



Final CFT tests Co. G recruits' fitness level

BY LANCE CPL. PEDRO
CARDENAS
Chevron staff

While carrying a fellow recruit on their backs, recruits of Company G, 2nd Recruit Training Battalion, pushed their bodies with determination to the finish line during the final Combat Fitness Test aboard Marine Corps Recruit Depot San Diego Jan. 31.

The CFT is an annual requirement designed to test a Marine's combat fitness which includes three fast-paced events that are meant to simulate movements in combat.

First recruits complete the movement-to-contact, which is an 880-meter timed run. Then they perform two minutes of ammunition can lifts followed by the maneuver under fire, that consists of several combat carries, crawls and obstacles which are timed.

During maneuver under fire, recruits have to reach a simulated casualty by having to low crawl, high crawl and sprinting, maneuvering left and right around cones to get to the casualty. Next, recruits buddy drag



Lance Cpl. Pedro Cardenas

Recruits of Company G, 2nd Recruit Training Battalion, begin their 880-yard boots and utilities run aboard Marine Corps Recruit Depot San Diego Jan. 31. The run, known as movement-to-contact is part of the Combat Fitness Test every Marine must take annually.

the casualty and fireman carry him back to the starting point.

For the last part of the maneuver under fire, recruits had to

pick up ammunition cans and run with them to the end of the course, throw a simulated grenade, perform three push-ups and

then run with the ammunition cans back to the starting point.

If the grenade landed in the designated area, the recruit

would get five seconds deducted from their

see CFT ▶2



Cpl. Walter D. Marino II

Recruits of Company F, 2nd Recruit Training Battalion, practice the forward shoulder roll aboard Marine Corps Recruit Depot San Diego Jan. 28. The forward shoulder roll is a technique that can be used to lessen the force of falling forward and prevent injury.

Co. F recruits learn unique ways to protect themselves

BY CPL. WALTER D.
MARINO II
Chevron staff

At some point everybody has an accidental fall, whether it's falling down stairs, tripping over a rock or slipping on water and unfortunately, all falls are potentially dangerous.

Fortunately for recruits of Company F, 2nd Recruit Training Battalion, they learned many moves to protect them from hazardous falls

aboard Marine Corps Recruit Depot San Diego Jan. 28.

The techniques are part of the Marine Corps Martial Arts Program and while most of the moves are for hand-to-hand combat, some of their moves have the capability to protect them from situations on the home front as well.

Co. F recruits practiced forward shoulder rolls, leg sweeps and break falls. While the leg sweep is

see FALL ▶2

Recruits learn first aid for major injuries

BY CPL. WALTER D. MARINO II
Chevron staff

Not many careers require knowledge of combat care, however, being a Marine is not just any career. As a military branch nicknamed America's "911 Force," the Marine Corps starts combat readiness groundwork early in recruit training.

Recruits of Company L, 3rd Recruit Training Battalion, received a three-hour course on combat care aboard Marine

Corps Recruit Depot San Diego, Jan. 30.

The recruits viewed vivid pictures of various injuries, followed by demonstrations of treatment and concluded their class with practical application.

Many recruits sighed in disgust at the gory images, but quickly collected themselves as the lesson progressed into visual demonstrations with dummies.

The treatment of the sucking chest wound, closed and open fractures and flesh wounds, were

all injuries demonstrated in the class.

During the examples, a Marine instructor showed recruits how to use various first aid supplies such as gauze and compression wraps. These are just some of the materials found in a Marine's individual first aid kit. Other materials include water purification tablets, iodine and antibiotic ointment.

After the examples recruits

see INJURIES ▶2



Cpl. Walter D. Marino II

A Marine instructor shows recruits of Company L, 3rd Recruit Training Battalion, how to post security for wounded comrades during a combat care class aboard Marine Corps Recruit Depot San Diego Jan. 29. Recruits were taught how to utilize first aid items such as combat gauze and tourniquets to treat wounds.

CFT ◀ 1

overall time. If not, five seconds would be added.

Maneuver under fire is the most difficult part of the CFT, according to Sgt. Christopher A. Sanchez, senior drill instructor, Plt. 2150, Co. G, 2nd RTBn.

"The most challenging part of the CFT is maneuver under fire. They are maneuvering in high and low crawls, and it's all combat related. The recruits are already exhausted from the movement-to-contact and the ammunition-can lifts," said Sanchez. "When you look at the course it looks like a bunch of agility drills and cones. But, when you are actually doing it, it's a

real challenge. It looks easier from the outside looking in."

Two weeks prior, Co. G recruits did an initial CFT. This helped drill instructors determine their recruits' fitness levels and helped the recruits improve the events they struggled with. Some recruits are picked for additional training. If their first score was categorized as low, then drill instructors would use incentive training, better known as 'IT' to get recruits in shape.

"I spent a lot of time with the drill instructors during incentive training because of my first low CFT score," said Recruit Jonathan S. Herrera, Plt. 2149, Co. G, 2nd RTBn. "The CFT helps by testing combat fitness levels and to make sure

Marines are prepared for combat operations. It's also a score that helps with promotions, so I needed to prepare for it"

The CFT plays an essential role in every Marine's career by impacting promotions. It is important that recruits prepare for this event as much as possible.

For recruits of Co. G, the CFT was a test of grit and strength. They will move on to the next challenge in recruit training. Their last challenge will be the Crucible, a 54-hour indoctrination event all recruits must endure in order to earn the title "Marine."

"Marines are basic riflemen and are 'first to fight,'" said Herrera. "Every Marine needs to have a certain standard of physical fitness regardless of their job."

INJURIES ◀ 1

were given the opportunity to ask questions and practice the techniques on their own.

"No matter who you are, you need to know this. You don't need to be part of the infantry to be sent to Afghanistan," said Recruit Daniel G. Covey, Plt. 3242, Co. L, 3rd RTBn. "It's also important in day-to-day life. One of your family members or children could be hurt."

Drill instructors watched over their recruits with the look of a stern teacher who knows all too well the importance of the material. Though the amount of material covered is large, drill instructors are not worried about the knowledge being too much for recruits to handle.

"I think their motivation is to live up to the example set by drill

instructors," said Sgt. Brandon J. Cobb, drill instructor, Plt. 3243, Co. L, 3rd RTBn. "With what they've learned I believe they could effectively treat an individual's wounds."

Questions continued to pour in and it appeared the recruits were thoroughly interested. From the answered questions and time given to practice, recruits seemed to have an increased confidence in their first aid abilities.

"Knowing that these kinds of injuries can happen in everyday situations makes me feel like I need to know this and study in my free time," said Recruit Cody A. Harma, Plt. 3243, Co. L, 3rd RTBn.

Although these recruits are not yet Marines, they are already training with a Marine mentality. Should an incident arise, recruits have confidence in their first aid training.

FALL ◀ 1

designed for hand-to-hand combat, the forward shoulder roll and break falls are designed to lessen the blow from a fall.

