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MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION



Vol. 74 – Issue 30

“WHERE MARINES ARE MADE”

FRIDAY, OCTOBER 17, 2014



Recruits of Company I, 3rd Recruit Training Battalion, do pull-ups on the Strength and Endurance Course at Marine Corps Recruit Depot San Diego, Oct. 8. Drill instructors encouraged recruits to do as many possible before they moved onto their next exercise.

Strength, endurance course challenges recruits

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

Many professional athletes need both strength and endurance for peak performance and do not solely focus on one muscle. Instead they work multiple muscle groups to improve these attributes.

Recruit training is no different. Through 13 weeks of training, recruits receive various types of physical challenges designed to improve cardiovascular and muscular strength.

Recruits of India Company, 3rd Recruit Training Battalion, worked through the Strength and Endurance Course at Marine Corps Recruit Depot San Diego, Oct. 8.

The course includes a two-and-a-half-mile run with various workout stations along the running route with exercises such as planks, pull-ups and dips.

To begin their challenge, recruits warmed up with stretches and pushups. They then were broken down and separated into speed groups.

The groups were led by drill instructors and the tempo was fast. Upon arrival to an exercise station the drill instructors wasted no time in immediately leading their recruits through the exercise. ‘One, two, three! One, two, three!’ yelled the drill instructors to keep track of the number of repetitions.

“They kept picking up the speed the entire time,” said Recruit Justin D. Boetger, Platoon 3215. “I believe they were push-

ing us faster than an 18 minute three-mile pace. I’m pretty tired, but I would do it again right now because I know this training is to make me stronger.”

Boetger explained he believes the training not only improves a recruit’s physical ability, but his mental toughness as well.

“The mental toughness comes from having to push through fatigue when your body wants to quit,” said Boetger, a Bakersfield, Calif., native.

As physically and mentally demanding as the training was, many recruits seemed in good spirits when it was over.

Recruit Hunter J. Burnan, Platoon 3213, explained he believed the exercise benefited the recruits because physical

training is healthy for the mind.

“I feel great,” said Burnan. “I could tell the pace was really fast, but I actually enjoyed the exercise. When I was running I felt really light on my feet, and I just kept a positive mindset. The harder you push yourself, the more gains you’ll receive and the better you’ll feel about yourself.”

There were groans of struggle and exhaustion throughout the Strength and Endurance Course. But when the dust settled and the exercise was completed there were no complaints to be heard. Company I recruits were sweaty and fatigued, but they are now better prepared for harder obstacles soon to come in recruit training.



Company I recruits perform bicycle crunches on the depot’s Strength and Endurance Course. The bicycle crunches were a warm-up for the rest of the course

Gate 5 operation to be impacted by construction project

During the construction period at Gate 5, starting on 22 October 2014 through the estimated completion date of June 2015, traffic and parking disruptions will occur during certain times at and near Gate 5. The construction is phased to allow for the gate to remain operational during the entire construction period. Traffic impacts are expected to be minimal.

Pass and ID will remain open in its

current location until the new Pass and ID facility is constructed and operational. That date is still to be determined.

The visitor inspection zones manned by the provost marshal’s office during Thursday and Friday events will remain in the same location until later into the project.

Building 224 parking will be unavailable for use beginning on Nov. 6 through Jan. 8. All users of Building 224 will be

required to park at other locations along Belleau Ave. During this period handicap and visitor parking spaces will be established as appropriate along Belleau Ave. A portion of Building 230’s parking lot will be unavailable for use beginning Oct. 22 and lasting into the spring of 2015. More specific dates will be published near the end of parking disruptions.

For information call Jim Voegel at (619) 524-4367.

BRIEFS

Make a Difference Day Walk & Wellness Expo

The depot and Marine Corps Community Services sponsors the annual Make a Difference Day Walk & Wellness Expo tomorrow.

The event, a day to honor those who have been affected by breast cancer and domestic violence, begins at the Marine Corps Exchange Mall at 9 a.m. Walkers will cover a mile.

There will be food, music, activities and information from community representatives.

For more information contact Kelley Sitar at (619) 524-5655, or via e-mail at sitark@usmc-mccs.org.

Personal financial fitness

The depot’s Personal & Professional Development Center is hosting a Brown Bag Lunch Seminar Oct. 22, entitled “Financial Freedom – How to Develop a Roadmap to Financial Success.”

Guest speaker at the event is Ms. Jennifer Rodriguez, education and outreach coordinator for Springboard, a nonprofit consumer credit management company.

The seminar will be held from 11:30 a.m. to 1 p.m., in the Personal & Professional Development classroom, Building 14.

The seminar is open to everyone who is interested, but is limited to the first 50 people to register. To register call the reception desk at (619) 524-5728.

Light snacks and drinks will be provided free of charge, and attendees are welcome to bring their own lunch.

