

THE IWAKUNI APPROACH

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Marine Corps Air Station Iwakuni, Japan

Shuttle Service: No Marine left behind



Panadda Gibson informs Pfc. Christopher M. Grigsby about the station shuttle service immediately after he passed through the arrivals-gate at Hiroshima Airport. An IT&T travel clerk will wait in front of the gate after each arriving flight and direct newly arrived service members to the station shuttle parked outside. Photo by Lance Cpl. Dan Negrete

LANCE CPL. DAN NEGRETE
IWAKUNI APPROACH STAFF

The Information, Tours and Travel office here began a shuttle service Aug. 1 to provide a link between Hiroshima Airport and the station.

"The shuttle provides station residents with a door-to-door service to and from Hiroshima Airport," said Adrian M. Denney, a travel clerk at IT&T.

It's far less of a hassle to take the shuttle service than to rely on taxis, buses and trains to get you to the airport, Denney said.

Station residents can take one of two shuttles that depart from the sidewalk outside the Crossroads Mall entrance. The first shuttle departs at 5 a.m. and the second at 5 p.m.

The shuttle service is a non-stop service to and from the airport, running seven days a week, and lasting an hour and a half each way.

With the shuttle service, residents no longer have to worry about carrying their luggage from one mode of transportation to another.

"The biggest benefit of the shuttle service is for the single Marines who are new to the air station," said Denney.

In the past, Marines and sailors would often arrive at the airport without someone there waiting for them. It was entirely up to them to find a way to get to the station.

"This service makes life easier on them," said Panadda Gibson, a travel clerk at IT&T, "especially when they're

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Monitors to visit station

Marines to be assisted on first-come-first-serve basis

LANCE CPL. DAN NEGRETE
IWAKUNI APPROACH STAFF

On Sept. 19, 11 different military occupational specialty monitors are scheduled to visit the station to talk one-on-one with their respective Marines about duty preferences and other career options.

Marines awaiting orders or desiring to reenlist are especially encouraged to speak individually with their monitors.

The monitors will be at the station chapel from 9 a.m. to 4:30 p.m. on Sept. 19. They will assist Marines on a first-come-first-serve basis.

"When monitors are on the road like this, they try to make good deals with the Marines they talk to since it's their livelihood to put Marines on orders and to retain Marines," said Gunnery Sgt. Leodis Smith, the station's career planner.

Part of retaining Marines is getting them where they want to go for their next duty assignment.

"The monitors will have a list of what's available," said Smith.

"If what you want isn't on that list, your monitor will explore other options with you like embassy duty or drill instructor duty."

But generally, 90 percent of all first-term Marines will get their duty preference, Smith said. Their chances are elevated when they consult their monitor in person or upon reenlisting.

The 11 monitors slated to be at the Station Chapel Sept. 19 belong to MOSs that are most prevalent on base, Smith said.

The monitors respective to other MOSs are scheduled to visit Okinawa that same week.

For those Marines whose monitors won't be present at the Station Chapel Sept. 19, Smith can arrange for a phone interview with them during their Okinawa visit.

Marines interested in speaking with their monitor in person should let their chain of command know as soon as possible.

In order to make all necessary arrangements, Marines needing to contact their monitors in Okinawa should contact Smith at 253-4247 prior to Sept. 15.

Thrift store needs support, funds benefit community

LANCE CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

The smell of bargains flood the nostrils, or perhaps it's the downright steals. There's certainly something else recognizable, free uniform items must be the extra scent.

A plethora of goods from books, DVDs and CDs to toys, furniture and clothing, the thrift store here has just about anything someone could want.

The fact that there is a thrift store on base might be news to some, perhaps many, but the thrift shop is more than just a place to acquire quality used items at a low price. It also provides volunteer opportunities and

generates income that goes right back to the station's community.

"The main reason we are here is to support Marines, sailors and their families," said Candice O'Halloran, thrift store advisor. "That is our main motto."

Although the thrift store boasts a modest staff, they accomplish a lot.

Volunteer workers check all the items for rips or stains and make sure items are bagged and labeled.

Besides the day-to-day operations necessary to maintain the store's inventory and organize new items, the store operates from 4 p.m. to 7 p.m. Wednesdays and Fridays.

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SGTMAJ'S CORNER

Engaged, concerned leadership

SGT. MAJ. DAVID J. WIMBERLY
STATION SERGEANT MAJOR

Leadership is one of the strongest hallmarks of being a Marine. This basic tenant is the stitching that holds the fabric of good order and discipline together. During the initial days prior to Operation Iraqi Freedom, a powerful and simplistic statement was passed by Gen. James Mattis, who was then the 1st Marine Division commanding general: "Brilliance in the Basics," those fundamental aspects of being Marines and waging war. Today, here aboard Marine Corps Air Station Iwakuni, Japan, I would like to send that message

out once again to all ranks, to Marines, sailors, soldiers and airmen both officers and enlisted, to return to the cornerstones of engaged and concerned leadership. When each of us engages in the pursuit and practice of leadership, the manifold benefits of good order and discipline can be realized. Leadership is when two service members are together one is in charge, when prior to a night out a good plan is established for both the ingress and egress when the night is done.

Leadership is also when one would have the courage to stand for what is right and correct someone who is not in keeping with good order and discipline.

We are professionals, we need only to reach deep inside and stir up that motivation that was instilled on the streets of our recruit depots and OCS/TBS. Remember, as Gen. Cushman once stated in an address to the Corps, "Some things don't need orders and specific guidance ... some things Marines just don't do." We strive to keep our honor clean at all times. We protect the institution from becoming just another "gun club," void of discipline.

