



Private Chris Gitau of Golf Company, this week's Honor Graduate Pg 2

MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON



AND THE WESTERN RECRUITING REGION

Vol. 75 – Issue 24

“WHERE MARINES ARE MADE”

FRIDAY, SEPTEMBER 11, 2015

TOP STORY OVERCOMING MENTAL OBSTACLES

Recruits face challenges in recruit training.. How they react makes the difference

Echo Company overcomes fear of Confidence Course and moves one step closer to graduation

STORY & PHOTO BY
CPL. JERICHO CRUTCHER
Chevron staff

The Marine Corps is often referred to as the “world’s finest fighting force,” and training the Marines who make that true starts early in recruit training.

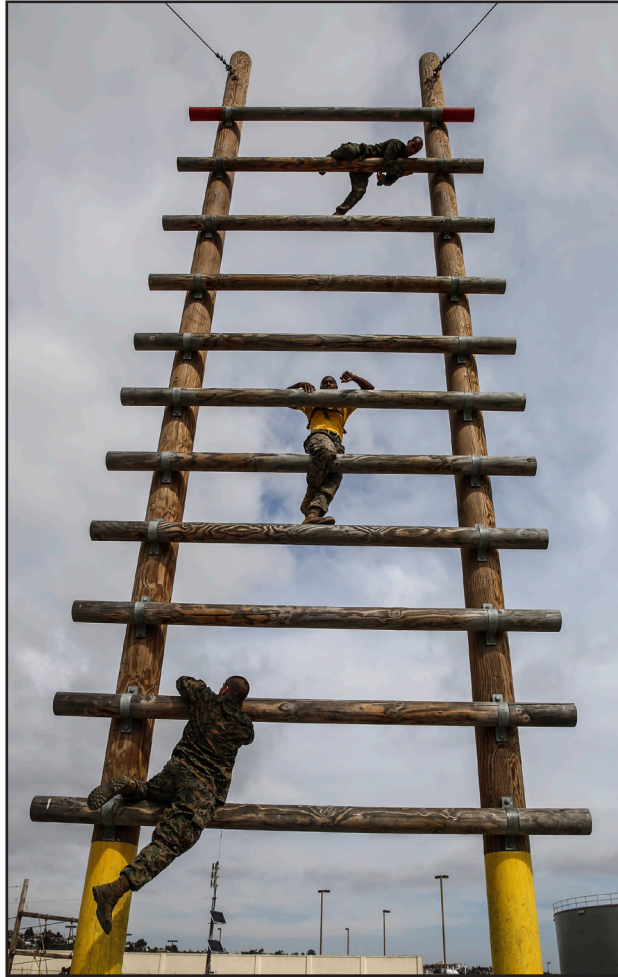
“The Confidence Course develops our confidence to overcome our fears while also building strength and endurance,” said Recruit James R. Graham. “We have to be able to overcome feared obstacles in a second’s notice, and it starts here at recruit training.”

Some of the obstacles included in the Confidence Course are the Stairway to Heaven, Slide for Life, Weaver and the Cargo Net Climb. Recruits began, as with most of their other events, by performing dynamic warm-ups. After recruits finished warm-

ing up, drill instructors demonstrated the proper techniques to utilize while conducting the obstacle. The recruits were separated in to groups, each led by a drill instructor, each attacking a different obstacle.

One of the most difficult challenges recruits face is the Stairway to Heaven, a ladder-like structure 30-feet high. The obstacle consisted of stacked logs that start out close together but begin to space out as it climbs. After a recruit reached the top, he had to climb over the top log and descend the other side. Some recruits were well aware of their fear of heights. Some realized it when they reached the top of the obstacle.

“I was nervous at the top, but I just kept moving and pushing through that fear of



Recruits of Echo Company, 2nd Recruit Training Battalion, maneuver up the Skyscraper during the Confidence Course at Marine Corps Recruit Depot San Diego, Sept. 1. Drill instructors supervised the exercise and advised the recruits on different techniques needed to complete the exercise.

heights,” said Recruit Jorge L. Gonzalez. “After I completed the obstacle, I felt like I could accomplish anything I wanted.”

