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AND THE WESTERN RECRUITING REGION

"Where Marines Are Made"

FRIDAY, JULY 10, 2015



Recruit Simon C. Bell, Platoon 1031, Bravo Company, 1st Recruit Training Battalion, provides security in a Crucible exercise designed to promote teamwork at Marine Corps Base Camp Pendleton, July 1. Bell is a Houston, Texas, native. Bell and the new Marines of Bravo Company graduate today.

# New Marine will pass on knowledge learned while becoming physically fit

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

At his heaviest, Recruit Simon C. Bell, Platoon 1031, Bravo Company, 1st Recruit Training Battalion, weighed 310 pounds. However, through a change in diet, exercise and motivation, Bell now weighs 184 pounds.

Bell says his weight increased during college when he played up to eight hours of video games a day and ate mostly microwavable food.

"I played World of Warcraft or any shooting game, and everything I ate was bad," said the Houston, native. He knew why he was overweight. It was because of a lack of proper diet and exercise.

He explained he hit rock bottom and was tired of being overweight and upset with himself for not being able to do the physical activities his friends could do.

"When I first started (on his lifestyle change), I didn't know if it would work, but in the first week I lost ten pounds," said 22-year-old Bell. "Then I lost thirty pounds, I still felt I looked the same, but friends and family noticed how much weight I was losing and it made me feel good about myself."

To begin the weight loss, Bell said he started eating plenty of fruits and vegetables, stayed away from junk food, went to the gym five days a week and ate foods high in protein.

"At first I couldn't run down the street, and I could only bench eighty five pounds," said Bell. "But before I left for recruit training my bench was up to two hundred and twenty five."

Bell said his new interest of an active lifestyle is what led him to joining the Marine Corps.

"I decided I should find something that would keep me active and fit," said Bell.

Recruit Larry Hamilton, Platoon 1031, said he has seen all the weight Hamilton has lost in recruit training and what type of person he is.

"He inspires loyalty through kindness instead of force," said Hamilton. "I've seen him struggle at times, and I believe he is the type of person to not want others to go through pain and is going to help them."

Bell graduates today and says he plans to pass on what he has learned to those who struggle with their own weight issues.

"I understand firsthand that obesity is a problem," said Bell. "It's really hard to lose weight, and sometimes you just need someone to help you."

#### **BRIEFS**

#### Alert San Diego

Alert San Diego is an emergency notification system that allows San Diego county emergency response personnel to notify citizens of potential danger to their homes and businesses in the event of disaster situations such as fire or floods, and to advise them on recommended actions.

Listed and unlisted landline phone numbers are already included in the Alert San Diego database and do not need to be registered.

San Diegans wishing notifications via cell phone, Voice over IP (VoIP) or e-mail, must register those telephone numbers and/or e-mail addresses at http://www.readysandiego.org/alertsandiego/.

#### **Brown Bag Seminar**

The Personal and Professional Development staff will be holding their next Brown Bag Lunch Financial Seminar Wednesday covering "Investment Basics - Stocks, Bonds and Mutual Funds.

The seminar will be from 11:30 a.m. to 1 p.m. in the Personal and Professional Development classroom in Building 14. Light refreshment will be available, and each person attending is welcome to bring a lunch.

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

### Car Care Class

The depot's Auto Skills Center, Building 142, will host a no cost Car Care Class July 18 from 10 a.m. to 2:30 p.m.

The class covers detailing, cleaners, dressings, application techniques, paint oxidation removal, headlamp restoration and water spot removal.

Light refreshments will be available.

Those attending should dress comfortably for a hands-on garage classroom environment. Open-toed shoes are not permitted.

For information call (619) 524-5240, or check the web at www.mccsmcrd.com/downloads/current\_events/15-car-classes.pdf.

#### 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.

### Emergency preparedness: Safe and Well

When floods strike, earthquakes rumble and wildfires burn - confusion reigns.

Family, friends and loved ones need to know that those exposed to a disaster are okay, even if phone lines are down.

In the aftermath of a disaster, letting family and friends know you are safe and well must be a priority.

You can bring your loved ones peace of mind by using https://safeandwell.

communityos.org/cms/index.php. This website is designed to help make communication easier and to eliminate overloading of telephone systems.

To use the website, you must register yourself as "safe and well."

Go to the website and click on the "list myself as safe and well" button to register. Fill in the blanks and save. Once this is accomplished concerned family and friends can search the list of

those who have registered by clicking on the "search registrants" button.

If you have registered, those searching will find your name and a brief message reporting on your condition. They may not be able to talk to you for days, but they will know that you are all right.

For information or guidance contact G-3 Mission Assurance at (619) 524-8432.



U.S. Marines with Golf Company, Black Sea Rotational Force, conduct fire and maneuver to the objective during the Marines' platoon attack at Babadag Training Area, July 2. U.S. and Romanian troops conducted live-fire platoon attacks at BTA as the culmination of monthly military-to-military engagements between BSRF and the Romanian 307th Naval Infantry.

### Marines engage in combat exercise with Romanian troops

Story & Photos by 1st Lt. Sarah Burns U.S. Marine Corps Forces Europe and

**BABADAG TRAINING** AREA, Romania - U.S. Marines with Black Sea Rotational Force 15.1 concluded their final week-long infantry tactics and live-fire range with Romanian Marines at the Babadag Training Area, Romania, June 28 -July 3.

