

THE CONTINENTAL MARINE

OFFICIAL MAGAZINE OF MARINE FORCES RESERVE

WHAT MAKES UP THE
**ANTI-TERRORISM
BATTALION?**

MARFORRES
TRANSFORMS INTO AN
**OPERATIONAL
RESERVE**

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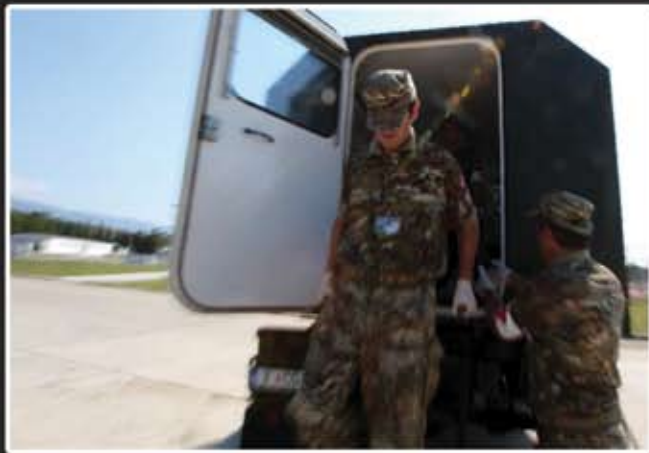
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FROM THE EDITOR

Today's Marine Forces Reserve is an operational Reserve, ready to augment and reinforce active forces. In this era of persistent conflict and global engagement, we have to be a force that is able to seamlessly and expeditiously integrate with our active-duty counterparts.

Reserve Marines are on the job in Afghanistan conducting counter-insurgency operations alongside active-duty units right now. Reserve units are being incorporated into the regular deployment cycle alongside active forces.

Reserve units in the States are staying ready and training for the fight. They drill one weekend a month and spend two weeks doing annual training so that MarForRes can provide strong, sustainable Marines that are fully trained and ready for battle.

With the world in conflict, an operational Reserve that stands ready to deploy its Marines anywhere in the world as needed, is essential to keeping our Corps the nation's force in readiness.

Graphic illustration by Lance Cpl. Dominic Young



TIME IS MONEY

THE PERSONAL FINANCIAL MANAGEMENT PROGRAM (PFMP)

A solid understanding of your personal financial situation and prospects will give you a better chance of achieving financial success during your career and help you build confidence in facing financial challenges and responsibilities. The program provides financial education, training, counseling, information and referral. These services are free of charge and are a part of your benefits by serving in the Marine Corps.

For more information about the PFMP Program
Visit the Marine Corps Community Services web site at www.usmc-mccs.org/finance/pfmp.cmp

WWW.MARINES.MIL/UNITS/MARFORRES

Money Management

Budgeting and Cash
Management

Pay/Allowances

Family Subsistence
Supplemental
Allowance (FSSA)

Use of Credit and Debt

Major Purchase Planning

Financial Planning

Goal Setting

Transitional Challenges

Investment Planning

Thrift Savings Plan

Roth IRA, Traditional IRA

Government Savings Bonds

Consumer Benefits and
Rights

Retirement and Estate Planning

Entitlements and Benefits

Retirement Planning, REDUX

Veterans' Benefits

Useful Web Sites

FINANCIAL PLANNING

[www.humtech.com/htoffice/
website/sites/financial](http://www.humtech.com/htoffice/website/sites/financial)

GOAL SETTING TOOLS

www.money2000.org

PAY AND ALLOWANCES

www.dfas.mil

SAVINGS AND INVESTING

www.credit.org

USE OF CREDIT AND DEBT

www.credit.org

INCOME TAX PREPARATION AND PLANNING

www.taxsites.com

IRS

www.IRS.gov

CONSUMER SERVICES AND RIGHTS

www.consumer.gov

LIFELINE2000

www.lifelines2000.org

ENTITLEMENTS AND BENEFITS

www.defenselink.mil/

KID'S MONEY

www.kidsbank.com

TSP

www.tsp.gov

RESERVE FORCES AROUND THE WORLD

CONTINUING PROMISE

CP-10 is an annual humanitarian civic assistance mission, primarily with nations in and around the Caribbean Sea. Approximately 155 Marines are mobilized from May until January and embarked aboard amphibious shipping. They are training to work with U.S. government agencies, partner nations, non-government organizations and private organizations to conduct civil military operations including medical, dental, veterinary and engineering support, as well as humanitarian assistance and disaster relief.

PANAMA

Approximately 32 Marines from 4th Civil Affairs Group provided humanitarian assistance as part of an engineering assistance project in Panama from June into September.

CONTINUING PROMISE

PANAMA

AFRIC

AFRICOM SECURITY COOPERATION TEAM

A rotational force of approximately 17 Marines are conducting security cooperation events throughout the AFRICOM area of responsibility. Current deployment began in June and will be relieved in June 2011.

AFRICAN ENDEAVOR

African Endeavor is an annual exercise to increase interoperability among African Union nations and African regional organizations. Approximately 15 Marines from 4th Marine Aircraft Wing and Intel Support Battalion participated in communications training and border security operations from August 9-20.

STEADFAST INDICATOR

Steadfast Indicator is a NATO-led exercise that develops working relationships with NATO Human Intelligence coalition partners. Approximately nine Marines from Intel Support Battalion conducted HUMINT training during the exercise from September 10-24.

STEADFAST INDICATOR

BLACK SEA ROTATIONAL FORCE

OPERATION ENDURING FREEDOM

BLACK SEA ROTATIONAL FORCE

Black Sea Rotational Force-10 was a security cooperation task force in Romania and Bulgaria conducting peacekeeping operations with the Romanian, Bulgarian, Ukrainian and Azerbaijani armed forces from May through August. 4th Civil Affairs Group provided three Marines in support of civil military operations, and 4th Marine Aircraft Wing provided KC-130 Hercules aircraft support during the beginning stages of the rotation.

OPERATION ENDURING FREEDOM

As of November 30, there were more than 1,200 MarForRes Marines deployed in support of OEF.

AFRICOM SECURITY COOPERATION TEAM

AN ENDEAVOR

COMBINED TASK FORCE- HORN OF AFRICA

MEDFLAG

COMBINED TASK FORCE- HORN OF AFRICA

Approximately four Marines from 4th Marine Logistics Group are providing a rotational communications detachment in support of CJTF-HOA in Djibouti.

MEDFLAG

MEDFLAG-10 was a medical disaster and civic assistance exercise to support mass casualty and disaster relief in the Democratic Republic of Congo. Approximately six Marines from 4th Marine Logistics Group provided communications support to the exercise from September 3-18.

