



CHEVRON

AND THE WESTERN RECRUITING REGION



General Joseph F. Dunford Jr., Commandant of the Marine Corps, speaks with Marines about his planning guidance and the future of the Marine Corps, Feb. 11. Dunford's visit to the depot included events such as watching graduation practice, a tour of Walker Hall, witnessing recruits run through the bayonet assault course and meeting with depot leadership.

Marine Corps commandant visits depot

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

During a week-long journey to visit West Coast installations, Gen. Joseph F. Dunford Jr., Commandant of the Marine Corps, visited with Marines at Marine Corps Recruit Depot San Diego, Feb. 11.

While at the installation, Dunford observed numerous recruit training events such as graduation practice, the bayonet assault course and the recruit moment of

truth brief. Dunford concluded his visit with a tour of Walker Hall and a meeting with depot leadership, when he discussed his planning guidance for the Marine Corps.

“My top goal (in Southern California) is to let Marines, families and sailors know how proud I am of what they're doing every day as United States Marines,” said Dunford. “The second goal is to talk a little bit about where we are as an institution, more importantly where we need to go as a Marine Corps to adapt to the future.”

After completing his tour of the depot, many depot Marines were left with a lasting impression of their new commandant.

“He seemed very well spoken and showed a lot of interest in what we do at the depot,” said Capt. Laura Trowbridge, protocol officer, MCRD San Diego and Western Recruiting Region. “He seemed passionate in where we are going as a Marine Corps and how the depot is going to help get us there.”

see **COMMANDANT** ▶5

Marine finds new opportunities in Marine Corps

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

Private Yasbad G. Ukbamichael, Platoon 1027, Bravo Company, 1st Recruit Training Battalion, moved from Mekell, Ethiopia, to the U.S. to experience the opportunities America offers.



Private Yasbad G. Ukbamichael, Platoon 1027, Bravo Company, 1st Recruit Training Battalion, performs push-ups during physical fitness training in recruit training at Marine Corps Recruit Depot San Diego, Feb. 11.

The road to that new opportunity wasn't simple for the 18-year-old Ukbamichael.

Shortly after he was born, he moved to Asmara, Ethiopia, with his mother and father.

“My parents split up during that time, so it was tough for my father to take care of me,” said the new Marine. “He works hard to provide and strives to make sure I go far in life.”

Ukbamichael's father spent a large portion of his time working, so the young boy moved to Addis Abbab, Ethiopia, to live with his grandparents at the age of three. He was reunited with his father when he moved back to Mekell when he was eight.

The new Marine, recruited out of Recruit Station Sacramento, Calif., describes a simple lifestyle in Ethiopia.

For special occasions, such as birthdays, the Ethiopian culture drinks coffee to celebrate, explained Ukbamichael.

“There are not a lot of cars and there is only one T.V channel to watch,” said Ukbamichael. “Since there are many languages in Ethiopia, the news would play back to back in different languages so everyone could understand. Saturdays were my favorite when I was little, because that's when the kid shows would come on.”

Ukbamichael explains that while the life was simple, it did not come without with hardship.

“My father wasn't wealthy, but we lived a middle-class lifestyle,” said Ukbamichael. “When I moved back with my father, he remarried and then started building a house on the outskirts of the city where we started living.”

Although Ukbamichael and his family were starting to settle into their new home, he had a baby sister on the way. His father

see **MARINE** ▶5

BRIEFS

VITA MCRD Tax Center

The MCRD Volunteer Income Tax Assistance Center is open and taking walk-ins Monday through Friday from 8 until 11 a.m. The center is also scheduling appointments from 1 until 3:30 p.m. each workday.

The tax assistance center is in Legal Assistance, Building 12.

Tax assistance service is free for active duty members, dependents and retirees. The service includes free federal and state income tax preparation with fast electronic filing.

Bring two forms of ID, social security cards for self and dependents and copies of the 2013 tax return. Also bring all applicable 2014 source documents (i.e. W-2s, 1099s, etc.).

For faster service fill out the form at <http://www.irs.gov/pub/irs-pdf/f13614c.pdf>.

To make an appointment call (619) 524-8643 or (619) 524-8713.

Gate 5 construction

The first phase of construction for Gate 5 has begun near Building 230 (Pass & ID). Construction consists of a new gate/guard house, additional vehicle inspection lanes, a new Pass and ID Building, and improved traffic routing through the Gate 5 area.

