



## Recruits demonstrate abilities during final exercise

BY LANCE CPL. PEDRO  
CARDENAS  
Chevron staff

Recruits of Company M, 3rd Recruit Training Battalion, pushed through the Crucible during recruit training at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Jan. 9.

The Crucible is the final event of recruit training and is used to simulate combat scenarios. It is a 54-hour training event in which recruits experience sleep and food deprivation. Recruits are expected to apply training they have learned and perform physically and mentally under pressure.

“The Crucible is the culminating event of training,” said Staff Sgt. Edward G. Rumbaoa, drill instructor, Platoon 3269, Co. M, 3rd RTBn. “It’s where recruits can apply the skills they have learned from the past three months.”

Before each event at the Crucible, recruits are read citations of remarkable, heroic actions for which Marines have been recog-

see CRUCIBLE ▶ 2



Lance Cpl. Pedro Cardenas

Recruits of Company M, 3rd Recruit Training Battalion, weave through the logs of an obstacle in the Confidence Course during the Crucible at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., on Jan. 9. The Confidence Course is part of the 54-hour combat simulation recruits must work through in order to earn the title “Marine.”



Cpl. Liz Gleason

Staff Sgt. James Downing, drill instructor, Company A, 1st Recruit Training Battalion, yells out the time as recruits cross the finish line during the inventory PFT aboard Marine Corps Recruit Depot San Diego Jan. 7. In order to achieve a perfect score, recruits must complete 20 pull-ups, 100 crunches and run three miles in 18 minutes.

## Inventory PFT reflects recruits progress

BY CPL. LIZ GLEASON  
Chevron staff

Recruits of Company A, 1st Recruit Training Battalion, are in Phase Three and their time aboard Marine Corps Recruit Depot San Diego is quickly coming to an end. During this phase they must pass a comprehensive exam, combat fitness test and final physical fitness test. Through recruit training they’ve been taught the basics and expectations of being a Marine. Physical fitness is among those most emphasized.

To prepare for the final PFT, recruits ran an inventory PFT to gauge their fitness a week before their first official PFT.

“The Marine Corps is really competitive,” said Staff Sgt. Michael White, drill instructor, Platoon 1009, Co. A, 1st RTBn. “You’re judged by your physical fitness level; it’s a big part of your cutting score, fit-reps and promotions, across the board. Your physical fitness is also a direct reflection of the work you put in after hours, it shows character.”

Physical fitness is of utmost

importance in the Marine Corps, so much that aspiring Marines must pass an Initial Strength Test in order to be considered for enlistment. Once they arrive aboard the depot, recruits take another IST to evaluate their physical fitness. Throughout recruit training, they undergo a rigorous physical training schedule to help improve their fitness and prepare for the PFT.

“The inventory PFT is used to

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## Drill instructors push recruits to new limits

BY CPL. WALTER D.  
MARINO II  
Chevron staff

With eyes squinted in exertion and camouflage utilities salted in sand, recruits of Company C, 1st Recruit Training Battalion, worked through various combat conditioning exercises aboard Marine Corps Recruit Depot San Diego Jan. 9.

Recruits of Co. C, 1st RTBn., pushed through a circuit course of multiple exercises that included fireman carries, low crawling and Marine Corps Martial Arts Program techniques in order to improve their physical fitness and prepare for the demands of a combat environment.

Every exercise from the fireman carry to MCMAP is combat related in order to build a combat mindset should there be an encounter with the enemy, explained Sgt. Cesar D. Martinez, drill instructor, Platoon 1053, Co. C, 1st RTBn.

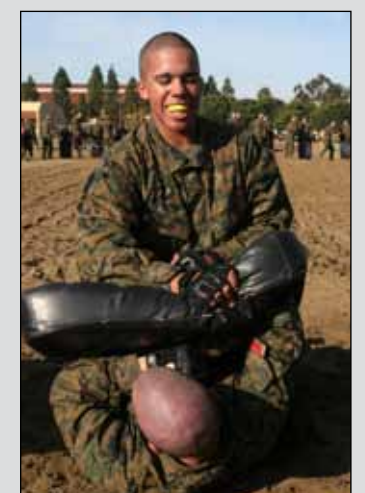
Fatigue crept up on recruits like the calm before a storm, but when it came, drill instructors were there to get them out of the rain.

During a buddy drag exercise, one recruit fell behind and didn’t appear to have any

gas left in his tank. Suddenly, a drill instructor swooped in on his location, yelled a few orders, and the recruit finished quicker than he started.

“Their minds think they can’t do anymore, but we know they can,” said Martinez, a black belt MCMAP instructor. “You always have one more mile in you. When you think you’re tired you just have to tell

see LIMITS ▶ 2



Cpl. Walter D. Marino II

Co. C recruits practice Marine Corps Martial Arts Program techniques during the Combat Conditioning Exercise Jan. 9.



Lance Cpl. Pedro Cardenas

Recruits of Company M, 3rd Recruit Training Battalion, help a recruit move through the obstacle, from one level to another in the Confidence Course during the Crucible at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Jan. 9. The recruits used teamwork and careful planning to accomplish the mission of each event at the Crucible.

### CRUCIBLE ◀ 1

nized throughout history.

One part of the Confidence Course is based on Medal of Honor recipient Cpl. Jason L. Dunham, who was awarded the medal posthumously for his actions in Iraq. He deliberately covered an enemy grenade, shielding the blast with his body, saving nearby Marines.

The Confidence Course, an event during the Crucible, is designed to test recruits' confidence by completing a series of obstacles as a team. Recruits were instructed to climb a platform-tower from one level to the next. Once on top of the tower, they would climb down a net, made out of thick rope, on the other side.

"We had to make sure all recruits got up and over the obstacle, set up a perimeter and provide security," said Recruit Sean H. Cain, Plt. 3269, Co. M, 3rd RTBn. "It was very challenging. There was some confusion at first, but it was just another obstacle we had to overcome."

Teamwork was an essential part of completing the task at hand. The obstacle forced recruits to work together and was impossible to complete without doing so.

"We had to build a strong base of recruits. The stronger recruits helped the ones that could not physically get over the platforms," said Cain.

Recruits have trained for their final 54-hours together, endured the same pains and challenges, since the day they

first stood on the famous yellow footprints.

"The recruits will be rewarded at the end of the Crucible when they are given the title of United States Marine at the Eagle, Globe and Anchor ceremony," said Rumbaoa.

The recruits of Co. M are charging through the Crucible with poise and grit. These traits will pay off once they accomplish their mission and complete 54-hours of intense training and become Marines.

