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## COOL OFF THIS SUMMER WITH MCCS AQUATICS PROGRAMS & OPEN SWIM



Desert dwellers know that as the temperature rises, a pool is not just nice, it's a near necessity. As employees of MCCS we're fortunate to have access to not just multiple pools, but a myriad of water activities through the MCCS Aquatics Program. Take advantage of any of the number of ways you can keep cool while having fun.

Swim lessons can greatly benefit any age or ability level. There's water comfort and beginning skills for those new to the water, stroke refinement and Guard Start, a lifeguard training program, for those that have been swimming their whole lives, and an array of lessons for

every level in between. Morning lessons are held at the Family Pool, evening lessons at the Officer/Staff NCO Pool and adult lessons are given at the Training Tank.

There are several sessions throughout the summer, each lasting two weeks. Registration takes place at the Family Pool on July 2, 16 and 30, from 8 to 10 a.m. Lessons fill up fast and space is limited, so be sure to arrive early.

Looking for a fun new way to get or keep fit? Water fitness is great for all strength levels, but especially good for those with physical limitations. The soothing

pressure of the water, coupled with a decrease of stress on joints and the water's ability to naturally lower high blood pressure make aquatics activities ideal for those who suffer from back and joint issues.

There are fitness basics like Aquacise, which helps swimmers slim down and tone up by working legs, abs and arms. Or activities that you'd normally find outside of the water, like Aquabikes; stationary aquatic bikes that create higher resistance but have lower impact on joints. You can participate in Pool Dancing, where you'll learn the latest moves while feeling light as a feather.



Or build strength and confidence with a martial arts flavored class, Kenpo Meets Nemo. There's no need to register for these classes. Just stop by, get moving and have fun!

Of course, if you're looking to just swim or frolic in the water, you can do that too. MCCS offers open swim sessions at each of their pools as well.

For more information, call the Aquatics Department at 830.6212 or visit the Sports, Gyms and Recreation tab of [mccs29palms.com](http://mccs29palms.com) for a complete schedule of all the fun and enriching ways the Aquatics Program can keep you cool.

### Synthetic Cannabinoids and the Department of the Navy



*The Naval Criminal Investigative Service (NCIS) and the Department of the Navy (DON) put forth tremendous resources to combat substance abuse among Marines and Sailors worldwide. One substance receiving increasing levels of attention is Spice. Spice is prevalent around the world and can be easily purchased on the Internet as an alternative to Marijuana (a synthetic cannabinoid). Spice has been classified as a Schedule I controlled substance under the Controlled Substance Act (CSA) and is therefore illegal. Marines and Sailors who are in possession of Spice or any other synthetic cannabinoid are guilty of violating Article 112(a) (wrongful use and or possession of a controlled substance) of the Uniform Code of Military Justice (UCMJ) and will be prosecuted accordingly. This of course means that it is illegal for MCCS employees to possess as well. Remember, Spice is a Schedule I controlled substance...the same as marijuana, heroin, cocaine and ecstasy. Don't take the risk.*

## DIRECTOR'S LETTER

If you think things are heating up in the desert, wait until you see how they sizzle at MCAGCC this July and August! From our spectacular Fireworks show on July 4 (one of the largest in the community) to the dynamic Stix & Corey Lavel concert on August 16; it's two months of full of fiery, summer fun.

Speaking of sizzling, I was incredibly honored to cook one of my favorite dishes, Shrimp Creole, for patrons of the Officers' Club this past month. I'm happy to report that it was a hit, as is the monthly guest chef series that enabled me to share this culinary delight. Be sure to stop by and see who's on deck next, you never know what familiar face will be dishing up their specialty. I've shared my recipe in this issue. If you're a fan of spicy food, do give this Louisiana standard a try.

