

CONTINENTAL

MARFORRES GETS HIIT P.22 | COUNTRY & COMMUNITY P.26

MARINESTM

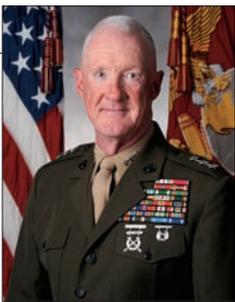
WWW.MARFORRES.MARINES.MIL | Q4:2013

OFFICIAL MAGAZINE OF THE MARINE CORPS RESERVE

FORCE RESET

PREPARING FOR THE NEXT CHAPTER OF THE
MARINE CORPS RESERVE





COMMANDER'S CORNER

RESETTING THE FORCE

As warfighters, we live in an ongoing cycle of work-up, deploy, redeploy, reset, and repeat. As we enter our next reset period in a post-Operation Enduring Freedom environment, it is important for us to renew our commitment to our Corps. We must renew the values that set our institution apart; they are the distinctive mark of our service as Marines. One such value is discipline – it is a cornerstone of our organization: discipline to do the right thing, in the right way, for the right reasons – always; discipline to clean our gear, weapons, equipment and vehicles, ensuring they are serviceable and ready for the next mission; discipline to study our past exploits, take the lessons learned and apply them to our training, doctrine and way ahead.

We face challenges of distance, time and funding limitations, but must not fall into a “garrison mentality” during this post-OEF transition. As we reset the force, we must also renew ourselves – professionally and personally. Mental, spiritual and physical wellness; tactical proficiency, professional reading, non-resident and resident schools; and keeping faith with one another are integral to the health and readiness of our force – and the legacy we uphold. Continue to renew and reset. It’s what we do. It’s what we’ve always done, and it’s what we’ll always do.

Semper Fidelis,
Lt. Gen. Richard P. Mills
Commander, Marine Forces Reserve and Marine Forces North

SNAP SHOT



Lance Cpl. Trevor Cannefax of Marine Light Attack Helicopter Squadron 773 gives the “hang loose” sign during a flight, Nov. 15 near Barstow, Calif., in support of exercise Raven 14-01. Exercise Raven was an aviation training exercise designed to provide air support to Marine Corps Forces Special Operations Command to better prepare them for their upcoming deployment.

LANCE CPL. BRYTANI MUSICK

CONTINENTAL MARINES™

OFFICIAL MAGAZINE OF THE MARINE CORPS RESERVE
QUARTER 4 2013

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QUARTER 4 2013

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PHOTO BY SGT. ALVIN PARSON

FEATURES

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After a decade of fighting in the Middle East, Marine Forces Reserve is shifting gears to its next chapter.

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High-Intensity Tactical Training: a program designed for Marines to go harder, faster and longer.

26 | **SERVING COUNTRY & COMMUNITY**

Marines have a unique opportunity to spend a lot of time with their communities. Volunteering is one of those ways.



ON THE COVER

MARINE FORCES RESERVE IS SHIFTING ITS FOCUS OF EFFORT TO RESETTING THE FORCE.

ILLUSTRATION BY CPL. JESSICA ITO

CPLS. DOMINICK NAPPI AND DANIEL HULICK WITH 4TH LIGHT ARMORED RECONNAISSANCE BATTALION, COMPLETED THE HIGHLY-CHALLENGING RANGE 410-A DURING EXERCISE JAVELIN THRUST ON JULY 7, 2012 AT MARINE CORPS AIR-GROUND COMBAT CENTER TWENTYNINE PALMS, CALIF. NONCOMMISSIONED OFFICERS WILL BE THE PRIMARY FOCUS OF EFFORT IN THE FORCE RESET.

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- WHAT DOES JOE DO WHILE HE'S NOT BEING A GI?



CORPS
COMMUNITY





GIFT FROM FIRST LADY

FIRST LADY MICHELLE OBAMA VISITED JOINT BASE ANACOSTIA-BOLLING ON DEC. 19, TO SPEAK TO THE PRESS AND ASK THEM TO REMIND AMERICANS THAT IT IS NOT TOO LATE TO HELP MAKE A LESS FORTUNATE CHILD'S CHRISTMAS HOLIDAY MORE JOYFUL. AS SHE HAS DONE IN PAST YEARS, THE FIRST LADY DELIVERED TOYS AND GIFTS DONATED BY WHITE HOUSE STAFF MEMBERS TO THE MARINE CORPS RESERVE'S TOYS FOR TOTS CAMPAIGN.

LT. CMDR. JIM REMINGTON

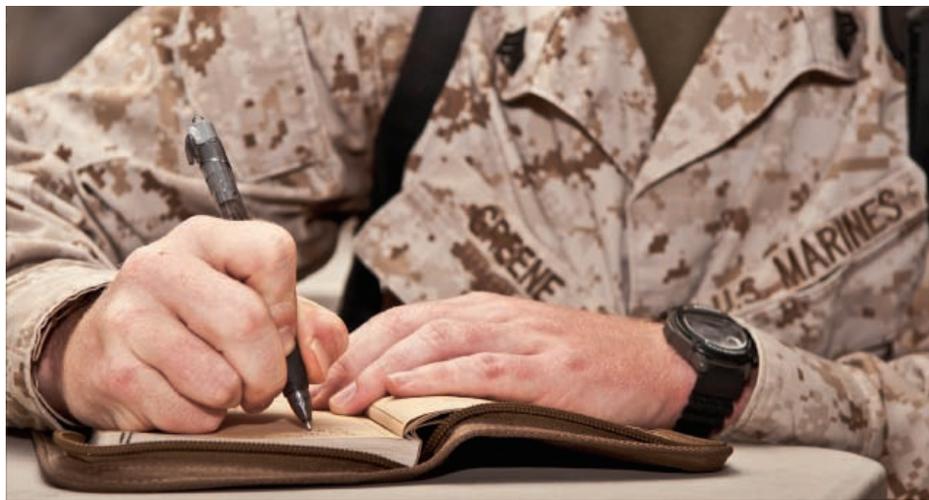
CHANGING PLACES:

RESERVE OFFICERS RUB SHOULDERS WITH OVERSEAS COUNTERPARTS

Hard-charging Reserve officers have the chance to test their skills alongside their foreign counterparts in the United Kingdom, Denmark and Germany. The Reserve Officers Foreign Exchange Program, started by the Department of Defense in 1985, provides National Guard and Reserve officers with annual training opportunities relevant to their mobilization assignment, while they gain an understanding of the training, doctrine and operations of a major alliance partner. For more information, visit <http://ra.defense.gov/programs/rtm/overview.html>. ■



CPL. MARCIN PLATEK



PAMELA JACKSON

EDUCATION:

TUITION ASSISTANCE RETURNS WITH STRICTER REQUIREMENTS

As of Oct. 1, 2013, the Marine Corps tuition assistance funding budget is now divided into fiscal quarters. Once quarterly funds are exhausted, TA approvals will be deferred until the following quarter. When TA funds are available, approvals will be determined based on the Marine meeting all eligibility requirements and limited to classes that begin during that quarter.

To be eligible, enlisted Marines need at least two years' time-in-service, and they cannot use TA for fees relating to certifications, non-credit courses or courses from non-accredited institutions. For more information see **MARADMIN 611/13**. ■

FINDING A VOICE: MARINE CORPS ESTABLISHES VICTIMS ADVOCACY PROGRAM



CPL. REBECCA ELLER

The Marine Corps Victims' Legal Counsel Organization was created to provide victims of various crimes unbiased, confidential legal counsel in order to help protect victims' rights at all stages of the military justice process. Victims' legal counsel services will supplement, not replace, other victim services such as the Family Advocacy Program, the Sexual Assault Prevention and Response Program, victim advocates, the Victim-Witness Assistance Program, and services provided by chaplains and medical personnel. For more information see **MARADMIN 583/13**. ■



SANTA'S NOT-SO-LITTLE HELPERS

Marines and sailors with the Blue Angels and Santa bring toys for a Toys for Tots donation Dec. 3, 2012, on Joint Base McGuire-Dix-Lakehurst, N.J.
PHOTO BY SGT. AARON HOSTUTLER

Toys for Tots, a program created by Reserve Marines and run by the Toys for Tots Foundation, was founded in 1946 by Maj. William Hendricks in Los Angeles, Calif. It began when his wife could not find a charity that would take a handmade Raggedy Ann doll to give to a needy child. Hendricks responded by creating his own toy drive, which collected 5,000 toys for local children for the Christmas of 1947 with the help and coordination of

LAST YEAR, TOYS FOR TOTS DISTRIBUTED NEARLY 16.8 MILLION TOYS TO MORE THAN 7 MILLION CHILDREN.