KNOW YOUR TATTOO REGS

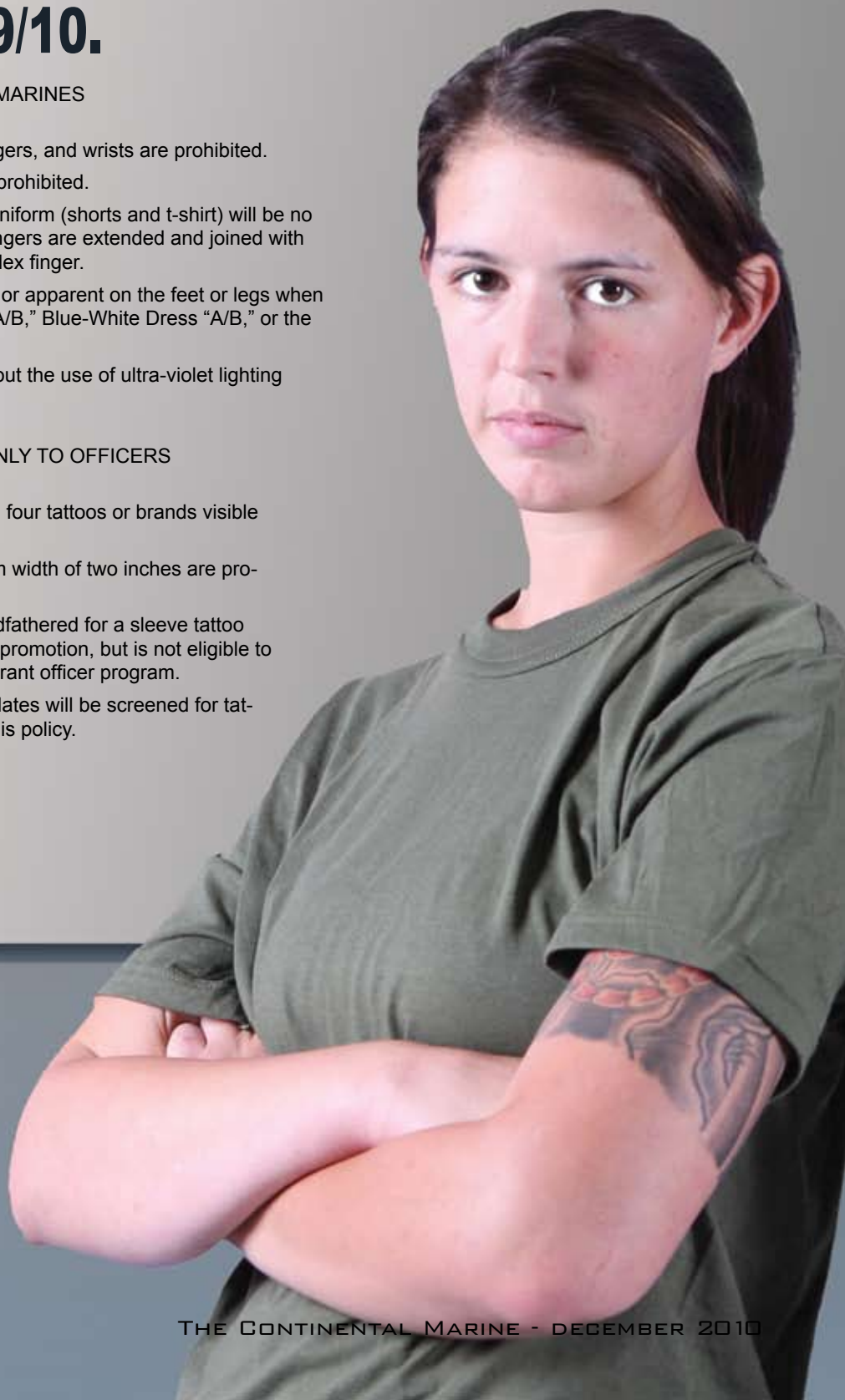
MARINE ADMINISTRATIVE MESSAGE 029/10.

THE FOLLOWING APPLIES TO ALL MARINES

- 1** Tattoos or brands on the hands, fingers, and wrists are prohibited.
- 2** Tattoos or brands in the mouth are prohibited.
- 3** Tattoos visible in the standard p.t. uniform (shorts and t-shirt) will be no larger than the wearer's hand when fingers are extended and joined with the thumb touching the base of the index finger.
- 4** Tattoos or brands will not be visible or apparent on the feet or legs when wearing the Service "A," Blue Dress "A/B," Blue-White Dress "A/B," or the evening dress uniforms.
- 5** Tattoos not visible or apparent without the use of ultra-violet lighting (black light) must meet the policy.

ADDED GUIDANCE APPLICABLE ONLY TO OFFICERS

- 1** Officers are limited to no more than four tattoos or brands visible while in the standard p.t. uniform.
- 2** Band tattoos exceeding a maximum width of two inches are prohibited.
- 3** An enlisted Marine previously grandfathered for a sleeve tattoo has no restrictions for reenlistment or promotion, but is not eligible to apply for any enlisted-to-officer or warrant officer program.
- 4** Prior to becoming an officer, candidates will be screened for tattoos that are not in compliance with this policy.



TATTOO POLICY DEFINITIONS

THE NECK: Any portion above the collarbone in the front area, or above the first cervical vertebrae in the back area, or otherwise visible due to the open collar of the short sleeve khaki shirt without an undershirt.

SLEEVE TATTOOS: A collection of small tattoos or a large tattoo that covers, or almost covers a person's entire arm or leg.

EXCESSIVE TATTOOS: When the combined tattoo coverage on a particular body part exceeds one-quarter of the respective body part's exposed surface while the individual is wearing the standard p.t. uniform.

BAND TATTOOS: A tattoo that partially or fully encircles the circumference of a body part. Officers are allowed band tattoos with a maximum width of two inches. Enlisted Marines are allowed band tattoos with a maximum width of less than one-quarter of a body part while wearing the standard p.t. uniform.

ONE TATTOO: One or multiple tattoos that can be covered by a circle with a diameter of five inches. Tattoos spaced apart that cannot be covered by a circle with a diameter of five inches are considered separate tattoos.



CAMARADERIE



Getting to know Marines outside of one's individual section can be very challenging, especially when Marines barely leave their workspaces unless it's chow time or the day has come to an end. Most relationships start when Marines pass each other in the hall and greet each other, but sadly, that's also where most of them end. Annual flag football competitions at Marine Forces Reserve presents Marines with the opportunity to further intermingle with those they walk past every day. Every Monday and Wednesday players get together and compete in games. During the games, supply and administrative Marines get to play alongside military police and data analyst Marines. Marine officers also get the chance to interact with enlisted Marines. During the games Marines build camaraderie and start new relationships with their fellow Marines. The annual flag football season is in the fall of every year throughout the Corps.





Lance Cpl. Jad Sleiman



THE

CLEAN-UP CREW

THE FIRST STEP IN HONORING OUR FALLEN BROTHERS

After a battle, attack or accident takes place in a combat zone, the Marines of Personnel Retrieval and Processing Company, Anacostia, Va., and Detachment PRP, Smyrna, Ga., are called in to collect any dead, process them and get them off of the battlefield.

A half dozen PRP Marines were in Montenegro for Medical Training Exercise in Central and Eastern Europe 2010, or MEDCEUR 10. The exercise requires more than 360 airmen, soldiers and Marines from the U.S., as well as service members from nine central and eastern European nations, to respond to a series of simulated natural disasters by collecting and treating role-player casualties.

The Marines are specifically tasked with training their Montenegrin counterparts in mortuary affairs operations ahead of the simulated disasters.

When the faux explosions and mudslides begin, the Marines and Montenegrins must run a joint PRP point that will collect and process some of the simulated casualties.

The Continental Marine sat down with Staff Sgt. Troy J. Heitzer, training chief PRP Co., to find out more about him and his Marines' unique role in the Corps. Heitzer has worked as a PRP Marine for six years, deploying to Iraq three times.



Cpl. Whelma Villaester, a Personnel Retrieval and Processing specialist with Detachment PRP, Smyrna, Ga., plays dead as foreign forces practice body searches as part of Medical Training Exercise in Central and Eastern Europe 2010 at Danilovgrad Army Base, Montenegro. MEDCEUR 10 is an annual U.S. Joint Chiefs of Staff-sponsored exercise meant to improve mass casualty disaster response and increase interoperability between the U.S. and participating nations.

Cpl. Whelma Villaester, a Personnel Retrieval and Processing specialist with Detachment PRP, Smyrna, Ga., works procedures for handling a corpse Sept. 15 inside the mock PRP collection point set up during the 2010 Medical Training Exercise in Central and Eastern Europe at Danilovgrad Army Base, Montenegro. The exercise challenges approximately 250 military medical personnel from the U.S. and nine central and eastern European nations to respond to a series of simulated disasters by collecting and treating role-player casualties. For more information, go to www.usafe.af.mil/medceur.asp and www.odbrana.gov.me.



CONTINENTAL MARINE: WHAT KIND OF TRAINING DO YOU GO THROUGH AT YOUR SCHOOL IN FORT LEE, VA.?

HEITZER:

You learn about search and recovery: how to go out, provide your own security, how to conduct a thorough search and do your paper work. You also learn about the basic operation of a collection point. That's what we call our area. There are three sections: receiving, processing and evacuation, and you learn how to run those sections.

CM: WHAT ATTRACTED YOU TO THIS JOB?

H Mostly the pride and the importance behind it. I take a lot of pride in what I do. It's something I understood and grasped very quickly. Right now we're going over the classes we're going to teach the other forces and even though I don't have to teach one, I really want to. It's a really unique mission. Everybody that's a part of our unit wants to be there.

CM: MARINES ARE TRAINED TO DEAL WITH COMBAT AND ITS STRESSES. HOW DO YOU COPE WITH THE UNIQUE STRESSES OF DEALING WITH HUMAN REMAINS?