The forward shoulder roll technique is used to safely fall and roll up to a standing position. The break fall technique is a way to break up the force of a fall and can be utilized falling in any direction.

Some drill instructors who have been in the Marine Corps for several years can recall experiences where the techniques have helped prevent serious injury.

"I'm from Philadelphia where it snows a lot," said Sgt. Brandon M. Whelan, drill instructor, Plt. 2123, Co. F, 2nd RTBn. "I've slipped in icy conditions before and had to use a break fall."

Knowing how to properly break fall can prevent you from breaking your arm, explained Whelan.

An icy condition is just one example of many situations where the break fall could be utilized. Recruits who recently learned the moves thought of other possible situations.

"Everybody has been walking down the street and tripped on that piece of sidewalk," said Recruit Gabriel R. McInnis, Plt. 2122, Co. F, 2nd RTBn. "In my military occupational specialty I'll be driving trucks. If I were to fall out of the truck, a break fall could help me."

During the class, recruits repeated the movements under the supervision of drill instructors. Any recruits with flaws in form were singled out immediately

and ordered to practice until their drill instructor felt they mastered the technique.

Although many recruits had no previous experience with martial arts, everyone was able to learn the techniques shown to them.

"After practicing I think I got the (techniques) down pretty good," said Recruit Leland O. Crecilius, Plt. 2123, Co. F, 2nd RTBn. "The (techniques) aren't too hard as long as you pay attention and you're at least decently coordinated."

With dangerous situations in both forward deployed areas and everyday places, the techniques learned during recruit training such as break falls added another tool for safety in both combat zones and at home.



Cpl. Walter D. Marino II

Recruits of Company F, 2nd Recruit Training Battalion, learn the forward break fall aboard Marine Corps Recruit Depot San Diego Jan. 28. During a session of Marine Corps Martial Arts Program training recruits learned the combat roll, break falls and leg sweeps.

BRIEFS**Ultimate Frisbee Tournament**

Get ready for the 2013 CG Cup Ultimate Frisbee Tournament!

This one-day tournament will be held on March 5 at the MCRD Track/Turf Field. Start time and format will be determined by the number of registered teams. Each team is guaranteed at least two games.

The tourney is open only to MCRD active duty and DOD/Nafi employees aboard the Depot.

For more information contact Athletics at (619) 524-0548 or e-mail Rachel Dickinson (dickinsonr@usmc-mccs.org).

CG CUP Poker Relay Challenge

This one day event will be held at the Track Field on March 6.

Teams will consist of five runners. Each runner will run four un-timed laps of the track, once each runner has completed their four laps they will pick a playing card, leading to each team having a five-card poker hand.

Teams may try to improve the hand by sending runners out for four more laps (a maximum of three cards may be changed).

After all teams have completed their runs and swapped out their cards, the team with the best 5 card poker hand wins.

For more information or to register, contact Rachel Dickinson at dickinsonr@usmc-mccs.org, or call (619) 524-0548.

Father-Daughter Masquerade Ball

Marine Corps Family Team Building will sponsor a Father-Daughter Masquerade Ball at the depot's Fieldhouse Gym March 8, from 6 to 8 p.m.

The event features dancing, appetizers, beverages and photos for purchase.

Admission is \$5 per person, and tickets must be purchased in Building 6E prior to the event. Ticket sales run through March 1, 2013, and are on a first come first serve basis.

The event is open to all active duty, reserve, retired and Department of Defense eligible patrons. But no mothers are allowed.

For information call Patty Kalaye, L.I.N.K.S. trainer at (619) 524-8104. See also <http://www.mccsmcrd.com/MarineCorpsFamilyTeamBuilding/FatherDaughterDance/index.html>

Snowboarding/Skiing at Big Bear

The depot's Single Marine Program plans an overnight Snowboarding/Skiing trip to Big Bear, departing MCRD at noon, March 15.

The trip includes transportation, lodging, lift tickets and three meals for \$75 (\$100 includes ski/board rental).

Cost of the trip for SMP non-members is \$125 and includes transportation, lodging, lift ticket and meals.

Registration deadline is March 1, 2013. Space is limited. Sign-up today.

For details, registration and more information contact Josh Davis, SMP Coordinator at (619) 524-8240, or via e-mail at davisjp@usmc-mccs.org

Tax service open

The tax service trailer is located between the Main Exchange (Building 11), and Starbucks (Building 10).

The service is open Tuesdays through Saturdays 10 a.m. to 5 p.m.

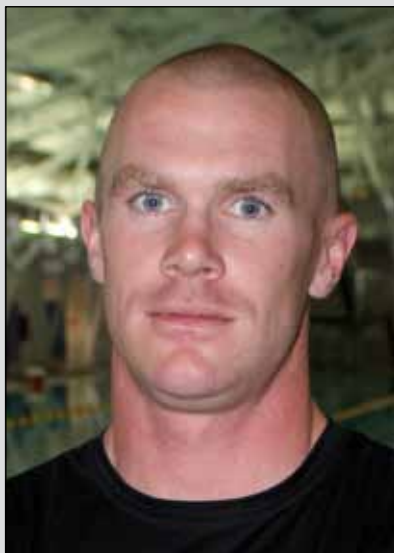
Call 725-6396 for an appointment, or stop by the trailer.

Send briefs to:

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 the photograph of the flag raising on Iwo Jima mean to you?"



"Honor, courage, commitment and freedom." Sgt. Scott Ruby, Marine Corps Instructor of Water Survival, Support Battalion, Recruit Training Regiment



"It makes me think of all the sacrifices that Marines before us have made; it fills me with pride." Lance Cpl. Dennis Contreras, postal clerk, Headquarters Company, Headquarters and Service Battalion



"To me it means tradition and heritage. It shows what the Marine Corps has been built upon." Sgt. Larry Palmer, supply clerk, 3rd Recruit Training Battalion, Recruit Training Battalion

Future Considerations



Lance Cpl. Pedro Cardenas

Sgt. Christopher A. Thompson, senior drill instructor, Platoon 1050, Company C, 1st Recruit Training Battalion, gathers information about different opportunities at the Career and Education Fair hosted by Marine Corps Community Services' Personal and Professional Development aboard Marine Corps Recruit Depot San Diego Feb. 13. MCCS hosted the semi-annual event for service members and their families to establish contacts, gather information and submit applications for employment and continuing education.

Marksmanship at its best



Cpl. Walter D. Marino II

Marines with Weapon Field Training Battalion, display their awards earned from the Depot Competition in Arms at Edson Range aboard Marine Corps Base Camp Pendleton, Calif. Feb. 15. WFTBn. hosted the DCIAP intramural rifle and pistol matches in order to promote advanced marksmanship skills and identify potential members for the Marine Corps Recruit Depot shooting team to take part in the Western Division Matches.