Reserve Marines. Toys for Tots' mission is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less-fortunate children in the community in which the campaign is conducted.



STAFF SGT. ARMANDO REYES, USMCR
UNIT COORDINATOR, WEAPONS COMPANY, 2ND BATTALION, 23RD MARINE REGIMENT

NAVY AND MARINE CORPS ACHIEVEMENT MEDAL RECIPIENT

As the Toys for Tots Region 6 coordinator of the year, Staff Sgt. Armando Reyes consistently performed his duties in an exemplary manner leading to an incredibly successful campaign. He coordinated the entire campaign, including organizing staff, maximizing the volunteer force, gaining media support, partnering with businesses for toy distribution and maintaining accurate accounting records.

His efforts led to more than 29,000 toys being distributed to about 13,000 children in the area.



TOYS FOR TOTS TIDBITS

- **WALT DISNEY**
DESIGNED THE RED TOYS FOR TOTS TRAIN LOGO.
- **JOHN WAYNE, FRANK SINATRA & CLINT EASTWOOD**
WERE TOYS FOR TOTS SPOKESMEN OVER THE YEARS.
- **1996**
MARINE FORCES RESERVE EXPANDED TOYS FOR TOTS TO COVER ALL 50 STATES BY AUTHORIZING SELECTED MARINE CORPS LEAGUE DETACHMENTS AND SELECTED COMMUNITY ORGANIZATIONS TO COLLECT AND DISTRIBUTE TOYS.
- **WHEEL OF FORTUNE**
AIRED THE FIRST NATIONAL TELEVISION NETWORK PROMOTION.
- **2003**
FORBES NAMED TOYS FOR TOTS ONE OF THE TOP 10 CHARITIES ON THE FORBES "GOLD STAR" LIST.
- **SINCE ITS INCEPTION**
TOYS FOR TOTS HAS COLLECTED 469 MILLION TOYS.
- **2012 CAMPAIGN**
SURPASSED ITS PREVIOUS YEARS' RECORD OF \$252 MILLION, GARNERING \$269 MILLION IN TOTAL REVENUE.

WWW.TOYSFORTOTS.ORG

TOTAL FORCE
RESERVE

RESERVE FORCES AROUND THE WORLD:

MARINES PARTICIPATE IN EXERCISES TO PREPARE THEM FOR REAL-WORLD CONFLICTS AND OPERATIONS. (OCTOBER - DECEMBER 2013)



AFRICA COMMAND

LONG HAUL COMM. DET. ▾

SPECIAL-PURPOSE MAGTF AFRICA ▾

AFRICAN PARTNERSHIP STATION ▾

LONG HAUL COMMUNICATIONS DETACHMENT

4th Marine Logistics Group provides a rotational communications detachment in support of Combined Joint Task Force Horn of Africa in Djibouti.

13.2- MAY 1 TO DEC. 5, 2013

14.1- SEPT. 1, 2013 TO JUNE 5, 2014

SPECIAL-PURPOSE MAGTF AFRICA

A regionally-focused composite organization specifically tailored to conduct multiple, simultaneous, small and widely-dispersed security cooperation activities.

13.3- MARCH 12, 2013 TO FEB. 22, 2014

AFRICAN PARTNERSHIP STATION

An international security cooperation initiative facilitated by Commander, U.S. Naval Forces Europe-Africa. It is aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.

13.3- MARCH 12, 2013 TO FEB. 22, 2014

EUROPEAN COMMAND

GDP-ISAF ▾

GEORGIA DEPLOYMENT PROGRAM

A program designed to train Georgian infantry battalions to conduct full spectrum operations in a counterinsurgency environment and deploy Georgian battalions to Afghanistan. Marines help increase the Georgian armed forces capacity to train and prepare for coalition operations.

AUG. 1, 2013 TO MAY 1, 2014

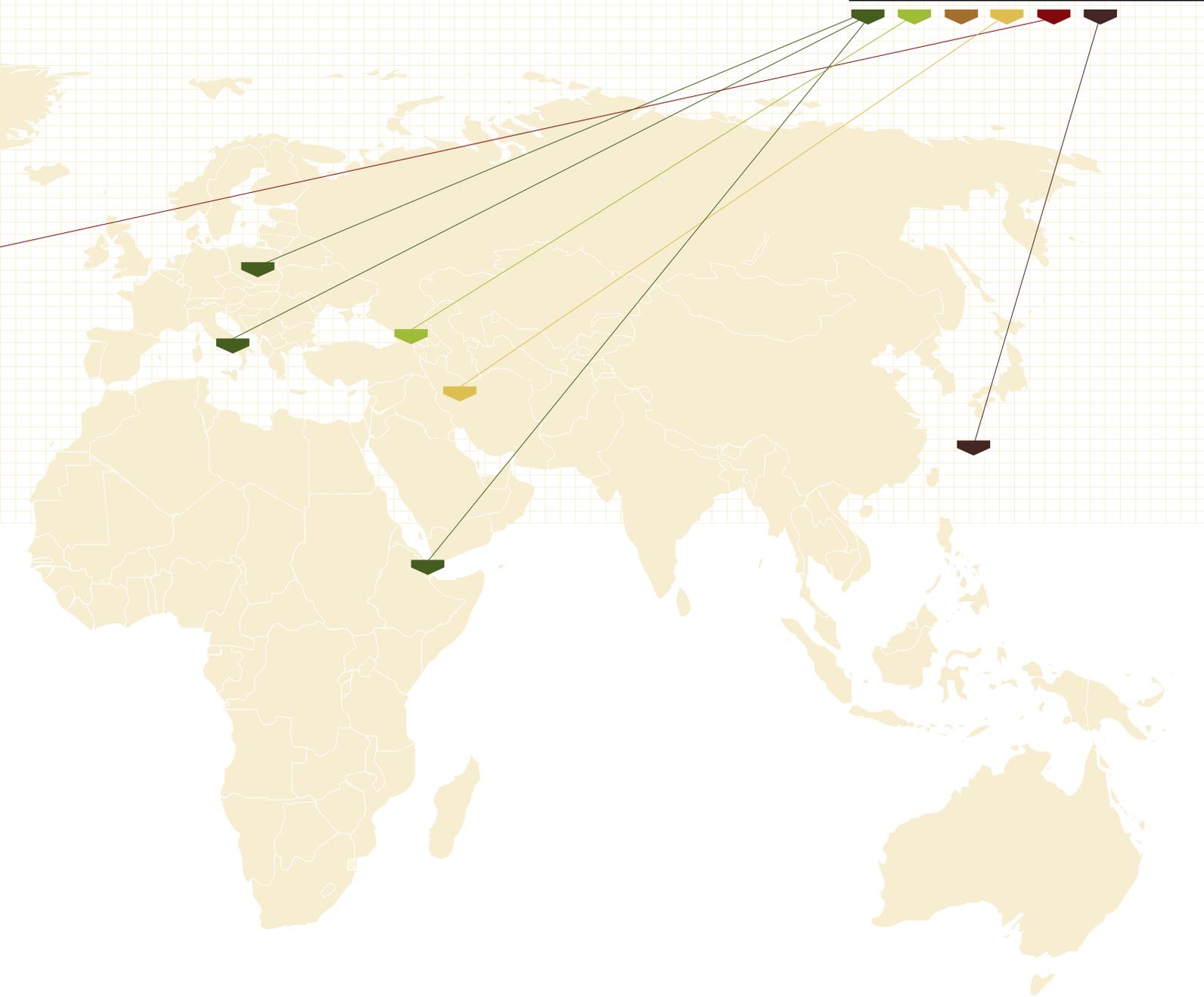
NORTHERN COMMAND

NORTHCOM SECURITY COOP TEAM ▾

NORTHCOM SECURITY COOPERATION TEAM

Marines provide training in urban terrain tactics, intelligence-driven operations and professional development to Latin American and Caribbean troops.