"The Crucible is the final initiation to becoming a Marine and we all have to do it together," said Cain. "The most rewarding point is going to be when I look around at my peers and know that we made it. We are all Marines."

### PFT ◀ 1

see where the platoons are before the final PFT," said White. "It shows us who put in extra effort and the improvements recruits have made throughout training."

The annual training consists of a maximum set of pull-ups, crunches and a three-mile run. A perfect score for male Marines requires 20 pull-ups, 100 crunches and an 18-minute run time.

"The PFT helps with overall fitness," said Recruit Robert

Delintt, Plt. 1009, Co. A, 1st RTBn. "It works your core, lower body and upper body. If you can achieve all three, you will be well rounded and establish a good fitness base to build on."

Regardless of what score is achieved, overall fitness benefits recruits and Marines alike by setting them up for success.

"Not everybody is a fast runner and not everybody can do 20 pull-ups, but the PFT is important because it gets you ready physically and mentally for combat. It helps build

upper-body strength and endurance that will help sustain combat readiness," said White.

It's important for Marines to be physically fit and ready at any given moment to fulfill duties that come with being the nation's 9-1-1 force, according to Delintt.

"Being physically fit made a difference on missions," said White, thinking back on his own deployments. "There were times when we had to go on long hikes in the mountains of Afghanistan; they

were steep. Being a runner definitely helped with endurance and being able to keep up."

Now that recruits of Co. A realize where they stand for their PFT, they can adjust to ensure they get the best possible score. They are scheduled to run the final PFT on Training Day 57 and must pass in order to continue through training.

### LIMITS ◀ 1

yourself, 'one more mile, one more mile.'"

Recruits appreciated the extra motivation and said their encouragement isn't limited to physical fitness exercises.

"(Motivation) helps a lot. Instead of bringing us down, they motivate us by reminding us why we came here - to be Marines," said Recruit Manuel Gomez-Gonzales, guide, Plt. 1054, Co. C., 1st RTBn.

Although drill instructors play a large role in motivating recruits, some recruits also have other sources of motivation such as their family.

"It's not in my blood to quit. I keep my family in my mind to motivate me to be a better person and not a quitter," said Gomez-Gonzales, a Colorado Springs, Colo., native.

For others it could be an inspiring quote.

"It's about putting 100 percent. Not about doing the bare minimum. It's like someone said, 'To do anything less than your best is to sacrifice the gift,'" said Recruit Rodolfo Lopez, guide, Plt. 1050, Co. C., 1st RTBn.



Cpl. Walter D. Marino II

Co. C recruits low crawl as part of the Combat Conditioning Exercise they participated in Jan. 9.

For drill instructors like Martinez, the idea that these recruits will be the next generation of Marines is their motivation to keep pushing and motivating recruits to do the best they can do.

"If I put out, it will be worth it in the end when they get to the fleet," said Martinez.

From the strained faces and grunts

it appeared any and all inspiration was beneficial in helping the recruits finish that extra mile. The combat conditioning course tested recruits both physically and mentally in order to develop a combat mindset. With the training they have received, recruits will now have a baseline to improve upon.

## BRIEFS

### Basketball Clinic

There will be a Children, Youth and Teen Basketball Clinic Saturday at the depot's Fieldhouse, Building 650. Those 5 to 7 years of age will receive training from 9 to 10 a.m. Young people from 8 to 13 years of age from 10 to 11:30 a.m.

To register go to <http://www.sdhoc.com/csa/mcrd-clinics>. For information contact Michelle Paulus via email at: [mpaulus@sdhoc.com](mailto:mpaulus@sdhoc.com)

### Indoor Rock Climbing

Get your climb on at the Solid Rock Gym in Old Town Monday. The Single Marine Program sponsors the event.

Cost is \$10 for unlimited climbing, but space is limited. The deadline to sign-up is today.

SMP members will depart MCRD Barracks at 5 p.m., and return at 10 p.m.

Check out the event on Facebook at <http://on.fb.me/THD23c>.

### Rec Center night

The Single Marine Program will take over the depot Rec Center once again Wednesday, for its monthly Rec Center night.

The Bowling alley will be open and there will be X-box games. Prizes will be awarded for nightly tournament winners.

For information check out the Event on Facebook: <http://on.fb.me/URWKEL>.

### Financial brown bag seminar

The next financial Brown Bag Lunch seminar is "Understanding Your Credit Reports and Credit Scores."

The event takes place Wednesday from 11:30 a.m., until 1 p.m., in the Personal & Profession Development Classroom, Building 14.

For information and registration call the reception desk at (619) 524-5728. Light snacks and drinks will be provided.

### Golf outing

MCRD and Semper Fit is hosting a Golf Tournament Jan. 23 at 10:30 a.m.

The tourney is in a Scramble format with four-person teams. Cost is \$45 per person and includes 18 holes of golf, cart and food after tournament.

To register, stop by the Semper Fit Division, building 5w (2nd Deck) (Cash or check due upon sign-up).

For more information, check out the event on Facebook: <http://on.fb.me/YU9hq6> or at [http://www.mccsmcrd.com/SemperFit/2013\\_golf\\_outing/index](http://www.mccsmcrd.com/SemperFit/2013_golf_outing/index).

### Tickets and Tours

For all skiing enthusiast, the MCCA/MCRD San Diego Tickets and Tours Office on the Main Exchange Mall now has information and lift tickets available for Mammoth Mountain and Big Bear Mountain Ski Areas.

The Mammoth Mountain lift tickets are sold for weekday and weekend use, and are priced in accordance with the age of the skier. The tickets are valid from Monday until April 21 (with some blackout dates).

The Big Bear Mountain tickets are more restrictive but are available through Feb. 18.

For dates, prices, restrictions, etc., visit the Ticket and Tours Office, call (619) 725-6364, or see <http://www.mccsmcrd.com/ITT>.

### Send briefs to:

[rdsd\\_pao@usmc.mil](mailto:rdsd_pao@usmc.mil). The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

# Around the depot

**This week the Chevron asks: "What does Martin Luther King Jr. Day mean to you?"**



**"I actually take the time to remember what he's done for us; opening the door taking a stand regardless of the outcome. I look at him as a mentor as far as how I lead my Marines. I do what's right regardless of the aftermath. He had a vision and stuck with it and followed through."** *Gunnery Sgt. Christopher Allison, admin chief, Recruit Training Regiment*



**"He was a good example. He made a stand; regardless of the consequences. I would like to do the same in the Marine Corps as I move up the rank structure; Look at the bigger picture."** *Staff Sgt. Christopher Blas, chief drill instructor, Company C, 1st Recruit Training Battalion*



**"Progress and racial equality."** *Lance Cpl. Justin Fisher, combat photographer, Service Company, Headquarters and Service Battalion*



Lance Cpl. Bridget M. Keane

**Norma Westmoreland hugs an American flag presented to her in honor of her husband, retired 1st Sgt. William "Billy" F. Westmoreland, during his memorial service at the Marine Corps Recruit Depot San Diego Chapel Jan. 11. Westmoreland served 20 years in the Marine Corps and spent the last 14 years of his life as a volunteer docent at the Command Museum**

## Museum's docent honored at depot's Chapel

BY LANCE CPL. BRIDGET M. KEANE  
*Chevron staff*

Family and friends gathered at the Marine Corps Recruit Depot San Diego Chapel to pay their respects to one of the Command Museum's most beloved and outgoing characters, retired 1st Sgt. William "Billy" F. Westmoreland, during a memorial service Jan. 11.