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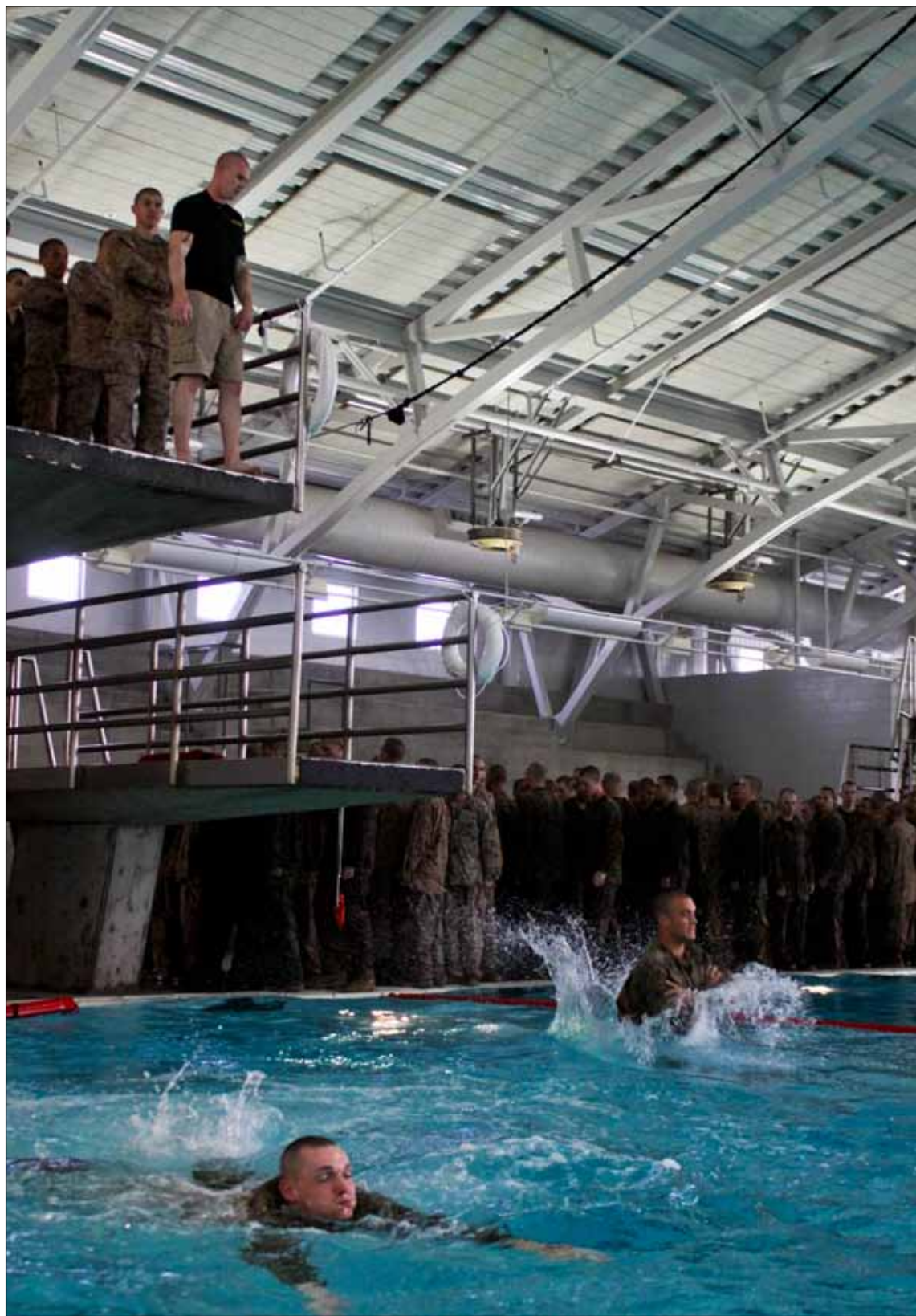
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Cpl. Walter D. Marino II

Recruits of Company L, 3rd Recruit Training Battalion, dive into a pool for an approximately 25-meter assessment swim aboard Marine Corps Recruit Depot San Diego Feb. 11. The 25-meter swim was done before any exercises were conducted to ensure weaker swimmers received extra time to better their swimming skills



Cpl. Walter D. Marino II

Recruits of Company L, 3rd Recruit Training Battalion, wait for their turn to be tested on quickly taking off their gear in water aboard Marine Corps Recruit Depot San Diego Feb. 11. Marine Corps Instructors of Water Survival watched closely ensure no recruits struggled with the exercise.

Co. L learns Combat Water Survival

BY CPL. WALTER D. MARINO II
Chevron staff

Although the Marine Corps has not used a large amount of their amphibious capabilities during the last decade of fighting in Iraq and Afghanistan, learning water survival techniques has nevertheless remained a requirement in recruit training.

Recruits of Company L, 3rd Recruit Training Battalion, were given a combat water survival class and tested on the various techniques aboard Marine Corps Recruit Depot San Diego Feb. 11.

The basic swim techniques taught and tested in recruit training prepare Marines for an aquatic environment and can potentially save lives, explained Sgt. Laurent H. Lecointre, water survival instructor, water survival section, Instructional Training Company, Support Battalion, Recruit Training Regiment.

Although the techniques learned such as

treading water and using camouflage utilities to stay afloat are considered basic techniques, for some recruits learning the techniques proved to be very challenging.

After failing an evaluation test of swimming 25 meters, Recruit Alex M. Wargolet, Platoon 3245, Co. L, 3rd RTBn, got choked up while contemplating the possibility of not passing the course.

"I think I'll pass, but I'm not sure. I'm nervous, I don't want to get dropped and not see my mom on family day," said Wargolet.

Despite the high number of recruits who fail the initial 25 meter evaluation swim, there hasn't been a recruit who has actually tried, fail the test in the past six months, explained Lecointre.

"Most of them just need to be more comfortable in the water. We teach them simple techniques and make sure they follow through with them," said Lecointre. "We also make sure they stay relaxed in the water."

For some recruits, a strong source of motivation was all the confidence they needed to be sure of

passing the water skills test in recruit training.

"I have a six month old son to go home to. I'm not spending more time here than I have to," said Recruit Logan L. David, Plt. 3245, Co. L, 3rd RTBn. "It was the first time I've swam with boots and (utilities). I just panicked with the extra weight. I'm confident I can do it."

Recruit after recruit went through the various test that included taking off multiple gear items in water and executing proper techniques while diving. Although some recruits struggled more than others, it did not appear any recruits failed.

Any recruit who thinks this is the end of swim qualifications is mistaken. Marines in the Fleet Marine Force are required to be tested every two to three years depending on their level of swim proficiency. Recruits and Marines are classified as either beginner, intermediate or advance swimmers.

"As Marines, we primarily deploy from the water," said Lecointre. "It's essential for them to have these skills to be combat effective."