H One of the key things is before and during the actual processing, the team leader — not only is it their job to make sure the paperwork and the procedure is correct; they're also constantly observing their Marines looking for signs of stress. If anyone says, "I don't feel comfortable with this, I need a break," we tell them to go off and do something else for a while. We do regular classes about things like coping with death, coping with stress. I think the biggest thing is you try to disassociate what you're dealing with, with anything else in your life. There was one kid I dealt with one time who reminded me of a girl I was dating, of her young son. It was tough at first, but it wasn't something I dwelled on for a long time. At the time though, it was tough. We had a [Marine], she had been coming up to view MCMAP [Marine Corps Martial Arts Program] and we had to process her. She was a lance corporal and some of our junior guys had been practicing with this girl and me as a staff NCO, before we started I said, "You guys need to do something else for this period." I focus on the fact that there's a family somewhere waiting, we are the first line of processing to getting these remains back to their family to get them closure.

Lance Cpl. Jad Sleiman

“...everything has a purpose behind it. When we carry a transfer case we always carry them feet first. It’s a symbolism thing that they’re still walking with us.”

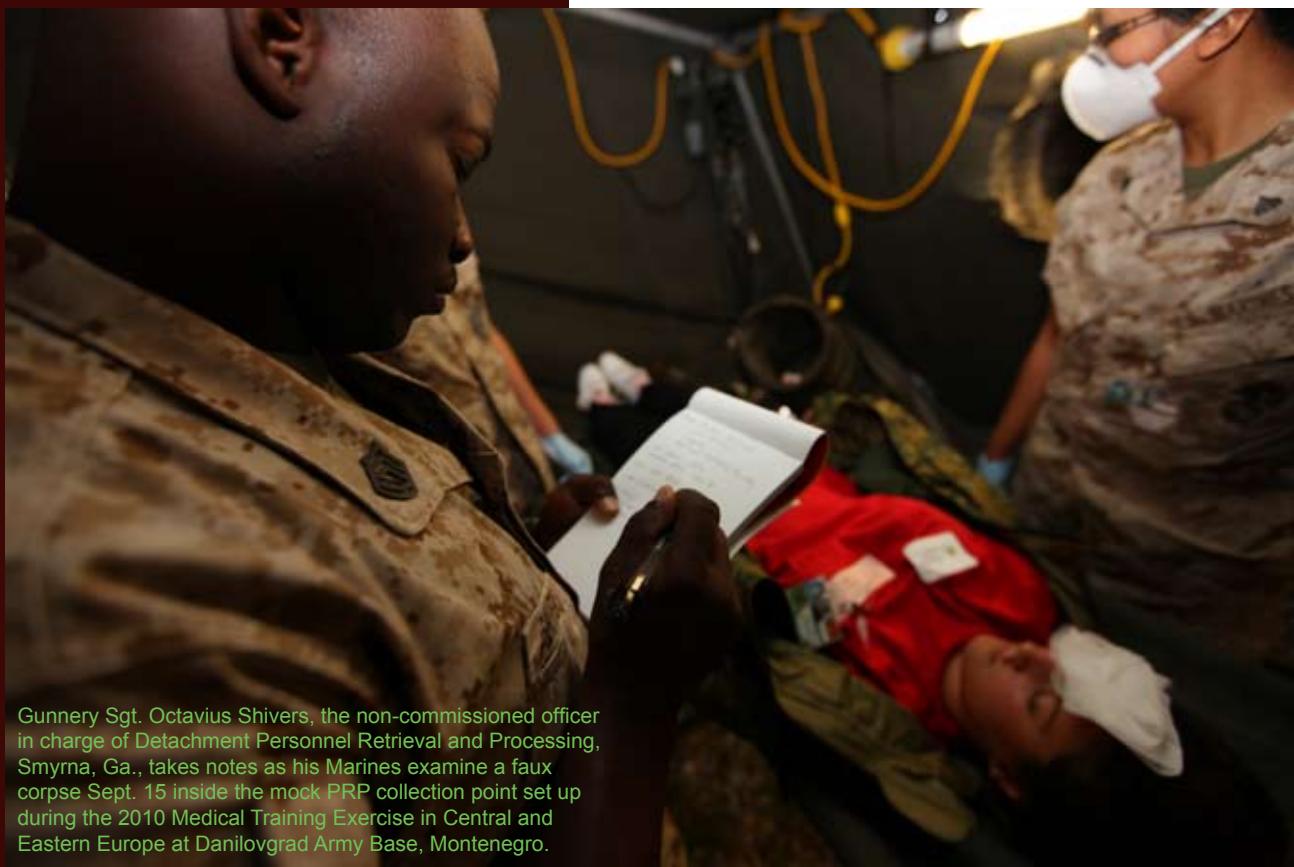
CM: MUCH OF YOUR JOB IS METICULOUS, SCIENTIFIC. HOW DO YOU FACTOR IN HONOR FOR THE DEAD?

H When we’re actually doing the processing a great deal of care is taken to preserve the dignity. Even if we’re dealing with the enemy we treat them the same way. We remain tactful.

One of the big things is how we move remains whether it be when we’re just carrying them or in a vehicle, everything has a purpose behind it. When we carry a transfer case we always carry them feet first. It’s a symbolism thing that they’re still walking with us. We have what we call a dignified transfer when we take the remains and put them on a plane. It’s a military movement type thing, not an actual ceremony. It’s something we practice for hours and hours and hours. It’s that important to get it perfect.

CM: HOW MANY MARINES DO WHAT YOU DO? HOW DO YOU FIT INTO THE BIG MARINE CORPS PICTURE?

H We’re roughly a little over 200, maybe 240, all Reserve. Everybody who is in this MOS volunteers. It’s a strictly Reserve MOS and we’re the only unit that does what we do. We’re the most deployed unit in the Marine Corps just because of that fact that we’re always replacing ourselves. It’s a very high tempo of deployments. We’re a completely self-supporting unit. We provide constant support to wherever we need to be. We’re on duty 24 hours a day. We don’t close. We’re a very capable, self-supporting asset to the Marine Corps.



Gunnery Sgt. Octavius Shivers, the non-commissioned officer in charge of Detachment Personnel Retrieval and Processing, Smyrna, Ga., takes notes as his Marines examine a faux corpse Sept. 15 inside the mock PRP collection point set up during the 2010 Medical Training Exercise in Central and Eastern Europe at Danilovgrad Army Base, Montenegro.



**350
UNITS**

supported throughout the
continental U.S.

17,000
miles traveled by mobile
maintenance teams

MOBILE MAINTENANCE MEN

Historically, many Reserve units didn't possess the capacity or the capabilities to perform routine maintenance on their weapons and vehicles. The tyranny of geography and constant use requires units to receive high-level preventive maintenance checks and servicing.

"Marine Forces Reserve only gets five percent budget, and they have 35 percent of the Marine Corps' equipment," said Nelson M. Broughton III, the Marine Corps Logistics Command liaison officer to Marine Forces Reserve.

Marine Forces Reserve realized they didn't have enough money to distribute equipment to Reserve sites around the country and keep the equipment in working condition.

As a result, the Marine Corps Logistics Command developed three additional

maintenance teams for Marine Forces Reserve ground equipment. The teams now serve as the force's primary answer to preventing communication, engineer, motor vehicle and ordnance equipment failure nationwide.

In addition, two mobile small arms repairs teams were assembled to fix, inspect and maintain weapons systems.

The maintenance and prevention services now provided allow Reserve units to focus more on training, deployments and other administrative and operational tasks.

The teams have limited corrective maintenance capabilities; however they provide the highest level of preventive maintenance checks and services for MarForRes.