Vehicle traffic patterns inbound and outbound of Gate 5 will change over the course of construction. Changes will be published.

For information, call Jim Vogel, FACDIV Engineer, at (619) 524-4392.

Brown Bag Lunch Seminar

A Brown Bag Lunch Seminar, “Building a Successful Saving Program - a Military Saves Event,” will be held from 11:30 a.m. to 1 p.m., Feb. 20, in the Personal and Professional Development classroom, Building 14.

Refreshments will be served and those attending the seminar are welcome to bring lunch.

For information or to register call Mike McIsaac (619) 524-5728/1204.

“How To” parent workshop

The depot hosts the “Help, I'm Overwhelmed” workshop for parents in the Building 6E classroom on Feb. 23 at 5:30 p.m.

The workshop will cover:

- Understanding common core standards
- New school testing requirements
- Understanding how to support gifted and special needs children
- Valuable homework & study tools support for parents

For information call (619) 524-8104/8032/8031.

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.



Recruits of Bravo Company, 1st Recruit Training Battalion, low crawl under barbed wire during on the bayonet assault course at Marine Corps Recruit Depot San Diego, Feb. 2. Recruits were instructed on how to hold weapons correctly throughout the exercise to maintain proper weapon control.

Recruits experience physical demands of combat

STORY & PHOTOS BY
CPL. JERICHO CRUTCHER
Chevron staff

With individual pride on the line, recruits of Bravo Company, 1st Recruit Training Battalion, prepared to battle each other during Pugil Sticks III, Feb. 2. This event allowed recruits to apply different Marine Corps Martial Arts Program techniques they learned in recruit training.

Pugil Sticks III consists of the Bayonet Assault Course and sparring session that simulates close-quarters-combat between two people.

The course is comprised of different obstacles ranging from shallow trenches to crawling under barbed wire and tunnels, and once completed, the recruits gear up to battle each other with pugil sticks.

Helped by fellow recruits, the competitors suited up in protective gear and waited for their turn to charge into the fighting hole. Each recruit wore a helmet and padded protective gear on his body and wielded a two-sided padded stick for their weapon. When it was their turn to fight, recruits yelled their name and weight to ensure each pair of fighters within 10 pounds of their weight.

An instructor refereed each fight and waited for a "kill blow" from one of the recruits to declaring a match winner.

The recruits used the MC-MAP training they learned throughout training, which helped familiarize them with the proper way to execute each move while in hand-to-hand combat situations. This allows the warriors to continue in combat situations when they run out of ammunition or have weapon issues.

"You never know what to expect in close-quarter combat. Anything can happen while you're on a deployment or out on a patrol. We prepare, train and take on the unpredictable challenges," said Recruit Merle D. Stout, Platoon 1026. "Combat action is more than just being on the battlefield in a fire fight; it can be close hand-to-

hand combat like we experienced today."

The exhaustion recruits feel during this exercise strengthens their endurance since that comes into play in a battlefield.

"During the (simulated) battle of hand-to-hand combat using pugil sticks, I became fatigued by using all of my energy, which is something you

can face on a combat deployment," said Stout, a Bangor, Mich., native. "When you're tired and fatigued, you have to push through it. It doesn't matter how bad the pain feels or burns, because even though this is just a simulated fight, it can be the real thing on a combat deployment."

Everything that has been

taught throughout recruit training has a purpose, which recruits will take with them throughout their Marine Corps careers.

"Marines train for the unexpected," said Sgt. Jordan G. Kinal, drill instructor, Platoon 1026. "A Marine must be able to defend himself and the brothers to his left and right."



Bravo Company recruits fight each other during a pugil sticks match Feb. 2. To win the bout, a recruit must land a strike to the head or land more strikes to the body than his opponent.



Bravo Company recruits run through the bayonet assault course under the close supervision of their drill instructors.



A Bravo Company recruit runs to the next section of the depot's bayonet assault course. Sections of the exercise included tire stabbing, getting in and out of a trench and using commands to conduct a combat rush.