Westmoreland was a volunteer docent at the Command Museum. He passed away Dec. 10, 2012. Those who had the pleasure of knowing him shared stories about their experiences with him and about his devotion to his family, friends, the museum and the Marine Corps.

"We considered Bill to be the most knowledgeable (docent) when it came to Marine Corps history and traditions; he was our 'go to' guy," said retired Col. Lynn A. Stuart, executive director, MCRD San Diego Museum Historical Society. "He was like a walking encyclopedia of Marine Corps knowledge."

Born Sept. 5, 1936, the Louisville, Ky. native's love for the Marine Corps started when he took the oath in October 1953. He served at various duty stations throughout his career, which included tours in Vietnam and Korea, in Moscow and Saigon as a Marine Security Guard, and a two-year tour as a drill instructor for Company K, 3rd Recruit Training Battalion, aboard MCRD San Diego.

Westmoreland won the respect and admiration of those who served with him, and received several awards for performing his duties above and beyond expectations, including the Bronze Star with a "V" device for valor and the Purple Heart for wounds received during his time in Vietnam.

In 1973, Westmoreland retired from his 20-year-service as a first sergeant. Then,

at 37 years, he began a new career with the City of San Diego Water Department as a plant water operator until September 1997.

Although Westmoreland retired, his heart and mind were still dedicated to the Marine Corps. He spent the last 14 years of his life volunteering at the Command Museum and assisted the MCRD San Diego Museum Historical Society with numerous events and activities.

"He really loved what he did," said Kat Opasinski, media operations, Command Museum. "He was very excited about giving knowledge and would dazzle you with his brilliance."

As a docent, he constantly volunteered to guide countless recruits and tours through the museum and history of the Marine Corps, sharing his own experiences with the future Marines.

"Bill was the type of person that when

he spoke, you would listen to him," said Stuart. "He knew his facts and he knew how to shape them into something interesting, in an entertaining way."

Westmoreland loved Marine Corps history and what he didn't know, he would find out. Those that knew him would all agree that "I don't know," wasn't an answer that Westmoreland was willing to give.

"A bookshelf filled with reference materials about the Marine Corps was dedicated and named in his honor," said Stuart. "The Billy Westmoreland Research Library is a tribute to his legacy."

Known as "a Marine's Marine," Westmoreland's presence at the museum created a huge impact on those around him. Although he is gone, Westmoreland will not be forgotten.



Lance Cpl. Bridget M. Keane

**1st Sgt. William "Billy" F. Westmoreland retired from the Marine Corps after 20 years. He served at various duty stations, including tours in Vietnam and Korea, and in Moscow and Saigon. He also served as a drill instructor for Company K, 3rd Recruit Training Battalion aboard Marine Corps Recruit Depot San Diego. His personal awards included the Bronze Star with "V" device for Valor and the Purple Heart.**



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# Co. K recruits learn Water Survival Basic

BY LANCE CPL. BRIDGET M. KEANE  
*Chevron staff*

In their fourth week of training, recruits of Company K, 3rd Recruit Training Battalion, went through basic swim qualification aboard Marine Corps Recruit Depot San Diego Jan. 7.

Water Survival Basic is a graduation requirement that teaches recruits how to survive in an aquatic environment using different strokes and techniques while wearing a full utility uniform and combat boots. "It's important for recruits to learn how to swim in (their uniform) because Marines must be (adaptable) to all environments," said Sgt. Ricardo Robles, drill instructor, Platoon 3229, Co. K, 3rd RTBn. "They might be in a situation where they need to swim to save their own life, as well as those around them, while wearing a full combat load."

The course of qualification requires a 25-meter swim in both the shallow and deep ends of the Olympic-sized pool, tread water

for four minutes, use a waterproof pack to swim 25 meters and perform a 10-second gear strip while submerged.

Some recruits might see swim qualification as just another training event to get through, not knowing about the challenges they may face. Even confident swimmers have difficulty moving through water in their uniform.

"A lot of recruits are afraid to get in the water with gear on. They don't know how it feels to swim with all the extra weight," said Robles. "But once they complete the training, it can really boost their confidence."

Recruits that have never swam before tend to have a hard time relaxing in the water, but each of them learn about their strengths and weaknesses. Some recruits might even face their fears as they step into the water.

"This is my first time really swimming, so I was really nervous getting in the water," explained Recruit Heliot Alvarez, Plt. 3233, Co. K, 3rd RTBn. "I felt so heavy and had a

hard time moving forward."

Although Alvarez didn't qualify at first, he left the pool feeling confident that he would be able to meet the requirements the next day. Recruits that don't qualify the first day are given remediation classes and another chance to qualify. Instructors work one-on-one with recruits to ensure they learn each technique correctly.

"I think going through (swim qualification) can mentally prepare you for other obstacles in recruit training," said Alvarez. "Overcoming something you might be afraid of for the first time can really boost your confidence and help make you stronger mentally."

Recruits of Co. K were drenched in relief after completing one of the final events in their first phase of training. Now, with the knowledge and skills of Water Survival Basic, recruits move on to their next challenge in recruit training—marksmanship—which will take place at Edson Range aboard Marine Corps Base Camp Pendleton, Calif.