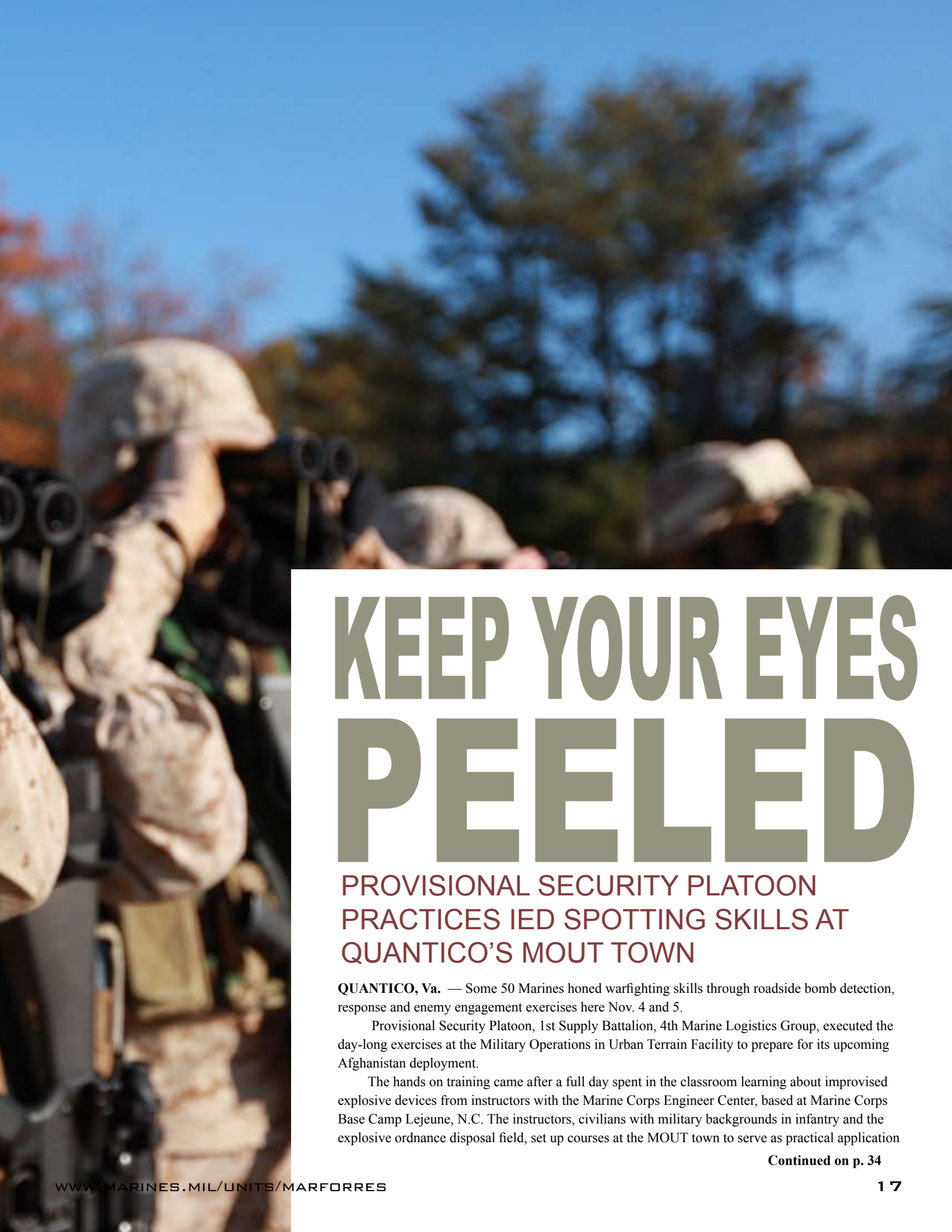


TRAINING: IN COUNTRY

Cpl. Tyler Hlavac



Marines with Provisional Security Platoon, 1st Supply Battalion, 4th Marine Logistics Group use binoculars to search for hidden improvised explosive devices during counter-IED training Nov. 5.

A photograph of Marines in camouflage uniforms and helmets, some using binoculars, in an outdoor training environment with trees in the background.

KEEP YOUR EYES PEELED

PROVISIONAL SECURITY PLATOON PRACTICES IED SPOTTING SKILLS AT QUANTICO'S MOUT TOWN

QUANTICO, Va. — Some 50 Marines honed warfighting skills through roadside bomb detection, response and enemy engagement exercises here Nov. 4 and 5.

Provisional Security Platoon, 1st Supply Battalion, 4th Marine Logistics Group, executed the day-long exercises at the Military Operations in Urban Terrain Facility to prepare for its upcoming Afghanistan deployment.

The hands on training came after a full day spent in the classroom learning about improvised explosive devices from instructors with the Marine Corps Engineer Center, based at Marine Corps Base Camp Lejeune, N.C. The instructors, civilians with military backgrounds in infantry and the explosive ordnance disposal field, set up courses at the MOUT town to serve as practical application

Continued on p. 34

Lance Cpl. Lucas Vega

The **RECIPE** for **HIGH MORALE**

14TH MARINES COMPETES FOR FOOD SERVICES MOST PRESTIGIOUS AWARD

NAVAL AIR STATION JOINT RESERVE BASE, Fort Worth, Texas

– Nine multi-tasking Marines scurry between food preparation tables and burners in the field mess kitchen. The stoves are filled to the brim with enough Creole chicken, rice and cornbread to feed nearly 150 Marines with Headquarters Battery, 14th Marine Regiment. Each food service Marine, assigned a different task, works against the clock to prepare enough food to satisfy the Marines' hungry stomachs.

Already an hour and a half behind schedule, each cook now works independently to complete their assigned task, with hopes of meeting an 11:30 a.m. deadline. The lunch line must be open or else the battery's Marines will not eat on time. A late start, caused by technical difficulties and lack of equipment, makes the deadline seem impossible. Emotions run high as Marines frantically work to prepare each portion of the lunch by the bulk load. The cooks are urged on by commands encouraging them to work faster.

Leading the way is a chief cook, a position typically held by a corporal or a sergeant. This Marine, however, is a lance corporal with three-and-a-half years of Marine Corps food-service experience.

"Let's get this food out of here!" yells Lance Cpl. Vanessa Gonzales, the chief cook for Headquarters Battery.

The Marines respond by moving faster and replacing the cooked food from the stoves with raw, uncooked food.

A master gunnery sergeant, chief warrant officer, staff sergeant and a civilian in chef's jacket watch carefully as they evaluate the junior Marines working to prepare the meal.

The four-man team is from 2nd Marine Logistics Group, Marine Corps Base Camp Lejeune, N.C., representing Headquarters Marine Corps. They are food service specialists by trade, and are at the field mess evaluating the Headquarters Battery Marines for the W.P.T. Hill



National Restaurant Association representative Robert Rice and Chief Warrant Officer 3 Christine Reliford, head of the inspection team, as they evaluate the food services staff of Headquarters Battery, 14th Marine Regiment as part of the W.P.T. Hill competition representing Headquarters Marine Corps.

Memorial Award for best reserve field mess, a title claimed by the Portland-based 6th Engineer Battalion for the last several years.

The team evaluates a wide range of categories, including sanitation, appearance and attitude of the food servers.

It is the first time in the unit's history that they have competed for the most prestigious award in military food service. They are in the top three with two other Reserve units from Portland, Ore., and Marietta, Ga.

The Out-Brief

The unit does not normally have the time to set up a full-fledged mock field mess as often as they would like.

Even though they did not meet the deadline, the evaluators remained optimistic and used this evaluation to teach and motivate the field mess Marines.

"Marines got their chow, and that's what we do in this job field," said Chief Warrant Officer 3 Christine Reliford, head of the inspection team, as she stood in front of the food services staff. "A lot of the new Marines who had never worked in a field mess definitely learned a lot today and can use this experience to make sure Marines in the field get hot chow."

Gonzalez reflected on her team's performance during the evaluation.

"Bottom line, we feed Marines," said Gonzales. "We fell off schedule in the beginning, but we bounced back once we got in the groove of things."



Chief Warrant Officer 3 Christine Reliford taste food prepared by food service specialists with the W.P.T. Hill Award for best Reserve field mess. Taste was one of many categories evaluated by the team

She commended her team for working fast despite the added pressure of the competition. She also mentioned Marines with little experience were stepping up to get the troops fed.

"We were kind of understaffed, but we made do with what we had," said Gonzales. "To me, it was just another day in the galley. We had a few new guys, but we are all a family and we work together."

The W.P.T. Hill award was established in 1985 to improve food service operations as well as encouraging excellence in the garrison/field food service programs.

The winner of the award receives the W.P.T. Hill trophy in Chicago next May. The trophy is awarded on behalf of the National Restaurant Association, based in Portland, Ore. One or two food service Marines from the winning units will receive a trip to the Culinary Institute of America in Napa Valley, Calif., for 10 days of culinary training.