Letting their fear overcome them was

not an excuse on the Confidence Course. Recruits were required to complete every obstacle and could not advance until completed.

see COURSE ▶ 2



Recruits of Echo Company, 2nd Recruit Training Battalion, attempt to switch their hand grips on the Slide for Life obstacle during the Confidence Course at Marine Corps Recruit Depot San Diego, Sept. 1. The Slide for Life is one of the most physically demanding obstacles in the course where recruits are tested on their physical endurance and mental strength.

BRIEFS

Gate 4 closure

Gate 4 is closed to all vehicular and pedestrian traffic until construction is completed in December.

During Gate 4 renovation, operating hours of Gates 2 and 5 will be as follows:

Gate 2:

Open 5 a.m. to 10 p.m. seven days a week

Gate 5:

Open 24 hours

New Marine Family Meet & Greet

The depot hosts a New Marine Family Meet and Greet each Wednesday prior to graduation from 5 to 8 p.m., at the Bay View Restaurant.

This is a chance for families to meet other new Marine families and depot drill instructors. The event price of \$21.95 per person entitles the purchaser to a steak or chicken dinner. Dinner service starts at 6 p.m.

For information and reservations go to www.mcrdmeetandgreet.eventbrite.com or call (619) 725-6388.

Career & Education Fair

The depot will sponsor a Career and Education Fair Sept. 15 from 10 a.m. to 1 p.m. at the Jerry Coleman Center (formerly the Semper Fit Field House & Courtyard.

Participants will meet face-to-face with the representatives of more than 100 veteran friendly employers and educators who are prepared to discuss your future.

Dress to impress and bring copies of your resume.

For information call (619) 524-1283 or 5728.

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.

SharePoint Training

The G-6 office will be hosting a Microsoft SharePoint training Sept. 14-17 in the 7W conference room. The training will last from 8:30 a.m. to 4 p.m. The training will provide Marines with the skills to use Sharepoint as a collaborative tool to manage a basic SharePoint site. Please contact Margie Arvayo at margie.arvayo@usmc.mil to register for the training.

Boot Camp Challenge

The depot’s annual 3-mile obstacle run, the Boot Camp Challenge, pits Marines and civilians against an obstacle course featuring obstacles faced by recruits during training.

The event is scheduled for Sept. 26. at 9 a.m. Runners will be encouraged by depot drill instructors along the way.

Cost to register and participate in the event is:

- \$39 for individual runners
- \$117 for a 3-person team
- \$195 for a 5-person team
- \$45 per person at the gate on Boot Camp Challenge day.

For registration and information go to www.BootCampChallenge.com.

EFMP Info Hour

MCCS will host a one-hour brief Wednesday, Sept. 9 from noon to 1 p.m., in Bldg. 6, explaining the Exceptional Family Member Program, how it can help, how to enroll and where to look for support. To register or for more information, contact Allison Newcomer at (619) 718-3764.



Private Chris M. Gitau, Golf Company, 2nd Recruit Training Battalion, provides security for his squad during the Crucible 12 Stalls event at Edson Range, Camp Pendleton, Calif., Sept. 2. During the Crucible event, if a Marine was not actively participating in the obstacle, he was required to provide security to simulate a real combat scenario.

NEW MARINE MOVES FROM KENYA TO ACHIEVE ACADEMIC AND PERSONAL GOALS

STORY & PHOTO BY
CPL. JERICHO CRUTCHER
Chevron staff

For years, the United States has been providing opportunities to those from around the world who are looking for a better future. A plaque mounted inside the pedestal of the Statue of Liberty states, ‘Give me your tired, your poor, your huddled masses yearning to be free;’ and one new Marine can validate the opportunity for the American dream today.

Private Chris M. Gitau, Golf Company, 2nd Recruit Training Battalion, grew up in Nairobi, Kenya, and moved to America at the age of 21 to take advantage of the broader opportunities he could experience there.

Gitau explained he enjoyed growing up in Nairobi and plans to visit home the next opportunity he is given.