OCT. 1, 2013 TO SEPT. 1, 2014



PACIFIC COMMAND

UNIT DEPLOYMENT PROGRAM

UNIT DEPLOYMENT PROGRAM

Marines deploy to Okinawa, Japan, in order to provide necessary training to maintain operational preparedness. Marines train in realistic scenarios and combined exercises, bringing many different units together. It highlights the Corps' strategic shift to the Pacific region.

MARCH 1, 2013 TO FEB 28, 2014

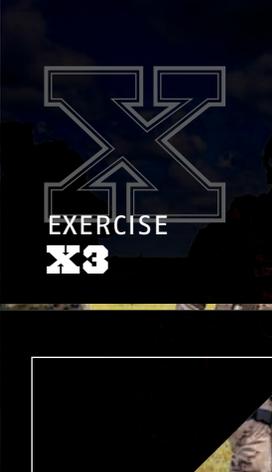
CENTRAL COMMAND

CENTCOM SECURITY COOP TEAM

CENTCOM SECURITY COOPERATION TEAM

The Central Command Security Cooperation Team conducts security cooperation activities designed to increase partner-nation capacity and build relationships to ensure access to facilities throughout the U.S. CENTCOM area of responsibility.

13.2- MAY 1, 2013 TO APRIL 10, 2014



EXERCISE
X3



AFRICA PARTNERSHIP STATION

SENEGAL, NIGERIA, GHANA, CAMEROON AND BENIN

DATE: Aug. 31 to Nov. 31, 2013

USMC UNITS: Marine Light Attack Helicopter Squadron 773

PARTICIPATING NATIONS: Senegal, Nigeria, Ghana, Cameroon, Benin, Holland, Spain, United Kingdom

“THE MAIN DRIVING FORCE IS RELATIONSHIP BUILDING. WE WANT TO BUILD RELATIONSHIPS, NOT ONLY AMONG THE NATO FORCES, BUT ALSO AMONG THE AFRICAN FORCES. SO GETTING TO WORK HAND-IN-HAND WITH THE DUTCH, THE SPANISH AND THE ROYAL MARINES IS A HUGE THING.”

-Lt. Col. Charles Watkins, security cooperation task force officer-in-charge for Africa Partnership Station 13



Senegalese Compagnie de Fusilier Marine commandos and U.S. Marines conduct Marine Corps martial arts training Sept. 18. The U.S. Marines and sailors of Africa Partnership Station 13 completed a weeklong engagement with Senegalese Compagnie de Fusilier Marine commandos to further promote maritime security and partnership in the area.

SGT. MARCO MANCHA

Africa Partnership Station activities consist of joint exercises, port visits, professional training and community outreach with the coastal nations of Africa. The objective is to improve the capability of the nations involved to extend the rule of law in their territorial

waters and exclusive economic zones, as well as better-combat illegal fishing, human smuggling, drug trafficking, oil theft and piracy. APS' ultimate goal is to increase maritime safety and capacity of African nations by teaching nations how to respond to mariners in distress.

U.S. Marines with Africa Partnership Station 13 conduct a casualty evacuation drill Sept. 17. The drill was part of a larger exercise in which APS 13 spent a week in Senegal training with the country's Senegalese Compagnie de Fusilier Marine commandos in an effort to increase maritime security in the area and promote partnerships between the two fighting forces.

SGT. MARCO MANCHA



ENHANCED EQUIPMENT ALLOWANCE POOL PERSONNEL TEMPORARY ASSIGNMENT PROGRAM I

TWENTYNINE PALMS, CALIF.

DATES: Dec. 8, 2013 to Sept. 20, 2014

USMC UNITS: Combat Logistics Regiment 45, Combat Logistics Regiment 4

PARTICIPATING NATIONS: United States

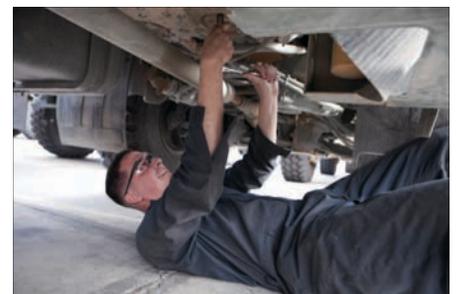


“THE TIME THEY GET TO SPEND COMING OUT HERE FOR TWO WEEKS AT A TIME, WORKING ON THE EQUIPMENT, IT’S INVALUABLE TO BE ABLE TO GET THAT MUCH MAINTENANCE TIME.”

-Col. Gregory Lemons, commanding officer of 4th Marine Logistics Group
Combat Logistics Regiment 45

Combat Logistics Regiments deploy to Marine Corps Air-Ground Combat Center, Twentynine Palms in order to augment the Exercise Support Division’s efforts to repair and restore equipment. Personnel will gain

proficiency and knowledge in military occupational specialties by practical application supporting exercise forces by performing troubleshooting, testing, preventive and corrective maintenance.



Cpl. Matthew Bodnar, a Motor Transportation Mechanic with Combat Logistics Battalion 25, 4th Marine Logistics Group, works on a truck during EEAP PTAP I, Dec. 16 aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif.
LANCE CPL. BRYTANI MUSICK

Marines with Combat Logistics Battalion 451, Combat Logistics Regiment 45, 4th Marine Logistics Group work with Marty Rapp, the work leader for the MRAP section, Dec. 16 aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif. During the exercise Marines of 4th MLG worked side-by-side with civilians who work full-time in support of Exercise Support Division’s mission to repair equipment used during various training exercises aboard MCAAGCC.

LANCE CPL. BRYTANI MUSICK

RESETTING

the

FORCE

STORY BY SGT. MICHAEL ITO

A photograph of a desert landscape under a clear blue sky. In the foreground, the front of a tan Humvee is visible, parked on a rocky, sandy terrain. To the right, the arm and shoulder of a soldier in a camouflage uniform are partially visible, holding a black coiled cable. In the background, there are rolling hills and a small, simple structure in the distance.

2nd Lt. Graham A. McMahon,
of Company G, 2nd Battalion
25th Marine Regiment,
completed the highly-
challenging range 410-A
during exercise Javelin
Thrust on July 7, 2012.
SGT. ALVIN PARSON



F

or more than 97 years, the Reserve has been providing the safety and security the nation needs and the support the active-duty Marine Corps requires. That stands true today as Marines begin filtering home from more than a decade at war in the Middle East and missions all over the world.

More than 80,000 Reserve Marines have deployed in support of Operations Enduring Freedom and Iraqi Freedom, in addition to the thousands of Reserve Marines deployed with theater security cooperation missions, special-purpose Marine Air-Ground Task Forces and the Black Sea Rotational Force.

Their missions span the spectrum of operations and they have accomplished everything from humanitarian assistance to security operations, and even joint training with partner nations.

Marine Forces Reserve remains committed today, as it has since the Reserve was created in 1916, to be the Nation's premier Reserve component, seamlessly integrating with the active forces, enhancing the operational reach and endurance of the Marine Corps; always capable of fighting and winning.

THE RESET

The Marine Corps has always been known for its ability to respond to crises on a moment's notice; being capable of deploying around the world, accomplishing the mission, and sustaining victory. In order to keep that reputation, the Marine Corps must transition out of a routine it has become accustomed to over the past 12 years.

"After a decade of war, we have an opportunity to 'reset' our Corps... a refocus on our ethos and values... a refocus on who we are and what we do," Gen. James Amos, commandant of the Marine Corps, said.

Lieutenant Gen. Richard P. Mills has now made it his mission to execute Amos' reset in Marine Forces Reserve and Marine Forces North.

"In an era of unprecedented change, now more than ever, we need to continually renew our commitment to the institution and the values that set us apart, and remain the distinctive mark of our service to country and Corps," said Mills in a force policy letter released late in 2013. "Marines, I know you will zealously accomplish all that you are tasked, because you are United States Marines."