The previous winners, 6th ESB were evaluated earlier this month. Headquarters and Service Battalion, 4th Marine Logistics Group, in Marietta, Ga., is slated to be evaluated for the award Oct. 23.

The final results will be announced in January.

WWW.MARINES.MIL/UNITS/MARFORRES

MYTH: Eating most of your calories in the evening promotes weight gain.

FACT: No matter when you eat them, you gain weight when you eat more calories than you burn off. However, mindless munching in front of the TV at night can push calorie intake over the top.

MYTH: Carbohydrates (or sugars) cause weight gain.

FACT: Carbohydrates do not cause weight gain unless they contribute to excess calorie intake. The same holds true for protein and fat. Findings from the National Weight Control Registry show that people who successfully maintain weight loss tend to eat diets that are higher in carbohydrates and lower in fat, in addition to watching their total calorie intake. However, some people who eat a diet that is extremely high in carbohydrates and low in protein and fat get hungry sooner, which may trigger overeating.

MYTH: Exercise makes you eat more. Often people shy away from doing exercise using this excuse.

FACT: Research has shown that after 20 minutes of exercise people ate no more than those who had done nothing. The only difference was that those who had exercised thought the food tasted better.

courtesy of womenfitness.net



Chief Warrant Officer 3 Christine Reliford speaks with food service specialists of Headquarters Battery, 14th Marine Regiment following inspection and evaluation for the W.P.T. Hill Award for best Reserve field mess.

THE OPERATIONAL RESERVE

The scope of the mission for Marine Forces Reserve is expanding. The force has evolved from a ready Reserve into an up-tempo operational Reserve that is expeditiously integrating with active-duty components. This is essential in supporting current conflicts in places such as Afghanistan. The Reserve, however, also supports training, humanitarian exercises and disaster-relief operations across the globe and within the continental United States. Fully trained, combat-ready, Reserve Marines are needed to provide their active-duty brethren with the necessary skills to lend a hand on and off the battlefield.



Photo by Master Sgt. Michael Q. Retana

MarForRes is the largest command in the Marine Corps with some 183 training centers located throughout the U.S. supporting more than 200 units. Approximately 100,000 Reserve Marines make up the entire force, 40,000 Select Reserve Marines and 60,000 Individual Ready Reserve Marines. There are four major subordinate commands 4th Marine Division, 4th Marine Logistics Group, 4th Marine Aircraft Wing and Marine Corps Mobilization Command.



Photo by Capt. Keith Stevenson

The Marine Forces Reserve strategic plan 2007-2012, describes the Reserve units and individual Marines to augment and reinforce active forces for employment in crisis and conflict.”

Marine Forces Reserve officials developed a mission for the long term. The Marine Corps and certain core competencies provide lasting advantages to the

The Reserve identify and provide ready available resources that fully support training regimens have been developed by units everywhere so that the Reserve operational capabilities. Marines are being prepared to think, act and lead as advisors within Marine air ground task force, joint and interagency environment

THE CONTINENTAL MARINE - DECEMBER 2010



es mission as “prepares and provides
oyment across the complex spectrum of

Reserve understands its mission in the
he total force.

t training requirements. In addition,
erve Marines get fully trained to meet
s combined arms warriors, planners and
ents.



Photo by Capt. Keith Stevenson



Photo by Capt. Keith Stevenson

MISSIONS AND CAPABILITIES

4th Marine Division provides a commander with the personnel and equipment to conduct combat and combat-support operations. They provide trained personnel to augment and reinforce active components in times of war or national emergency. To remain ready for mobilization, elements of the division participate in about 60 training exercises annually. In addition to their desert, jungle, mountain, cold weather and urban capabilities, they also maintain the ability to conduct security operations and amphibious assaults.

4th Marine Logistics Group's functional capabilities lie in six main areas: supply, maintenance, transportation, engineering, health services and services. They provide general and direct support plus sustained combat service support within the Marine Air Ground Task Force. The group provides logistics support worldwide in support of Overseas Contingency Operations, Geographical Combatant Commander's Theater Security Cooperation activities, and cooperative military training events.

4th Marine Aircraft Wing's mission is to organize, train and equip individual Marines and combat-ready groups, squadrons, and air-defense control units to augment and reinforce active components when required. They continually integrate with active units in order to serve as a total force. The Wing elements takes part in about 25 annual training exercises.

Marine Corps Mobilization Command is the administrative provider for the Individual Ready Reserve component of the Marine Corps Reserve. MOBCOM contacts, accepts, tracks, screens and prepares Reserve Marines so they are ready to support the operational Reserve when called. They have the capability to medically and administratively prepare Marines to immediately deploy in support of global operations.



Photo by Capt. Keith Stevenson



Photo by Lance Cpl. David Waite

AN EXPANDING RESERVE

The Marine Corps Reserve is critical to the Corps' ability to maintain a balanced, ready force. Reserve Marines go through the same training programs and work in the same occupational fields as their active-duty counterparts. However, with the ability to train part-time at a Marine Corps Reserve unit near home or school, these Marines continue to pursue a full-time civilian career or education.



Photo by Master Sgt. Michael Q. Retana



Photo by Capt. Keith S.



Photo by Lance Cpl. Nana Dannaappiah



Many of the Reserve Marines balance full-time civilian careers ranging from firefighters to physicists to casino valet drivers. Therefore, maintaining combat readiness with allotted drill and annual training time is essential. Reserve Marines drill roughly 24 days throughout the year, in addition to two-weeks of annual training. Units may be mobilized for deployment for 12 to 15 months. This includes pre-deployment training, deployment, re-deployment and demobilization.

Lance Cpl. Lucas Vega

“In this world, I believe that everything is earned. I am proud to stand tall and say that I have earned everything.”

EVERYTHING IS EARNED



Lance Cpl. Martial Agbyssi pours cornmeal onto a tray during the William Pendleton Thompson Hill award competition for best Reserve field mess. Agbyssi is a food service specialist with Headquarters Battery, 14th Marine Regiment.

FROM WAR REFUGEE TO U.S. MARINE AND COLLEGE STUDENT

FORT WORTH, Texas - His fondest memory as a child was when a U.S. Marine handed him a piece of candy. The Marines were not solely in Ivory Coast just to hand out candy; they were supporting a humanitarian exercise in the war-torn country Lance Cpl. Martial Agbyssi once called home, but young Agbyssi did not know the difference.

“All I knew is that U.S. Marines made people happy,” said Agbyssi, a food service specialist with Headquarters Battery, 14th Marine Regiment. “Ever since that unforgettable day, I knew that I wanted to be a Marine.”

In 2006 at the age of 16, he came to the United States alongside his two sisters and his mother to escape the civil strife caused by rebel forces in his country. Agbyssi and his family initially left their home in Niakara, Ivory Coast, and fled to neighboring Senegal after his mother was deemed to be a target of the rebels.

“As a mother I did what was best for my children,” said Marceline Kone, mother of Agbyssi. “I was scared for my children. I wanted them to be safe.”

In Senegal, she pled her case to immigrate to America along with her family. Weeks later, the Sengalian government called Kone to notify her she had been selected to immigrate to the U.S. Kone, a middle-class accountant responsible for handling funds of multiple businesses back in the Ivory Coast, lived a good life, but the safety of her family and hope of a more promising future led her to immigrate to the U.S.

“I lived a good life in Ivory Coast,” said Agbyssi. “My mother was an accountant so we were not poor, but we knew we could live a better life in America.”

Upon arrival, Agbyssi entered high school as a sophomore speaking only French, the main language of the Ivory Coast. Agbyssi still pursued his dreams of becoming a United States Marine. In order to join, he knew a high school diploma was a requirement.

“At first high school was very challenging because of the language barrier,” he said. “I took a lot of extra English tutoring so I could grasp the language faster. I also had the help of local college students who helped me with my homework after school.”

Still unsure about his future after high school, he joined his school’s Air Force Junior Reserve Officer Training Corps program. Joining JROTC helped Agbyssi develop a better understanding of the military and ultimately helped him make his final decision.

“I chose to be in the Marine Corps. Even though I was in Air Force JROTC, my heart was still set on being a Marine,” said Agbyssi. “The instructors of the program helped me successfully achieve all the requirements for joining the Marine Corps.”