CHEVRON

ESTABLISHED 1942

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EDITOR
ROGER EDWARDS

CHEVRON/PUBLIC AFFAIRS OFFICE
1600 HENDERSON AVE. #120
SAN DIEGO, CA. 92140
(619) 524-8722

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Platoon 1025 SERIES HONOR MAN Pfc. M. E. Castorena Chula Vista, Calif. Recruited by Staff Sgt. M. Soto
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Platoon 1027 HIGH SHOOTER (340) Pfc. W. R. Young New Carlisle, Ind. Marksman Instructor Sgt. K. A. Sullivan
Platoon 1023 HIGH PFT (300) Pfc. C. R. Kielbasa Chicago Recruited by Sgt. R. Bowstring



BRAVO COMPANY

1st RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. L. M. Schotemeyer
Sgt. Maj. M. S. Seamans
Staff Sgt. J. Barnes



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* Indicates Meritorious Promotion

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 Pvt. L. A. Roberts
 Pvt. J. T. Robillard
 Pvt. J. T. Robinett
 *Pfc. A. S. Robins
 Pfc. J. K. Rodriguez
 Pvt. K. D. Romero
 *Pfc. J. A. Rosales
 Pvt. C. R. Ruiz
 Pfc. E. Salas
 Pvt. D. S. Saville
 Pvt. C. S. Sebring
 Pvt. M. A. Shafer
 Pvt. R. A. Simoneaux
 Pfc. T. E. Skeen
 Pvt. J. J. Smith
 Pvt. T. A. Smith
 Pfc. C. L. Stephens
 Pfc. E. C. Stolian
 Pfc. J. E. Timm
 Pvt. A. R. Tomes
 Pvt. Y. G. Ukbamichael
 Pvt. S. Umanzor
 Pvt. R. Velasco Jr.
 Pvt. A. J. Wacker
 Pvt. C. N. Weaver
 Pvt. A. J. Weber
 Pvt. S. S. Weigand
 Pfc. A. M. White
 Pvt. K. J. Willis
 Pfc. M. J. Wise
 Pvt. K. L. Wright
 Pvt. D. R. Young
 Pfc. W. R. Young
 Pvt. I. Zamora
 Pvt. G. Zarabanda
 Pvt. M. J. Zimmerman
 Pvt. T. P. Zoretic</p> |
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Drill instructors push recruits through log drills

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

After a quick demonstration, recruits of India Company, 3rd Recruit Training Battalion, warmed up before organizing into groups of eight for log drill exercises at Marine Corps Recruit Depot San Diego, Jan. 5.

Company I drill instructors led their recruits on a quarter mile run, followed by log exercises such as log bicep curls, log dips and log side bends. Recruits also carried the log to each exercise, covering a distance of approximately a quarter mile.

First Sergeant Justin L. Branch, company first sergeant, India Company, explained the purpose of the training is to show the recruits they can accomplish more as a team than as an individual.

Teams were organized by height so the weight of the log would be split fairly. Immediately after starting the exercise, drill instructors could see which groups needed assistance. While some groups were keeping up and moving smoothly, some were falling behind and bickering amongst one another.

"I just let (the struggling recruits) know to get in step, to stay in step and focus on teamwork," Staff Sgt. Kenneth G. West,

Platoon 32303. "The one thing we are trying to do is get rid of individualism. This exercise forces them to adapt to teamwork, otherwise it becomes much harder. The less they work together, the more it will hurt."

After heeding the advice, all the groups could be seen moving together, and the only time they stopped was to perform an exercise. Although the recruits showed fatigue, drill instructors did not let them slow down.

"It's important to get them out of their comfort zone," said West. "Some of these kids have never been pushed out of their comfort zones, and it's important to get them there so that they know they can push farther than they previously thought. This is also building their confidence, and once they have confidence, they will believe in themselves more."

As the recruits worked together to finish their last exercise, it appeared each recruit was equally drenched in sweat. The tough physical experience had forced the recruits to depend upon one another and effectively work as a team.

"I think exercises such as log drill have brought the recruits together as a team, and that the drill instructors have reinforced that and kept them on that path," said Branch.



India Company recruits perform side bends during their log drill exercise. The log drill exercise is one of many training events required for graduation from Marine Corps recruit training.



Recruits of India Company, 3rd Recruit Training Battalion, conduct squats during a log drill exercise at Marine Corps Recruit Depot San Diego, Calif., Jan. 6. Log drill exercises are conducted in groups of eight to handle the heavy logs.

COMMANDANT ◀ 1

As much of an impact that

the visit had on the depot's Marines, it also had an impact on the commandant as well.