For more info contact Michael McIsaac, at (619) 524-1204.

Fashion Show & Ballgown Giveaway

The annual depot Fashion Show and Ballgown Giveaway will be held Oct. 25 from 1 to 5 p.m. in Building 6E.

At the end of the show, spouses of active duty military are invited to choose one free gown and an accessory. Those wishing to participate must register at <http://mcrdfashionshow2014.eventbrite.com>.

For those wishing to contribute, gently used ballgown donations are now being accepted at Building 6E.

Foundation hosts breakfast

Maj. Gen. Michael A. Rocco, the commanding general, 3rd Marine Air Wing will be the guest speaker at the MCRD Museum Foundation quarterly breakfast at the depot’s Duncan Hall Dinning Facility Oct. 28.

The event begins at 7 a.m.

The event is a forum that invites senior military and civilian guest speakers to address relevant and current issues affecting the United States Marine Corps. Foundation members and depot staff and officers are invited to attend. Breakfast is compliments of the Foundation.

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 and sailors with I Marine Expeditionary Force stand across the flight deck of the USS America (LHA-6) as it enters the San Francisco Bay Area, Oct. 6, for the start of San Francisco Fleet Week 2014. The Marines will showcase military capabilities during SFFW14. The event focuses on interoperability training between civil and military agencies to improve cooperation and coordination, as well as increase readiness through a range of humanitarian assistance operations.

Marines host Humanitarian Assistance Village during S.F. Fleet Week

STORY & PHOTOS BY
LANCE CPL. CAITLIN BEVEL
I Marine Expeditionary Force

SAN FRANCISCO – Marines established the San Francisco Fleet Week 2014 Humanitarian Assistance and Disaster Relief Village in Marina Green, Oct. 11-12, to showcase for the San Francisco community the tools and resources the Marine Corps has to offer in the event of a major natural disaster.

“Almost all of our logistics systems and equipment are ideal for responding to a disaster,” said Maj. Stefan Sneden, the Defense Support of Civil Authorities officer, I Marine Expeditionary Force. “Because we are designed to operate in austere environments, we have a lot of equipment that is perfectly suited to doing this job.”

The village featured several pieces of equipment that were used just last year for disaster relief in the Philippines in the aftermath of Typhoon Haiyan (Yolanda).

“We used the Tactical Water Purification System in the Philippines, and we used a lot of our other equipment to move supplies around for the Philippine government,” said Sneden.

The TWPS is a system that cleans local water sources for use. It can purify 12,000 gallons of salt water per hour or 15,000 gallons of fresh water an hour and support approximately 20,000 people a day.

“We can actually purify water out of the bay or out of the ocean for drinking or cooking,” said Cpl. Steven Piercy, a water support technician with Combat Logistics Battalion 13.

Another system that an earthquake in San Francisco might knock out would be power. Unfortunately, power is necessary to maintain communications and organize the movement of supplies.

“The Ground Renewable Expeditionary Energy Network System produces 300 watts of power continuously,” said Cpl. Lucas Rife, a generator mechanic with 7th Engineer Support Battalion. “It can power a few small phones or computers.”

Once communications are up and running, supplies can be distributed to the areas where they are needed. One of the most important and sought after supplies after a disaster is food. To answer this need, the Marine Corps has the Expeditionary Field Kitchen.

“If there was an earthquake, and survivors had no food resources, we can move this thing pretty quick,” said Lance Cpl. Diante Chappell, a food service specialist with Headquarters Regiment, 1st Marine Logistics Group.

Once it (the Expeditionary Field Kitchen) has arrived it can be set up in 45 minutes by just five Marines, and feed anywhere from 500 to 1,000 people per meal.

“We can bake, boil, fry or sauté,” said Chappell. “We’ve cooked some of everything out of this kitchen so we can feed the public.”

The HA/DR Village showcases many of the abilities that Marine Corps coordinates with the city of San Francisco to be as prepared as possible.

“Behind the bigger public

events there are a lot of fleet week events with the Department of Emergency Management and FEMA Region Nine that the Marine Corps participates in for disaster response preparation,” said Sneden.

While the Marine Corps works with the city’s government, the village gives individual Marines the opportunity to show the people of San Francisco what job they do and how they contribute to providing these capabilities.

“I think this is a face the Marine Corps needs to be showing the American people, that in the event of a disaster we aren’t just people with a bunch of tanks and artillery pieces,” said Sneden. “They need to come see their Marines and see what we can do to help them out.”



A Marine explains a piece of equipment while helping a child try out the controls during the San Francisco Fleet Week 2014 Air Show at Marina Green, San Francisco. As part of humanitarian and civic assistance training, civil-military personnel conduct medical and community outreach exchanges and events.