"After a decade of war, we have an opportunity to 'reset' our Corps... a refocus on our ethos and values... a refocus on who we are and what we do."

—Gen. James F. Amos, Commandant of the Marine Corps

Welcome Home
from
AFGHANISTAN
LT. TOMMY HODGE

WALTON & WATSON

The image shows a hand in a blue plaid shirt holding a large white sign with a red and blue border. The sign has the text 'Welcome Home from AFGHANISTAN LT. TOMMY HODGE'. The background is a blurred outdoor scene with colorful balloons and a red baseball cap in the foreground.

Friends and family welcome back the Marines of Company E, 4th Tank Battalion, 4th Marine Division, Nov. 15, 2012, at Fort Knox, Ky., after the Marines endured a six-month deployment to Afghanistan.
CPL. NANA DANNSAAPPYIAH

MENTAL RESET

The individual Marine is the most valuable weapon the Corps relies on. The focus on the mental reset of the Marines within the force is a particular point of emphasis in the reset campaign.

Mental well-being is the foundation of any effort to improve on the sharp minds of Marines. Marine Forces Reserve utilizes several Department of Defense, Marine Corps and non-profit programs and agencies to ensure each Marine is able to attain and maintain a healthy mind-set, through all cycles of their career.

Marines are always there for each other, and can help to spot the earliest signs of a fellow Marine falling out of mental health. If such a case were to occur, there are several outlets they can turn to in order to get their brother or sister back on the right path.

Programs like DStress and Military OneSource are available 24 hours a day for Marines to get problems off their chest and find constructive ways to mitigate and even prevent future stressors.

Marines have access to several programs like the Combat Operational Stress Control program and Psychological Health Outreach Program which give Marines options if they're

having difficulty during a deployment or activation.

In addition, Marines returning from the rigors of a deployment face a special set of circumstances. Programs like the Yellow Ribbon Reintegration Program are designed specifically to help Marines make a smooth transition back into their family, job and pre-deployment routine.

Mills made sure to emphasize that self-education is a continuous, lifelong process. Accomplishing that can take many forms from mentorship to professional military education. In this way, the unit as a whole can operate on the same set of ethics and values and with the peace of mind that every Marine knows the tactics, strategies, strengths and limitations of his Marines and unit.

Mills directed, in the policy letter, that all MARFORRES Marines read "Leading Marines" and "Sustaining the Transformation." He wants all Marines in the command to be lifelong learners in the warrior profession of arms and warrior ethos, the letter says. Ultimately, it will be the example of MARFORRES in understanding and pursuing its legacy as a force in readiness.

TACTICAL RESET

The Marine Corps is America's force-in-readiness, and as such, relies heavily upon the tactical knowledge and application of that knowledge of and by its leadership corps, Mills said. It is the Marines' time to renew their tactical precision.

The lessons learned over the last decade being integrated into future standard operating procedures and operations is vital, Mills said. We've learned lessons on mobilization and demobilization, interoperability with the active force and much more.

Operational and support experience are the building blocks of a functional

development program for any Marine. Marine Forces Reserve has to recruit and retain Marines from every rank and military occupational specialty to ensure that all of the knowledge and lessons learned are passed on to the next generation of warriors.

As operations wind down in the Middle East, the Corps is shifting its focus to the Pacific. Marines can focus more on its expeditionary operations rather than ground operations, Mills said. Upcoming training and exercises will reflect that shift, Mills said. Marines will have to reorient themselves after years of intense ground-combat operations.

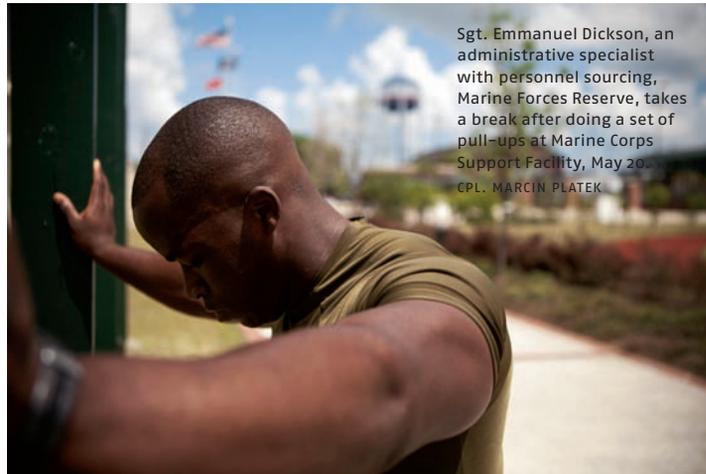
Sgt. Miguelange G. Madrigal, a radio Supporting Arms Liaison Team G, 1st Air Naval Gunfire Liaison Company, is awarded a Silver Star Medal aboard Marine Corps Recruit Depot, San Diego, Jan. 31.

CPL. MARCIN PLATEK



Sgt. Emmanuel Dickson, an administrative specialist with personnel sourcing, Marine Forces Reserve, takes a break after doing a set of pull-ups at Marine Corps Support Facility, May 20.

CPL. MARCIN PLATEK



Cpl. Benjamin Brannon, a combat engineer with 2nd Combat Engineer Battalion, connects wires to explosives during rehearsal for a demolition range aboard Marine Corps Base Camp Lejeune, July 22.

CPL. MARCIN PLATEK



READINESS RESET

“Obviously, we have to reset the force as the war in Afghanistan ends,” Mills said. “We have to reset the Reserve component to once again be ready to go when called upon everywhere the nation needs us to go and doing whatever it is that the active component needs us to do. So readiness is my number one priority.”

As a part of that readiness plan, the Reserve must make sure all gear is accounted for and in serviceable condition, he said. The modernization that is occurring in the active component will be mirrored by the Reserve, as well, whether it be aircraft or ground equipment.

With the drawdown in forces in the Middle East, the active component will be taking over some of the missions and exercises that have been primarily handled by the Reserve since the turn of the century. However, the Reserve brings a unique capability to combatant commanders and will continue to support the Unit Deployment Program, backfill active units, and provide a total-force solution.

A LOOK AHEAD

As much as things changed for Marine Forces Reserve and the Marine Corps in September of 2001, the cycle continues and it is time for the force to once again reset itself to prepare for the future. Mills has outlined specific areas that need to be given particular attention and asked for every Marine’s help in doing so. This reset will require more than just updating gear and going to classes. It will require the same mind set that has allowed Marines to adapt themselves and overcome adversity for more than 238 years.



BEEN THERE
DONE THAT



Force Headquarters Group **REACTIVATION**

Col. Augustin Bolanio, the commanding officer of the 4th Civil Affairs Group, Sgt. Maj. Mark Davis and Lt. Col. Jeremy Chio, stand at attention after uncasing the unit battle colors during the reactivation ceremony of the 4th CAG Dec. 15. The Marines hosted community members and distinguished visitors during a re-activation ceremony that marked the official standing up of the first Marine Corps civil affairs group in South Florida.

STAFF SGT. EARNEST J. BARNES





BEEN THERE
DONE THAT



4TH MARINE DIVISION

CPL. ETHAN NAGEL, a Prior Lake, Minn. native, receives the Silver Star from Brigadier General James S. Hartsell, commanding general of the 4th Marine Division, Dec. 17, for his actions in Afghanistan.

CPL. MARTIN EGNASH



4TH MARINE LOGISTICS GROUP

LANCE CPL. CHRISTOPHER COX, an administrative specialist with Headquarters Battalion, 4th Marine Logistics Group, serves desserts at tables at the New Orleans Mission, Oct. 10. The NOM is staffed mostly by volunteers like Cox that help run its daily operations, from feeding the community's disadvantaged residents to providing free boarding for the homeless.

LANCE CPL. TIFFANY EDWARDS

CPL. MATTHEW BODNAR, a Motor Technician Mechanic with Combat Logistics Battalion 25, Combat Logistics Regiment 45, 4th Marine Logistics Group, works on a truck during Enhanced Equipment Allowance Pool, Personnel Temporary Augmentee Program, 1, Dec. 16 aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

LANCE CPL. BRYTANI MUSICK





4TH MARINE AIRCRAFT WING

MARINES OF MARINE LIGHT ATTACK HELICOPTER SQUADRON 773 prepare for a flight near Barstow, Calif., Nov. 15 in support of exercise Raven 14-01. Exercise Raven is an aviation training exercise designed to provide air support to Marine Corps Forces Special Operations Command to better prepare them for their upcoming deployment.