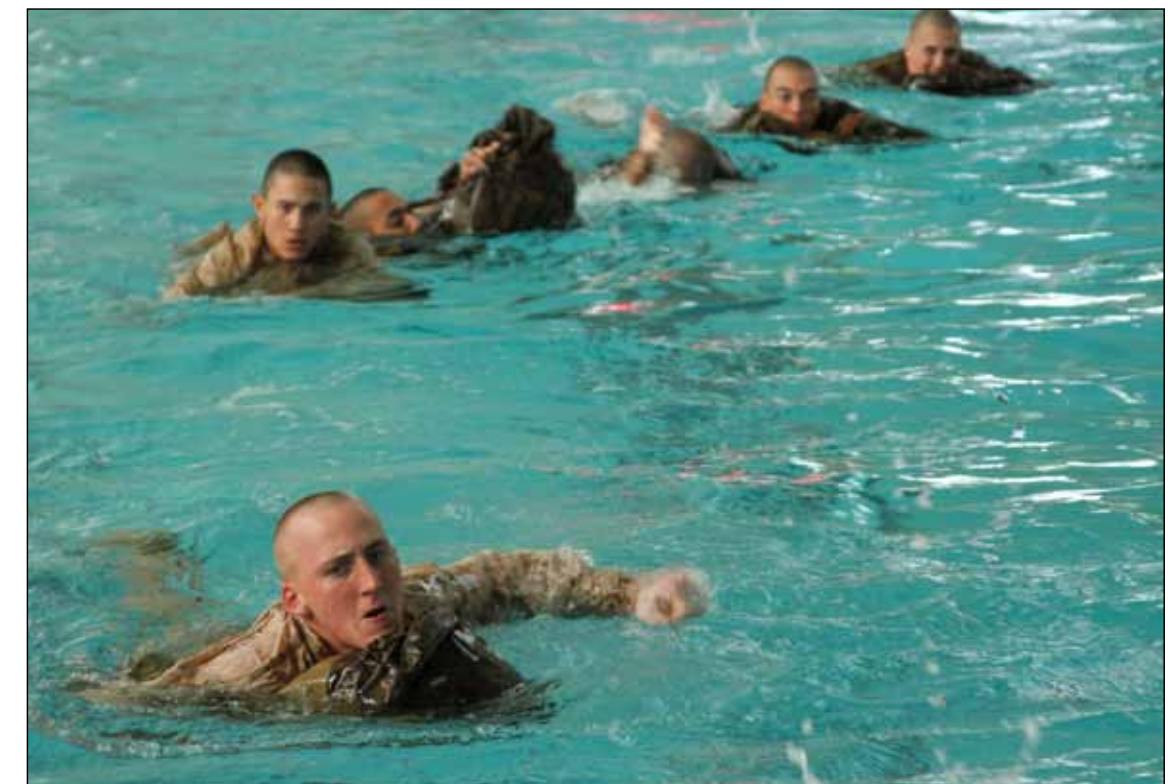
Recruits of Company K, 3rd Recruit Training Battalion, tread water for four minutes in the deep end of the pool during Water Survival Basic aboard Marine Corps Recruit Depot San Diego Jan. 7. Recruits learn how to utilize their gear around themselves if they were to fall overboard. *Lance Cpl. Bridget M. Keane*



A Marine Corps instructor of Water Survival gives last minute instruction to a Co. K recruit who is about to enter the depot swim tank from the ten-foot platform Jan. 7. Recruits are required to learn how to swim in their combat utility uniforms and boots as a graduation requirement. *Lance Cpl. Bridget M. Keane*



Recruits of Company K, 3rd Recruit Training Battalion, jump into the water for their first portion of Water Survival Basic aboard Marine Corps Recruit Depot San Diego Jan. 7. They are required to swim 25 meters in the shallow end of the pool in a full combat utility uniform and combat boots. *Lance Cpl. Bridget M. Keane*



Recruits of Company K, 3rd Recruit Training Battalion, use a waterproof pack to swim 25 meters in the water during Water Survival Basic aboard Marine Corps Recruit Depot San Diego Jan. 7. Recruits learn how to utilize their gear around them if they were to fall overboard. *Lance Cpl. Bridget M. Keane*



Recruits of Company K, 3rd Recruit Training Battalion, prepare for a 10-second gear strip under-water during the Water Survival Basic aboard Marine Corps Recruit Depot San Diego Jan. 7. *Lance Cpl. Bridget M. Keane*

# Marine finds inspiration through past experiences

BY CPL. LIZ GLEASON  
Chevron staff

When recruits arrive at Marine Corps Recruit Depot San Diego and take their place on the yellow footprints, they commence the journey to becoming a United States Marine. For three months, drill instructors mold, encourage and motivate recruits. But sometimes it's their experiences prior to enlisting in the Marine Corps that inspire and drive them through the rigorous training.

Pfc. Alberto Hernandez, Platoon 3269, Company M, 3rd Recruit Training Battalion, made a challenging decision halfway through his senior year of high school.

"I moved out when I was 17 years old," said Hernandez, a Merced, Calif., native. "I worked on a horse ranch while I finished my last semester at home."

Hernandez lived on the ranch working six days a week cleaning stables, shoveling manure, feeding animals and fixing fences. He was home-schooled until he received his high school diploma. Even though he dreamt of becoming a Marine, he didn't head to the recruiter's office right away.

"I didn't feel prepared or mature enough to join when I was younger," said Hernandez. "I felt that I could offer more to the Marine Corps if I came in with some life experience and skills. I wanted to be a man before enlisting in the Marines."

Although he didn't know it at the time, working as a ranch-hand taught Hernandez some valuable life lessons that would help him later on in his journey to becoming a Marine.

"Work is work; you have to do whatever it takes to make it," said Hernandez. "It wasn't an easy line of work but it taught me a lot and it was very character-building. It got me used to waking up early and getting things done quickly. It's similar to recruit training; you have to have initiative, be disciplined, move with speed and intensity and get the job

done."

While his experience on the ranch taught him the work ethic that would one day earn him the billet of squad leader in recruit training, it was a different life-changing experience that propelled his desire to serve his country.

"I went to Haiti on a mission trip with a church after the earthquake in 2010," said Hernandez. "Things were so different in Haiti. At that time it was normal to see bodies on the ground along the street. They really didn't have much. We did a lot of work, built two houses and worked in an orphanage. It makes you feel good to know that you helped somebody even if it was just in a simple or small way. To lay down your needs and comfort to help others who don't have as much as we do in America gives you a sense of selfless accomplishment."

During the mission trip, his desire to serve and help others was awakened and his passion for the Marine Corps was re-affirmed.

"I chose the Marines because they are the best and I wanted to serve my country, protect my family and see the world," said Hernandez. "I also joined because the Marine Corps not only serves and protects our country, they also help out other countries through humanitarian efforts."

As the 21-year-old spoke humbly about his past experiences, it became clear that his drive and life lessons helped him get to where he is today.

As a result of his hard work and dedication throughout recruit training, Hernandez was meritoriously promoted to Private First Class. He motivated his peers through his initiative, drive and determination, according to Staff Sgt. Anthony Rodriguez, drill instructor, Plt. 3269, Co. M, 3rd RTBn.