"We did raids and patrolling this week, which culminated in a raid live-fire range. We supported the Romanians' attack with our mortars, and we showed them how we would go down on an objective and capture the objective with our tactics," said Staff Sgt. Dale Elbert, platoon sergeant with Golf Company, Black Sea Rotational Force, and native of St. Louis, Mo. "This was the first time the Romanians employed their machine guns like us - meaning separate from the maneuver element on a support by fire hill. They've done an excellent job."

Each month, U.S. Marines from Golf Company, Black Sea Rotational Force, and Romanian Marines from the 307th Naval Infantry Battalion conduct week-long field exercises to share knowledge and apply it in real-life scenarios. Engagements like this are pivotal in fortifying the already close partnership BSRF has with Romanian forces.

'It's been a pretty great experience getting to know them, talking to them and seeing what they do on a daily basis," said

Lance. Cpl. Kyle Guisto, infantry team leader with Black Sea Rotational Force and native of Thompson, Conn.

In March, the Marines focused on land navigation, individual marksmanship, offensive and defensive fundamentals, and led bilateral force-on-force patrolling and defensive engagements.

"The first time we trained with them, we were out here for about 10 days," said Guisto. "We quickly realized we have similar maneuver-under-fire tactics and ways of doing things. That was pretty cool to me."

In April, the Romanians integrated with the U.S. Marine platoons, and both nations shared their way of executing

ambushes and squad-level attacks. Maintaining these strong relationships and refining combined tactics is essential for NATO allies and partners, especially with the increasing unrest in Eastern Europe.

"It's been great engaging with the Romanians. We've taught them a lot of stuff and they've taught us a lot. We look forward

to coming back again," said Elbert.

Second Battalion, 8th Marine Regiment from Camp Lejeune comprises the current iteration of BSRF 15.1. U.S. Marines with 3rd Bn., 8th Marines will continue the legacy with the Romanian 307th Naval Infantry Brigade during BSRF 15.2 in the second-half of this year.



U.S. Marines with Golf Company, Black Sea Rotational Force, sight in at the support by fire position during a dry run of the U.S. and Romanian platoon attack at Babadag Training Area. This week-long engagement is part of a continuous military skills series between BSRF and the Romanian 307th Naval Infantry.



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Recruits of Golf Company, 2nd Recruit Training Battalion, sign for their M16-A4 Service Rifle during rifle issue at Marine Corps Recruit Depot San Diego, Calif., June 22. Company G recruits will continue on through recruit training, with their weapon at their side, in an effort to earn the title Marine. Company G is scheduled to graduate from recruit training on September 11.

## Co. G begins recruit training with rifle issue

STORY & PHOTOS BY CPL. JERICHO CRUTCHER Chevron staff

The Rifleman's Creed, a basic part of the Marine Corps doctrine, outlines the important relationship between a Marine and his rifle. That relationship begins during the first training day of recruit training.

Once recruits of Golf Company, 2nd Recruit Training Battalion, met their drill instructors, they marched to the armory to have weapons issued at Marine Corps Recruit Depot San Diego, June 22.

Recruits receive rifles at the beginning of training and keep it with them, each guarding his weapon as if it were a baby. They embrace the motto that without their rifles, they are nothing, and without them, their rifles are nothing. Regardless of their military occupation specialty, they will become fluent, knowledgeable and able to maintain the weapon while blindfolded. They will realize their proficiency as marksmen is a key attribute to being a Marine.

During the first phase of training, the recruits primarily focus on using their rifles for close order drill. The purpose of this kind of drill is to instill discipline, instant obedience to orders and unit cohesion as recruits begin to learn how to work together to perform as a single unit. They will learn more advanced drill techniques as they progress through training.

"Every Marine is first a rifleman," said Recruit Jacob B. Partridge, Platoon 2154. "Without us, our weapon is nothing, and without our weapons, we are nothing. The rifle will teach us discipline, we will become familiar with them, and we will become combat effective with the rifle."

Drill instructors have 17 training days to prepare their platoons for Initial Drill, which is their first test of conducting precise and smooth drill movements. Toward the end of training, recruits will undergo Final Drill, which is the overall evaluation of how the platoon has progressed as a unit since their initial competition.

While the recruits concentrate efforts on drill during Phase I, it's during the second phase of training when recruits learn the techniques and fundamentals of firing the rifle and how to successfully qualify as a rifleman. At this point, the theory begins to come to life.

During Grass Week, recruits

are taught the basics of handling the weapon, fundamentals and shooting positions they will use the following week. They will then put what they learn to the test during Firing Week, when they are undergoing the challenge of the qualification course.

"You'll never learn anything

about the weapon if you don't put your hands on it," said Josiah D. Gnann, Platoon 2154. "I'm looking forward to learning the Marine Corps way of rifle fundamentals and how to properly engage the M16-A4 Service Rifle."

From the beginning of training, recruits familiarize them-

selves with the weapon and will progressively learn more and more as they graduate recruit training and move on with their careers. The focus in recruit training is to make them as comfortable and familiar with the weapon as they can be so they can first and foremost be riflemen.



Golf Company recruits listen to directions while inspecting rifle cleaning kits during rifle issue. Regardless of their military occupational specialty, each will become fluent and knowledgeable about the weapon and able to perform maintenance while wearing a blindfold.



Golf Company recruits ensure they have all of the pieces of their rifle cleaning kit during rifle issue. Recruits and their rifles will become inseparable and function as one throughout the remainder of recruit training.