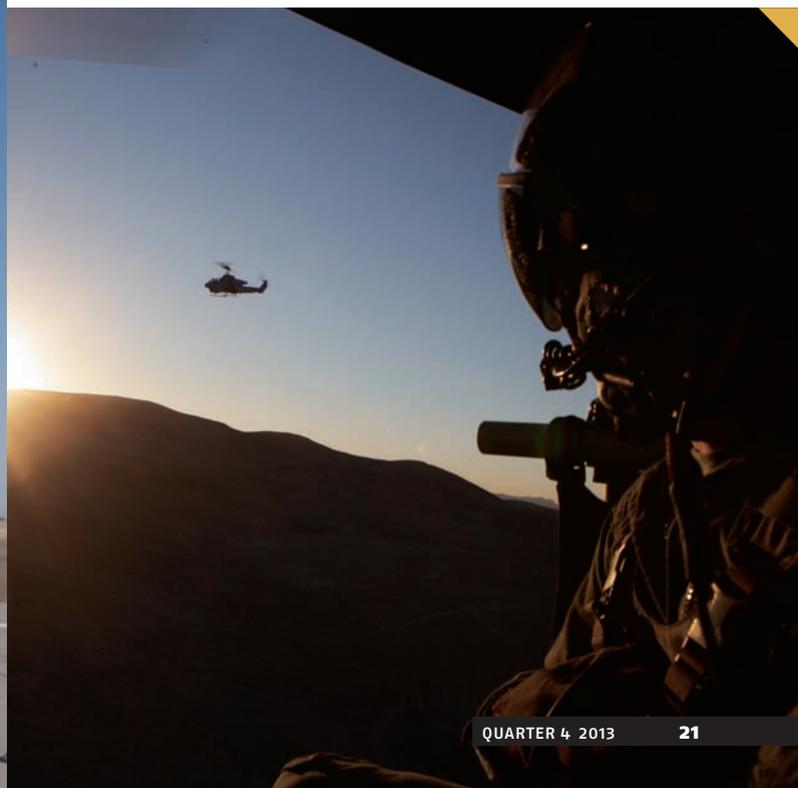
LANCE CPL. BRYTANI MUSICK

MARINES AND CORPSMEN embark a CH-53E Super Stallion helicopter Nov. 7 at Marine Corps Air Station Futenma, Okinawa during a medical training event.

LANCE CPL. DONALD PETERSON

LANCE CPL. NATE ROSE of Marine Light Attack Helicopter Squadron 773 watches an AH-1W Super Cobra's escort his UH-1N Huey Nov. 15, 2013 near Barstow, Calif., in support of exercise Raven 14-01.

LANCE CPL BRYTANI MUSICK





MARFORRES
gets

HIT

STORY & PHOTOS BY LANCE CPL. BRYTANI MUSICK



Rick Martinez, the Semper Fit Coordinator at Marine Forces Reserve, supervises Marines participating in a four-day HITT course Dec. 4.



H

igh Intensity Tactical Training is a program

designed for Marines to go harder, faster and longer through their career using a safe method, said Davis Murphy, Marine Forces Reserve Semper Fit director. The great long-term benefits of this program, along with the safety aspect, give Marines the tools and opportunity to “break themselves off” in every workout without feeling like it.

According to the program methodology, the HITT program is a comprehensive, combat-specific strength and conditioning program that is essential to a Marine’s physical development, combat readiness and resiliency. The same document states this performance enhancement training offers superior speed, power, strength, endurance and overall combat readiness while reducing the likelihood of injury and ensuring that Marines are physically prepared for real-time combat.

By implementing cutting edge training methods and fundamental scientific principles, the HITT program focuses

on enhancing athleticism for today’s warrior-athlete.

HITT is “functional based training,” meaning it is a program designed to improve an individual’s performance of job-specific combat readiness.

The type of strength and power training employed must be specific to the combat movements of a Marine. Incorporating a combination of basic strength, functional strength and explosive power exercises, while emphasizing core development and injury prevention in the HITT program is an integral role in the improvement of the Marine, according to the methodology.

The program is based on three principles: first prevent potential for injury, by increasing the recovery rate. Second, increase performance that transfers to combat and third, build strength and develop powerful elasticity.

“The biggest benefit from HITT is someone will be a more well-rounded warrior-athlete,” said Murphy. HITT doesn’t just focus on

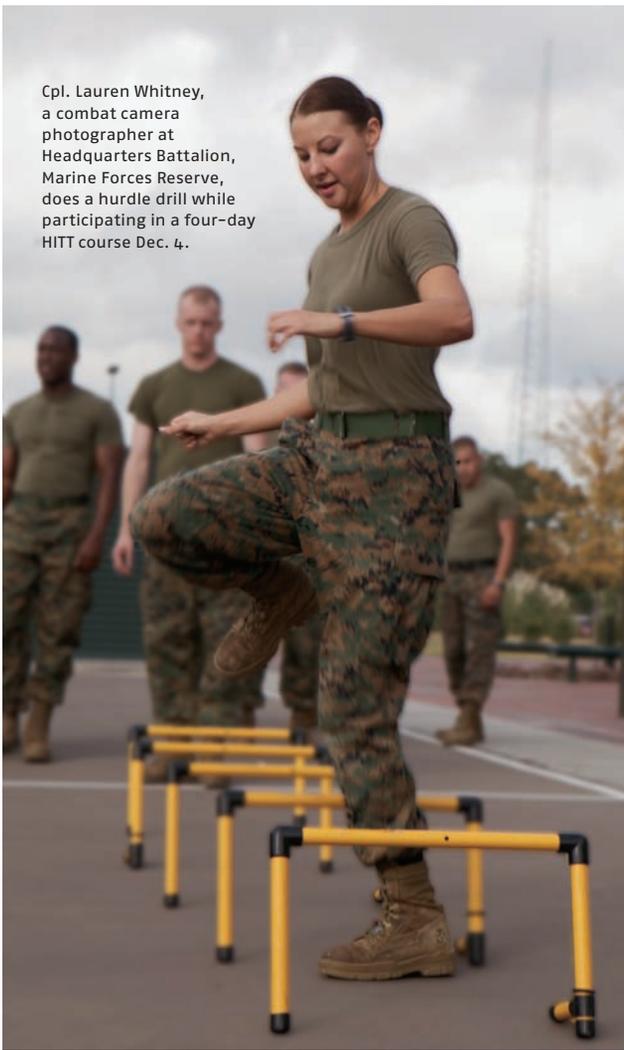
building muscle but being able to generate power and balance through various tasks.”

The HITT program focuses on progression to ensure Marines are increasing their performance and not getting injured.

“The best thing about HITT is the progression aspect,” said Rick Martinez, Marine Forces Reserve Semper Fit coordinator. “It’s not something where you go from zero to broke. You build a solid foundation so when you do get to the point of breaking yourself off, you’re not going to be laying on the ground dead, you’re going to be up walking around like ‘Hey, that was a good workout.’”

Each workout begins with dynamic warm-ups that help prevent injury. As a warm-up becomes more physically and mentally demanding, the muscular and neuromuscular systems are provided the opportunity to gradually reach training zintensity without under-working or over-fatiguing the warrior-athlete.

Cpl. Lauren Whitney, a combat camera photographer at Headquarters Battalion, Marine Forces Reserve, does a hurdle drill while participating in a four-day HITT course Dec. 4.



3 PHASES of conditioning

Athlete This level is designed for Marines who have an acceptable level of fitness but are not regular athletes. Athlete HITT develops basic strength and linear speed utilizing barbells, kettle bells, dumbbells, speed harnesses, resistance trainers and sleds.

Combat This level is designed for Marines with strong levels of athletic fitness abilities. Combat HITT develops functional strength and endurance utilizing suspension trainers, ammo cans, partner drills and incline endurance training.