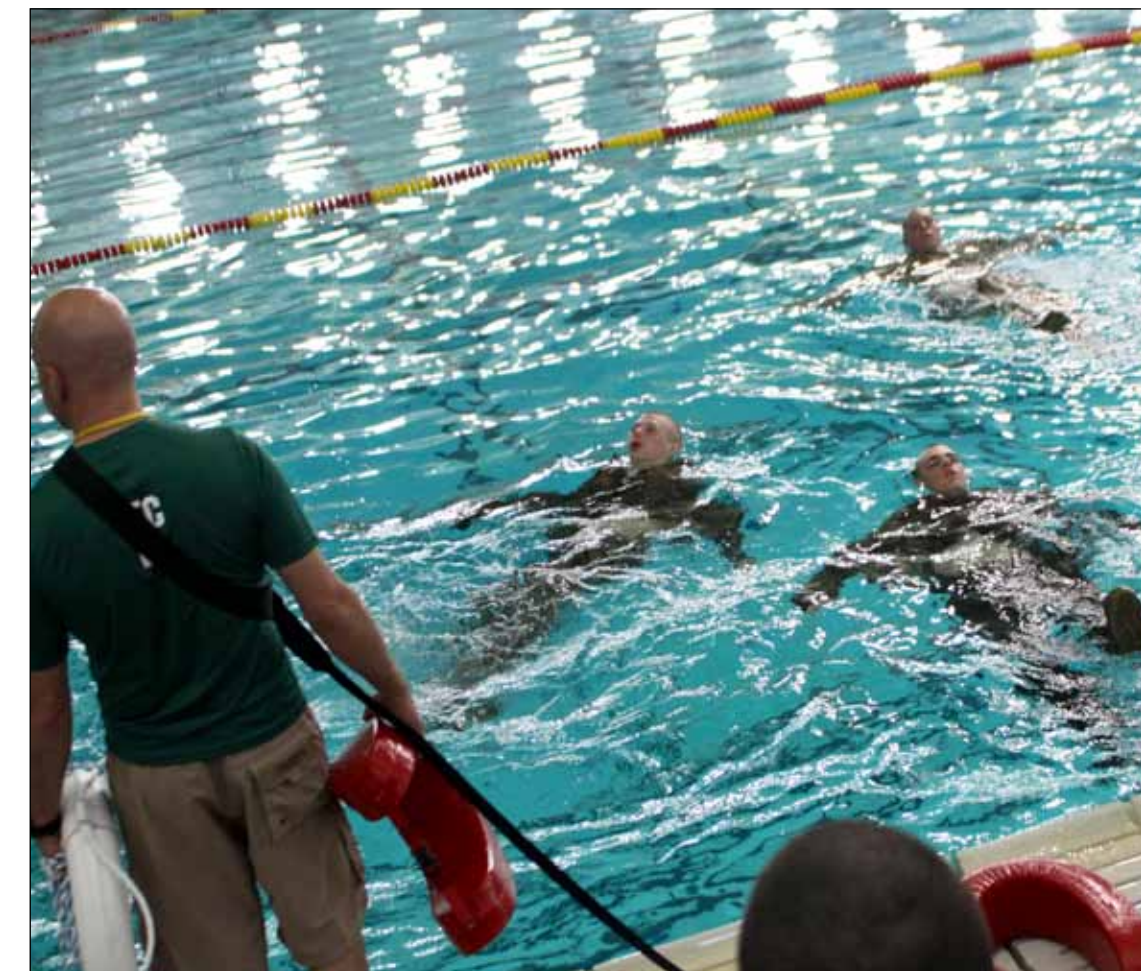
Cpl. Walter D. Marino II

Recruits of Company L, 3rd Recruit Training Battalion, wait for a Marine Corps Instructor of Water Survival to give the command to start an exercise aboard Marine Corps Recruit Depot San Diego Feb. 11. The exercise required recruits to stay afloat for various lengths of time.



Cpl. Walter D. Marino II

Recruits of Company L, 3rd Recruit Training Battalion, practice diving into a pool using proper technique aboard Marine Corps Recruit Depot San Diego Feb. 11. Marine Corps Instructors of Water Survival taught recruits of Company L techniques to stay afloat in water such as treading water and using their camouflage utilities as flotation devices.



Cpl. Walter D. Marino II

Recruits of Company L, 3rd Recruit Training Battalion, are tested on their ability to stay afloat in water for extended periods of time aboard Marine Corps Recruit Depot San Diego Feb. 11. Recruits were taught to either tread water or utilize their camouflage utilities as floatation devices.

Marine resilient despite adversity

BY CPL. LIZ GLEASON
Chevron staff

Since Lance Cpl. Ryan Nicolai was young he felt it was his country as a United States Marine. However, before he could follow his dream, he knew his duty was to take care of his parents. In the years before he left for recruit training, Nicolai gained the life experience that would propel him through the hard times yet to come.

In 2011, Nicolai lost his father, a retired Marine, to Lou Gehrig's disease. Months before the loss of his father, his mother was diagnosed with cancer. Shortly after, what he thought to be a turning point in his mother's illness, Nicolai decided to enlist in the Marine Corps and follow in his father's footsteps.

Nicolai joined the Delayed Entry Program, a program which allows individuals to enlist in the military and specify a future reporting date for entry. As his mother's condition worsened, Nicolai postponed his ship date until he was no longer able to and shipped out to recruit training Nov. 26, 2012. There he joined Platoon 2151, Company G, 2nd Recruit Training Battalion.

Three weeks after his arrival to Marine Corps Recruit Depot San Diego, drill instructors escorted Nicolai to the company office.

"They told me that the Red Cross called and my mom had died," said Nicolai, a 22-year-old. "Losing my dad was the only thing that helped prepare me a little bit for losing my mom."

His mom passed away the day before initial drill, an evaluation that tests recruits on their drill knowledge, but he stayed and completed it before flying home to be with his family, according to Gunnery Sgt. Enrique Lopez, senior drill instructor, Plt. 2151, Co. G, 2nd RTBn.

Just as fast as he left to be with his family, Nicolai was soon on

an airplane headed back to the depot to finish his training.

"Coming to recruit training the first time was hard, but it was harder coming (again)," said Nicolai. "When I got back I was losing focus and I was always frustrated. I didn't want to get up anymore. I wasn't the same."

With the firm, yet caring, guidance of his drill instructors he realized that although he was struggling, he had to push through and continue. Through the hardship, Nicolai kept his position as guide that he earned early on in recruit training.

"I'm pretty sure he still thinks about it, but he doesn't let it get in his way of being guide," said Lopez. "He motivates the other recruits because they saw him stay strong through what he was going through; he set the example for them."

Through his loss, Nicolai gained a new perspective on life that helped him finish recruit training.

"I was sitting at medical and had a realization that I defined myself by what I gave up for my parents. Taking care of my parents is who I was, it's what I did. When my mom died, that part of my life was over," said Nicolai. "I didn't know what I was going to do. I was at recruit training trying to become a Marine but I hadn't made it what defined me. All of a sudden I knew where I wanted to be and what I wanted to do, I want to lead and take care of Marines."