"Since day one you could see that he cares and always gives 110-percent to everything he does, from the littlest to the biggest tasks," said Rodriguez. "He's already exceeding his peers and I believe he's going to continue to do so when he gets



Cpl. Liz Gleason

**Pfc. Alberto Hernandez, Platoon 3269, Company M, 3rd Recruit Training Battalion, fireman carries a fellow recruit during the Crucible at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Jan. 8. Before enlisting in the Marine Corps, Hernandez learned valuable life lessons which later helped him through recruit training.**

to the operating forces. You can see the hunger in Hernandez's demeanor, in everything he does

you can see he's hungry for more knowledge, more leadership and higher billets. He has the

potential to be phenomenal."

## Col. John P. Farnam

### Parade Reviewing Officer

Col. John P. Farnam is the commanding officer of Marine Corps Air Station Miramar, Calif. He received his Bachelor's degree from San Diego State University and was commissioned a second lieutenant in 1990, and was designated a Naval Flight Officer in April, 1993.

Farnam completed Fleet Replacement Squadron training for the F/A-18D Hornet at VMFAT-101, MCAS El Toro, Calif., and reported to Marine All Weather Fighter Attack Squadron VMFA(AW)-533 at MCAS Beaufort, S.C., in December 1994.

While with the Hawks, Farnam deployed twice to Aviano, Italy in support of Operations Deny Flight, Decisive Endeavor, Deliberate Force,

and Deliberate Guard.

While serving with the Hawks, Farnam was designated a mission commander, weapons and tactics instructor, forward controller (airborne) instructor, tactical air coordinator (airborne) instructor, air combat tactics instructor and night systems instructor.

In August 1998, Farnam was ordered to instructor duty at Marine Aviation Weapons and Tactics Squadron One (MAWTS-1) in Yuma Ariz. There he served as an F/A-18 instructor weapons system operator.

In that same year, he was selected as the Marine Corps Naval Flight Officer of the Year.

In 1999, Farnam augmented MAG-31 Forward and deployed to Tazsar, Hungary in support of Operation: Allied Force, flying with VMFA (AW)-533.

Farnam was again transferred to VMFA(AW)-533 at MCAS Beaufort from 2001 to 2004. There he served as the operations officer and the

aircraft maintenance officer. During this assignment, he deployed with the squadron to Ahmed Al-Jaber Air Base in support of Operations Southern Watch and Iraqi Freedom.

In July 2004, the colonel reported to Aviation Weapons and Requirements divisions, Headquarters Marine Corps. There he served as the aviation requirements officer for the F/A18, Litening Targeting Pod, Aviation Training Systems and Aviation Flight Equipment programs.

Farnam assumed command of VMFA(AW)-533 in April 2007. During his tenure, he led the Hawks in a Western Pacific deployment to Japan, Korea, Malaysia, Singapore and Thailand.

In 2009, Farnam reported to the National War College in Washington, D.C. Upon graduation, he was assigned to the Joint Staff as the Branch Chief for Global Posture, Strategy and Plans.

In July 2011, he was assigned

as the Deputy Division Chief for Forces Division.

His personal decorations include the Defense Meritorious Service Medal, two Meritorious Service Medals, two Air

Medals (with combat "V") and the Strike Flight Award with Numeral 7.

*"Congratulations Marines! I'd like to thank your families for providing our nation with such great Americans to defend our freedom. Today you join the less than one percent of Americans that are serving in our armed forces. On top of that, you have chosen the most challenging path of all and have earned the title of U.S. Marine. You represent all that is good about our country and I am proud to count you among the members of our illustrious Corps. As you leave the training depot to join your new units, do not lose the fire that burns within you today. Remain focused and attack the challenges that lie ahead with honor, courage and*

*commitment. Remain faithful to your fellow Marines and remain faithful to the values that make us the finest fighting force on the earth. Once again, congratulations Marines!"*





**Platoon 3273** COMPANY HONOR MAN Lance Cpl. A. Cardenas San Bernardino, Calif. Recruited by Staff Sgt. R. M. Dorre  
**Platoon 3270** SERIES HONOR MAN Pfc. C. G. Gonzalez New Braunfels, Texas Recruited by Sgt. J. Meierotto  
**Platoon 3269** PLATOON HONOR MAN Pfc. T. S. Bergin Mesquite, Texas Recruited by Staff Sgt. L. Kesselman  
**Platoon 3271** PLATOON HONOR MAN Pfc. B. Hurtado Harlingen, Texas Recruited by Sgt. J. A. Galvan  
**Platoon 3274** PLATOON HONOR MAN Pfc. B. Wolf Crown Point, Ind. Recruited by Staff Sgt. A. Evans  
**Platoon 3275** PLATOON HONOR MAN Pfc. D. Truong Lewisville, Texas Recruited by Sgt. T. Leatherwood  
**Platoon 3275** HIGH SHOOTER (343) Pfc. T. J. Schaaf Omaha, Neb. Marksmanship Instructor Sgt. J. Riungel  
**Platoon 3270** HIGH PFT (300) Pfc. C. G. Gonzalez New Braunfels, Texas Recruited by Sgt. J. Meierotto



# MIKE COMPANY

3rd RECRUIT TRAINING BATTALION



Commanding Officer  
Sergeant Major  
Battalion Drill Master

Lt. Col. M. A. Reiley  
Sgt. Maj. E. Gonzalez  
Staff Sgt. S. M. Battiest

**COMPANY M**  
Commanding Officer  
Capt. S. Dibello  
Company First Sergeant  
1st Sgt. M. D. Wright

<p><b>SERIES 3269</b> Series Commander Capt. N. J. Morrissey Chief Drill Instructor Staff Sgt. A. R. Rodriguez</p>	<p><b>PLATOON 3269</b> Senior Drill Instructor Staff Sgt. P. C. Salcido Drill Instructors Staff Sgt. C. M. Myatt Staff Sgt. A. R. Rodriguez Staff Sgt. E. G. Rumbaoa</p>	<p><b>PLATOON 3270</b> Senior Drill Instructor Sgt. J. D. Ruiz Drill Instructors Sgt. C. Arguello Sgt. K. N. Edwards Sgt. S. N. Quitigua</p>	<p><b>PLATOON 3271</b> Senior Drill Instructor Staff Sgt. J. Munoz Drill Instructors Staff Sgt. N. D. Wahle Sgt. J. S. Belyeu Sgt. A. M. Skelton</p>
<p><b>SERIES 3273</b> Series Commander Capt. N. S. McAdams Chief Drill Instructor Gunnery Sgt. J. E. Liske</p>	<p><b>PLATOON 3273</b> Senior Drill Instructor Gunnery Sgt. A. Jurado-Segovia Drill Instructors Staff Sgt. A. S. Montreuil Staff Sgt. M. S. Windland Sgt. R. Arellano</p>	<p><b>PLATOON 3274</b> Senior Drill Instructor Sgt. D. C. Tate Drill Instructors Sgt. J. A. Aguago Sgt. J. T. Dickinson Sgt. J. A. Mabe</p>	<p><b>PLATOON 3275</b> Senior Drill Instructor Staff Sgt. T. A. Steber Drill Instructors Sgt. E. S. Briceland Sgt. M. L. Peterson</p>

