



**Co. K
conquers
the Combat
Conditioning
Exercise**

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CHEVRON

AND THE WESTERN RECRUITING REGION

**Co. M
recruits
go for
strength and
endurance**

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Vol. 74 – Issue 10

“WHERE MARINES ARE MADE”

FRIDAY, APRIL 11, 2014

IED course becomes Co. H eye opener

STORY & PHOTOS BY
LANCE CPL. JERICHO W.
CRUTCHER
Chevron staff

MARINE CORPS BASE CAMP PENDLETON, Calif. — One event Company H Marines faced during the Crucible, a 54-hour test of endurance where recruits must conquer more than 30 obstacles while they experience food and sleep deprivation, was the Improvised Explosive Device course where they were trained to locate and react to hidden explosive devices.

Marines of Co. H, 2nd Recruit Training Battalion, walked in a combat patrol formation through an IED course during the Crucible at Edson Range, April 1.

“Being narrowed minded and only looking at the ground closest to them will cause them to miss the IEDs,” said Cpl. Nicholas J. Lacarra, field instructor, Weapons and Field Training Battalion.

“Marines have to observe and have an overall view of what is going on around them. Once



Marines of Company H, 2nd Recruit Training Battalion, walk in a combat patrol formation through an Improvised Explosive Device course during the Crucible at Edson Range aboard Marine Corps Base Camp Pendleton, April 1. The road they patrolled consisted of several suspicious objects such as a totaled car on the side of the road.

recruits graduate recruit training, they should take the basics they’ve learned here and build off of it once they reach the fleet.”

The course helps teach re-

recruits key things to look for that can indicate any small sign of an IED, explained 22-year-old Lacarra, a Huntington Beach, Calif., native.

Before starting the course, Marines received a brief on what to do if an IED was located. A Marine must give the command halt while giving the proper hand

signal to show all the Marines that one was located. If the simulated IED exploded on them, the

see IED ▶ 2



Cpl. Uiliami Fihaki, Marine musician, shot the M240B during a basic machine gunners course by the indoor simulated marksmanship trainer aboard the depot, March 20. ISMT is designed as a three dimensional simulation that helps improve marksmanship skills.

Course teaches combat fundamentals

STORY & PHOTOS BY
LANCE CPL. JERICHO W. CRUTCHER
Chevron staff

Marines are well known as the ‘First to fight’ and ‘Every Marine is a rifleman.’ It’s important that all Marines stay combat efficient no matter what their military occupational specialty may be in the Corps.

Depot Marines attended a basic machine gunners course at the Indoor Simulated Marksmanship Trainer aboard the depot, March 24 to 27.

The course was designed to give a basic idea of how to break down the M240B, functions of the weapon and how to operate it.

“It’s important that other MOS’s are exposed to this because the chances of them being in this situation are high,” said Gunnery Sgt. Andy C. Pedilla, service company gunnery sergeant, Service Company, Headquarters and Service Battalion. “Every Marine is expected to be able to

handle combat efficiently.”

Passing on knowledge and skill sets to other Marines is important, explained Pedilla, an Orange County, Calif., native. Marines should always be improving their war fighting skills because if a Marine is in a combat situation, he should always know how to perform the tasks to stay in the fight with his fellow Marines.

The M240B is one of the Corps’ backbone weapons for ground units. It is a belt-fed, air-cooled, gas-operated, fully automatic machine gun that provides Marines with a continuous and high rate of fire to engage long-range targets.

The M240b is a heavier automatic weapon than the M249 Squad Automatic Weapon (SAW), but provides a faster rate of fire and a longer effective range. Typically, the tripod is employed when the weapon is to be used for defensive situations, or when precise fire is needed in support

see COURSE ▶ 2



GENERAL CARL E. MUNDY JR.
JULY 16, 1935 – APRIL 3, 2014

WASHINGTON – A statement from the 35th Commandant of the Marine Corps, General James F. Amos:

With the passing of General Carl E. Mundy Jr., America has lost a valiant warrior, a dedicated public servant, and a good and decent man. He served with honor and distinction through more than four decades of devotion to country and Corps.

Over the course of his 38-year active duty career, he rose to the grade of general and served as the 30th Commandant of the Marine Corps, from July 1, 1991 through June 30, 1995. During his distinguished career, Gen Mundy commanded at all levels. From 1966-67, Gen Mundy participated in combat operations in Vietnam as operations and executive officer of the 3rd Battalion, 26th Marines, 3rd Marine Division, and as an intelligence officer in Headquarters, III Marine Amphibious Force.

Following his retirement from active duty in 1995, Gen Mundy continued to support service members and their families as president and chief executive officer of the United Services Organization. He also served as Chairman and Chairman Emeritus of the Marine Corps University Foundation.

All Marines mourn his passing but celebrate his lasting legacy of service and leadership.



Marines of Company H, 2nd Recruit Training Battalion, are hit by a simulated Identified Explosive Device during the Crucible at Edson Range aboard Marine Corps Base Camp Pendleton, April 1. If Marines were covered by the smoke or powder; they were indicated as casualties.

IED ◀ 1

Marines hit by it had to lie down to indicate injury while the rest of the Marines evacuated them from the area while providing security.

The road, which resembled a third-world country environment, consisted of several suspicious objects such as a totaled car on the side of the road, and an area that resembled a small town with pedestrians.

There were three simulated IED's along the road the Marines were patrolling through. It was the Marines' mission to locate them. If they didn't the IED's would

explode, releasing a cloud of smoke and powder. If Marines were covered by the smoke or powder; they were indicated as casualties.

Marines had approximately 60 seconds to evacuate the simulated injured Marines out of the area of the explosion.

Once Marines were hit with the first IED, they realized they needed to keep a keen eye out for them, explained Pvt. Thomas M. Hoover, Platoon 2171.