Marines explain solar power to children visiting the San Francisco Fleet Week 2014 Humanitarian Assistance Village Oct. 11. The role of U.S. military forces during any humanitarian assistance event is to rapidly respond with support to help mitigate human suffering and prevent further loss of life and mitigate great property damage.

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

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2nd RECRUIT TRAINING BATTALION

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Sergeant Major
Battalion Drill Master

Lt. Col. T. Carlos
Sgt. Maj. J. D. Ferriss
Gunnery Sgt. J. M. Pocaigue



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* Indicates Meritorious Promotion

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Pvt. A. Rodriguez
Pvt. R. Rodriguez Jr.
Pfc. M. A. Salcido
Pfc. R. U. Sanchez
Pvt. R. Sanchez-Gutierrez
*Pfc. J. D. Scholten
Pvt. M. A. Schoon
Pfc. M. A. Schram
Pvt. N. A. Seely
Pvt. J. T. Seybert
Pfc. D. D. Simons
Pfc. J. V. Singleton Jr.
Pfc. B. A. Smith
Pvt. M. E. Smith
*Pfc. L. S. Smith-Petersen
Pvt. C. M. Snyder
Pvt. C. W. Stuart
Pvt. M. A. Surbeck
Pvt. C. L. Tate
Pvt. D. Tate
Pfc. J. A. Taylor
Pvt. D. A. Thoele
Pvt. J. O. Thomas
Pfc. K. R. Thomas
Pfc. D. L. Thompson
Pfc. S. A. Thompson
Pvt. G. W. Thuriot
Pfc. K. Tobia
Pfc. R. C. Torres
Pvt. Z. D. Truett
Pvt. J. L. Turner
Pvt. Z. A. Van Brunt
Pfc. K. R. Velasco
Pvt. J. R. Volker
Pvt. J. A. White
Pvt. J. M. White
Pfc. B. K. Wilson
Pvt. B. A. Wilson
Pvt. C. L. Wixforth
Pfc. J. A. Yim
Pfc. P. K. Young
Pfc. J. Zhong
Pvt. A. J. Ziegler |
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Recruits with Company E, 2nd Recruit Training Battalion, perform the rear-hand punch technique during their Marine Corps Martial Arts Program test at Marine Corps Recruit Depot San Diego, Oct. 8.

Company E recruits check off MCMAP test

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

Recruits of Company E, 2nd Recruit Training Battalion, sparred their way through the Marine Corps Martial Arts Program test at Marine Corps Recruit Depot San Diego, Oct. 8.

The MCMAP test was given to ensure they retained all of the techniques they learned during recruit training.

"Recruits begin the process of learning MCMAP techniques during the first training week," said Staff Sgt. Richard V. Newberry, MCMAP instructor. "It teaches recruits how to act as a gentleman as well as to be disciplined."

Each platoon was broken up in to groups of 20. The recruits were assigned a martial arts instructor who ensured they were executing each technique correctly. Some techniques were done as a group while some were done individually.

Recruits received a list of all the techniques. If they executed a technique incorrectly, they received an "X." Too many marks on their score card means they needed to remediate and will likely be dropped into the next training company.

Drill instructors and MCMAP instructors made sure recruits were all on the same page and there was no confusion during the test.

A majority of MCMAP techniques have specific movements to complete correctly. The pressure to remember each detail caused some to make an error.

"It's challenging to remember all of the different techniques we've learned at each MCMAP session, while the pressure is on and it is time to take the test," said recruit Ronald Q. Nater, Platoon 2113. "Attention to detail is important. The smallest thing of each technique will determine if you pass or fail."