\* Indicates Meritorious Promotion

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Pvt. J. D. Anderson  
Pvt. R. Arellano  
Pfc. B. L. Bailey  
Pvt. D. B. Barker  
Pfc. I. Barrera  
\*Pfc. T. T. Battle  
Pfc. T. S. Bergin  
Pvt. C. L. Bishop  
Pvt. B. J. Botkin  
Pvt. J. J. Briseno  
Pvt. D. T. Brock  
Pvt. S. H. Cain  
Pfc. T. Calton  
Pvt. E. S. Camargopena  
Pvt. C. B. Campbell  
Pvt. J. D. Capps  
Pvt. M. A. Carrillo  
Pfc. J. M. Carros  
Pfc. J. C. Caserta  
Pvt. A. L. Caswell  
Pvt. M. J. Celmar  
Pvt. C. Chao  
Pvt. C. J. Charles  
Pvt. C. M. Coates  
Pvt. N. A. Correa  
Pvt. C. R. Countryman  
Pvt. J. D. Cuthbertson  
Pvt. B. Damian  
Pfc. D. G. Drazowski  
Pvt. A. J. Durham  
Pfc. A. C. Easterling-Sullivan  
Pvt. A. W. Echols  
Pvt. G. Facio Jr.  
Pvt. F. J. Fagiano III  
Pfc. C. M. Ferguson  
\*Pfc. D. L. Fierro  
Pfc. D. Fiscal  
Pfc. R. M. Flores  
Pvt. S. M. Flores  
Pvt. C. D. Foreman  
Pvt. R. A. Gallegos  
Pvt. S. C. Gerdes  
\*Pfc. J. P. Giordano  
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Pvt. B. D. Hartley  
Pfc. S. Hawkins  
\*Pfc. R. L. Hernandez  
Pfc. P. Hernandez Jr.  
Pfc. A. P. Hofmeir  
Pvt. J. J. Huggins  
\*Pfc. C. D. Jackson  
Pvt. J. A. Jacques  
Pvt. E. Juan  
Pvt. F. C. Kirt  
Pvt. S. M. Lane  
Pfc. G. A. Lavigne II  
Pfc. A. D. Ledbetter  
Pfc. J. E. Lindsay  
Pvt. B. Lopez  
Pvt. F. Lopez  
Pvt. I. M. Lumpkin  
Pvt. J. T. Lyon  
Pvt. J. L. Mars  
Pvt. C. C. McDonald  
Pvt. E. M. McMullen  
Pvt. Y. Mendez  
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Pvt. M. Morfinalatorre  
Pfc. E. R. Mundy  
Pvt. J. L. Navarro  
Pfc. U. N. Ngalo  
Pvt. A. T. Niiyama
- Pvt. T. L. Ortiz  
Pvt. J. D. Paetz  
Pfc. H. A. Pena  
Pfc. D. M. Pham  
Pvt. T. K. Pipkin III  
Pvt. M. D. Plunkett  
Pfc. N. O. Poon  
Pvt. J. L. Stefanoni  
Pvt. J. Wells
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Pvt. D. W. Aikin  
\*Pfc. J. A. Alas  
Pvt. M. A. Aragon  
Pvt. E. A. Arzate  
Pvt. J. W. Batura  
Pfc. B. Camacho  
Pvt. N. J. Carrillo  
Pfc. T. G. Casey  
Pvt. R. A. Castro  
Pvt. J. E. Cazares  
Pvt. N. G. Chestovich  
Pvt. K. H. Clemens  
Pvt. C. R. Cornish  
Pfc. W. J. Corrin II  
Pfc. T. L. Cox Jr.  
Pvt. T. J. Dahl  
Pfc. R. T. Dolin  
Pfc. B. M. Eikleberry  
Pvt. J. E. Escobar  
Pvt. P. D. Esparza  
Pvt. M. A. Feliciano  
Pvt. A. J. Fiedler  
Pfc. M. J. Findlay  
Pvt. G. R. Folden III  
Pvt. J. M. Foster  
Pvt. J. M. Fowler  
Pvt. K. W. Fox  
Pvt. A. D. Garcia  
Pvt. D. V. Garner  
Pvt. D. C. Gift Jr.  
\*Pfc. C. G. Gonzalez  
Pvt. A. O. Graham  
Pvt. T. J. Granger  
Pvt. M. P. Gray  
Pfc. Z. D. Grout  
Pvt. B. J. Guimont  
Pvt. G. A. Hall  
Pvt. N. L. Hatfield  
Pvt. J. Hernandez  
Pfc. B. M. Higgins  
Pvt. J. W. Hilgedick  
\*Pfc. J. G. Hotchkiss  
Pfc. Z. M. Iwaniuk  
Pvt. D. R. Jackson  
Pvt. G. R. Juarez Jr.  
Pvt. A. J. Kellerman  
Pvt. A. M. Kelso  
Pvt. M. R. Lange  
Pvt. D. Lara  
Pfc. D. L. Leach  
Pfc. D. R. Lemieux  
Pvt. M. J. Magee  
Pvt. N. Martinez  
Pfc. O. J. Martinez  
Pvt. T. L. Matsen  
Pvt. T. R. McDermott  
Pvt. C. J. McKinley  
\*Pfc. C. Mendez Jr.  
Pvt. S. Mendoza  
Pfc. B. A. Metcalf  
Pvt. D. Morales-Salazar  
Pvt. W. M. Nason  
Pvt. B. M. Nettles  
Pvt. P. S. Noriega
- Pvt. M. P. Norton  
Pvt. C. S. Norwood  
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Pfc. R. M. Osborn  
Pfc. J. W. Osorio-Santana  
Pvt. E. R. Ottum  
Pfc. M. A. Palomo  
Pvt. J. P. Pedersen  
Pvt. H. L. Pederson  
Pvt. J. D. Phillips  
Pfc. G. Pineda  
Pfc. J. A. Puffett  
Pvt. O. A. Quiroga  
Pvt. R. Ramirez  
Pvt. S. L. Reed  
Pvt. B. L. Rees  
Pvt. S. J. Rinde  
Pfc. C. Rodriguez Jr.  
\*Pfc. M. S. Sacha
- PLATOON 3271**  
Pfc. T. D. Absher  
Pvt. R. G. Achenbaugh  
Pvt. K. A. Albright  
Pvt. M. A. Altamirano  
Pvt. J. D. Amason  
Pvt. A. Ayala  
Pfc. C. M. Bagwell  
Pfc. B. A. Bakker  
Pvt. T. M. Bennett  
Pvt. C. A. Bentley Jr.  
Pvt. L. G. Brown Jr.  
Pvt. J. D. Butler  
Pvt. A. C. Caldwell  
Pvt. Z. R. Canning  
Pvt. C. R. Casner  
Pvt. R. M. Christensen  
Pvt. A. J. Coleman  
Pvt. K. A. Cortez  
Pvt. S. A. Crain  
Pvt. E. D. Crawford  
Pvt. M. B. Dahal  
Pvt. G. R. Davis  
\*Pfc. M. A. Delgado-Velasquez Jr.  
Pvt. T. J. Devillier  
Pfc. R. C. Divarco  
Pfc. B. D. Durgin  
Pvt. J. A. Escobedo  
Pfc. R. R. Farrell  
Pfc. E. A. Flores  
Pfc. M. A. Flores  
Pvt. A. C. Floyd  
Pvt. T. I. Fowler  
Pvt. D. E. Freeman  
Pvt. N. J. Garst  
Pfc. M. J. Gonzalez-Stevens  
Pvt. J. T. Greenhaw  
Pvt. A. J. Hamersky  
Pvt. D. G. Hardy  
\*Pfc. V. K. Harler  
Pvt. J. R. Hearin  
Pfc. H. Herrera  
Pvt. R. Huerta  
Pvt. E. P. Humphrey  
Pfc. B. Hurtado  
Pfc. K. M. Jeanis  