After only eight months in the states, Agbyssi finally visited the local Marine Corps recruiter, where he took his first step to becoming a Marine.

“I didn’t care about what job I got, as long as I became a Marine which is what was most important to me,” explained Agbyssi, who now resides in Watauga, Texas, a small city just outside Fort Worth.

His mother, a witness of the conflict and violence within her homeland, feared for her



Lance Cpl. Martial Agbyssi, a food service specialist with Headquarters Battery, 14th Marine Regiment, fled to the United States in 2006 with his mother and two sisters. Agbyssi was born and raised in Niakara, Ivory Coast, a country in western Africa. For nearly a decade now, Ivory Coast has been involved in a civil conflict within the country. However, Agbyssi still plans to return to the country he once called home one day.

son’s life in the military force reputed to be the “first to fight.”

“My mother was very scared,” Agbyssi explained. “I had to reassure her that I would be okay. She feared that I would go to combat and my life would be in danger. I explained to her that was a possibility, but as a Reservist I would be home with her and only go to drill once a month.”

Agbyssi checked into the unit after graduating from military occupational school at Fort Lee, Va., in February. As a Marine, Agbyssi plans on working part time while attending Tarrant County Community College.

“Everything Is Earned”

Despite the ongoing conflict in the Ivory Coast, Agbyssi still plans to return there someday. Currently, he is a permanent resident of the United States, but is classified as a refugee. However, the U.S. government prohibits permanent residents in a refugee status to return to their homeland until they

have become a full-fledged U.S. citizen.

“I just want to go home,” explained Agbyssi, who is currently in the process of becoming a naturalized citizen. “There are many relatives I have not seen in a long time who I would like to visit. The first thing I’m going to do when I get my citizenship is go home.”

Regardless of what happens in his homeland, Agbyssi described the effect living in the United States and becoming a Marine has had on him.

“The Marines helped me rebuild my confidence. They taught me how to be a better person while giving me a sense of pride in belonging in this country,” Agbyssi explained. “In this world, I believe that everything is earned. I am proud to stand tall and say that I have earned everything.”

According to a Today’s Zaman news article published in September, United Nations forces have been deployed to Ivory Coast since 2004 to maintain peace within the country.

Pfc. Joseph Altemus

KEEPING YOU IN THE FIGHT

YELLOW RIBBON PROGRAM SUPPORTS MARINES THROUGHOUT DEPLOYMENT CYCLE

ELLINGTON FIELD, Texas – Marines from 1st Battalion, 23rd Marines, Alpha and Headquarters & Service Companies, and their family members took part in a Yellow Ribbon event Nov. 8 at the Reserve training command here, in support of their Marines who will be deploying to Afghanistan in the near future.

The legislatively mandated Yellow Ribbon program provides information, services, referrals and proactive outreach programs to servicemembers of the National Guard and Reserve and their families

through all phases of the deployment cycle.

“The Yellow Ribbon event is so families understand the mobilization process, the

benefits and support for deployment,” said Maj. Christopher Toland, the H&S company commander. “Yellow Ribbon provides outreach to families to keep them involved.

We’ve had a great outcome. Approximately 350 family members showed up, as well as Marines from all over the country,” Toland said.

Lt. Gen. John F. Kelly, Commander, Marine Forces Reserve, and Sgt. Maj. Kim Davis, Sergeant Major of Marine Forces Reserve, both attended the event.

Kelly gave a speech to the assembled



Sgt. Cody Stafford, maintenance management chief, Headquarters and Service Company, 1st Battalion, 23rd Marine Regiment, and Charlie Houssiere, a representative for Veteran Affairs & Texas Vet Loans, smile for the camera at the Yellow Ribbon event on Nov. 8.

Marines, sailors and their families.

“The real enemy when Marines are overseas is rumors. Stay in contact. Don’t panic. Rumors will kill you. If something bad happens, the unit will let you know,” Kelly said.

“These events are really important, particularly for Reserves because we’re spread out all over the country,” he explained. The active-duty Marines have constant support, but the Reserve have to rely on events like this to be sure they have that support as well.

Speakers at the event went over various resources available to Marines and family members during deployment, including pay

entitlements, health and dental insurance benefits and how to access it, as well as financial benefits they’re eligible for, budgeting



Participants of the Yellow Ribbon event are served lunch outside the Navy and Marine Corps Reserve Center Nov. 8. The food was free for all who attended the event.

for deployments, and how to deal with stress in a positive manner. Employer Support of the Guard and Reserve aims to develop and promote employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.

The Marines from 1st Battalion, 23rd Marines, also known as the “Lone Star Battalion,” left to start their predeployment training at Marine Corps Base Camp Pendleton, Calif., Nov. 9.



U.S. Navy Commander Richmond Stoglin, regimental chaplain, 14th Marine Regiment, Headquarters Battery, has Marines demonstrate a proper Marine Corps pushup to lighten the mood. Stoglin gave the invocation for the event.

SERVING THOSE WHO SERVE

MEMORANDUM OF UNDERSTANDING CLARIFIES GUARD AND RESERVE SERVICE MEMBERS' RIGHTS

Assistant Secretary of Defense for Reserve Affairs, Dennis M. McCarthy and the Assistant Secretary for the Veterans' Employment and Training Service at the U.S. Department of Labor, The Honorable Raymond Jefferson, met Nov. 2, to sign a memorandum of understanding between VETS and Employer Support of the Guard and Reserve.

Both VETS and ESGR are fully committed to active coordination and cooperation to ensure protected persons are accorded their statutory employment and reemployment rights, and employer concerns are addressed. Such coordination and cooperation are particularly critical in light of the nation's increased reliance on Guard and Reserve service members.

The MOU describes the roles and responsibilities of VETS and ESGR in support of National Guard and Reserve members, as well as military veterans, particularly relating to employment and reemployment rights provided by the Uniformed Services Employment and Reemployment Rights Act of 1994. This MOU articulates current procedures for sharing communications, operational trends, public information and other materials designed to inform the public, employers and persons protected by USERRA. It also clarifies procedures for the management of mobilization and demobilization briefings in conjunction with activations of National Guard and Reserve personnel, while establishing guidelines for handling technical assistance, information requests and USERRA complaints.

Assistant Secretary of Defense for Reserve Affairs, Dennis M. McCarthy and Assistant Secretary for the Veterans' Employment and Training Service, Raymond Jefferson sign the MOU clarifying the roles and responsibilities of VETS and ESGR.





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ESGR, Department of Defense agency established in 1972, develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.

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Cpl. Daniel Franklin, a scout sniper with 3rd Force Reconnaissance Company, Marine Forces Reserve, shows 6-year-old Kapolei, Hawaii, native Anthony Victorino how to sight in with an M40A3 sniper rifle at the Kaneohe Bay airshow on Marine Corps Air Station Kaneohe Bay, Hawaii, Sept. 25. Tens of thousands of spectators flocked to the airshow to enjoy local food, static aircraft displays and stunning performances by the U.S. Navy's Flight Demonstration Squadron, the Blue Angels and numerous other military and civilian aircraft. Photo by Lance Cpl. Reece E. Lodder





TRAINING: IN COUNTRY

Continued from p. 17

of what the Marines learned in the classroom.

"I want the Marines to walk away with confidence and respect for the enemy. In Iraq we were against the junior league. In Afghanistan we are up against the varsity team," said Travis Hanson, a counter-IED instructor, referring to the many years some insurgents in Afghanistan have spent practicing warfare. "Sometimes when people train, they just want to go through the motions, but you really need to train as you fight."

On the "IED lane," Marines traversed a route where instructors emplaced various IEDs to teach them to spot evidence of the hidden explosives. The Marines learned firsthand how difficult finding them can be.

"Some of these IEDs are hard to spot.

There was one hidden up in the trees that you would think, 'Oh, I never would have been able to spot that,'" said Lance Cpl. Josh Matthews, a military policeman and Pittsburg, Pa., native. "There was actually a pressure plate so well hidden that some of us stepped on it on the way up the route and then stepped on it again on the way back."