Which brings me to our introduction of a new feature for Team MCCA, an employee recipe section. This was just one of the helpful suggestions submitted in the Team MCCA survey. Thank you to all who took the time to participate. We truly appreciated your input and are working to implement many of the outstanding ideas. Do you have a crowd pleaser you'd like to share with your fellow employees? Please send it to [andrewssa@usmc-mcca.org](mailto:andrewssa@usmc-mcca.org) and you may just see your masterpiece in a future edition.

Finally, on Independence Day as we celebrate the freedom afforded to us, I want to take the time to offer my heartfelt thanks for your commitment to this mission. As an employee of MCCA, you play a direct role in supporting liberty and justice not only for Americans, but for people around the globe. Your dedication to our Marines, Sailors and their families does not go unnoticed. For this, I sincerely thank you.

Sincerely,

*Katherine A. Catlin*  
Katherine Catlin  
MCCA Director

## RECIPES



### Shrimp Creole

Recipe submitted by Katherine Catlin

#### INGREDIENTS

- 1/4 c. flour
- 1/4 c. bacon grease
- 1/2 c. chopped onions
- 1 c. chopped green onions
- 1 c. chopped celery
- 1 c. chopped green bell pepper
- 3 bay leaves
- 2 cloves garlic, minced
- 1 6 oz. can tomato paste
- 1 16 oz. can tomatoes, chopped with seeds
- 1 tsp salt
- 1 tsp sugar
- 1 tbsp lemon juice
- 1 8 oz. can tomato sauce
- 1 tsp Worcestershire sauce
- 4 lbs. peeled, raw shrimp
- Tabasco to taste
- 1/2 c. chopped parsley
- 3 cups cooked rice
- 1/2 tsp black pepper
- 1/4 tsp red pepper

#### PREPARATION

In a large, heavy pot, make a dark brown roux mix with flour and bacon grease. Add onions, celery, bell pepper, garlic and parsley. Sauté until soft, about 20 - 30 minutes. Add tomato paste and mix well. Add tomatoes, tomato sauce, salt, pepper, red and black pepper, Tabasco, bay leaves, sugar, Worcestershire sauce, lemon juice and 1/2 cup water. Simmer for one hour, covered. Add shrimp and cook for five to ten minutes longer. Freezes well, just simmer to reheat. Serves eight to ten.



### Millionaire Pie

Recipe submitted by Katherine Catlin

#### INGREDIENTS

- 2 graham cracker pie crusts
- 1 large can crushed pineapple
- 1/2 c. lemon juice
- 1 can Eagle brand sweetened condensed milk
- 1 large container Cool Whip
- nuts (optional)

#### PREPARATION

Mix all ingredients well and distribute evenly between both pie crusts. Refrigerate three hours, or longer, before serving.



# MCCS DEPARTMENT SPOTLIGHT



## MCCS FITNESS

### The All Day Swimsuit Exercise

By Amalia Schocken, MCCS Fitness Instructor and Personal Trainer



## WHAT THEY DO AND HOW THEY HELP

This month we're proud to introduce a new feature, developed due to Team MCCS Survey suggestions. You told us you'd like to learn more about the numerous divisions of MCCS; what they specifically do and how their efforts positively impact the lives of Marines, Sailors and their families. We couldn't agree more, and are excited to get to know the talented and dedicated groups who make MCCS what it is. We'll start close to home, but expect to see your department in an upcoming issue.

**WHO:** Marketing, Bldg.1024

**WHAT:** The 16 person Marketing Division is made up of three individual branches, Marketing, Sponsorship and Special Events. Each branch works in conjunction with the Marketing Director to promote MCCS facilities, programs and activities.

Basically, if you see it on base, chances are that Marketing had a hand in developing it. Whether it's

a sign or flyer promoting an activity on base, an MCCS website, Facebook page or publication you may be browsing or an amazing special event that you're attending, Marketing makes those things happen and much more. They work tirelessly as a team, both amongst themselves and hand in hand with other departments, to provide information in the most appealing and advanced way possible.