Pvt. J. A. Kaminski  
Pfc. A. P. Kenny  
Pfc. D. B. Key  
Pfc. C. S. Konkol  
Pvt. J. E. Kray  
\*Pfc. W. C. Laughlin  
Pvt. J. E. Lee Jr.
- Pfc. D. T. Lister  
Pvt. J. E. Little  
Pfc. D. W. Loftis  
Pvt. J. D. Lopez  
Pvt. J. E. Markworth  
Pfc. D. A. McAbee  
Pvt. H. P. Medrano  
\*Pfc. C. J. Monaco  
Pfc. J. J. Morales  
Pvt. B. A. Morrison  
Pfc. J. A. Murillo  
Pvt. N. L. Murillo  
Pvt. J. R. Newcomer  
Pvt. J. T. Nixon  
Pvt. B. M. Nolan  
Pvt. T. D. Nowotny  
Pfc. P. Nuannim  
Pvt. Z. T. Obrist-Smelson  
Pvt. C. P. O'Neal  
Pvt. A. C. Ortega  
Pvt. M. S. Patterson  
Pvt. J. J. Perez  
\*Pfc. K. E. Pierce  
Pvt. J. A. Pritchard  
\*Pfc. M. S. Rasool  
Pfc. E. Raymundo-Tercero  
Pvt. A. H. Riley  
Pfc. D. R. Rivera
- PLATOON 3273**  
Pvt. J. E. Antonissen  
Pvt. A. A. Apodaca  
Pvt. M. W. Bickner  
Pfc. R. M. Borg  
Pfc. G. B. Bosenbark  
\*Pfc. L. D. Butler  
Pvt. R. Campos II  
\*Lance Cpl. A. Cardenas  
Pvt. C. R. Castellanos  
Pvt. E. Cervantes  
Pvt. E. D. Cole-Martin  
\*Pfc. J. R. Collier  
\*Pfc. F. N. Cordero  
Pvt. J. D. Crouse  
Pvt. N. J. Donez  
Pvt. S. M. Dixon  
Pvt. E. J. Dulaney  
Pvt. M. G. Erikson  
Pvt. L. D. Essebaggers  
Pvt. J. A. Eurich  
Pvt. J. C. Fernandez  
Pvt. D. B. Finely  
Pvt. B. M. Fjellstrom  
Pvt. J. L. Galvan Jr.  
Pvt. D. L. Geurkink  
Pvt. Q. T. Graham II  
Pvt. L. B. Greitzer  
Pfc. J. P. Guillory  
Pvt. B. K. Higginbotham  
Pfc. D. D. Hinga  
Pvt. X. D. Holly  
Pvt. U. Jara  
Pfc. R. T. Korolkov  
Pfc. Z. A. Kristoff  
Pvt. C. J. Lamb  
Pfc. A. W. Lemon  
Pvt. J. E. Marquez  
Pfc. C. S. McCauley  
Pvt. J. A. Meireis  
\*Pfc. M. R. Nelson  
Pvt. N. A. Oliver  
Pfc. K. M. Pasque  
Pvt. R. A. Pillsbury  
Pvt. A. Ramos  
Pvt. C. W. Ranzoni
- Pfc. D. C. Renz  
Pvt. G. Reyesllamas  
Pvt. C. T. Richard  
Pvt. C. A. Roberts  
Pvt. A. Salgado  
Pfc. K. R. Saur  
Pfc. N. Schmitz  
Pvt. P. J. Schwenke  
Pvt. A. B. Scroggins  
Pvt. R. M. Sedlacek  
Pfc. W. J. Sexton  
Pvt. R. J. Shreehan  
Pvt. C. J. Shively  
Pfc. D. J. Simon  
Pvt. R. D. Smith Jr.  
Pvt. C. J. Sprouse  
Pvt. W. C. Stow  
Pvt. T. R. Teposte  
Pvt. K. R. Thez  
Pfc. T. P. Thompson  
\*Pfc. A. R. Torres-Cesena  
Pvt. A. J. Trecroce  
Pvt. B. J. Tufts  
Pfc. J. L. Turney  
Pvt. V. M. Ugaz-Jaramillo  
Pfc. A. Venegas-Arredondo  
\*Pfc. N. M. Villanueva  
Pvt. A. R. Villarreal  
Pfc. E. Viva-Rcabrera  
Pfc. C. W. Weiss  
Pvt. J. D. Whitbeck Jr.  
Pvt. B. S. Wilkinson  
Pfc. W. P. Williams  
Pfc. J. J. Wirik  
Pfc. A. W. Yorks  
Pvt. I. S. Zavala
- Pvt. J. E. Illidge  
Pvt. C. E. Jackson  
Pvt. N. J. John  
Pvt. D. L. Johnson  
Pvt. C. E. Lazenby  
Pvt. D. L. Luse  
Pvt. T. Menasakanian  
Pfc. Z. D. Moore  
Pfc. J. S. Mortera  
Pvt. N. D. Newcome  
Pvt. T. K. O'Bryan  
Pfc. D. L. O'Dell  
Pvt. J. M. Owen  
Pvt. R. A. Patton II  
\*Pfc. N. R. Pietrowiak  
Pfc. A. J. Porras  
Pfc. A. A. Quezada  
Pvt. B. E. Ray  
Pvt. J. C. Roberts  
Pvt. B. D. Robinett  
Pvt. A. M. Rodriguez  
Pvt. A. M. Rodriguez  
Pfc. C. J. Sanchez  
Pvt. J. A. Sanchez  
\*Pfc. J. N. Seid  
Pfc. W. A. Sherley  
Pvt. J. I. Sherpell  
Pvt. P. A. Slade  
Pvt. D. J. Smith  
\*Pfc. A. Steele  
Pvt. T. M. Stewart Jr.  
Pvt. E. T. Tuaoilo  
Pvt. T. J. Wallace  
Pvt. J. W. Watson  
Pvt. C. J. Wilder  
Pvt. N. S. Wills  
Pvt. R. T. Wilson  
Pfc. D. C. Winders  
Pfc. P. O. Witzig  
\*Pfc. B. H. Wolf  
Pvt. K. D. Wuneburger  
Pfc. R. D. Yeoman  
Pfc. J. M. Yoder  
Pvt. R. M. Young  
Pvt. T. J. Zastrow
- Pvt. S. M. Rodriguez  
Pvt. D. R. Romero-Garcia  
Pvt. R. W. Roney  
Pvt. D. Rosales  
Pfc. J. P. Ruiz  
Pvt. E. J. Salazar  
Pvt. J. Salazar  
Pvt. J. E. Saludares  
Pvt. A. J. Sanchez  
Pvt. M. P. Saxton  
\*Pfc. T. J. Schaaf  
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Pvt. N. K. Schneider  
Pvt. R. D. Scholler  
Pvt. N. M. Schulz  
Pvt. C. J. Sexton  
\*Pfc. B. D. Shaden  
Pvt. J. D. Sideen  
Pvt. J. D. Sielck  
Pfc. M. S. Sitts  
Pvt. A. G. Smetana  
Pvt. P. H. Smith  
Pfc. T. A. Snell  
\*Pfc. J. D. Souter  
Pfc. M. L. Stencil  
Pfc. J. A. Sutton Jr.  
Pvt. C. Tannock  
Pvt. D. W. Tansy  
\*Pfc. S. D. Terando  
Pvt. B. S. Thompson  
Pvt. A. R. Tidmore  
Pvt. J. D. Torres  
Pfc. D. Truong  
Pvt. J. Valencia  
Pfc. E. F. Valencia-Silva  
Pvt. H. M. Valenzuela  
Pvt. M. J. Velasquez-Ramos  
Pvt. M. C. Villa  
Pvt. W. T. Vining  
Pvt. M. R. Vorwerk  
Pfc. C. S. Walker  
Pfc. C. N. Walton  
Pfc. B. P. Warner  
Pvt. C. T. Whittingham  
Pfc. D. C. Whittle  
Pvt. A. S. Williams  
Pvt. S. C. Willman  
Pvt. E. C. Wilson  
Pvt. A. K. Witte  
Pvt. H. C. Womelsdorff  
Pfc. J. Woody  
Pvt. F. R. Yanez  
Pvt. D. A. Yeoman  
Pfc. F. Yue  
Pvt. D. J. Zavala