After each IED went off, the course instructor briefed them on things they should be looking for such as: wires, land markings, freshly dug up dirt and other

indicators that they were near IEDs.

The course taught Marines that attention to the small details is extremely important.

After Marines reached the end of the course, they circled around the instructor and went over areas they could have performed better on.

"Seeing and practicing it first hand is an eye opener to what will be expected in a live situation," said 23-year-old Hoover, a Richmond, Texas, native. "I feel a lot more confident in my abilities to be able to locate an IED if I was to be put in this situation on a deployment."

COURSE ◀ 1

of maneuver units. The bipod is always attached and is suitable for use while patrolling.

The Marines were able to learn and use the weapon by training on the ISMT.

The ISMT is designed as a three dimensional simulation that helps improve marksmanship skills. The system gave simulated situations and instructions on when to engage and start firing the fully automatic M240B, using combat marksmanship skills and weapons employment.

Marines learned the basics of preparing and firing the weapon for the course. When first mounting behind the weapon, a functions check was required followed by loading simu-

lated rounds into the M240B. Once the weapon was loaded, a simulated scenario appeared on the three dimensional screen.

Depot Marines left the course confident in their abilities to operate the M240B in an effective and efficient manner. Though they may not be directly assigned to using one, in a combat situation, having the knowledge could be the difference that turns the tide of the fight.

"If Marines are engaged in a fire fight, everyone should have the knowledge to get behind the M240B and put rounds down range," said Pfc. Mark E. Baxter II, recruit administration branch unit diary, Headquarters Company, Headquarters and Service Battalion.

"Combat classes are important for all Marines to take in order for us to stay ready to fight."

Co. A checks off on rifle qualifications

STORY BY
LANCE CPL. TYLER VIGLIONE
Chevron staff

MARINE CORPS BASE CAMP PENDLETON, Calif. – Recruits of Company A, 1st Recruit Training Battalion, set their aim down range for their rifle qualification at Edson Range, March 24.

Rifle qualification is one of the requirements that recruits must pass in order to graduate recruit training.

"One thing we try to teach the recruits is confidence with the weapon," said Sgt. Tim S. Bazua, senior drill instructor, Platoon 1034. "After all, most of these recruits have never fired a weapon before in their lives."

During rifle qualification, recruits fired the M16-A4 service rifle from the 200, 300 and 500-yard lines utilizing four different shooting positions: standing, kneeling, sitting and prone.

"The positions help the recruits have a steady shot," said 27-year-old Bazua.

"They need to be both stable and relaxed to get the shot where they want it."

There were three different types of targets that varied between each yard line: the bull's eye target or 'able', the low-profile silhouette target or 'dog' and the larger silhouette or 'B-modified.'

From the early stages of recruit training, recruits are issued a weapon and instructed on the basic handling techniques before they learn the basic fundamentals of firing it.

"We have multiple discussions on how to use the weapons as well as tips and tricks for the recruits to use," said Bazua, a native of Tucson, Ariz. "One of the biggest challenges I see with recruits is that they are so afraid of getting dropped, they freak out when it comes to qualifying."

If recruits do not qualify on the range or they do not pay attention and become a safety violator they have the possibility of getting dropped back to the next training company.

"I was a little nervous that I was going to get dropped," said Recruit John J. Rath, Plt. 1013. "I wasn't going to let it hurt my score."

Recruits had a primary marksmanship instructor to assist them with any questions or concerns they may have had. The PMI taught them marksmanship fundamentals during Grass Week and a range coach while they fired to reiterate the techniques.

"The PMI taught me a lot," said Rath, a native of Bismarck, N.D. "There are a lot of things that go into taking a shot and it's really easy to mess up."

After recruits finish Table One they will complete Table Two, which is combat marksmanship, and will receive a qualification of marksman, sharpshooter or expert depending on their score.

"Their rifle training does not stop here," said Bazua. "They will all go through additional training at the School of Infantry and every year will qualify again on the range."

BRIEFS

Holy Week services

Marine Corps Recruit Depot San Diego Religious Ministries has released its schedule of Holy Week Services.

- April 15
Jewish Passover Seder (First Night)
Jewish Chaple, Building 28
Sunset (7 p.m.) to 8:15
- April 18
Roman Catholic Good Friday Service
Depot Chaple
1 p.m.
Ecumenical Good Friday Service
Depot Theater
6:30 to 7:30 p.m.
- April 20
Christian Easter Services
Regular Sunday Venues
8:30 to 11 a.m.
Eastern Orthodox Easter
Pascha Divine Liturgy
Orthodox Chapel, Building 28
8:30 to 11 a.m.

Voices of Men

The depot's Marine Corps Community Services will be hosting two presentations for training during Sexual Assault Awareness Month.

The production, "Voices of Men," will be held Tuesday, at 9 a.m., and at 1 p.m., at the depot theater.

This one-hour production features examples of actions that are considered sexual aggression.

The purpose of the production is to increase awareness of what is sexual aggression and sexual assault.

For more information, contact Rachele Klasy via telephone at (619) 725-6241.

Security check

On April 15, the Transportation Security Agency will open its "expedited airport security screening program," or "Pre✓™," to Department of Defense civilians.

TSA Pre✓™ allows participants to keep on shoes, belts and light jackets, and leave laptops and 3-1-1 compliant liquids in their carry-on bags when going through airport security.

To participate, DoD civilians must opt-in to the program through the MilConnect website at <https://www.dmdc.osd.mil/milconnect>, and save their DoD ID number (10 digit number found on the back of their CAC) as the "Known Traveler Number" in their DTS profile.

Civilians can also participate by using their DoD Id Number as the "Known Traveler Number" when making leisure travel reservations.

The program is already open to Service members (including Guard and Reservists) and members are not required to opt-in. For more information go to <https://www.defense-travel.dod.mil/site/news.cfm?ID=18>.