“My favorite thing about Nairobi is the food,” said Gitau. “There is a lot of farm land, and that’s the main source of food for the locals. Everything is fresh and tasteful to eat.”

The Kenya native grew up dedicated to his education and sport of choice.

“I love to play soccer,” said 23-year-old Gitau. “If I wasn’t on the field, then I was studying.”

When taking a break from his studies, Gitau enjoyed spending time at the beach with his friends, which he believes allowed him to return to his studies revitalized and focused.

“My studies paid off for me,” said Gitau. “I graduated in the top 10 of my class.”

Gitau planned to attend college in hopes of receiving a degree in electrical engineering. As a child, his father lived in Oceanside, Calif., and the new Marine thought that moving to the United

States to live with him would provide a better opportunity to pursue his goal of attending college.

When Gitau arrived in the U.S., he had to adjust to the difference in culture between the

two countries. He explained that even though he spoke English in Kenya, the way it is spoken in America is different. He noticed the way people dressed was drastically different than in his native country. With many more differences, Gitau was happy to be in his new home, found that Americans were friendly, there were more jobs available and that the process to obtain one was much easier.

During his first two years in America, Gitau took advantage of the job opportunities and explored the various fields of engineering to see which he liked best. While still planning to pursue a college education, Gitau couldn’t help but be moved by a cousin who had also moved to the United States years earlier.

“I was inspired by my cousin for his decision to join the Marine Corps,” said Gitau. “He served for five years.”

Gitau saw the Marine Corps as an opportunity for him to give back to his new country that had taken him in and provided for him.

“I feel proud for serving in the Marine Corps and being part of the best,” said Gitau.

After graduating recruit training, Gitau will continue his journey at the School of Infantry in Camp Pendleton, Calif., to learn the skills of becoming a basically trained Marine rifleman. He will then move on to his military occupational specialty school to become a basic metal worker.

FOR MORE PICTURES, SEE PAGE 4

COURSE 1

“You can’t avoid an obstacle because you fear it,” said Gonzalez. “Working through our fears now will help us overcome greater obstacles in the future.”

The last obstacle recruits had to overcome was the Slide for Life, which required recruits to climb a 25-foot tower and then transverse a descending 90-foot cable above a pool of water. Halfway through the climb, recruits were instructed to change positions while hanging above the pool. The recruits who were able to complete the obstacle looked back at their accomplishment knowing they beat the challenge. With the Confidence Course behind them, the recruits are now one step closer to achieving their goal to become United States Marines. Throughout their training though, they will face great hardship and challenge with the goal of creating the best Marine possible.

“It’s all about stepping up to the task and completing it even if you are nervous,” said Graham. “The Marine Corps produces leaders. If you can’t lead from the front, then the Corps isn’t a place for you.”



Recruits of Echo Company, 2nd Recruit Training Battalion, climb the Stairway to Heaven obstacle during the Confidence Course at Marine Corps Recruit Depot San Diego, Sept. 1. The high obstacle portion of the Confidence Course allows recruits to face any fear of heights and gain a sense of accomplishment from completing the obstacle.



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Sergeant Major
Battalion Drill Master

Lt. Col. W. Doctor
Sgt. Maj. A. O. Osinowo
Staff Sgt. J.W. Flesher

COMPANY G Commanding Officer Capt. V. Garcia Company First Sergeant GySgt. C.B. Milam	SERIES 2149 Series Commander Capt. J.F. Helms Chief Drill Instructor GySgt. M. Cortez	PLATOON 2149 Senior Drill Instructor Staff Sgt. S.R. Dee Drill Instructors Sgt. S.A. Hernandez Sgt. L.R. Smith Sgt. V.D. Kane	PLATOON 2150 Senior Drill Instructor Staff Sgt. J.D. Williams Drill Instructors Staff Sgt. J.C. Sicz Staff Sgt. S.L. Macias Staff Sgt. A.N. Phillips	PLATOON 2151 Senior Drill Instructor Staff Sgt. R.M. Jones IV Drill Instructors Sgt. R.J. Soto Sgt. J.A. Villalba Sgt. G. Silva Jr.
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* Indicates Meritorious Promotion