Cpl. Walter D. Marino II

Recruits of Company C, 1st Recruit Training Battalion, swing themselves across a gap to complete the Confidence Course aboard Marine Corps Recruit Depot San Diego Jan. 7. The various exercises are meant to challenge recruits and instill confidence.

## Recruits get first dose of Confidence Course

BY CPL. WALTER D. MARINO II  
Chevron staff

Some obstacles were tall, and some were short. Some required finesse and agility, while others required brute strength. However, one thing all the obstacles in the Confidence Course had in common was that they were all challenging.

Recruits of Company C, 1st Recruit Training Battalion, pushed through the Confidence Course aboard Marine Corps Recruit Depot San Diego Jan. 7.

The idea is that by recruits conquering obstacles they didn't know they could climb it will give them a base of confidence to carry with them into the Fleet Marine Force.

The course includes numerous obstacles that vary in difficulty and finesse. Some of the obstacles include climbing over an approximately 10-foot-cargo net wall, jumping over logs at various heights and monkey bars.

The entire exercise takes approximately two hours to complete and recruits run through it a second time towards the end of recruit training.

Recruits that have a fear of heights and finish an obstacle that requires you to get up in great heights will instill confidence, explained Sgt. Eddie L. Grantt, drill instructor, Plt. 1054, Co. C., 1st RTBn.

"Some recruits come into recruit training with low self-esteem, and I believe this is where we stop that," said Grantt. "This is where their foundation starts, they

gain confidence from accomplishment. It's important for them to get it here because it doesn't matter whether you're leading a fire team or climbing an obstacle, you need confidence."

Recruits were broken down into small groups each lead by at least one drill instructor. Failure was not an option; anytime a recruit hesitated or struggled, a drill instructor was there to motivate their recruit.

During the course, one recruit who appeared fatigued said he believed there was a lesson to be learned from pushing through pain.

"If you're sick in a combat situation, you can't take time off, you have to push through it. I think that's why (drill instructors) push us even though we were not feeling good," said Recruit David B. Garwood, Plt. 1054, Co. C., 1st RTBn.

Looking over his shoulder to an exercise known as 'Stairway to Heaven,' Recruit Robert C. Calvert, Plt. 1054, Co. C, 1st RTBn., said, "the one that's tall is intimidating."

"I'm excited to do something new and at the same time it's kind of scary. I think I'll get some self-confidence from knowing I can do this," said Calvert.

While going through the various exercises, it wasn't uncommon to hear one recruit encourage a struggling recruit. Any number of qualities from teamwork to confidence could have been taken away from the experience and it appeared everyone took a little pride in the accomplishment.



Cpl. Walter D. Marino II

Recruits of Company C, 1st Recruit Training Battalion, jump from log to log during the Confidence Course aboard Marine Corps Recruit Depot San Diego Jan. 7. Recruits were required to complete numerous exercises that required climbing, rope swinging and jumping distances.



Cpl. Walter D. Marino II

Co. C recruits combine dips and parallel bars in an exercise that puts their upper body strength to the test during the Confidence Course aboard Marine Corps Recruit Depot San Diego Jan. 7.