Warrior This level is designed for Marines with strong athletic abilities who are seeking to maintain and improve combat conditioning. Warrior HITT develops explosive power and agility utilizing Olympic lifts, plyometrics, battle ropes, cones, hurdles and ladders.

“The main focus on injury prevention is to not take someone too fast or too soon, through workout patterns they might not be used to,” said Murphy. “With the implementation of dynamic warm-ups, we progressively warm the body up in preparation for the higher intensity workouts to come.”

The program is based on three phases of physical conditioning - Athlete, Warrior and Combat. Each phase has its own 25-week pre-designed workouts with increasing demands.

Marines can do the three Athlete, Warrior, or Combat components to build for the PFT or CFT, and do the appropriate workouts - Athlete or Combat, respectively - to maintain that level of performance.

Marines don't have a set date at which they need to perform at the highest level. But by doing this course they can maintain a high degree of readiness. Reserve Marines might think they have an even rarer occasion

which they will have to be performing at the highest level. Even so, Reserve Marines can still incorporate HITT into their daily workout.

The HITT program is available to all Marines no matter the location. Although bigger units and larger bases have easier accessibility to HITT centers and personnel, any Reserve unit can be a part of HITT. Through the four-day HITT training course, instructors and Semper Fit directors coordinate with Marines from local Reserve stations to come and participate. After the course, Marines can take the knowledge and skills they learned back to their own unit to teach their Marines.

“Once you get into the education part of HITT you can start incorporating it into not just your job aspect but your life aspect,” said Martinez. “Because it'll make you better.”

Accessing workouts is simple by utilizing the HITT website which has all 25 pre-planned workouts available as well as

videos showing the proper way to execute a warm-up exercise or workout.

“It's something Marines can call their own,” said Martinez. “Nobody else can say they do this too. This is something Marines are going to be able to teach. They won't just be instructed on it but they can teach it to their own units, wherever their job is, no matter what their MOS is.”

The methodology also states the HITT program will benefit those participating by improving ones strength, speed and power across the board. This program targets the specific things Marines need to focus on and build. This program, designed with Marines in mind, will help take Marines to the next level of performance.

“The very nature of the high intensity of HITT will catch Marines and since there is less of a chance of getting injured than other extreme conditioning programs, it will keep them coming back,” said Murphy.



Master Sgt. Linwood Stevens from the Marine Forces Reserve Communications and Electronics Maintenance section, readies dessert trays at the New Orleans Mission, Oct. 10.
 LANCE CPL. TIFFANY EDWARDS

STORY BY LANCE CPL. TIFFANY EDWARDS AND LANCE CPL. BRYTANI MUSICK

Serving **COUNTRY & COMMUNITY**

Marines fight battles, and they fight to win. It's in the names they call each other; warfighter, motivator, devil dog. What many people may not realize is that Marines are engaged in battles in their communities, for their communities, through the simple act of volunteering.

Volunteering in a local community can be more than serving food to the homeless. As Marines we have a wide range of ways to be a presence, volunteer, and be a good icon in communities around the country. Marine Forces Reserve spans the United States, so the Marines have a unique opportunity to be present in the community. MARFORRES been a part of 226 color guards, 152 volunteer events and are the spear head for the Toys for Tots program.

In a recent news article by the American Forces Press Service, Defense Secretary Chuck Hagel and Pentagon officials announced that despite the limiting of government funds, community and public outreach operations within the individual military services will continue.

“Community outreach brings Americans together in communities across the nation and helps inspire some to serve, builds support at home for those deployed in harm’s way, and helps to ensure education, employment and wellness initiatives evolve to serve veterans,” Hagel said in the internal memo to U.S. military service chiefs directing these changes.

Even during hard times, more grassroots-type efforts of community interaction have continued unabated

through Marines volunteering at local missions, shelters, hospitals and community events.

“There’s a need for people to get out of their comfort zone, to go out and just help other people,” said Capt. Samuel Baumer, volunteer coordinator for Headquarters Battalion, 4th Marine Logistics Group.

MARFORRES Marines have been taking part in volunteer events across the country – from cleaning up wooded areas and walking dogs at animal shelters, to building homes with Habitat for Humanity, feeding the homeless and visiting patients at children’s hospitals.

“There are so many organizations asking for a lending hand,” said Cpl. Estephania de León, an administrative specialist with Marine Corps Individual Reserve Support Activity at. “I often feel



Pfc. Nathan Kemple, a finance clerk for Marine Forces Reserve, pulls a sapling from its plastic planter in New Orleans during Hike for KaTREEna April 18, 2012.
SGT. MICHAEL ITO



A member of the Habitat For Humanity of Boone County, Ind., hammered nails into Plywood during a house-building project for wounded Marine Sgt. Jesse James on July 26th, 2012.
SGT. ALVIN PARSON



Master Sgt. Rebecca Zahrndt, volunteer coordinator for Marine Forces Reserve, prepares to begin bagging dehydrated meals for crisis relief at the Stop Hunger Now event at Aurora United Methodist Church, Oct. 13.
LANCE CPL. TIFFANY EDWARDS

upset when I have to choose one over the other because there are so many.”

Volunteering and community involvement is not something Marines do simply for professional advancement or to fill a hypothetical “check in the box.” Engagement with local communities is encouraged by commanders across the Corps as a morale booster for their Marines as well as a way to show American citizens that the Marine Corps has not forgotten about the America they have sworn to protect.

Lt. Gen. Richard P. Mills, commander of MARFORRES and MARFORNORTH, says that it is a part of the Corps’ mission for Marines to engage with and become a part of the communities they live in, no matter where they may be stationed.

“Marines are carrying with them a responsibility to represent the Marine Corps to local communities, to hold that banner high. And, remember, the reputations of thousands and thousands of Marines before them and after them rest on their shoulders,” said Mills.

de León not only takes the commander’s words seriously, but personally. She credits her extensive volunteer experiences in Iwakuni, Japan, and New Orleans for helping her to grow as a person and as a Marine.

“Having a close relationship with the community will give you a sense of belonging,” said de León. “I think we can make a huge impact. Knowing that you were a participant in building someone’s happiness and security will not only

affect the community by letting them know they can count on you, but it will also affect you by giving you a different perspective on life.”

De León and Marines across the world are answering the call to fight for their country, both in-theater and in their respective communities.

Marines are letting it shape them into better service members and better citizens, while impacting lives one day at a time. They volunteer to fight overseas and to serve at home because it’s their creed as well as their legacy as United States Marines.



UNIT
PROFILE



U.S. Marines with 3rd Civil Affairs Group, in support of Lima Company, 3rd Battalion, 8th Marine Regiment, Regimental Combat Team 5 speak with Nawa district Governor Haji Abdul Manaf at an Afghan Uniform Police station in the Nawa District, Helmand province, Afghanistan July 18, 2012.
STAFF SGT. RAUL GONZALEZ

3RD CIVIL AFFAIRS GROUP

LOCATION: Joint Base McGuire–Dix Lakehurst, NJ

HISTORY: 3rd Civil Affairs Group stood up January 2013 at the Marine Corps Reserve Training Center aboard Great Lakes Naval Base Chicago. Third CAG was the first of two additional CAGs to be formed as a result of the Commandant of the Marine Corps' approved Force Structure Review Group.

The FSRG doubled the number of Reserve civil affairs forces in order to meet the increasing demand for this specialized capability across the spectrum of conflict. In the midst of standing up the unit, 3rd

CAG deployed a team on short notice to Honduras in support of Special Operations Command South.

The unit has also participated in Marine Special Operations Command Raven exercises and has worked with active-duty Army civil affairs units responsible for supporting Special Operations Forces.

Third CAG Marines are scheduled to participate in Exercises Balikatan in the Philippines, and Cobra Gold in Thailand, and will conduct additional missions in support of SOCSOUTH in 2014.



AND THEN THERE WERE FOUR...

- The 4th Civil Affairs Group was reactivated on December 15
- The previous unit designated as the 4th CAG is now the 2nd CAG and is located in Washington D.C.
- The commanding officer is Col. Augustine Bolanio.
- The unit is based in Hialeah, Fla.
- 4th CAG shares the same mission as the other three.
- The activation of the 4th CAG doubles the civil affairs capability of Marine Forces Reserve from two to four based on the pre-Force Structure Review numbers.
- Marine Forces Reserve holds a large majority of the Marine Corps' civil affairs capabilities.