**HOW:** Marketing's mission, like all of ours at MCCS, is to improve the quality of life for our Marines, Sailors and families. In synchronicity, sponsorship dollars raised help fund the amazing work of MCCS' 100+ programs and facilities, as well as finance all of our outstanding special events. Artist, researcher, writer, coordinator; the Marketing Division wears many hats. But each is worn solely to help make military families stay at MCAGCC not only as easy as possible, but a truly memorable one.

As a Personal Trainer aboard the base, I am often asked what the best abdominal exercise to tighten the tummy is. Most people expect me to answer with a sit-up type exercise and are surprised to hear me say "Walk around like you're in a tight shirt or swimsuit all day." This is because most traditional abdominal exercises work the rectus abdominus, a long row of muscle that runs vertically down the abdomen. The muscle that holds your stomach taut, however, is the transverse abdominus, a wide muscle that goes across your midsection like a huge seatbelt. When we consciously hold our stomachs tight, we are working that transverse abdominus and training it to do what we want. So the next time you think of how much you want a smaller midsection, just imagine yourself in a tight swimsuit and suck it in. You'll find that you get an abdominal workout without ever walking into the gym. Happy abdominal exercising!

## WE WANT YOUR PARTICIPATION

### RECIPE

Do you have a tasty recipe to share? Please submit your favorite dish today.

### MCCS DEPARTMENT SPOTLIGHT

Send us your nomination for the next issue. Tell us why your department rocks.

Please submit your recipe/spotlight department info to [andrewssa@usmc-mccs.org](mailto:andrewssa@usmc-mccs.org)

## JULY Training Calendar

### New Employee Orientation & Indoctrination

July 5-7, 8 a.m. - 4 p.m.  
Personnel Training Room

### Give 'em the Pickle!

Facilitated by Heather Martin  
July 8, 8 a.m. - 12 p.m., Personnel Training Room

### New Retail Staff Training

July 8 & 11, 8 a.m. - 4 p.m.  
Retail Training Room

### Tuition Assistance Brief

Facilitated by Heather Martin  
July 11, 10 - 11., Personnel Training Room

### Excel 2007

Sponsored by Base HRO  
July 11 - 13, G6 Classroom - Bldg. 1527

### Marine Corps Acculturation

Facilitated by DeWitte Mandley  
July 12, 8 a.m. - 12 p.m.  
Personnel Training Room

### HazComm/EA/ Workplace Safety Refresher

Facilitated by Sundance de Prtagay  
July 13, 8 - 10:30 a.m.  
Personnel Training Room

### Anti-Terrorism Awareness Level I and Trafficking in Persons

Facilitated by Walt Edwards  
July 13, 1 - 3 p.m.

MCCS Personnel and Training Room

### PeopleSoft Time and Labor for Timekeepers and Managers

Facilitated by Kim Ayala  
July 14, 9 - 11 a.m.  
Personnel Training Room

### Excel 2007 for Power Users

Sponsored by Base HRO  
July 14, G6 Classroom- Bldg 1527

### Annual EEO/POSH/No FEAR Act Training for Non-Supervisory personnel

Facilitated by Marcie Martin  
July 15, 9 - 11 a.m., Personnel Training Room

### Annual EEO/POSH/No FEAR Act Training for Managers and Supervisors

Facilitated by Marcie Martin  
July 15, 1 - 3 p.m., Personnel Training Room

### Word 2007 Advanced

Sponsored by Base HRO  
July 15, G6 Classroom- Bldg 1527

### New Employee Orientation & Indoctrination

July 18-20, 8 - 4 p.m., Personnel Training Room

### 'Are You Listening' Train the Trainer

Sponsored by HQMC,  
Course Application Required  
July 18 - 22, Camp Pendleton, CA.