"I tell you what; this is where we make Marines," said Dunford, a native of South Boston,

Mass. "My impressions are we do something very, very special here, which is make United States Marines. We are doing it today just like we've always done it, extraordinarily well. The professionalism, the drill instructors, the professionalism of the staff and the quality of young men here who are recruits has been very impressive to me."

Marines were waiting for the commandant at each training stop and were able to describe the work and training the Marines put in for the depot and recruits.

"I think it gave (the Marines) a chance for their voices to be heard," said Trowbridge, a Fort Worth, Texas, native. "[They were] able to show him what they do here and why it is important. It also gave him a chance to see why MCRD San Diego is so different from other bases and what makes us unique."

The vision Dunford has for the Marine Corps starts at the

recruit training depots and he wanted to ensure the Marines knew their importance in that plan.

"The best thing they can do to help me with the planning guidance is to think about the future and help me with the challenge that I've outlined in the planning guidance. I am very much serious about wanting their input about addressing some of the challenges outlined, particularly our ability to innovate for the future," said Dunford.

Concluding his visit, the commandant expressed his pleasure with the work accomplished at the depot and is looking forward to his next visit.

"What I'd like tell the (Marines of the recruiting regions) is that because of their efforts in recruiting and transforming young men and women into Marines, we've been successful in every clime and place over the past decade, and because of their efforts, we're going to be successful for years to come," said Dunford.



General Joseph F. Dunford Jr., Commandant of the Marine Corps, speaks with Melissa Mahoney, sports medicine and injury prevention program manager at Walker Hall, about the rehabilitation of injured recruits at Marine Corps Recruit Depot San Diego.



General Joseph F. Dunford Jr., Commandant of the Marine Corps (R), speaks with Capt. Timothy S. Berger, commanding officer, Mike Company, 3rd Recruit Training Battalion, about recruit training at Marine Corps Recruit Depot San Diego, Feb. 11. Dunford's visit to the depot was just one day of a larger mission to visit West Coast installations from Feb. 5-12. During his visit to the depot, Dunford visited numerous recruit training events and engaged Marines in conversations about the future of the Corps.

MARINE ◀ 1

decided it would be best to move to a place with more opportunity.

Ukbamichael, 11 years old at the time, moved to America with his family to start a new beginning. He was excited to see what the United States had to offer, but found a difficult challenge when first arriving.

"Learning to speak English was very difficult at first," said Ukbamichael. "My father insisted that I studied the language hard by reading books at the library. I would come home with a bag full of books every week until I fluently learned the language, along with watching movies with the subtitles."

As a requirement to begin

seventh grade, he had to take a test to ensure he was ready to start.

"On one portion of the test, I had to match words to pictures such as the word 'book' to a picture of a book," said Ukbamichael. "My dad laughed at me for a long time because I matched newspaper with something not even close," he said laughingly.

By the time Ukbamichael was in eighth grade, he read more books than the rest of the students in school.

"My dad is really strict on education and wants the best for his kids," said Ukbamichael. "He always said I should become a doctor, lawyer or anything that

is a good degree."

Ukbamichael kept good grades through school, and even after graduation of high school he was accepted to college, but he felt the need to serve the country that gave him the tools to write his own future.

"I want to serve the country that has been so good to me and given me many opportunities," said Ukbamichael. "The Marine Corps offers a lot such as free education, so I decided to start my career path by serving as a United States Marine."

He believes the Marine Corps will give him the tools to set up his future.

"It's a paying job that will

teach me values and leadership," said Ukbamichael. "It supplies adventure and challenges not many people get to experience."

He has now earned the title Marine after three months of recruit training and finishing the Crucible, where he received his eagle, globe and anchor.

"Once the eagle, globe and anchor was placed into my hand, and I realized I was a Marine, it was a burning sensation of pride inside of me," said Ukbamichael. "Making my way up the Reaper my legs felt like giving out, but I just kept pushing forward to the top to earn my right to be called a Marine."

Ukbamichael explains the

drill instructor who placed the Eagle, Globe and Anchor in his hand made the feeling that much more special.

"As he placed into my palm, he said this is why the Marine Corps is so special. Marines like you, from other countries, are here to serve and protect with brothers in arms," said Ukbamichael.

Now that he has become a Marine, he will take a well-earned 10 days of leave before furthering his training at School of Infantry on Marine Corps Base Camp Pendleton for combat training and then on to learn his military occupational specialty as an amphibious assault crew member.