Through it all, Nicolai's drive, knowledge, spirit and perseverance not only earned him the title Marine, he is also graduating as the company honor man, the recruit who demonstrated the highest level of leadership throughout recruit training.

"I am who I am today because of my parents," said Nicolai. "If it wasn't for my parents who were loving, strict and iron-willed, I wouldn't be where I am now."



Cpl. Liz Gleason

Lance Cpl. Ryan Nicolai, Platoon 2151, Company G, 2nd Recruit Training Battalion, demonstrated resilience and overcame adversity during his time in recruit training aboard Marine Corps Recruit Depot San Diego. Despite his hardships, Nicolai stood out above other recruits in his company and graduated as the company honor man.

Sgt. Maj. Richard D. Thresher

Parade Reviewing Officer

Sgt. Maj. Richard D. Thresher is sergeant major of 1st Marine Logistics Group, Marine Corps Base Camp Pendleton, Calif.

Thresher was born in Arlington, Texas. He enlisted in the Marine Corps in April 1990 and attended recruit training at Marine Corps Recruit Depot, San Diego. He was assigned to Battery E, 2nd Battalion, 11th Marines in August 1990, where he held the billets of cannoner through section chief.

As a lance corporal, Thresher participated in Operations Desert Shield, Desert Saber and Desert Storm, as well as in Operation Sea Angel in Bangladesh.

In 1992, Thresher returned from unit deployment in Okinawa, Japan and in 1993, after a meritorious promotion to sergeant, Thresher attended the Sergeant's Course.

Thresher was reassigned to Battery B, 1st Battalion, 11th Marines. While there, he deployed in support of a second Joint Task Force 6 counter-narcotics operation. Thresher

received orders to Drill Instructor School and was assigned to Company A, 1st Recruit Training Battalion, where he held the billets drill instructor and senior drill instructor.

In 1996, after a meritorious promotion to staff sergeant, Thresher reported for duty with Battery B, 1st Battalion, 10th Marines. He attended the Section Chief's Course in 1996, and was named honor graduate.

In 1997, Thresher graduated from the career course as the motivation/leadership award winner.

In 1998, Thresher was the 10th Marines Regimental nomination for the 2nd Marine Division's "Clayton B. Vogel" Leadership Award. He participated in several exercises including Rolling Thunder at Ft. Bragg, N.C., Desert Fire-Ex's, Bridgeport, MARCOT, Battle Griffin, and many other operations, while holding billets as the guns platoon sergeant, guns platoon commander, and battery gunnery sergeant.

In 1999, Thresher attended the Advanced Course and was a distinguished graduate, winner of the Motivation/Leadership Award, and winner of The Sergeant Major of the Marine Corps' Essay Award.

From 1999 through 2002, Thresher reported for duty at Officer Candidate School for his second tour as a drill instructor. He served in the billets of sergeant instructor, platoon sergeant, company gunnery sergeant, and company first sergeant. While there he trained more than 1,000 officer candidates.

In 2002, Thresher was transferred back to Camp Lejeune as the first sergeant for Service Company, 8th Communication Battalion.

In 2003, Thresher assumed duties as the first sergeant of Company C, 8th Communication Battalion, and deployed to Operation Iraqi Freedom (OIF). Upon his return in 2004, Thresher was reassigned as the Headquarters and Service Company first sergeant, II Marine Expeditionary Force Headquarters Group.

In February 2005, Thresher deployed to OIF a second time with II MHG. He was selected to the rank of sergeant major in November 2005, and was ordered to 2nd Radio Battalion in March 2006.

In August 2006, Thresher deployed again in support of OIF.

In August of 2007, Thresher reported for duty as the instructor/inspector, 4th Reconnaissance Battalion, San Antonio,

Texas.

In 2008, Thresher was the first enlisted Marine to graduate from the Joint and Combined Warfare School, Norfolk, Virginia and was the winner of the "Transformational Writing Award."

In 2010, Thresher assumed duties as the Headquarters Battalion, 3rd Marine Division sergeant major and the Marine Corps Base Camp Courtney, Okinawa, camp sergeant major. There he participated in exercises including Ulchi Freedom Guardian; Balikatan, where he served as the Task Force Luzon sergeant

major; and many other exercises in the Pacific.

In April 2012, Thresher was assigned as the sergeant major of 1st Marine Logistics Group where he currently serves.

Thresher's personal decorations include the Meritorious Service Medal (2 gold stars in lieu of 3rd award), the Marine Corps Commendation Medal (3 gold stars in lieu of 4th award), the Navy & Marine Corps Achievement Medal and the Combat Action Ribbon.

"Marines of Golf Company, Congratulations on a very significant event in your Marine Corps career. You have just completed some of the toughest training the United States has to offer and your journey is just beginning. From this day on, you will ALWAYS be a United States Marine! It is an awesome responsibility not to be taken lightly. Since 1775, we have defended America against all enemies and now it is your turn to meet the challenges of the future. To the families and friends, your support and patriotism is appreciated and needed! Our commandant has directed us to be the most ready when our nation is the least



ready. Therefore, we must remain ready physically, mentally and spiritually. Keep charging!"

Sgt. Maj. Richard D. Thresher



Platoon 2150 COMPANY HONOR MAN Lance Cpl. R. J. Nicolai Medina, Ohio Recruited by Staff Sgt. D. Carpenter	Platoon 2155 SERIES HONOR MAN Lance Cpl. J. Petross Las Cruces, N.M. Recruited by Sgt. J. Brookins	Platoon 2149 PLATOON HONOR MAN Pfc. J. C. Ezell Huntington Beach, Calif. Recruited by Sgt. J. Doyle	Platoon 2150 PLATOON HONOR MAN Pfc. C. W. Doda Holland, Mich. Recruited by Sgt. V. Sharbo	Platoon 2153 PLATOON HONOR MAN Pfc. S. W. Logston Jefferson City, Mo. Recruited by Staff Sgt. F. Drake	Platoon 2154 PLATOON HONOR MAN Pfc. J. J. Shelly Dos Palos, Calif. Recruited by Sgt. I. Quiroz	Platoon 2155 HIGH SHOOTER (343) Pfc. A. I. Yoder Toledo, Wash. Marksmanship Instructor Cpl. E. Alvarez	Platoon 2150 HIGH PFT (300) Pfc. T. Z. Corbin South Lake Tahoe, Calif. Recruited by Sgt. J. C. Block
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GOLF COMPANY

2nd RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. D. J. Erickson
Sgt. Maj. T. C. Whitcomb
Staff Sgt. L. A. Hernandez