### New Retail Staff Training

July 21 & 22, 8 a.m. - 4 p.m.  
Retail Training Room

### Anti-Terrorism Awareness Level I and Trafficking in Persons

Facilitated by Walt Edwards  
July 26, 9 - 11 a.m. Personnel Training Room

### HazComm/EA/Workplace Safety Refresher

Facilitated by Sundance de Prtagay  
July 26, 12 - 2:30 p.m.  
Personnel Training Room

### World Class Customer Service Refresher

Facilitated by Heather Martin  
July 27, 8 a.m. - 12 p.m. Personnel Training Room

### Tuition Assistance Brief

Facilitated by Heather Martin  
July 27, 1 - 2 p.m., Personnel Training Room

### Mixing 4 Generations in the Workplace

Facilitated by Heather Martin  
July 28, 8 a.m. - 12 p.m., Personnel Training Room

### CDSO Brief

10 a.m. & 1 p.m.

No need to register

Visit [mccs29palms.com](http://mccs29palms.com) or call  
830.6163 ext. 222 for more details.



JULY 2011

## JULY ACTIVITIES CALENDAR

Program	Activity	Date & Time	Age
MCCS Special Events 830.5086 • Bldg. 1024	MCCS Fireworks Show	July 4, 9 p.m., can be seen from the comfort of your home	MCCS-authorized patrons
All Hands Restaurant (at Officers' Club) 830.6610 • Bldg. 1573	Fajitia Bar	Every Thursday (except July 14) 11 a.m. - 1 p.m.	All hands
	Steak Night	Every Monday (except July 4) 5 - 8 p.m.	All hands
SNCO Club 830.5035 • Bldg. 1576	Texas Hold Em Tournament	July 16, doors open at 2 p.m., game starts at 3 p.m.	Age 21+ NCO's and above (and MCCS equivalent) and spouses
Lifelong Learning Library 830.6875 • Bldg. 1528	Summer Reading Program	Every Friday through July 29, 10 - 11:30 a.m.	Parents & kids ages 5 - 12
Youth Sports 830.8421 • Bldg. 1004	Cheer Camp	Register through July 22, Camp August 1 - 5	Ages 5 - 14
	Junior Golf Tournament Series	Mondays & Wednesdays through Aug. 17, 5:30 - 7:30 p.m.	Ages 8 - 18
	Youth Basketball Camp	Register throughout July 29, Camp August 8 - 10	Ages 5 - 18
New Horizons 830.3227 x272 Bldg. 694	Babysitter Academy	July 11 and 12, 9 a.m. - 2 p.m.	Ages 12 - 15
Auto Skills Center 830.7527 • Bldg. 1083	How to Perform a Tune-up	July 9, 11 a.m.	MCCS-authorized patrons
Counseling Services 830.6245 • Bldg. 1438	Open Door Counseling	Mondays, 5 - 7 p.m.	MCCS-authorized patrons

EMPLOYEE

JULY  
2011

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MARCH 2011

# EMPLOYEES OF THE MONTH

◀ Mid Level - Katie Elwell

Frontline - Jeannie Shaw ▶

By Stephanie Andrews



## Katie Elwell

Marketing Department

It's with a heavy heart that we bring you March's Mid-Level Employee of the Month, Katie Elwell, MCCA Marketing Department's beloved visual information specialist and editor of Desert Lifestyle since September 2008. Katie's husband recently got out of the Marines Corps and "three years, two babies and innumerable memories later" the family has moved from Twentynine Palms. We spoke to Katie, now working from home as a freelance writer and photographer, and she reflected on her time spent at MCCA.

Q. What was the most rewarding aspect of being an MCCA employee?

A. I really enjoyed the creative freedom and growth opportunities afforded me through the Marketing Department and my incredible boss, Kathryn Crank. It was truly a growing experience. I already miss it so much!

Q. What will you miss the most about MCCA?

A. The people, for sure. There is a lot of personality in that office and somehow it just worked. If there was an app to recreate that atmosphere in my home office, I would buy it in a heartbeat.

Q. What were your favorite things to do in the area?

A. Climbing around on boulders in Joshua Tree National Park was definitely up there. I also loved heading out to the Joshua Tree Farmers Market on Saturday mornings, visiting every new restaurant that opened in town and on base, taking the kids for bike rides and finding amazing deals on 29PalmsYardsales.com.