Single Marine Program events

- April 14
Volunteer: Feed the Homeless
3:30 to 7 p.m.,
Father Joe's Village
 - April 18
Laser Tag
6 p.m. until?
Ultrazone
 - April 22
Balboa Park Air & Space Museum;
Noon to 4 p.m.
 - April 26
Volunteer: Fort Rosecrans Cleanup;
Time TBD
- For more information or to RSVP contact Josh Davis, at 619-524-8240 or davisjp@usmc-mccs.org

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.



Marines with the Georgian Liaison Team and Georgian soldiers from the 31st Georgian Light Infantry Battalion quickly exit a CH-53E Super Stallion Helicopter as they are inserted into a training area in Helmand province, Afghanistan, April 2, 2014. For the platoon of Georgian soldiers, this was their first time conducting a training mission with a helicopter.

HMH-466 transports troops for training, provides reconnaissance

STORY & PHOTOS BY
SGT. FRANCES JOHNSON
Marine Expeditionary Brigade-Afghanistan

HELMAND PROVINCE, Afghanistan – The powerful blades of a CH-53E Super Stallion with Marine Heavy Helicopter Squadron 466 transformed the cool morning breeze into a powerful wind as it prepared to take to the skies over Helmand province on a dark, early spring morning, April 2.

The Camp Bastion flightline was a beehive of activity underneath bright flood lights and fading stars as Marines performed preflight checks and aircraft started spinning up and taking off.

Two crews of HMH-466 readied their Super Stallions for a training exercise with Marines of the Georgian Liaison Team and a platoon of their counterparts with the 31st Light Infantry Battalion, Republic of Georgia.

“We supported the 31st Georgian Light Infantry Battalion doing a mission rehearsal exercise,” said Capt. Sara Mingo, a CH-53E pilot with HMH-466. “We were doing a simulated raid. We loaded up all the Georgians on our aircraft and inserted them so they could go and secure two simulated objective areas.”

The Super Stallions inserted the Georgian soldiers and Marines of the GLT at the training site as the sun sat just above the horizon, leaving behind a swirling cloud of dirt and rocks as they took off. For the platoon of Georgian soldiers, this was their first time conducting

a training mission with a helicopter.

“We have been preparing for this for a while,” said SSgt. Canon Richard, an infantry advisor with the GLT. “We sat down with the Georgians for countless hours planning on exactly how we want to execute this mission. For the last couple of days we’ve actually been going to the flightline and getting on and off birds, practicing with these guys.”

Richard explained the hours of practice were needed because the Georgians had never conducted helicopter operations.

“Today, actually getting on a bird, flying out here, landing and executing a practice run of what our plan is for the future is a very big deal for us. For the Georgians, it’s a very big step, and we’re very proud of these guys for what they’ve done.”

For a training mission like this, a lot of planning and coordination with different moving parts was required in order for it to be a success.

“First things first, we have to make sure the aircraft know exactly where we are,” said Sgt. Christian Hatch, a team chief with Fire Power Control Team 4, attached to the GLT. “When the aircraft gets to a certain point, my corporal and I will throw smoke into the landing zone so they know exactly where they’re going to be landing. Other than that, our purpose is to make sure the LZ is big enough to support both aircraft. I confirm with them, let them know the directions of the wind, confirm with

them that the LZ has been swept for improvised explosive devices, and ensure that the aircraft can get down and back up safely without risk to the crew or ourselves in the process.”

Though the training exercise only lasted a couple of hours, the mission for HMH-466 didn’t end when they safely dropped off the Georgian soldiers and the GLT back at the Bastion flightline. The Super Stallions fueled up, picked up an intelligence officer and took off once more, this time for a different type of mission.

“We did aerial reconnaissance

today,” said 1st Lt. John Moore, intelligence officer and aerial observer with HMH-466. “We coordinate with other units who give us areas of interest, and then we go out and try to see the population’s reaction.”

The intelligence community’s contribution to the mission consists of taking photos of the patrolled areas and writing notes to take back to the units who requested the information.

“Essentially, we were patrolling different types of bazaars,” said Mingo. “We’re just looking to see if there was any sort of narcotic traf-

ficking, any type of weapons they may be staging in that location, just looking for any kind of activity.”

After the completion of their aerial reconnaissance, the crews turned their aircraft around and flew toward Camp Bastion. As the crews of the Super Stallions steadily lowered the aircraft to meet its shadow cast by the late morning sun, the still busy flightline welcomed them back from another mission complete. Day or night, HMH-466 is always ready and able to support their fellow Marines and coalition partners to accomplish the mission.



Intelligence officer and aerial observer, 1st Lt. John Moore, with Heavy Helicopter Squadron 466 prepares to take photos for an aerial reconnaissance mission over Helmand province, Afghanistan, April 2, 2014. The Super Stallions conducted an aerial reconnaissance mission in support of ground troops by flying over areas of interest and bringing back requested information.

CHEVRON

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Co. K crawls through CCX

STORY & PHOTOS BY
LANCE CPL. TYLER
VIGLIONE
Chevron staff

To enter recruit training and leave as a United States Marine it takes determination and strength. This involves finding strength that one doesn't know he has.

Recruits of Company K, 3rd Recruit Training Battalion, conquered the Combat Conditioning Exercise aboard the depot, March 29.

According to Sgt. Gustavo I. Brown, drill instructor, Platoon 3234.

"During the course the problems I see most recruits have is having the strength to keep going. Mental strain makes them want to quit but we don't let them."

Each of the stations required repetitions of each exercise or technique. According to Recruit Cody A. Stout, Platoon 3235, that was what made the course even harder.

"The constant kneeling, punching and kicking during some of the stations made me exhausted quickly," said Stout, a native of Kokomo, Ind. "It was hard to keep pushing because 90-seconds felt like forever."