COMPANY G Commanding Officer Capt. J. A. McNabb Company First Sergeant 1st Sgt. C. S. Amancio	SERIES 2149 Series Commander Capt. M. F. Tweedy Chief Drill Instructor Gunnery Sgt. R. E. Jackson	PLATOON 2149 Senior Drill Instructor Staff Sgt. D. Hernandez Jr. Drill Instructors Staff Sgt. D. D. Carlino Staff Sgt. J. H. Scott Sgt. A. J. Pettit Sgt. R. J. Soto	PLATOON 2150 Senior Drill Instructor Sgt. C. A. Sanchez Drill Instructors Sgt. D. A. Ammeter Sgt. C. Chavez Jr. Sgt. A. Salas Sgt. N. A. Arrubla	PLATOON 2151 Senior Drill Instructor Gunnery Sgt. E. Lopez Jr. Drill Instructors Staff Sgt. E. J. Estes Staff Sgt. A. Gonzalez Staff Sgt. R. M. Jones Staff Sgt. C. J. Skarweski Sgt. J. W. Flesher
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* Indicates Meritorious Promotion

- PLATOON 2149**
 Pvt. C. A. Ackerson
 Pfc. G. Banuelos
 Pfc. G. Bocanegra
 Pfc. T. L. Bradford
 Pvt. J. D. Brock
 Pvt. J. M. Carr
 Pvt. D. I. Castellanos
 Pvt. M. A. Cespedes Jr
 Pfc. C. S. Chan
 Pvt. N. E. Charles
 Pvt. C. E. Chavez
 Pvt. C. F. Chavollareyes
 Pvt. A. M. Clark
 Pvt. N. J. Clark
 Pvt. C. G. Coffey
 Pvt. A. T. Creager
 Pvt. K. D. Curtis
 Pvt. J. R. David
 Pvt. T. L. Davis
 Pvt. C. A. Decker
 Pfc. K. M. Devore Jr
 Pvt. J. Diazguezvara
 Pvt. W. C. Driver
 Pvt. N. A. Dugan
 Pfc. T. R. Dunton
 Pvt. M. A. Echevarria-Rodriguez
 *Pvt. D. N. Esquivel
 *Pvt. J. C. Ezell
 Pfc. W. L. Fabian
 Pfc. W. J. Fisher III
 Pvt. A. W. Frasier
 Pvt. J. D. Garcia Jr
 *Pvt. C. M. Garcia
 Pvt. C. R. Garriss
 Pvt. J. M. Gary
 Pvt. J. M. Gomez IV
 Pvt. A. K. Gomez
 Pfc. E. M. Greenlee
 Pfc. N. Gutierrez IV
 Pvt. J. L. Guzman
 *Pvt. J. S. Herrera
 Pvt. B. N. Hormaeche
 Pfc. E. N. Ibarra
 Pfc. M. K. Ihrig
 Pvt. Z. F. Jackson
 Pvt. J. L. Jane
 Pvt. J. C. Johnson
 Pfc. Z. D. Jones
 Pvt. T. J. Kaelin
 Pvt. F. M. Karamage
 Pvt. B. R. Kennedy
 *Pvt. J. A. Koop
 Pvt. C. A. Labar
 Pfc. P. J. Lagoda
 Pvt. R. I. Lanuza
 Pfc. M. J. Larreategui-Alcivar
 Pvt. J. S. Lemus
 Pvt. R. J. Leveque
 Pfc. R. Long-Duran
 Pvt. B. R. Lopez
 Pvt. D. A. Lopez
 Pfc. I. G. MacDonald
 Pvt. M. C. Martinez
 Pvt. N. L. McCracken
 Pvt. K. C. Mitchell
 Pfc. Z. W. Naquin
 Pvt. B. Nguyen
 Pvt. D. A. Niccum
 Pvt. B. U. Nsabi
 Pvt. J. G. Orona

- PLATOON 2150**
 Pvt. J. R. Adams
 Pvt. A. B. Aguilar
 Pvt. D. A. Akers
 Pvt. D. P. Allegretto
 Pvt. D. M. Allen
 Pvt. N. F. Asoau
 Pfc. R. F. Aviles
 Pvt. M. W. Barnes
 Pvt. C. A. Barragan
 Pvt. D. D. Beal
 Pvt. G. W. Bulataoolee
 Pfc. A. N. Bulymba
 Pvt. R. J. Butler
 Pvt. L. I. Cano
 Pvt. M. L. Carlson
 Pfc. J. J. Cowely
 *Pvt. T. Z. Corbin
 Pvt. A. J. Cordova
 Pvt. F. Cordova
 Pvt. C. D. Cowley
 Pfc. J. S. Cronin
 Pvt. B. C. Dana
 *Pvt. A. R. Davis
 Pfc. K. P. Davis
 *Pvt. C. W. Doda
 Pvt. M. J. Durham
 Pvt. H. A. Echeverria
 *Pvt. J. J. Einarson
 Pvt. H. J. Enriquez
 Pfc. G. Escobar
 Pvt. J. J. Estevez
 Pvt. D. J. Ferguson
 Pfc. R. A. Ferrer Jr
 Pfc. A. J. Fox
 Pvt. E. Gamboa
 Pvt. H. C. Gunderson
 Pvt. M. T. Hagermcgarr
 Pvt. D. L. Hall
 Pvt. R. Hanson
 Pvt. J. W. Hearron
 Pvt. D. C. Heck
 Pvt. A. T. Heeringapage
 Pvt. J. E. Heimer
 Pvt. M. J. Hernandez
 Pfc. A. D. Hill
 Pfc. C. R. Holman
 Pvt. S. J. Hoyt
 Pvt. R. T. Hughes
 Pvt. K. M. Huls
 Pvt. L. R. Huls
 Pvt. M. M. Jackson
 Pfc. C. T. Joiner
 Pvt. P. D. Kilgore
 Pvt. L. M. Knatt
 Pvt. M. J. Lane II
 Pvt. G. L. Lang
 Pfc. J. G. Lapat
 Pvt. B. D. Leavitt
 Pfc. L. G. Ledesma
 Pvt. K. G. Lichtefeld
 Pvt. S. T. Litchfield
 Pfc. N. X. Lopez
 Pfc. C. D. Mahaney
 *Pvt. J. R. Marciano
 Pvt. C. A. Maynard
 Pvt. Z. S. Meacham
 Pfc. J. E. Mora
 Pfc. G. A. Morgan
 Pvt. A. T. Moyer
 Pfc. C. A. Murphy
 Pvt. J. A. Murphy