COMMANDING OFFICER: Col. Curtis Lee

BATTALION SERGEANT MAJOR: Sgt. Maj. Daniel Miller

MISSION: To plan and execute civil military operations while serving as the liaison between military forces and civil authorities, local populations and non-government organizations; enhance the relationship between the military and host-nation personnel and organizations, facilitated through application of civil affairs specialty skills in areas normally the responsibility of civil governments.



**BE SMART,
BE SAFE**

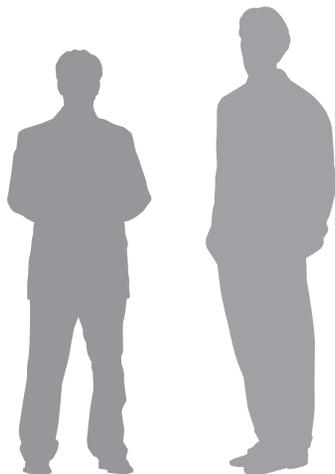


Sgt. Maj, Michael Sprague, sergeant major of Force Headquarters Group, eats chow with his Marines during breakfast at exercise Javelin Thrust on July 11, 2012.

SGT. ALVIN D. PARSON JR.

BE A PRESENCE

STORY BY SGT. MICHAEL ITO



One of the many attributes historically tied to Marines is the outstanding leadership ability in ranks not typically associated with leadership responsibility.

In so many cases, citations and historic accounts, noncommissioned officers in the Corps have displayed unquestionable judgment and immediate action based purely on what they knew was best for the mission and their Marines. To many, it is obvious that tradition is carried on by so many in the Reserve.

“Being Reserve Marines, we do not get face-to-face time with the Marines as active duty does,” said Sgt. Clifton Allred, 2nd Battalion, 14th Marine Regiment. “So it is key that

“It is important to have NCOs in the lives of junior Marines to not only set the standards, but show them how to get there successfully.”

-Sgt. Clifton Allred, 2nd Battalion, 14th Marine Regiment

the Marines know that small unit leadership still enforces the standards of being a Marine. How we do that is either through phone calls, emails, or texts. Some Marines even live close to one another, allowing time for development, advice, or influence outside of drill.”

Drilling Reserve Marines attend one drill weekend a month and one two-week annual training event every year.

That means that they often only spend 38 days with their unit and in front of their leadership. That can be a problem for junior Marines and leaders, alike.

“It is important to have NCOs in the lives of junior Marines to not only set the standards, but show them how to get there successfully,” Allred said. “Being an NCO, whether it be active duty or Reserve, is a constant privilege and job. Showing our Marines there are positive role models out there dealing with the life struggle of civilian lives and Marine lives, we show them that both can be done

successfully. Showing consistency in setting the example can make the difference.”

During a Marine’s development, it is always important to have leaders who are willing to sacrifice their time with family, work or school to benefit the Marine, Allred said. Marines are always there for one another no matter where or when. The more dedication displayed to the junior Marines, the better they will become due to the consistency of the example being set.

“Being a good leader in the Reserve is different than active duty,” he said. “It requires a good portion of your time outside of drill weekend. But the real leaders in the Reserve do it in order to better the Marine and the Marine Corps as a whole, and don’t look for any benefits other than knowing you made a positive influence. Reserve Marines don’t get paid for time in-between drills, we give guidance and influence to Marines because that’s what must be done in the Reserve to maintain success.”

THE OTHER 28 DAYS BETWEEN THE DRILLS

As we exit another holiday season, we must remember that we have had time to spend with family; parents, cousins, aunts and uncles, grandparents, children and spouses. Let’s not forget about your brothers and sisters in uniform, the family you chose to be a part of. Here, we break down some holiday numbers:

579,500,000,000*

• DOLLARS SPENT BY AMERICANS DURING THE HOLIDAY SEASON

30,800,000*

• REAL TREES BOUGHT FOR CHRISTMAS IN THE U.S.

39,600

• SELECTED MARINE CORPS RESERVE MARINES THAT NEED A MENTOR TO BE SUCCESSFUL

6,992

• CORPORALS IN THE SMCR

4,096

• SERGEANTS IN THE SMCR

161

• MARINE FORCES RESERVE SITES AROUND THE UNITED STATES AND ITS TERRITORIES

38

• APPROXIMATE DAYS AN SMCR MARINE SPENDS WITH THEIR UNIT IN ONE YEAR

34

• DAYS BETWEEN THANKSGIVING AND NEW YEAR’S DAY

1

• LEADERS IT TAKES TO MAKE A DIFFERENCE IN A MARINE’S LIFE

*According to the National Retail Federation



SAVED
ROUNDS



STAYING SUPPORTIVE COMMANDER SIGNS ESGR STATEMENT OF SUPPORT

STORY AND PHOTOS BY LANCE CPL. TIFFANY EDWARDS

Lt. Gen. Richard P. Mills, commander of Marine Forces Reserve and Marine Forces North, signed a statement of support for the Guard and Reserve at the Marine Corps Support Facility Oct. 29. The statement signifies the commander's intent to support Reserve Marines and sailors with their civilian careers, supporting the mission of the Employer Support of the Guard and Reserve.

The statement of support confirms that Mills will join other employers nationwide in pledging to fully recognize, honor and enforce the Uniformed Services Employment and Re-Employment Rights Act.

ESGR aims to gain and maintain civilian employer support for Guardsmen and Reserve members by rewarding outstanding support from civilian

employers, as well as resolving conflict through mediation. They also assist unemployed Reserve members with finding work through their program, Hero 2 Hired.

The organization provides this education and support through events such as family days that provide cohesion and support for Guard and Reserve units, as well as pre- and post-deployment briefs, which allow service members' families to be aware of the opportunities and benefits offered by ESGR.

Mills said that many of these service members are still committed to their civilian occupations and need support, both from and for their employers, while they're gone. Having this support waiting for them at home can give many Guard and Reserve members some much-needed peace of mind. ■

Lt. Gen. Richard P. Mills, commander of Marine Forces Reserve and Marine Forces North, signs a statement of support for the Guard and Reserve at the Marine Corps Support Facility, Oct. 29. The statement signifies the commander's intent to assist Marines and sailors with their careers, supporting the mission of the Employer Support of the Guard and Reserve.

What is ESGR?



Mission: ESGR facilitates and promotes a cooperative culture of employer support for Reserve service by developing and advocating mutually beneficial initiatives; recognizing outstanding employer support; increasing awareness of applicable laws and policies; resolving conflicts between employers and service members; and acting as the employers' principal advocate within the Department of Defense.

Goals of ESGR

- Gain and maintain support from employers for Reserve service members.
- Educate customers and stakeholders.
- Advocate within DoD for Reserve employers.
- Facilitate employment and educational opportunities for Reserve service members.

A PORTABLE LIFE-SAVER

SAILORS WITH 4TH MEDICAL BATTALION TRAIN WITH THEIR NEW SUPPORT SYSTEM

LANCE CPL. SULLIVAN LARAMIE



Sailors with Medical Logistics Company, Combat Logistics Regiment 25, 2nd Marine Logistics Group practice changing the air filters on a Portable Patient Transport Life Support System device aboard Marine Corps Base Camp Lejeune, N.C., Nov. 5.

LANCE CPL. SULLIVAN LARAMIE

Sailors with Medical Logistics Company, 4th Medical Battalion trained with a new device for the Portable Patient Transport Life Support System program at Marine Corps Base Camp Lejeune, N.C., Nov. 5 to 7.

PPTLSS was designed as a lightweight, mobile replacement for the current, bulky life-support systems used for serious injuries. A ventilator, physiological monitor, suction device, oxygen tanks, and a platform to mount the equipment and secure it to the litter weigh more than 200 pounds together, while PPTLSS weighs approximately 55 pounds and can be carried by a single person.