Drill instructors did not let the recruits quit, but rather motivated them and gave them the strength they needed to complete the exercise.

"The drill instructors yelling at me actually helped me," said 18-year-old Stout. "It made me want to prove them wrong and gave me the energy I didn't think that I had."

Ultimately, recruits got a taste of combat stress during the CCX, whether it was how tired, thirsty or hungry they were or how much they wanted to quit. The exercise resembled the kind of fatigue Marines that are forward deployed in combat deal with every day.

"Recruit training is the best place to start training these recruits, who will eventually be Marines, on how it feels to be tired and wanting to quit but knowing that you can't," said Leiva. "Once we get it through their heads that they can still function accurately when they are fatigued they will be able to perform in combat."

Stations consisted of Marine Corps Martial Arts Program remediation, physical exercises, fireman carries and low and high crawling.

"We know how tough the exercise is on the recruits, we just want to see how far they can push themselves," said Staff Sgt. John P. Leiva, senior drill instructor, Platoon 3234.

"The course was designed to put them in a scenario to make them exhausted but to have them keep fighting," said Brown, a native of San Diego. "It is also to enforce what a combat mindset is."

Before the course, drill instructors demonstrated each of the 20 stations to the recruits; they learned that the sound of the whistle meant commencing the next exercise or transition.

Platoons were divided in groups of 20 to 25 and were given 90-second rotations to transition between each station and execute each technique at the station.

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Recruits of Company K, remediate the knee striking technique. The Combat Conditioning Exercise was designed to wear the recruits out but to not let them quit.



Company K recruits execute elbow strikes. Recruits remediated the Marine Corps Martial Art Program techniques that they will be tested on later in recruit training.



Recruits fireman carry one another to simulate evacuating a casualty. The Combat Conditioning Exercise consists of 20 stations of Marine Corps Martial Arts Program remediation and physical fitness exercises.



Two recruits execute kicks learned during Marine Corps Martial Art Program classes. Recruits were split into groups of 25 to run through the course.



A group of recruits execute modified body builders at one of the stations of the Combat Conditioning Exercise. Recruits were expected to perform as many repetitions as they could in 90 seconds.



Recruit Cody A. Stout, Platoon 3235, gets buddy dragged by another recruit to transition from one station to the next during the Combat Conditioning Exercise. Recruits only go through the CCX once in recruit training.



Recruits of Company K, 3rd Recruit Training Battalion, drill instructors push recruits to not give up or quit during the Combat Conditioning Exercise aboard the depot, March 29. The CCX simulated combat stress to the recruits.



Company K recruits transition to the next station by performing lunges. Recruits were given 90 seconds at each station before they moved to the next exercise.

Twins carry brotherhood, legacy to Corps

Story & Photo by
Cpl. Benjamin E. Woodle

Throughout recruit training, Marines of Platoon 2175, Company H, 2nd Recruit Training Battalion, forged a bond that made them brothers throughout their Marine Corps career.

Nothing is more unique than the brotherhood of identical twins taking the challenge together to carry on a family legacy of serving in the Marine Corps.

Pfc. Brandon J. Nordlund and Lance Cpl. Tyler E. Nordlund, were born identical twins only four minutes apart, Tyler being the older. To them, while growing up in Sioux Falls, S.D., each was just another person to hang out and have fun with.

"It was kind of unique but at the same time didn't feel odd or different from any kid growing up," said Brandon. "It was like a best friend that was always there."

"It was different than just with a regular brother because we had a younger brother," said Tyler. "It was easier to connect with him. We had a lot of the same friends and interests like music and sports. It just seemed real easy and natural."

Brandon and Tyler's father was a Marine and had served time as a drill instructor.

"He was actually more laid back than one might expect from someone who was a drill instructor for a while," said Brandon. "He told us when he got out of the Marines and started a family, after 14 years of service, that he didn't want to put the Marine Corps lifestyle into the family. He drifted away some to raise his kids as a normal family."

After years of constantly being around one another and partaking in the same interests, the brothers started to tire of each other's company.

"When we were younger there was a little bit of tension where we fought quite a bit; probably around middle school," said Brandon. "We'd always try to find different friends or if we did have the same friends we'd try and hang out with them separately; any little thing to get away just a little bit."

The fighting and separation between the two was short lived. It would take an unexpected family hardship for them to realize how much they truly needed each other.

"After middle school my



Lance Cpl. Tyler E. Nordlund (left) and Pfc. Brandon J. Nordlund (right), Platoon 2175, Company H, 2nd Recruit Training Battalion, practice their graduation ceremony routine after completing the rappel tower aboard the depot, April 4. Tyler and Brandon, who are identical twins, joined the Marine Corps to follow in their father's footsteps and continue the family legacy.

dad and mom divorced," said Brandon. "It was what started to bring my brother and I back together."

Through family hardship Brandon and Tyler began to put aside their differences and support each other. With their two older sisters having moved out of the house they had no one left to look over them except for themselves.

"We were living with my dad but he was gone a lot due to work," said Brandon. "My brother and I kind of raised each other during that time."

"We were always around each other helping each other out, doing a lot of growing up with each other," said Tyler. "I think from that point on it bonded us together, stronger than most brothers. We knew there was no point in fighting it so we accepted the fact that we were meant to be close."

Reunited, Brandon and Tyler fell back into their old routine of pursuing the same friends and interests, including wrestling and joining in their school's Junior Reserve Officers' Training Corps.

"Ever since we were 10 or 11 we've always wanted to be in the Marine Corps," said Brandon. "Our dad and his dad were Marines and wanted to continue the family legacy."

Though it was a family legacy, Brandon and Tyler chose the next chapter in their life. Their father allowed them to make their own minds up on how they wanted to pursue their future.