Q. Can you tell me about one experience or person that has shaped who you are?

A. Terry Mayes (MCCA Videographer), this one's for you. Thanks for all the instruction and opportunities to expand my knowledge and experience in the realm of photography and video.

Q. Do you have a word of advice for fellow employees wanting to excel? Or any advice to a new employee of MCCA?

A. Set out to learn something new every day and don't let it ever get dull. Life's way too short to be boring!

Q. What are three things you can't live without?

A. My faith, my amazing husband and my two beautiful children - I really don't need much else!

Q. What's one thing that you think your former, fellow employees would be surprised to know about you?

A. I love musicals and could probably sing every song in every Rogers and Hammerstein production that ever made it to Hollywood.

Katie, we wish you well on your new adventure. May it be as richly technicolored as the musicals in your dreams!

## Jeanne Shaw

Auto Skills Center

New visitors to the Auto Skills Center may see an unexpected face upon their first visit. But fellow employees and regular customers know that face is exactly where it should be. It's Jeanne Shaw, stereotype buster and the March Frontline Employee of the Month.

Jeanne credits her Grandfather as the guiding force for her love of automobiles. Spending time with this "gearhead", she developed her career goal at a very early age. Jeanne recalls proudly letting her classmates know "I want to be a mechanic" at her very first career day in elementary school, much to the bewilderment of most of the class.

But that's exactly what she did. With an Associate's Degree in automotive technology from Copper Mountain College and 22 years experience in all aspects of the car repair industry "from counter to car", Jeanne's foundation for her position in the Auto Skills Center is rock solid.

The fact that she has only been employed by MCCA since November 2010 and is Frontline Employee of the Month for March, only further demonstrates what an asset Jeanne is to the Auto Skills Center and MCCA as a whole. She sites "customers come first" as her work ethic and always tries to infuse a positive attitude into every work day, claiming that despite the mood you might come into work with "if you try to have fun, everyone else around you ends up being in a better mood too."

But most often, Jeanne doesn't have to try to have fun, she just does. She loves her job; the fact that every day is a new adventure and she never knows who will walk in the doors. Often customers come in who already know what they're doing and only need an extra set of skillful hands. But many times, customers don't know their way around a car at all and this is where Jeanne really shines, helping them no matter how large or small the job. She says "you'd be surprised at the number of times a big guy comes in, pulls me aside and says under his breath 'Hey, I don't know how to change a tire...'"

Her love of motors fills even her free time, as she lists off-roading as her favorite pastime. But don't be surprised to find her at a chick flick either. Most of her fellow employees think of her as one of the guys, but she still enjoys a good girly movie now and again.

Jeanne feels she is doing precisely what she was born to do. Perhaps even in the exact spot where she is supposed to be doing it, as she was actually born aboard MCAGCC! "Automotive is what I do" Jeanne told us. MCCA is extremely fortunate that she does it here.

RUNNERS UP

### Mid-Level

- Jenny Whitten

Marine & Family Services

- Sandra Little

Marine & Family Services

### Frontline

- Laura Valentine

Business Operations, Retail

- Leslie Haugton

Business Operations, Retail

CONGRATULATIONS!

## AUGUST Training Calendar

**MCCS Manager's Course**  
Facilitated by Marisela Fraijo, MCCS Yuma, AZ.  
Aug. 9-12, 8 a.m. - 4 p.m.  
Personnel & Training Room

**New Employee Orientation & Indoctrination**  
Aug. 15-17, 8 a.m. - 4 p.m.  
Personnel & Training Room

**MCCS Stress and Anger Management**  
Facilitated by Catherine Deblieck  
Aug. 18, 8 a.m. - 12 p.m.  
Personnel & Training Room

**New Retail Staff Training**  
Aug. 18 & 19, 8 a.m. - 4 p.m., Retail Training Room

**Give 'em the Pickle!**  
Facilitated by DeWitte Mandley  
Aug. 19, 8 a.m. - 12 p.m.  
Personnel & Training Room

**Tuition Assistance Brief**  
Facilitated by DeWitte Mandley  
Aug. 22, 10 - 11 a.m. or 1 - 2 p.m.  
Personnel & Training Room