- PLATOON 2151**
 Pvt. R. I. Adona
 Pvt. G. C. Anderson
 Pvt. D. A. Bauer
 Pvt. T. J. Bedman
 Pvt. M. J. Black
 Pfc. P. M. Blanco
 Pvt. D. G. Booter-Baugh
 Pvt. T. D. Bos
 Pfc. R. L. Brown
 Pvt. T. Brown
 Pvt. T. L. Burks
 Pvt. M.R. Carter
 Pvt. J. M. Chandler
 Pfc. M. A. Chun
 Pvt. K. E. Clark
 *Pvt. M. Cornier
 *Pvt. L. L. Covey
 Pfc. W. Crowder-Matlock
 Pvt. R. B. De La Paz
 Pfc. B. G. Dickerson
 Pvt. E. J. Dragon
 Pvt. J. L. Eason
 Pvt. N. S. Fields
 Pvt. N. E. Fischer
 *Pvt. R. A. Folsom
 Pfc. T. D. Franklin
 Pvt. D. D. Freitas
 Pvt. N. T. Garber
 Pvt. T. J. Gardner
 Pvt. C. T. Green
 Pvt. A. J. Gunter
 Pvt. J. D. Guzman-Andrede
 Pvt. C. B. Hall
 *Pvt. L. J. Hatcher
 Pvt. S. C. Henderson
 Pfc. A. C. Hood
 Pvt. B. Huston
 Pvt. M. L. Huston
 Pvt. J. D. Jeanis
 Pfc. C. W. Johnson
 *Pvt. J. Z. Kokowicz
 Pvt. K. D. Krieg
 Pvt. K. E. Lamprich
 *Pvt. C. A. Ledbetter
 Pvt. C. J. Lords
 Pvt. V. A. Mancilla
 Pvt. T. P. Marlette-Marlett
 Pvt. J. A. Mason
 Pvt. W. J. Matthews
 Pvt. B. J. Mauer
 Pvt. D. F. McGovern
 Pfc. B. K. McVey
 Pvt. K. B. Metz
 *Lance Cpl. R. J. Nicolai
 *Pvt. M. A. Ohlsen
 Pvt. D. C. Olson
 Pvt. N. A. Oppedahl
 Pfc. M. A. Passarelli
 Pvt. M. S. Patterson
 Pfc. J. W. Pedersen
 Pvt. E. B. Peidmont
 Pfc. E. M. Pierce
 Pvt. S. T. Pollard
 Pvt. J. A. Porter
 Pvt. G. A. Potempa
 Pvt. C. R. Powell
 Pvt. J. T. Puthoff
 Pvt. J. O. Quinones
 Pvt. B. E. Raines
 Pvt. B. L. Rentmesster
 Pvt. G. O. Rhodes
 Pvt. M. C. Weaver
 Pfc. S. T. Pollard
 Pfc. M. C. Weaver

- PLATOON 2153**
 Pvt. A. W. Adams
 Pvt. R. S. Alonso
 Pvt. C. D. Bauer
 *Pvt. A. S. Arreaga
 Pvt. I. J. Arredondo
 Pvt. M. Avellaneda
 Pvt. A. S. Barninger
 Pvt. W. J. Beauclair III
 Pvt. C. R. Berchem
 Pfc. J. A. Bermudez
 Pvt. K. T. Beuchat
 Pvt. J. P. Bogha
 Pfc. D. T. Bowman
 Pvt. J. Buenrostro
 *Pvt. M. A. Castaneda
 Pfc. M. Cataquet-Deleon
 Pfc. C. C. Cepeda-Bedoya
 Pfc. D. S. Cha
 Pfc. T. A. Chase
 Pfc. J. A. Chavez
 Pfc. B. G. Chavez
 Pvt. A. N. Church
 Pfc. K. W. Chlebluk
 Pvt. C. M. Cordova
 Pvt. G. G. Creager
 Pvt. M. A. De Los Santos
 Pfc. C. D. Dicken
 Pvt. M. K. Duenas
 Pvt. J. East
 Pvt. O. E. Espinoza
 Pvt. M. B. Evans
 Pvt. L. D. Fessler
 Pvt. R. A. Fosselman
 Pvt. N. J. Frazier
 Pvt. K. D. Gamboa
 Pvt. J. Garcia
 *Pvt. C. D. Gnatkowski
 Pvt. D. T. Hambleton
 Pvt. B. E. Havertape
 Pvt. A. Hernandez Jr.
 Pvt. E. Hernandez
 Pvt. C. A. Herrera
 Pvt. J. I. Hills
 Pvt. C. T. Hodges
 Pvt. K. R. Hougland
 Pvt. J. A. Hurley
 Pfc. T. S. Kreis
 Pfc. T. L. Leinen
 Pvt. K. D. Lewis
 Pfc. M. J. Liebovich
 Pfc. S. W. Logston
 Pvt. M. Lucent
 Pvt. N. F. Marquez
 Pfc. R. S. Martinez II
 Pvt. J. P. May
 Pvt. A. McGinty
 Pvt. D. J. McKenna
 *Pvt. A. A. Mendoza
 Pvt. T. J. Miller
 Pvt. R. N. Moc
 *Pvt. E. Morales-Galindo
 Pvt. J. G. Nice
 Pfc. D. J. Novondo
 Pvt. W. K. Olkerill
 Pvt. E. P. Omana-Hernandez
 Pvt. R. L. Parish
 Pvt. D. Parsons
 Pvt. M. D. Pechacek
 Pvt. B. A. Phelps
 Pvt. J. R. Pittenger
 Pvt. D. Plascencia
 Pvt. M. N. Szabo

- PLATOON 2154**
 Pvt. C. W. Capdevielle
 Pfc. M. M. Kerr
 Pvt. Z. M. Martinez
 Pvt. G. Quintanilla
 Pvt. A. S. Raethke
 Pfc. Z. G. Raley
 *Pvt. M. P. Reams
 Pfc. C. J. Rehak
 Pvt. J. A. Rinker
 Pvt. J. G. Roberts
 Pvt. L. A. Robinson
 Pvt. N. A. Roderick
 Pfc. G. Rodriguez
 Pvt. O. A. Rodriguez-Mercaddo
 Pvt. J. R. Rogers-Harris
 Pvt. M. E. Roman-Pilarte
 Pvt. P. A. Rosales
 Pvt. T. M. Ruisi
 Pfc. C. T. Saeteurn
 Pvt. F. A. Sanchez
 Pvt. R. M. Sanchez
 Pvt. R. R. Sanchez-Suarez
 Pfc. A. G. Sasseen
 Pvt. J. X. Savinon
 Pvt. R. T. Schlereth
 Pvt. J. T. Scholwinski
 Pvt. J. M. Schuller II
 *Pvt. J. A. Schulz
 Pvt. C. J. Setzer
 *Pvt. M. J. Seville
 Pvt. S. A. Shadid
 *Pvt. J. J. Shelly
 Pvt. D. A. Silva
 Pvt. T. A. Sinclair Jr
 Pvt. B. Siri
 Pvt. S. S. Soliman
 Pvt. G. L. Spaugh
 Pvt. T. J. Spencer
 Pvt. M. L. Straw
 Pvt. B. L. Struttman
 Pvt. J. M. Studley
 Pfc. P. C. Sudhoff
 Pvt. W. J. Sullivan
 Pvt. O. Tenalucatero
 Pvt. N. L. Theobald
 Pvt. C. Thomas
 Pvt. K. N. Thompson
 Pfc. J. P. Timmermeier
 Pvt. J. M. Tinoco
 Pfc. J. A. Tomaino
 Pfc. E. Torres
 Pvt. A. F. Toth
 Pvt. J. C. Townsend
 Pvt. A. J. Trejo
 Pvt. J. A. Trevizo-Munoz Jr.
 Pfc. R. L. Tully
 Pfc. T. P. Ulrich
 Pfc. F. W. Urbanus
 Pvt. D. L. Valdes
 Pvt. I. Valdez
 Pfc. D. Valladares-Gonzalez
 Pfc. E. Villegas
 Pvt. B. G. Viola Jr.
 Pvt. M. J. Virga
 Pvt. K. Walden
 Pfc. K. L. Weckman
 *Pvt. A. S. Whitlock
 Pvt. N. A. Wolfe
 Pvt. M. A. Wood
 Pvt. M.C. Yanes
 Pvt. D. H. Yang
 Pvt. J. J. Young
 Pvt. J. T. Zehnle