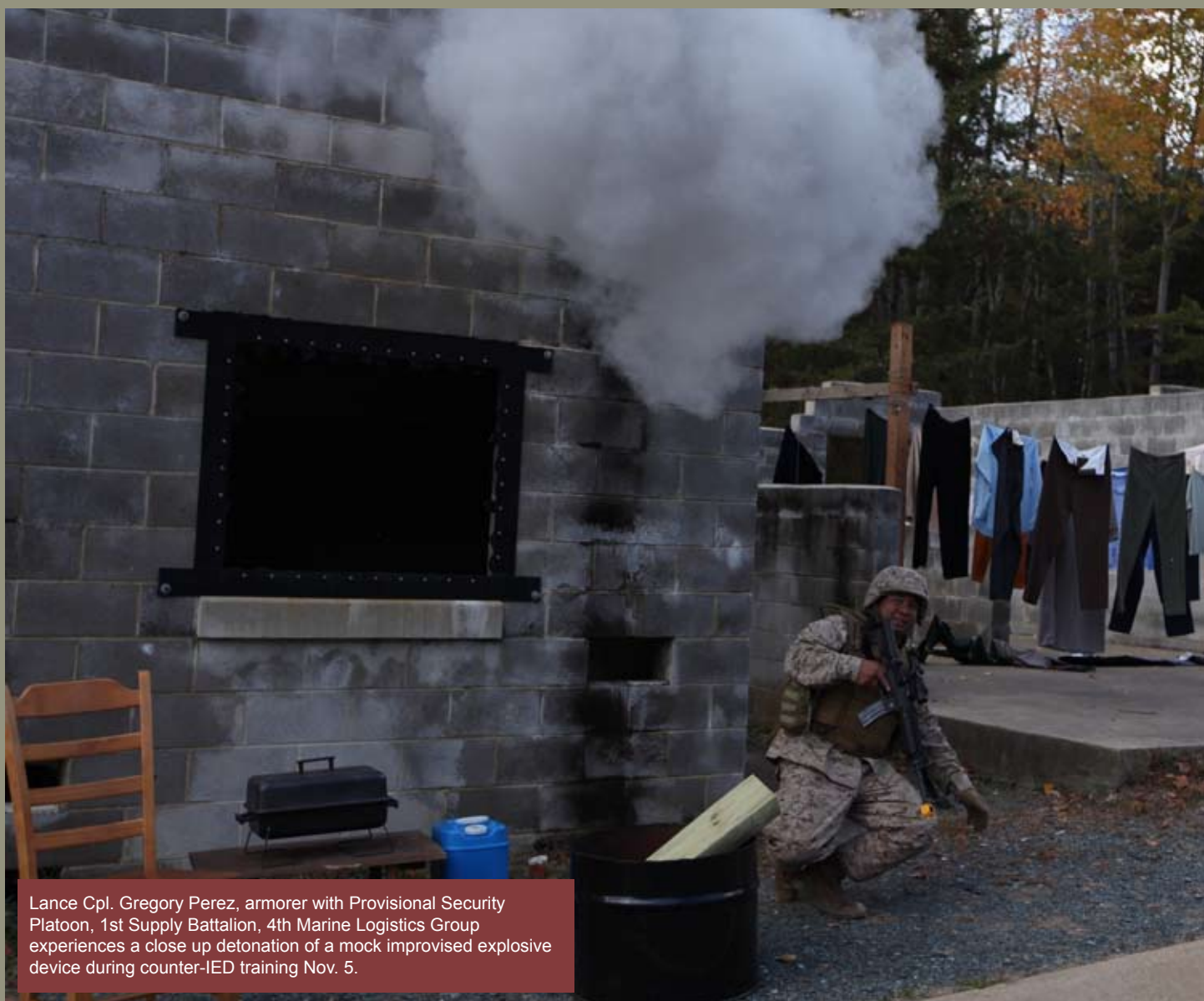
The second training day's main event featured a squad-sized patrol working through the facility where they responded to IED detonations and simulated insurgent ambushes from various buildings. During the scenarios, the squad also had to deal with simulated casualties caused by the small-scale explosions.

Pittsburg native Sgt. Kevin Conner, an

MP and squad leader, said the training was a good experience for the platoon, which recently formed to begin preparing as a team for the upcoming Afghanistan deployment.

"The training was very realistic. You see the smoke and hear the noise and it registers with everybody...you try to not to let the explosions rattle you," Conner said. "You try to prepare and practice drills as much as you can, but this is an enemy that learns from us and what we do. I'd rather we make a mistake here than have to pay for it with a Marine's life."

The IED training was conducted as part of exercise Quantico Viper 7. Quantico Viper is a pre-deployment exercise conducted by 4th MLG twice a year for units within the group.



Lance Cpl. Gregory Perez, armorer with Provisional Security Platoon, 1st Supply Battalion, 4th Marine Logistics Group experiences a close up detonation of a mock improvised explosive device during counter-IED training Nov. 5.



Marines with Provisional Security Platoon, 1st Supply Battalion, 4th Marine Logistics Group assume shooting positions after taking mock fire from a building during counter-improvised explosive device during training Nov. 5.

IEDs in Afghanistan



The majority of Afghan IEDs are constructed from rudimentary materials such as wood, saw blades and other everyday materials.



80 percent of IEDs are made using homemade explosives (HME) developed from farmer fertilizer, also known as ammonium nitrate.



The most common IED in Afghanistan is the pressure plate, or victim-operated IED, followed by command wire and remote-controlled IEDs.



Roadside bomb incidents in Afghanistan spiked from 2,677 in 2007 to 8,994 in 2009 and to nearly 10,500 so far this year, according to an American Forces Press Service article.



From fiscal 2006 to 2010, \$5.4 billion has gone into efforts to attack the bomb-making networks, according to a Joint Improvised Explosive Device Defeat Organization report.

courtesy of jieddo.mil

UNIT PROFILE

Lance Cpl. Lucas Vega



Headquarters and Service Company	Bessemer, Alabama
Support Company	Bessemer, Alabama
Company A	Rochester, New York
Company B	Amarillo, Texas
Company C	Jackson, Mississippi
Company D	Anchorage, Alaska
Company E	Bessemer, Alabama
Company F	Lafayette, Louisiana
Machine Gun Platoon	Chicopee, Massachusetts
Scout Sniper Platoon	Reno, Nevada

ANTI-TERRORISM BATTALION

In 2005, Anti-Terrorism Battalion, 4th Marine Division, Marine Forces Reserve, was activated as part of the continued support in the Global War on Terrorism. The battalion formed from several Reserve units that were restructured to take on the new mission of anti-terrorism operations.

In order to take on the changing requirements of more specialized operations after the 9/11 attacks on U.S. soil, the Marine Corps re-established 4th Marine Expeditionary Brigade (Anti Terrorism) at Marine Corps Base Camp Lejeune, NC. 4th MEB played significant roles in providing force protection and anti-terrorism measures in Iraq as well as the home front with the Chemical Biological Incident Response Force.

Further changes in operations, increasing the size of the active-duty force and improving upon the Marine Corps Special Operations capabilities, 4th MEB evolved into what is now Marine Corps Special Operations Command. AT BN, previously part of 4th MEB, was operationally and administratively placed under the 2nd Marine Division. As part of 2nd Division, AT BN continued to support contingency operations abroad.

As part of the force structure change authorized to the Marine Corps by Congress, AT BN, 2nd Division, was deactivated and stood up as 1st Battalion, 9th Marine Regiment, thus bringing a close to the AT BN, on the active-duty side.

Since activating in 2005, AT BN has supported contingency operations throughout Operation Iraqi Freedom and Operation Enduring Freedom. Marines from the battalion have played a vital role in support of fleet operations by providing personnel to support the active-duty force.

AT BN consists of 12 companies located in 11 states from New England, the Southeast and across to Hawaii and Alaska. The battalion is the largest in 4thMarDiv and most geographically diverse.

Today the battalion continues to train and prepare for operations that may be directed by Headquarters Marine Corps via the Joint Chiefs of Staff. Operations have been conducted in Iraq and Afghanistan as well as South America and Africa.



A Marine with Anti-Terrorism Battalion, Company E, a Reserve unit from Tallahassee, Fla., performs a counter to the round kick on a fellow fire team member during a dual-event fire team competition Feb. 26.

