showed physical exercise, walking, weightlifting, yoga, etc., is just as effective for mental health as talk therapy. Physical and mental fitness is so incredibly important, our department offers numerous options for you to tackle your health. We have several fitness

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centers across the installation, and we offer classes such as nutrition, 1:1 life coaching, warrior network group, yoga, and HIIT. There are so many resources available to you all. We also have a DEXA Scan and Bod Pod you can use for free to better understand your body composition. Our Dieticians can then help set up a plan for you based on your goals and needs.

c. 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.oe@usmc-mccs.org](mailto:Pen.oe@usmc-mccs.org) to sign up for any OA activity. We are headed back to Big Bear for ski/snowboarding January 24. Price is \$140 which includes ski lift ticket, rentals, and transportation. Overnight trips will be announced soon for February. Price and location are still TBD for the overnight trips. Please check our social media for updates.

d. Mr. Eddie Hadley. Please don't hesitate to let us or your recreation managers know if there are events you would like to see. We try to tailor our programs and trips to things you all are interested in and requesting. Your voice matters. We have several volunteer events coming up, 53 ADRC Camp Cleanup January 24 1300-1500, and 43 ADRC Camp Cleanup January 25 0730-1230. February 07, we have our PE Fitness event. Help put on a mini fitness challenge for children at a local elementary school. Receive an LOA and lunch for participating. February 28 we are headed back to Disneyland, price is only \$130 for a park hopper ticket, lightening lane upgrade, and transportation. Email [Pensmp@usmc-mccs.org](mailto:Pensmp@usmc-mccs.org) for trip and volunteer sign ups.

e. Hard Corp Race Series. Zero Dark Dirty 6k Obstacle Trail Run is Friday 24 January at 1800. The Trails & Tails Dog Walk is free and will be Saturday 08 February at 0900. Shamrock Stampede is Saturday 15 March at the Marine Corp Air Station. Run on the runway, 10k/5k and 2k kids run available. Please see our website for more details [mccsCP.com/HCRS](http://mccsCP.com/HCRS)

f. Athletics. The youth sports schedule is out. If you are interested in coaching, you will receive LOA's for your time. We have spring, fall, and winter sports. Adult leagues are now available. Softball, golf, basketball, soccer, and flag football. The first CG cup event will be 22 January. For information about any of our programs, please visit our website [mccsCP.com/athletics](http://mccsCP.com/athletics).

4. Questions can be emailed to [PENSMP@usmc-mccs.org](mailto:PENSMP@usmc-mccs.org).