- PLATOON 2155**
 Pvt. A. J. Amendt
 Pvt. B. J. Baker
 Pvt. C. A. Barker
 Pvt. A. W. Bohorquez
 Pfc. W. I. Bohorquez
 Pfc. A. J. Bowden
 Pvt. D. A. Bullene
 Pvt. C. M. Burke Jr.
 Pfc. J. K. Drowniak
 Pfc. M. B. Duron
 Pfc. R. B. Eisenman
 Pfc. S. R. Goodrum
 *Pvt. D. A. Greer
 *Pvt. D. M. Hensley
 *Pvt. D. E. Lawrence
 Pvt. J. N. Kelly
 Pvt. C. A. Loyagonzalez
 Pvt. A. J. Mercer
 Pvt. C. S. Mitchell
 Pvt. A. R. Moser
 Pvt. I. Y. Nazurchuck
 Pfc. K. A. Nguyen
 Pfc. V. V. Noel
 Pvt. C. N. Oliver
 Pvt. S. N. Oniell
 Pfc. J. D. Paape
 Pvt. R. N. Paden
 Pvt. D. G. Parker
 Pvt. P. D. Parker
 Pvt. D. C. Patterson
 Pfc. E. W. Pedersen
 *Pvt. M. R. Perse
 *Lance Cpl. J. J. Petross
 Pfc. T. H. Pham
 Pvt. B. T. Piggot
 Pvt. B. W. Posey
 Pfc. B. S. Procter
 Pvt. A. C. Quiroz
 Pvt. R. S. Ramirez
 Pvt. T. J. Robertson
 Pfc. J. R. Rodriguez
 Pvt. C. D. Roland
 Pvt. M. J. Rothstein
 Pvt. A. Ruiz
 Pfc. T. P. Rukstalis
 Pfc. A. R. Rule
 Pvt. B. W. Seitz
 Pfc. G. L. Sigala
 Pvt. D. L. Silvano
 Pvt. E. S. Sosa
 Pvt. A. C. Spoonamore
 Pfc. C. A. Steen
 Pvt. A. N. Strey
 Pvt. J. A. Talley
 Pvt. J. R. Templeton
 Pvt. J. T. Thatcher
 Pvt. K. A. Tijerina
 Pvt. J. D. Turner
 *Pvt. I. B. Turman
 Pvt. J. E. Urias
 Pvt. N. A. Van Dusen
 Pvt. M. R. Veylupek
 Pfc. C. J. Victoria
 Pvt. G. Villarreal Jr.
 Pvt. L. Vue
 Pvt. R. H. Wakabayashi
 Pvt. B. M. Whitney
 Pfc. J. D. Williams
 Pfc. H. K. Windahl
 Pfc. A. J. Wold
 Pvt. J. M. Yang
 *Pvt. A. I. Yoder II



Cpl. Liz Gleason

A drill instructor with Company F, 2nd Recruit Training Battalion, encourages the recruits to push through the pain during the combat conditioning exercise aboard Marine Corps Recruit Depot San Diego Jan. 30. The CCX is designed to create stress and muscle fatigue to help simulate combat.

Recruits get taste of combat fitness

BY CPL. LIZ GLEASON
Chevron staff

The sun was glaring and drill instructors were blaring during the combat conditioning exercise aboard Marine Corps Recruit Depot San Diego Jan. 30.

Recruits of Company F, 2nd Recruit Training Battalion, got their first taste of what it takes to remain combat ready. While most aspiring Marines have a general understanding of the importance of being a well-rounded warrior, not all understand the dedication and rigorous training they will have to endure to achieve that level of fitness.

Recruits, pushed through the hour-long circuit course that included combat rolls, low crawling and strikes among other Marine Corps Martial Arts Program techniques they have learned.

"Before coming (to the depot) some recruits watch a lot of combat videos," said

Staff Sgt. Jonathan Spangler, drill instructor, Platoon 2126, Co. F, 2nd RTBn. "They have a way of making combat look (cool), but in reality it's not. This type of training gives them a mind and gut check. It makes them realize that combat isn't just cool video games, it's real and you have to work hard to prepare. Just because you're really good at video games doesn't make you the warrior you need to be."

The purpose of the CCX is to introduce the role combat conditioning plays in the Marine Corps as well as help recruits understand the importance of being well-rounded, according to Spangler.

"It's designed to create stress and muscle fatigue, it teaches them the combat mindset and prepares them for future deployments," said Spangler. "It makes you think of how much all the Marines that have fought before us had to push through."

Participating in the CCX gave some recruits a better understanding of what their future in the Marine Corps holds, according to Recruit Folaupola Tupouata, Plt. 2127, Co. F, 2nd RTBn.

"Physically I felt worn out but I was strong enough mentally to push through," said Tupouata. "If I can push myself here as hard as I can, when I get to an actual combat zone it won't be something too new for me."

After completing recruit training, the Oakland, Calif., native will continue his training at the School of Infantry with aspirations of becoming a machine gunner.

Tupouata, who lost 67 pounds to enlist, knows he's still not the most physically fit recruit, however he uses his passion and drive to help motivate his fellow recruits.

"Maybe if they see me, someone who is just as big or bigger than them work so hard, maybe it will give them

some motivation," said Tupouata.

For the recruits of Co. F, who are still in the first phase of training, this event was just a taste of the many challenges they will face in the weeks to come.

"I've always liked the quote,

"The more you sweat in peace, the less you bleed in war," said Spangler. "You have to gut-check yourself and just push through it. Remember you're not just doing this for yourself, you're doing it for the Corps and all those who fought before us."



Cpl. Liz Gleason

Drill instructors with Company F, 2nd Recruit Training Battalion, demonstrate different exercises the recruits do during the combat conditioning exercise aboard Marine Corps Recruit Depot San Diego Jan. 30. The CCX helped give recruits a new perspective of combat conditioning.



Cpl. Liz Gleason

Recruits of Company F, 2nd Recruit Training Battalion, perform knee strikes during the combat conditioning exercise aboard Marine Corps Recruit Depot San Diego, Jan. 30. During the CCX, recruits practiced different Marine Corps Martial Arts Program Techniques they have learned throughout training.