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Pvt. R. M. Martinez Jr.	Pvt. R. A. Williams	Pvt. D. D. Horton	Pvt. G. E. Sosa	Pvt. P. L. Dolan	Pvt. J. N. Rodriguezmartinez
Pvt. N. R. Mata	Pfc.* T. W. Yarbroughcook	Pvt. J. J. Jimenez	Pfc.* A. G. Spathopoulos	Pfc. J. A. Duarteverduzco	Pvt. B. L. Russell
Pvt. J. C. Mayorga		Pfc.* M. J. Johnson	Pfc. J. L. Starr	Pfc. B. R. Eloffson	Pvt. J. A. Salazar Jr.
Pvt. J. D. Minter	Platoon 2154	Pfc. P. A. Jones	Pvt. J. Sua	Pvt. J. M. Ferguson	Pvt. O. Samson
Pfc. A. H. Mitchell	Pfc. M. A. Abarcadiaz	Pfc. J. A. Keenan	Pvt. J. A. Swanson Jr.	Pvt. L. E. Fields	Pvt. J. G. Sanchez
Pvt. S. Montague	Pvt. J. M. Alvarez	Pfc. O. H. Lam	Pvt. S. A. Tennant	Pvt. L. A. Flores Jr.	Pvt. J. G. Sanchez
Pfc. D. M. Morgan	Pvt. I. Ayonrivera	Pvt. B. M. Lamberti	Pfc. F. I. Tuatagalao	Pfc. J. R. Gale	Pfc. A. W. Sidney
Pvt. A. Y. Nakatanikestler	Pvt. A. L. Bailey	Pvt. H. I. Lemeta	Pfc. L. E. Velazquez	Pvt. R. G. Gale	Pvt. J. B. Soliday
Pvt. K. J. Noguera	Pvt. J. E. Balan	Pvt. M. Lazo	Pfc. O. Villa	Pfc. P. Garcia iii	Pvt. J. F. Soto
Pvt. C. J. Nolen	Pfc. J. W. Ball	Pvt. B. A. Lefever	Pfc. T. R. Villallobos	Pvt. T. D. Garcia	Pfc. A. C. Southern
Pvt. H. T. Novak	Pvt. J. E. Barragan	Pfc. W. M. Leulu	Pvt. A. G. Winterholm	Pvt. E. P. Gower	Pfc. M. J. Stanwix
Pvt. S. A. Odea	Pvt. H. Castellon	Pvt. L. V. Levesque		Pvt. W. E. Gray	Pfc. D. R. Tall
Pvt. C. A. Oneal	Pvt. T. R. Ceja	Pvt. D. N. Loewenbaker	Platoon 2155	Pvt. J. D. Grenevitich	Pvt. M. H. Taylor
Pfc. D. R. Ortiz	Pvt. C. R. Chang Jr.	Pfc. B. L. Logan	Pvt. B. Acunamurrieta	Pfc. T. F. Gustaveson	Pvt. C. P. Tilmann
Pvt. F. Ortizescamilla	Pvt. K. H. Chung	Pfc. T. R. Long	Pfc. J. P. Alcala	Pvt. L. T. Guy	Pvt. C. M. Trumper
Pvt. T. J. Oster	Pvt. M. D. Clark	Pvt. P. A. Lopez	Pvt. B. W. Anderson	Pfc. M. A. Hanson	Pvt. D. T. Vanpatten
Pvt. T. D. Overy	Pfc. N. L. Coppedge	Pfc. C. J. Luchies	Pfc. J. R. Anderson	Pfc. L. E. Hart	Pvt. E. B. Vega
Pfc. N. A. Pascual	Pvt. M. A. Dailey	Pvt. A. O. Martinez	Pfc. D. W. Archibald	Pvt. A. Hernandeztejeda	Pvt. T. A. Welch
Pvt. R. E. Patton	Pvt. B. T. Davidson	Pvt. E. Martinez	Pvt. M. M. Auge	Pfc.* B. J. Hoelscher	Pvt. J. J. Winsor
Pvt. E. R. Plasenciadelgado	Pvt. B. A. Day	Pfc. Q. R. Maynard	Pvt. D. A. Bagwell	Pfc.* A. T. Holt	
Pfc. J. N. Poore	Pfc. A. P. Debolt	Pfc.* I. L. Mcdonald	Pfc. B. D. Bartholomew	Pvt. D. L. Jarrett	

September = National Preparedness Month!!