"It was more our choice," said Brandon. "He always said 'do what you want to do.' He never forced it on us, to join the Corps or go to college; he just wanted us to do what we wanted to do. But what we wanted to do was follow in his footsteps so that's what motivated us."

Though they had their minds set on the Marine Corps, they were more than willing to take advantage of any opportunity that might have presented itself.

"If I would have gotten a scholarship in wrestling I would have pursued that route and gone to college but then later the Marine Corps," said Tyler. "Ultimately it was always going to end up in the Marine Corps."

Their father's last occupation while in the Corps was an Explosive Ordnance Disposal Marine, which inspired them to try and follow the same direction.

"We both initially tried to get combat engineer but a month before we were going to ship it changed to avionics electrician technician," said Brandon.

"We just wanted to be in the Marine Corps," said Tyler. There's always the chance to lat-

eral move later on in our careers if we didn't like the original job we received."

Eager to graduate and begin their journey within the Marine Corps, the 18-year-old twin brothers excelled in their academics while in high school. It allowed them to graduate a semester early.

"We were ready to get out of our town and start a new life," said Brandon. "It's good to get away from where you've lived for so long. It was time to get a fresh start."

At recruit training Brandon and Tyler excelled over their peers from the beginning. It became apparent to their drill instructors they were capable of handling more responsibilities.

"Their performance since they've been here has been good," said Sgt. Bo H. Kim, drill instructor. "From the senior drill instructor all the way down we say the same thing, their performance overall physically, mentally or in drill stood out from the rest. They're quick learners. Because of that they were both hired as squad leaders when they got here in first phase."

During the second phase of training Tyler was hired as the platoon guide.

Together, Brandon and Tyler led their platoon through the Crucible and up the Reaper to

earn the title Marine. Their ability to push one another and help each other carried over to their peers to forge a brotherhood few will understand.

"The twins came here mentally and physically prepared due to their JROTC training in high school," said Kim, a Virginia Beach, Va., native. "They understood the concept of recruit training. They both increased their abilities together, not just one, because one wouldn't let the other completely fall down. If one was slacking they would pick each other up."

Brandon and Tyler took the challenge together few would choose to take on. They will continue their training at Marine Corps Base Camp Pendleton to endure Marine Combat Training before moving on to their Military Occupational Specialty school. However, their greatest challenge lies after, where the possibility of being separated and sent to different units will likely occur.

"Most likely one can say they are going to be separated," said Kim. "It'll be good because it'll give them the abilities to do something on their own and not having to depend on someone else to help. It will then be their opportunity to develop their own lifestyle and leadership skills."

Col. Alan Litster

Parade Reviewing Officer

Col. Alan Litster joined the Royal Marine Corps in 1987. Following young officer training, he spent his troop commander year in the then Comacchio Group Royal Marines.

During this period, Litster was selected for a university nomination at City University London where he studied Management and Systems Science. He graduated in 1992.

Litster has served in a variety of challenging and demanding assignments.

Following university, Litster returned to Scotland and 45 Comando Royal Marines as

an intelligence officer for two years. He then reported to Royal Marine Base Poole where he specialise as a Landing Craft officer. After specialisation, he served for just over two years in Northern Ireland, primarily responsible for boat operations on Lough Neagh for which he was awarded the Most Excellent Order of the British Empire (MBE).

After Northern Ireland, Litster attended junior staff training at JCSC, and returned to 45 CRM as Adjutant for two years. While there he saw a deployment to Honduras during Operation TELLAR to provide disaster relief following Hurricane Mitch.

Staying within 3 Commando Brigade, he next served in the Brigade HQ as staff officer

grade 3, Intelligence, during a period that encompassed the Brigade's peace enforcement tour of Kosovo as part of Operation AGRICOLA IV.

During that tour, he was selected to attend the U. S. Marine Corps Command and Staff course in Quantico, Virginia.

On completion of staff college, he returned to the United Kingdom and to Commander United Kingdom Amphibious Forces as staff officer grade 2, Operations. While there he deployed to Iraq to support the 1st Marine Expeditionary Force's ground campaign.

Litster returned to Regimental duty in 2003, taking command of Alpha Company, 40 Commando Royal Marines

where he saw a deployment to Iraq in 2004.

Promotion to lieutenant colonel followed and he was appointed to Counter Terrorism and United Kingdom Operations in the Ministry of Defense as staff officer grade ,1 Overseas Counter Terrorism.

Litster was then assigned as chief of staff, 3 Commando Brigade, where he deployed to Afghanistan in 2008.

Following Afghanistan, Litster was assigned as the commanding officer, Command Wing, Commando Training Centre, Royal Marines; commanding officer, 43 Commando Fleet Protection Group Royal Marines, and Royal Marines Attache to the United States, Brit-

ish Defence Staff, United States.

Litster's personal decorations include the MBE, and Officer of the Most Excellent order of the British Empire (OBE).





Platoon 2171 COMPANY HONOR MAN Lance Cpl. C. E. Bills Las Cruce, N. M. Recruited by Sgt. S. McNeely	Platoon 2175 SERIES HONOR MAN Lance Cpl. T. E. Nordlund Sioux Falls, S. D. Recruited by Sgt. W. Campbell	Platoon 2169 PLATOON HONOR MAN Pfc. C. J. Jenkins Omaha, Neb. Recruited by Sgt. B. T. Russell	Platoon 2170 PLATOON HONOR MAN Pfc. V. A. Petersen Riverside, Ill. Recruited by Sgt. N. Scheid	Platoon 2173 PLATOON HONOR MAN Pfc. G. T. Mugica Anaheim, Calif. Recruited by Staff Sgt. A. A. Alvarez	Platoon 2174 PLATOON HONOR MAN Pfc. M. T. Vucinich Eagle, Idaho Recruited by Sgt. J. Wilcox	Platoon 2174 HIGH SHOOTER (340) Pfc. J. T. Randazzo Tumwater, Wash. Marksman Instructor Cpl. R. C. Lawier	Platoon 2171 HIGH PFT (300) Lance Cpl. C. E. Bills Las Cruce, N. M. Recruited by Sgt. S. McNeely
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HOTEL COMPANY