**HazComm/EA/Workplace Safety Refresher**  
Facilitated by Sundance de Pratzgay  
Aug. 23, 8 - 10:30 a.m. or 12 - 2:30 p.m.  
Personnel & Training Room

**Annual EEO/POSH/No FEAR Act Training for Managers and Supervisors**  
Facilitated by Marcie Martin  
Aug. 24, 9 - 11 a.m.  
Personnel & Training Room

**Annual EEO/POSH/No FEAR Act Training for Non-Supervisory Personnel**  
Facilitated by Marcie Martin  
Aug. 24, 1 - 3 p.m. Personnel & Training Room

**Anti-Terrorism Awareness Level I and Trafficking in Persons**  
Facilitated by Walt Edwards  
Aug. 25, 9 - 11 a.m. or 1 - 3 p.m.  
Personnel & Training Room

**CDSO Brief**  
Aug. 26, 10 a.m. & 1 p.m.  
No need to register

**New Employee Orientation & Indoctrination**  
Aug. 29-31, 8 a.m. - 4 p.m.  
Personnel & Training Room

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## AUGUST ACTIVITIES CALENDAR

Program	Activity	Date & Time	Age
MCCS Special Events 830.5086 • Bldg. 1024	Stix & Corey Level	Aug. 19, 7 p.m., Sunset Cinema	MCCS-authorized patrons, parental guidance suggested
All Hands Restaurant (at Officers' Club) 830.6610 • Bldg. 1573	Pasta Bar	Every Tuesday, 11 a.m. - 1 p.m.	All hands
Lifelong Learning Library 830.6875 • Bldg. 1528	Summer Craft Day	Aug. 18, 10 a.m. - 12:30 p.m.	All ages
Youth Sports 830.8421 • Bldg. 1004	Smart Start Golf	Aug. 15 - 19, 5:30 p.m.	Ages 5 - 7
Sports 830.4092 • Bldg. 1341	Women's Softball League	Mandatory skills evaluation Aug. 29, 6 p.m. at Felix Field, League Sept. 19 - Nov. 14	MCCS-authorized patrons
Sandy Hill Lanes 830.6422 • Bldg. 1584	60 Days of Summer	Daily, now through Aug 13, 1 - 9 p.m.	Kids 18 and younger bowl free
Semper Fit 830.3381 • Bldg. 1004	Ultimate Warrior Competition	Aug. 25, 5 p.m., West Gym	MCCS-authorized patrons, 18+
Auto Skills Center 830.7527 • Bldg. 1083	Air Conditioning Systems and Theory Class	Aug. 13, 11 a.m.	MCCS-authorized patrons
Family Advocacy Program 830.6345 • Bldg. 1438	Couples Communication Workshop	1st and 3rd Tuesday of each Month, 9 a.m. - Noon	MCCS-authorized patrons

EMPLOYEE

AUGUST  
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APRIL 2011

# EMPLOYEES OF THE MONTH

◀ Mid Level - Robert Kelley

Frontline - Ursula Morales ▶

By Stephanie Andrews



## Robert Kelley

Business Operations, F&H

Chances are you have seen Robert Kelley, April's Mid-Level Employee of the Month around base before, as he provides a service that EVERY employee has utilized at one point or another. He's the Assistant Manager of Food Service Operations, and he and his team are dedicated to making sure the food we eat is not only delicious, but safe. He's worked with MCCA since 1999, starting first at at the Warrior's Club at Camp Wilson and transferring to main side in 2007. Originally from Indiana, Robert has been in California since 1978, and in the desert since 1991. A father to four boys, he and his wife also have guardianship of a six year old girl, all of which bring him a lot of joy. We wanted to learn a bit more about him and the work ethic that landed him in the Employee of the Month position.