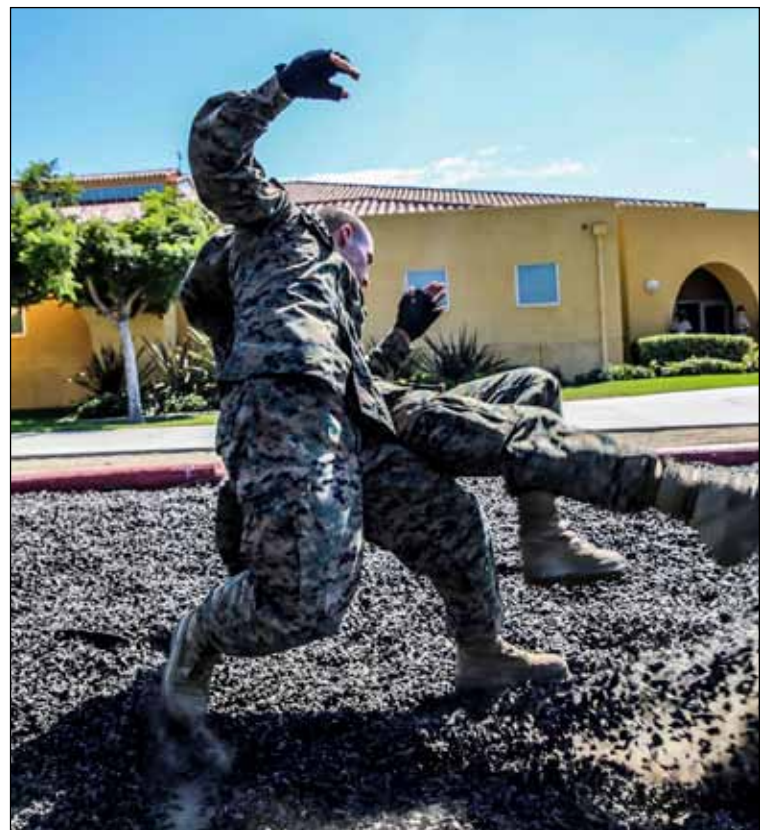
Getting through the MC-

MAP test successfully was just one obstacle they needed to overcome in their journey to become Marines. Passing these tests and obstacles sets Marines up for further success in their careers.

"MCMAP teaches us warrior ethos and trains us to be better Marines," said Nater, an 18-year-old Sacramento, Calif., native.

Nearing the end of recruit training, Company E has faced a majority of the challenges that recruit training had to offer. Soon they will leave recruit training and continue on with their Marine Corps careers where they can work on their MCMAP skills work toward the opportunity of earning higher degree belts.

"You could have a weapon failure or run out of ammunition, and then you have to rely on your MCMAP skills," said Newberry, a 27-year-old San Diego, native. "Each belt requires a new level of discipline."



Company E recruits practice the counter to a head lock technique. After they finish recruit training the recruits can work toward earning their MCMAP black belt.



Pvt. Damon K. Meeks, Platoon 3250, Lima Company, 3rd Recruit Training Battalion, keeps his bearing during the Battalion Commander's Inspection aboard Marine Corps Recruit Depot San Diego, Oct. 14.

Marine overcomes challenges of troubled neighborhood

STORY & PHOTO BY
SGT. BENJAMIN E. WOODLE
Chevron staff

Pvt. Damon K. Meeks, Platoon 3250, Lima Company, 3rd Recruit Training Battalion, fought and overcame the challenges of growing up in a troubled neighborhood.

He chose to become part of a different brotherhood.

Meeks grew up on the west side of Chicago, in a house with three brothers and four sisters, near the Chicago housing projects.

When Meeks was still young, the city closed down those projects. The tenants to move into Meek's neighborhood and brought trouble with them.

"Most of the people from the housing project were gang members or those who lived that type of lifestyle," said 18-year-old Meeks.

His mother was aware of what their neighborhood became and did her best to shield Meeks from that lifestyle. His father, however, had a different view on the situation.

"My dad lived the life of a gang member," said Meeks. "He wanted me to be like him."

Meeks had little interest in the gangs, their activities or lifestyle.

"Around the age of 12 or 13, my friends

started to join the local gang and as we got older, things got more intense," said Meeks.

"Once I got to high school I stopped talking to them," he said. "At the same time they started getting more violent."

"Through commercials and movies, I learned that the Marine Corps was a good brotherhood," he said, "and was about doing the right thing. That's what I wanted."

During his junior year, Meeks went to his local Marine Corps recruiting office and signed up.

He didn't tell his friends he was going to recruit training until it was time for him to leave. During that time, he tried to influence their decision about their lifestyle.

With his neighborhood behind him, Meeks faced a new hardship – a United States Marine Corps drill instructor.

"It was a hard adjustment," said Meeks. "I didn't like the way they were talking to me and had an attitude when I first came here."

Marine Corps values differed greatly from the ones he grew up with.

"The concept of integrity they were teaching us was hard for me to understand," said Meeks. "They told us you're supposed to correct a Marine if he is wrong but, back where I'm from, you're not supposed to snitch."

His drill instructors identified this early on and decided to approach it differently with him.

"When I first started talking to him about what was on his mind and what was holding him back, I realized the gravity of his background and where he came from," said Sgt. Michael D. Clark, senior drill instructor, Plt. 3250. "We saw that incentive training and yelling wasn't working. I then started guiding him and teaching the reasoning for things to help him understand better."

Meeks started to understand the concepts being taught and his drill instructors noticed the difference in his performance.

"Around the third week of training we started to see a transformation in him," said Clark, a Las Vegas, native.

The last challenge Meeks faced was the Crucible, a 54-hour endurance test.

On the last event, the Reaper hike, when at the bottom of the Reaper hill, Meeks had to dig deep to find the motivation to push on.

"I was tired and the (Crucible) was much harder than I thought," said Meeks. "I thought back to the days when I had to fight every day to get where I was going. I'm not going to stop fighting now."

Meeks accomplished his goal and successfully joined the brotherhood of the United States Marine Corps.