2nd RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. D. J. Erickson
Sgt. Maj. T. C. Whitcomb
Staff Sgt. E. J. Estes



COMPANY H Commanding Officer Capt. R. A. Hollenbeck Company First Sergeant 1st Sgt. D. M. Shaeffer	SERIES 2169 Series Commander Capt. S. D. Quinones Chief Drill Instructor Staff Sgt. F. D. Favors	PLATOON 2169 Senior Drill Instructor Staff Sgt. L. L. Bernardo Jr. Drill Instructors Staff Sgt. M. Cortes Staff Sgt. J. R. Navarro Staff Sgt. J. C. Silva Sgt. M. D. Zavala	PLATOON 2170 Senior Drill Instructor Staff Sgt. P. Espindola Drill instructors Sgt. C. A. Esparza Sgt. A. B. Lonchar Sgt. J. K. Pranke Sgt. J. M. Wright	PLATOON 2171 Senior Drill Instructor Sgt. R. P. Bowen Drill instructors Sgt. N. C. Bohne Sgt. G. J. Rojo Sgt. S. W. Suever
	SERIES 2173 Series Commander Capt. I. R. O'Leary Chief Drill Instructor Gunnery Sgt. J. H. Scott	PLATOON 2173 Senior Drill Instructor Sgt. J. C. Dorsey Drill Instructors Sgt. J. A. Castellanos Sgt. G. Silva Sgt. J. F. Walker	PLATOON 2174 Senior Drill Instructor Gunnery Sgt. J. Garcia Drill Instructors Gunnery Sgt. J. A. Pendley Staff Sgt. R. S. Horn Sgt. T. M. Whatley	PLATOON 2175 Senior Drill Instructor Gunnery Sgt. R. R. White Drill Instructors Staff Sgt. K. J. De La Cruz Staff Sgt. P. E. Evans Staff Sgt. T. Morcarzel Sgt. B. H. Kim Sgt. J. R. Moore II

* Indicates Meritorious Promotion

- PLATOON 2169**
 Pvt. K. J. Alford
 Pvt. J. J. Alvarez
 Pvt. J. A. Behrend
 Pvt. N. L. Brooks
 Pfc. J. T. Cahoj
 Pfc. J. D. Castillo
 Pvt. A. J. Chavez Jr.
 Pfc. B. A. Cox
 Pfc. T. L. Crail
 Pfc. Z. S. Crist
 Pvt. J. R. Crownhart
 Pvt. J. E. Dickens
 Pfc. N. Divari
 Pvt. D. R. Drum
 Pvt. D. T. Ehle
 Pvt. D. G. Erhardt
 Pvt. F. A. Flores
 Pvt. C. L. Glenn Jr.
 Pfc. T. W. Goates
 Pfc. M. J. Gonzalez Jr.
 Pvt. A. J. Gordy
 Pvt. J. D. Grimes
 Pvt. J. P. Hamrick
 Pvt. A. S. Hulst
 *Pfc. A. Hurtado Jr.
 Pfc. C. J. Jenkins
 Pvt. J. A. Juarez
 Pvt. W. D. Karle
 *Pfc. R. J. Keesling
 Pvt. K. L. Kreger
 Pfc. N. E. Laboy
 Pvt. J. L. Landis
 Pfc. J. C. Larson
 Pvt. J. J. Leon
 Pfc. A. C. Lester
 Pfc. P. Leyva IV
 Pvt. D. Magana
 Pvt. D. A. Martin
 Pvt. D. A. McCartney
 *Pfc. J. P. Monroe
 Pvt. S. J. Montgomery
 Pvt. J. A. Navarro-Perez
 Pfc. D. J. O'Brien
 Pvt. T. M. Pelletier
 *Pfc. C. J. Pickens
 Pvt. N. J. Powell
 Pvt. G. A. Pryor
 Pfc. C. P. Questad
 Pvt. R. Quiroz
 Pfc. S. F. Ramirez
 Pvt. T. K. Richmond
 Pvt. G. A. Sanchez
 Pvt. D. L. Santibanez
 Pvt. A. B. Sugden

- Pfc. D. Arreguin
 Pvt. K. R. Aud
 Pvt. E. Berben-Rodriguez
 Pvt. R. Bordayo
 Pvt. J. S. Boroumi
 Pvt. J. M. Bowden
 Pvt. S. P. Branagan
 Pvt. G. M. Brewster
 Pfc. J. M. Brown
 Pvt. D. M. Brunette
 *Pfc. S. S. Cantrell
 Pvt. B. M. Caraway
 Pvt. A. J. Chapman Jr.
 *Pfc. M. T. Cockerell Jr.
 Pvt. R. K. Collins
 Pfc. V. Contreras
 Pvt. D. J. Cook
 Pfc. R. E. Cotton
 Pvt. D. J. Cox-Burke
 Pfc. A. N. Cruz
 Pvt. J. E. Cummings
 Pvt. K. E. Dartsch
 Pfc. C. M. Davis
 Pfc. G. J. Dehaan
 *Pfc. T. D. Erwin
 Pvt. X. T. Espinosa
 Pvt. D. C. Guerrero
 Pvt. S. D. Fisher
 Pvt. N. A. Garay
 Pvt. J. P. Garcia
 Pfc. A. Garcia
 Pvt. J. J. Garcia
 Pvt. A. J. Garcia-Clardy
 Pfc. J. Garza
 Pvt. T. R. Guillory
 Pvt. K. W. Heimann
 Pvt. L. A. Himalaya Jr.
 Pfc. E. C. Holmes
 Pvt. R. A. Kuhlman
 Pvt. J. M. Miller
 Pfc. T. J. Nettleton
 Pfc. R. J. Newhouse
 *Pfc. V. A. Petersen
 Pvt. B. W. Prescott
 Pvt. B. L. Ratliff
 Pfc. P. O. Roche
 Pfc. E. A. Sakazar-Camberos
 Pvt. C. T. Stone
 Pfc. T. J. White
 Pfc. R. A. Zamora