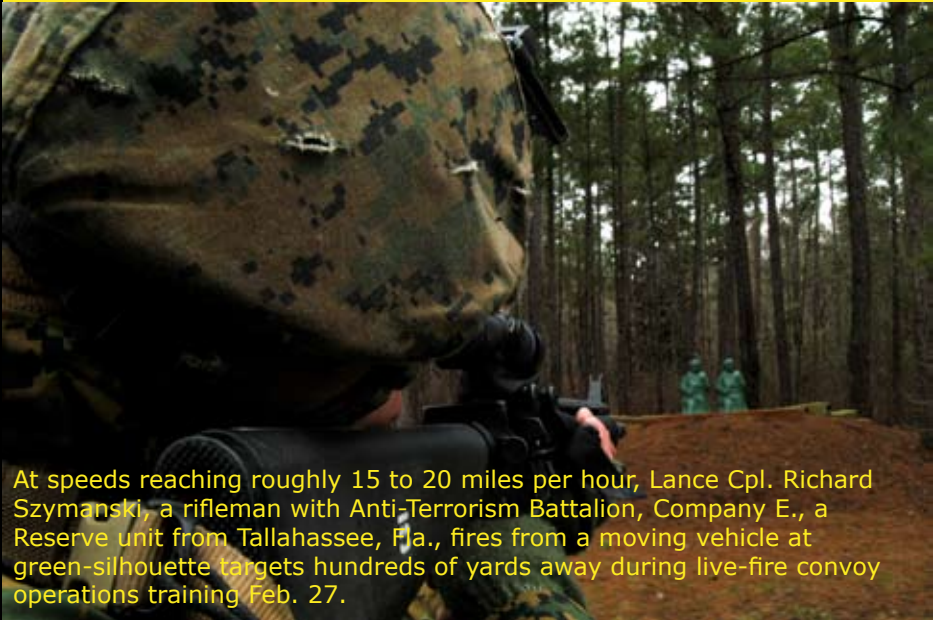
IRAQ

Select Marine Corps Reserve Marines from different home training centers spread throughout the U.S., mobilized for a year beginning in May 2008. They completed various missions of convoy security operations, securing Combat Outpost Heider and ensuring elections ran smoothly in their area of operations surrounding Rabbia, Iraq. Company D, AT BN., 4th Marine Division sustained no casualties during their seven-month deployment and left many Iraqi Army soldiers better trained.

AFGHANISTAN

No whole unit with the battalion has deployed in support of combat operations. No unit is slated to mobilize in the near future.

Active	2001-2007	Part of	4th Marine Division Marine Forces Reserve
Country	United States	Motto	Vigilia Aeternus (Eternal Vigilance)
Branch	United States Marine Corps		
Role	Light Infantry		
Size	700+ Marines, 30-40 Navy Hospital Corpsman		



At speeds reaching roughly 15 to 20 miles per hour, Lance Cpl. Richard Szymanski, a rifleman with Anti-Terrorism Battalion, Company E., a Reserve unit from Tallahassee, Fla., fires from a moving vehicle at green-silhouette targets hundreds of yards away during live-fire convoy operations training Feb. 27.

A Marine with Anti-Terrorism Battalion, Company E., a Reserve unit from Tallahassee, Fla., uses only the aid of the flashlight on his Kevlar and the illuminating moonlight to navigate through various problem-solving obstacle courses during the leadership reaction course phase of a dual-event fire team competition Feb. 28.



While conducting live-fire convoy operations, Marines with Anti-Terrorism Battalion, Company E., a Reserve unit from Tallahassee, Fla., fire from vehicles moving 15-20 miles per hour at green-silhouette targets Feb. 28.

Marine Forces Reserve Phone Directory

MARINE FORCES RESERVE

HQ, Marine Forces Reserve
Phone: 504-678-8167

HQ, Intelligence Support Battalion
Phone: 504-678-6958

3d Civil Affairs Group
Phone: 760-725-9680

4th Civil Affairs Group
Phone: 202-433-7536

4th Air-Naval Gunfire Liaison Co.
Phone: 561-683-4443

HQ, 4th Force Recon. Co.
Phone: 510-814-1600

MarForRes Band New Orleans
Phone: 504-678-2373

Environmental Svcs. Div.
Phone: 504-678-6912

MARINE CORPS MOBILIZATION COMMAND

Customer Service
Phone: 1-800-255-5082/ext. 3395

4TH MARINE LOGISTICS GROUP

HQ, 4th Marine Logistics Group
Phone: 504-678-4976

Logistics Support Center
Phone: 760-830-6861

4th MLG Forward East
Phone: 910-451-8778

4th MLG Forward West
Phone: 760-725-6017/9683

NBC Defense Plt., 4th MLG
Phone: 816-843-3545

H&S Co., H&S Bn., 4th MLG
Phone: 404-403-9110

H&S Co., 4th Maint. Bn.
Phone: 704-598-0015

H&S Co., 6th ESB
Phone: 971-563-6666

H&S Co., 4th Supply Bn.
Phone: 804-275-7805

H&S Co., 4th LSB
Phone: 253-967-2477

H&S Co., 4th Medical Bn., 4th MLG
Phone: 858-537-8130

H&S Co., 6th Motor T Bn.
Phone: 732-530-4500

HQ, 4th Dental Bn.
Phone: 678-655-4397/4368

4TH MARINE DIVISION

HQ Bn., 4th Marine Division
Phone: 504-678-0731

HQ Co., 4th Recon. Bn.
Phone: 210-223-1551

HQSVC Co., 4th LAR Bn.
Phone: 760-725-4989

HQ, 4th Tank Bn.
Phone: 858-537-8109

H&S Co., 4th Assault Amphibian Bn.
Phone: 813-805-7020

HQ Co., 23d Marines
Phone: 650-244-9806

H&S Co., 1st Bn., 23d Marines
Phone: 832-380-7000

H&S Co., 2d Bn., 23d Marines
Phone: 626-398-0295

HQ Co., 24th Marines
Phone: 816-843-3528

H&S Co., 1st Bn., 24th Marines
Phone: 586-239-2535

H&S Co., 2d Bn., 24th Marines
Phone: 773-539-6464

H&S Co., 3d Bn., 24th Marines
Phone: 314-263-6204/5

HQ Co., 25th Marines
Phone: 978-796-3766

H&S Co., 1st Bn., 25th Marines
Phone: 978-796-3766

H&S Co., 2d Bn., 25th Marines
Phone: 516-228-5671

H&S Co., 3d Bn., 25th Marines
Phone: 216-267-9878

HQ Btry., 14th Marines
Phone: 817-782-5800

HQ Btry., 2d Bn., 14th Marines
Phone: 972-606-6680

HQ Btry., 3d Bn., 14th Marines
Phone: 215-934-6555

HQ Btry., 5th Bn., 14th Marines
Phone: 562-626-6190

4TH MARINE AIRCRAFT WING

HQ, 4th MAW
Phone: 504-678-1210

Site Support, 4th MAW
Phone: 858-577-6803

MAWTSG-42
Phone: 850-452-8762

HQ, MAG-41
Phone: 817-782-2710/2709

HMM-764, MAG-41
Phone: 661-275-1995

VMGR-234, MAG-41
Phone: 817-782-2901

VMFA-112, MAG-41
Phone: 817-782-2980

VMFT-401, MAG-46
Phone: 928-269-2193

MALS-41, MAG-41
Phone: 817-782-7421

HQ, MWSG-47
Phone: 586-239-5565

MWSS-471, MWSG-47
Phone: 612-713-4804

MWSS-472, MWSG-47
Phone: 215-773-2359

MWSS-473, MWSG-47
Phone: 858-577-4197

HQ, MACG-48
Phone: 847-688-7129 ext 2222

HQ, MWCS-48, MACG-48
Phone: 847-688-7129

MTACS-48
Phone: 847-688-7129

MACS-23, MACG-48
Phone: 720-587-6340

MACS-24, MACG-48
Phone: 757-492-6465/7990

MASS-6, MACG-48
Phone: 413-557-3743

HQ, MAG-49
Phone: 215-443-6704

HMLA-773, MAG-49
Phone: 478-222-5461

HMH-772, MAG-49
Phone: 215-443-6718

HMM-774, MAG-49
Phone: 757-444-8691

MALS-49, MAG-49
Phone: 845-563-2921





Photo by Master Sgt. Michael O. Retana



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