America's PrepareAthon: Week 2.

Wildfires can occur anywhere and can destroy homes, businesses, infrastructure, natural resources and agriculture. 'How to Prepare for a Wildfire' explains how to protect yourself and your property and also details the steps to take now so you can act quickly when you, your home or your business is in danger.

Wildfires can occur at any time throughout the year, but the potential is always higher during periods with little or no rainfall, which make brush, grass, and trees dry and likely to burn easily. High winds can also contribute to spreading the fire. Your community may have a designated wildfire season when the risk is particularly high.

Wildfires can occur anywhere in the country. They can start in remote wilderness areas, in national parks, or even in your backyard. Wildfires can start from natural causes, such as lightning, but most are caused by humans, either acciden-

tally—from cigarettes, campfires, or outdoor burning—or intentionally.

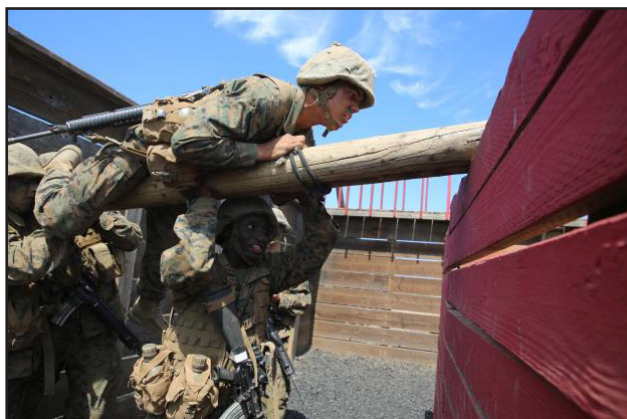
When a wildfire threatens your area, the best action to protect yourself and your family is to evacuate early to avoid being trapped. If there is smoke, drive carefully because visibility may be reduced. Keep your headlights on and watch for other vehicles and fleeing wildlife or livestock.

Your goal now, before a fire happens, is to make your home or business and the surrounding area more resistant to catching fire and burning. This means reducing the amount of material that can burn easily in and around your home or business by clearing away debris and other flammable materials, and using fire-resistant materials for landscaping and construction.

For more information, please visit http://archive.defense.gov/home/features/2014/0914_national-preparedness/PrepareAthon/How_To_Prepere_Wildfire.pdf.



Private Chris M. Gitau, Golf Company, 2nd Recruit Training Battalion, runs with 30-pound ammunition cans during the Crucible 12 Stalls event at Edson Range, Camp Pendleton, Calif., Sept. 2. If a squad failed to complete an obstacle they were required to run approximately 50 yards two 30-pound ammunition cans.



Above: Private Chris M. Gitau, Golf Company, 2nd Recruit Training Battalion, helps a member of his squad crawl across a log during the Crucible 12 Stalls event at Edson Range, Camp Pendleton, Calif., Sept. 2. The Crucible events are designed to only be accomplished with team work. Recruits must take everything they learned during recruit training and apply it using small unit leadership to accomplish the mission.

Below: Private Chris M. Gitau and a fellow squadmember descend a wall during the Crucible 12 Stalls event. The recruits were required to cross the obstacle without touching any red areas, which simulated improvised explosive device triggers.



Private Chris M. Gitau, Golf Company, 2nd Recruit Training Battalion, climbs a wall while avoiding red marked areas during the Crucible 12 Stalls event at Edson Range, Camp Pendleton, Calif., Sept. 2. Each stall consisted of a specific task the squads needed to accomplish. If a recruit or the object he was moving touched the red area, which was considered an improvised explosive device trigger, he was required to run with two 30-pound ammunition cans for approximately 50 yards.