- PLATOON 2171**
 Pfc. Z. J. Allen
 Pvt. S. R. Anderson
 Pvt. A. M. Arnold
 Pvt. H. R. Barbian
 Pfc. R. S. Barker
 Lance Cpl. C. E. Bills

- Pvt. A. J. Boettcher
 Pvt. M. A. Bogran
 Pfc. L. Bondi
 Pvt. A. T. Buckley
 Pvt. D. P. Caballero
 Pfc. D. Calderon
 Pvt. R. Cali Jesuseso
 Pvt. M. Casi Anorico
 Pvt. A. J. Colon
 Pvt. H. S. Condes
 Pfc. C. Cornejo
 Pvt. N. A. Cotton
 Pvt. A. A. Cuevas
 Pvt. W. E. Darcy
 Pfc. N. T. Davis
 Pvt. D. Del Rio Rodrigues
 Pvt. L. A. DeRosas
 Pfc. T. L. Dodge
 Pvt. D. A. Doutherd
 Pfc. M. J. Drago
 Pvt. M. Duran Jr.
 *Pfc. D. O. Escalera-Magana
 Pfc. D. A. Evans
 Pfc. A. M. Feagin
 Pvt. A. G. Greubel
 Pfc. L. A. Guerrero
 Pvt. J. M. Guerrero
 Pvt. J. T. Guthrie
 *Pfc. G. P. Hainline
 Pvt. T. S. Harbert
 *Pfc. C. A. Harvey
 Pfc. D. J. Heninger
 Pfc. H. R. Hernandez
 Pfc. A. Herrera-Gomez
 Pvt. T. M. Hoover
 Pvt. D. Hurtado
 Pvt. K. A. Jessen
 Pvt. J. Jiang
 Pvt. B. J. Johnson
 Pvt. L. M. Kelly
 Pvt. T. M. Kendall
 Pvt. B. H. Kenerly
 Pvt. W. D. Kennedy
 Pvt. T. J. Kiiskila
 Pfc. J. A. Kimber
 Pvt. J. S. Kuntz
 Pvt. J. H. Lacy

- PLATOON 2173**
 Pvt. A. J. Allen
 Pvt. J. B. Amoguis
 Pvt. T. L. Cayou
 Pvt. J. Garcia
 Pvt. M. L. Gayer
 Pvt. T. N. Green
 Pfc. S. P. Hasper
 Pvt. S. L. Hedin
 Pfc. T. R. Huckins

- Pfc. A. H. Ito Jr.
 Pvt. D. E. Landers
 Pvt. J. A. Linares
 Pvt. U. C. Lugo
 Pvt. D. W. McCune
 Pvt. S. E. Mesa
 Pfc. E. L. Morris
 Pvt. C. N. Mueller
 *Pfc. G. T. Mugica
 Pvt. A. J. Naessens
 Pvt. E. Nieves-Zavala
 Pfc. T. J. Nutt
 Pvt. N. J. O'Neill
 Pfc. A. Orozco
 Pvt. R. T. Pagunsan
 Pvt. S. M. Patterson
 Pvt. L. A. Phillips
 Pvt. S. M. Proefrock
 Pvt. M. G. Ramirez
 Pfc. A. L. Ramsey
 Pfc. R. W. Ranzenberger
 Pfc. N. B. Rivera
 Pvt. L. L. Rolando
 Pvt. L. A. Salazar
 *Pfc. J. G. Salcido
 Pvt. T. J. Sanders
 *Pfc. T. G. Schneider
 Pvt. A. J. Scott
 Pvt. J. J. Senteno III
 *Pfc. K. R. Sewell
 Pvt. M. R. Shannon
 Pvt. J. J. Silva
 Pvt. C. A. Smith
 Pvt. Z. M. Soehngen
 Pfc. S. N. Spongberg
 Pfc. T. M. Stevenson
 Pvt. N. J. Stinnett
 Pvt. M. J. Stoll
 Pfc. D. O. Suleiman
 Pvt. B. S. Thomas
 Pvt. L. M. Truby
 Pvt. J. Villasenor
 Pfc. D. C. Weis
 Pvt. N. C. Yanase
 Pvt. K. Yu

- PLATOON 2174**
 Pfc. T. D. Lewis III
 Pvt. K. C. Ludwig
 Pvt. J. R. Lyons
 Pvt. A. G. Martinez Jr.
 Pvt. C. D. Mather
 Pfc. W. A. Mayo
 Pvt. B. A. McGuire
 Pfc. N. J. Moser
 Pfc. A. T. Murray
 Pvt. M. A. Naranjo
 Pvt. J. C. Nemger
 Pfc. P. B. Nguyen