Q. What is the most rewarding aspect of being an MCCA employee?

A. Personally, I think it's an awesome opportunity to serve those who serve us so greatly. I find pleasure in that. They give so much, to be able to give back to them is really rewarding.

Q. What do you like to do in your free time?

A. Stay cool! No, actually I'm involved a lot with my church. Both here at our local church, and at a ministry in LA that does worldwide outreach. My wife and I just got back from Belize, which was great. We travelled the whole country, north to south, east to west. It was quite an experience and I'm looking forward to doing more.

Q. What are your goals or ambitions for your career?

A. I want to continue to move up in my field. I'm lucky to have a great mentor that I've had ever since I started with MCCA, Mr. Robert Crosier. He's taught me a lot. He has a "get it done" attitude; don't give up, no matter what it is. Stick with it and get it done.

Q. Do you have a word of advice for fellow employees wanting to excel?

A. Learn what you can, work hard, be dependable and don't give up on your dreams. If you want something bad enough, you can get it. But realize you have to work for it.

So the next time you're eating aboard base, raise a glass and think of Robert Kelley and his positive attitude that helped put that scrumptious meal in front of you. Bon appétit!

## Ursula Morales

Marine & Family Services

One word instantly came to mind when we interviewed Ursula Morales, April's Frontline Employee of the Month and Program Coordinator at the Lifelong Learning Library, and that word is sunny. With a bubbly personality and an infectious smile that lit up the room, it can't be a coincidence that sunshine was one of the items she told me that she can't live without.

An employee of MCCA since October 2010, Ursula finds her job rewarding on a number of levels. With no prior military affiliation, she enjoys being part of the large MCCA team working toward a common goal; to serve and improve the lives of Marines, Sailors and their families. But she also appreciates that as an employee of the Lifelong Learning Library, she's part of a small community nestled in a larger one, which allows her to build relationships and really bond with people.

Although she likes getting to know everyone who comes into the library, it's the kids she enjoys meeting the most. She loves children, and it's that love that drives her to excel at her job. She wants to do the best that she can for the youth of our community. Her goal is to reach more of the older kids, citing 6th grade as the age where attendance tends to drop off in the reading programs she organizes. She's constantly thinking of new ways to prove to them that reading can indeed be cool.

Ursula's mom taught her at an early age to take pride in her job, teaching her that it didn't matter if you were "picking up trash or working with the President" you should do it to the best of your ability. She passes that advice along to fellow MCCA employees, adding that "whatever you put into your job is what you're going to get out of it. It's up to you to make it great."

But it's not all work for this San Diego native. Ursula loves being outdoors, whether it's hanging at the pool with her boyfriend, going to the beach to surf or hiking at Joshua Tree National Monument. She loves to soak up the sunshine in any way possible. Although her guiltiest pleasure involves no sun at all; she loves Bravo TV and their reality shows! It's ok though, Ursula shines bright enough on her own.

RUNNERS UP

### Mid-Level

- Cynthia Barker  
Marine & Family Services

- Amanda Jaramillo  
Marketing

### Frontline

- Jessica Winchester  
Business Operations, F&H

- James Ellis  
Semper Fit

CONGRATULATIONS!

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## LOOK INSIDE FOR YOUR **EMPLOYEE COUPON**

July - pg. 4 & August - pg. 6

**THE NEW  
X  
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**GIFTS & PRIZES!**

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**SPECIAL APPEARANCES!**

**PRODUCT DEMOS  
AND SAMPLES!**

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**ESSAY CONTEST**



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- DEPLOYED ACTIVE DUTY ARE ENCOURAGED TO PARTICIPATE
- MUST BE RECEIVED NO LATER THAN FRIDAY, 19 AUGUST 2011

ONE WINNING ESSAY WILL BE CHOSEN FROM EACH OF THE FOLLOWING CATEGORIES:

- OFFICER • SNCO • NCO • LCPL-PVT

FOR MORE INFO, PLEASE CONTACT

MCFTB AT 760.830.3110

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