“The best thing about this equipment is that it takes five systems and it integrates them into a single device,” said Shannon Eby, a CSS project officer. ■



FLYING HIGH RESERVE MARINES PLAY ROLE IN AVIATION COURSE

STORY BY SGT. FENTON REESE

Lance Cpl. Chris Eichelberger, a gunner with a Marine Light Attack Helicopter Squadron (HMLA) 169, and a native of San Diego, Calif., fires on a target at the Chocolate Mountain Aerial Gunnery Range, Calif., as part of Weapons and Tactics Instructors Course 1-14.

CPL. ZACHARY SCANLON

The Weapons and Tactics Instructors course is a biannual, seven-week training evolution that trains pilots from every corner of Marine aviation to become experts in tactics and effective situational employment of their aircraft and weapons systems. The intent is to make those who complete the course fully capable of passing their knowledge on to newer pilots.

According to Master Gunnery Sgt. William Lloyd, maintenance chief with WTI, the benefits from this training evolution were mutual between the participants and the support, specifically for the Reserve.

“The training is very good for those who participate in better preparing them for combat operations from a frontline and rear support perspective ... in addition, the Reserve has the opportunity to get that added flight time and utilize some new equipment that their units haven’t gotten yet but will receive very soon,” said Lloyd. ■

TRAINING IN AFRICA

RESERVE MARINES USE EXPERIENCE AND KNOWLEDGE; TRAIN WITH SENEGAL

CPL. RYAN JOYNER

As part of a four-week engagement that covered infantry tactics, small-boat operations and maritime security operations, the team of Reserve Marines from various backgrounds and skill sets used their experience and knowledge to train with the Senegalese commandos in the fundamentals of marksmanship and combat shooting in Thies, Senegal.

After the course of fire was completed the Marines observed while the Senegalese competed against each other in various drills and at various distances to reiterate what had been covered during the training.

Commandos and Marines alike sacrificed their own free time after the training was complete each day to continue practicing the techniques.

“I think the Senegalese really took quite a bit from this. It was clearly visible, the amount of improvement they made over the course of the week,” said Sgt. James Thonus, assistant team chief from Chester, N.Y. ■



Marines with Special-Purpose Marine Air-Ground Task Force Africa 13 watch as Senegalese Compagnie de Fusilier Marine Commandos fire their weapons during a maritime assistance force engagement in Thies, Senegal, Nov. 26.

CPL. RYAN JOYNER



WITH THE
GEAR

SPECIFICATIONS

Feeding capacity: minimum of 500 personnel

Set up time: 45 minutes

Dimensions: 8 ft H x 8 ft W x 20 ft L

Weight: 14,000 lbs

Electricity required: 10kW

Fuel requirements: JP-8 or diesel fuel

Refrigeration: two refrigerators with 46 cu ft capacity

QUICK FACTS

Chow through the years

CIVIL WAR

Rations typically included: 20 oz. of salted pork or beef, 12 oz. of hardtack (bread), 1 oz. of a compressed cube of mixed vegetables. Every 100 rations a soldier would receive: 8 quarts of beans or peas, 10 pounds of rice, coffee beans, and sugar, 2 quarts of salt, and 1 gallon of vinegar.

WWI

Food was a precious resource and the government made sure no food was wasted. The Army's Division of Food and Nutrition of the Medical Department conducting a survey showing troops were being given too much food. Subsequently, smaller rations were made that were more efficient for troops.

WWII

K-rations (breakfast), D-rations (chocolate), and C-rations (lunches and dinners). All meals were pre-cooked and easy to eat on the go. However they were bulky and loud.

1950'S

MCI- Military Combat Individual. Despite the new name MCI's were still commonly referred to as C-rations. A wider variety of items were introduced, which encouraged a better daily nutrition.

1980'S

MRE- Meals Ready to Eat. MRE's replaced the C-ration to create lightweight, easily transportable meals. The bags were ready in a moment's notice as opposed to the previous cans.

2000'S

MRE's are still the food that feeds our troops but they have improved by advancements in nutrition and taste. MRE's come in a variety of meals and can be heated on the go.



EFK

EXPEDITIONARY FIELD KITCHEN



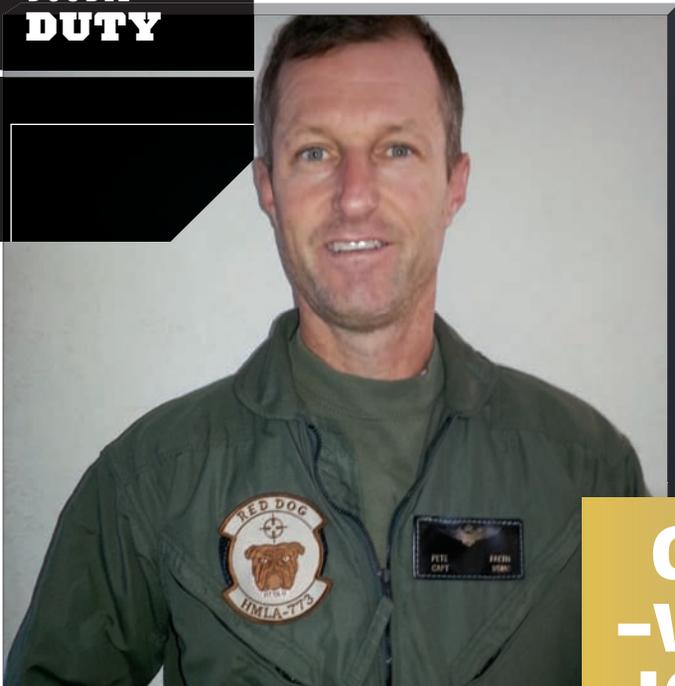
The EFK is a containerized, rapidly deployable, mobile kitchen and sanitation center designed to support a minimum of 500 war fighters in a tactical environment. The kitchen is towed on a trailer by the USMC 7-ton Medium Tactical Vehicle Replacement.

The kitchen can be set up and ready for cooking in 45 minutes with the help of 5 people. The kitchen is comprised of modified commercial and military cooking appliances that meet cleanliness standards. Appliances will roast, grill, boil, braise, pan fry, and bake to cover any combination of food requirements.

Personnel can clean onboard with a sanitation center. The kitchen includes fire extinguishers, electrical outlets and all serving and preparatory pans and silverware. The kitchen is vented to assure a safe and comfortable work environment.



DOUBLE DUTY



COURTESY PHOTO



COURTESY PHOTO

GI -VS- JOE

CAPT. PETE FAETH, USMC

- BILLET:** Helicopter pilot
- LOCATION:** HMLA-773, Warner Robbins, Ga.
- TIME IN SERVICE:** 9 years prior service, 8 months in Marine Corps Reserve
- REASON FOR JOINING:** I missed the camaraderie you can only find in the Marine Corps.
- FAVORITE WORK FOOD:** I like anything hot. Definitely not MRE's.
- RESPONSIBILITIES:** I provide air support to ground units and basic flight safety.
- MEMORABLE MOMENT:** I'll always remember disembarking the C-17 in Kuwait during an invasion. The intensity was incredible and knowing I was in another country was awesome.

PETE FAETH

- BILLET:** Peace Officer, Policeman
- LOCATION:** Davis, Calif.
- TIME IN SERVICE:** 6 years
- REASON FOR JOINING:** It goes hand in hand with being a Marine and helping people on a more personal level. It's nice being in the field as in comparison to a desk job.
- FAVORITE WORK FOOD:** I love Mexican food, especially burritos.
- RESPONSIBILITIES:** I serve and protect the community. We do social services like responding to 911 calls.
- MEMORABLE MOMENT:** High speed pursuits always get my adrenaline flowing. I've done riot control which can be similar to the Marine Corps, having a shield, helmet and a weapon.



MILITARY EXPRESSIONS FROM AROUND THE CORPS

- AOR:** Area of responsibility
- 7-DAY STORE:** A convenience store
- BRAIN-HOUSING GROUP:** Your brain/skull

- THE BRICKS:** The barracks
- GOOD TO GO:** Understood
- YUT:** Exclamation of enthusiasm or approval

What's your next step?



Let us work with you on:

- *Employment*
- *Education*
- *Benefits*
- *Life Goals*

MARINE FOR LIFE

CONNECTING MARINES WITH OPPORTUNITY



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