- Pfc. C. N. Nielsen
 Pfc. N. T. Nugent
 Pvt. D. R. Oberon
 Pvt. T. J. O'Brien Jr.
 Pvt. A. Ochoa
 Pvt. K. B. Olson
 Pfc. J. A. Ortiz
 Pvt. L. E. Parr
 Pvt. C. A. Paul
 Pvt. C. C. B. Petersen
 Pfc. N. J. Pilate
 Pvt. A. J. Pohl-Thelen
 Pfc. J. T. Randazzo
 Pvt. A. A. Reyes
 Pvt. J. W. Rice
 Pvt. T. W. Riddle
 Pfc. T. L. Roberts
 Pvt. A. D. Rodrigues
 Pvt. I. M. Rodriguez
 Pvt. D. Romero
 Pvt. A. A. Rubino
 Pvt. J. A. Salazar
 Pfc. G. L. Smith
 Pvt. O. F. Soriano Jr.
 Pfc. S. M. Streit
 Pvt. J. S. Tamayo-Sanchez
 Pvt. S. J. Tellez
 Pvt. P. C. Torres
 Pvt. R. R. Trevino III
 Pfc. J. C. Velasquez-Martinez
 Pfc. M. T. Vucinich
 Pvt. D. C. Watts
 Pvt. C. A. Welty
 Pvt. M. D. Wessinger
 Pfc. P. A. Willis
 Pfc. T. L. Wisecup
 Pvt. Z. M. Woods
 Pfc. Z. D. Woytek
 Pvt. D. W. Whitsman
 Pvt. K. R. Zarate
 Pvt. L. R. Zuniga-Villegas

- PLATOON 2175**
 Pvt. J. A. Alfaro
 Pvt. C. D. Alvarez
 Pvt. M. E. Borden
 Pvt. C. B. Carter
 Pvt. L. D. Combs
 Pfc. C. L. Doll
 Pfc. D. D. Ermatinger
 Pvt. E. Figueroa
 Pvt. B. D. Fraley
 Pfc. C. T. Hensley
 Pvt. P. D. Heric
 Pvt. V. M. Hildreth
 Pvt. M. R. Hoffman
 Pvt. T. B. Howard
 Pvt. J. N. Hutcherson

- Pfc. D. T. Jones
 Pvt. J. Juarez-Gonzalez
 Pfc. V. A. Kumar
 Pfc. A. J. Le
 Pvt. J. A. Lustyk
 Pvt. E. J. Mahoney
 Pvt. T. C. McLean
 Pfc. C. M. Meyer
 Pfc. M. Miller
 Pfc. C. D. Mitchell
 Pvt. M. A. Moreno
 Pvt. J. J. Mroz
 Pvt. C. J. Mucciaccio
 Pfc. B. J. Nordlund
 *Lance Cpl. T. E. Nordlund
 Pvt. J. R. Reiff
 Pvt. E. N. Rivard
 Pfc. J. L. Sammons
 Pvt. N. T. Sayre
 Pvt. B. W. Schmidtke
 Pvt. D. E. Scott
 Pvt. D. R. Scott
 Pvt. C. T. Shaughnessy
 Pvt. M. M. Smith
 Pvt. A. D. Stewart
 Pfc. D. G. Stotler
 Pfc. Z. J. Swanson
 Pvt. J. M. Tighe
 Pvt. A. A. Toepper
 Pvt. L. T. Torres
 Pvt. D. A. Twilley
 Pvt. L. A. Tworek Jr.
 Pfc. A. A. Valentin
 Pvt. L. D. Van Middendorp
 Pvt. F. V. Vargas
 Pfc. T. A. Villarreal
 Pvt. J. H. Walton III
 Pvt. M. B. Watkins
 Pvt. K. Wembes
 Pfc. D. P. Willemse

Recruits find personal motivation to increase strength, endurance

STORY & PHOTOS BY
SGT. WALTER D. MARINO II
Chevron staff

Although recruits of Company M already completed a strength and endurance course once before, they went through for a second time in recruit training to further increase their physical fitness levels aboard the depot, March 26.

The last time the recruits went through the strength and endurance training they didn't know how difficult it would be. This time, they knew to expect a two-and-a-half mile run and 15 exercises—therefore, the challenge was to finish strong.

"The pace is a little faster and a little harder," said Sgt. Joshua T. Ryle, drill instructor. "The recruits know what to expect so it is up to them to push themselves harder."

Ryle explained he tries to inform the recruits that if they don't push themselves during the physical training, the Crucible and Fleet Marine Force will be much harder.

During the training, Ryle and his fellow drill instructors repeatedly shouted encouragement to motivate recruits through the exercises.

"You look at the exercise sign and you know you have to get as many repetitions as

you can," said Recruit Richard C. Wolters, Platoon 3274. "People who wonder why they are not getting better are the ones not giving 100 percent."

Wolters, a Battle Mountain, Nev., native was one among many recruits who have goals of improving their fitness.

During their first strength and endurance course, Recruit Alexander J. Wright, Plt. 3273, admitted that he paced himself because he didn't know how long it would be. However, this time around Wright stated that he pushed himself so that he could get closer to his goal of doing 15 pull-ups.

"I know the Marine Corps isn't just about being fit and I didn't join for the physical part, but I do think they should do this training more than twice," said Wright, a Medford, Ore. native.

As drill instructors brought the recruits to the end of the training, the intensity did not diminish. The drill instructors were still shouting, the sweat was still pouring and many faces still winced with pain during the last few repetitions of each exercise. If the recruits were attempting to squeak by, they were doing it with shirts filled with sweat.

"We're pushing now so it's less hard for the Crucible," said Wolters.



Recruit Richard C. Wolters, Platoon 3274, Company M, 3rd Recruit Training Battalion, performs side straddle hops during the strength and endurance course aboard the depot, March 26. Side straddle hops was one exercise among many the recruits had to perform during their physical training.



Recruit Richard C. Wolters, Platoon 3274, Company M, 3rd Recruit Training Battalion, performs a plank during the strength and endurance course. After each exercise the recruits ran to their next exercise location.



Recruits of Company M, 3rd Recruit Training Battalion, perform lunges together during the strength and endurance course. Drill instructors required recruits to yell each repetition; if the volume level wasn't loud enough, recruit did the repetitions again.



Recruits of Company M, 3rd Recruit Training Battalion complete their second strength and endurance course. Recruits were expected to do a two-and-a-half mile run and 15 exercises.