So remember why it was you were attracted to our beloved Corps and why you thought that by becoming one of the few and the proud you would finally fill a missing part in your lives. Remember as well that we need each other. We feed off one another's motivation and drive. Continue to be the Marine our nation wants and needs.

CHAPLAIN'S CORNER

Chaplain, how can you...?

CHAPLAIN A. R. KUSS
COMMAND CHAPLAIN

A good number of people have asked how a chaplain of any given religion can serve the religious needs of our military with our society's religious diversity. What do Navy chaplains agree to do from each of their respective faith communities while serving in the military?

Before being sworn into the military and beginning their chaplain training, each chaplain is a minister, priest, rabbi or imam. Each is trained and sanctioned by their faith community to serve the military community as a representative of their faith. The U.S. government seeks out these specialties to provide, to facilitate, and to care for the religious needs of our personnel.

A chaplain, regardless of their religious affiliation, is first a minister, priest, rabbi or imam and is called to provide the worship, prayer, and the practices of

their religion. Each chaplain also agrees to respect the religious affiliation and constitutional right to freedom of religion of those who come to them. Each chaplain is also an officer in the U.S. Navy. We serve the Marine Corps, the Coast Guard and the Navy.

Just as each chaplain is first charged to provide from their own faith group, the chaplain is to facilitate for others. This means that when the chaplain is unable to provide, they try to enable others to worship and pray to the greatest extent possible. This can mean being a liaison with local houses of worship, setting up opportunities for visiting chaplains or having lay leaders leading prayer for a faith group not represented by the chaplains at a command. Deployments, being stationed overseas, on ships and in isolated areas, and limited resources and

personnel can make facilitation difficult.

What can you expect from your chaplain? Each chaplain is a trained professional according to their faith and according to the rules and regulations of the military. Each chaplain is a person of faith and God. The chaplain is expected to provide pastoral care for all military members, their families and those who serve with them. Chaplains provide confidential counseling; give training on topics ranging from combat stress, suicide prevention, communication, prayer and meditation for the warrior, improving unit interaction and various other topics. Chaplains are expected to do more than just talk about religion or lead worship, they are to live what they believe even when not speaking.

I would like to encourage each of you to come to know your chaplains. They are available to help you in your spiritual growth. They can provide counsel and advice on various topics according to your needs. Whether at worship, in training or engaging in off duty activities, chaplains are here to serve you.

4-MAN SCRAMBLE GOLF TOURNAMENT

Sponsored by **Iwakuni Chief Petty Officer Selectees Fiscal Year 2009**

SATURDAY: \$29 for non-members or **\$19** for members (green fees are included-pay at Pro Shop) enters golfers for the **11 a.m.**-showtime and **11:30 a.m.**-tee time. First and second teams, closest to the pin and longest drive take home trophies.

Contact **Chief Petty Officer (Select) Cadavos** at **090-3906-3408**

Proceeds will be donated to scholarship funds, local charity and to offset the cost of the pinning ceremony. Burgers, hot dogs, lumpia, rice and drinks are all free at the event. Contact Chief Petty Officer Cadavos at 090-3906-3408 or the Pro Shop at 253-3408 for more information.

Volunteers needed to run station's thrift store

THRIFT FROM PAGE 1

The first Monday of each month, the store has a \$5 bag sale from 4 p.m. until 6 p.m.

"During the bag sale, customers fill a shopping basket with items," said O'Halloran. "Once the customer checks out, the items are bagged by the staff into grocery bags at the cost of \$5 per bag, but there are some items that are individually priced."

Besides the array of items for sale, the thrift store also maintains a variety of free items.

Volunteers maintain a shelf of items such as light bulbs, toiletries, perfume, cleaning supplies and other general items that can't necessarily be sold but could be useful.

The Reserve Officer Training Corps maintains a room inside shop of Marine and Navy uniforms that are free to all active duty Marine and Navy personnel

on station.

"All the money earned goes back to the community via request letters," said O'Halloran.

Between May and July, the thrift store donated more than \$23,000 back to the community in college tuition aid to multiple individuals, direct donations to Matthew C. Perry High School, and Mother's of Preschoolers.

"Any person or organization can submit a request letter; however, each request letter must address a number of questions and the more detail the better," said O'Halloran.

Letters need to indicate who is requesting the money, how much, how it will be spent, how it will benefit the person or organization, how the community benefits, a brief paragraph about the organization or person, and contact information with who the payment should be made out to.

Every other month, the volunteer

board meets to review request letters and vote on who will receive money, said O'Halloran.

Volunteers are the only ones eligible to vote, but the meetings are open to the public who are permitted to voice their opinion.

Even though the store is functioning successfully, the board is still looking for a secretary and more volunteers are needed to help keep the shop running.

"We really need more volunteers," said O'Halloran. "We're getting along, but everybody's working hard."

Volunteers are asked to do eight hours of work per month. As an incentive, volunteers receive first pick on up to five items for each day they work and are given a half-price discount on purchased items.

If it's not possible to give a few hours, donations are also an easy way to help out.

Unless the item is large, donations can be dropped off in the large box located on the right-front side of the thrift store.

For large donations, it is requested that a phone call is made to arrange a drop-off time.

Although the thrift store accepts just about anything, there are some things that aren't wanted.

Baby bottles, breast pumps, broken appliances or ones missing pieces, car parts, electric heaters, food, paint, socks, underwear, and used mattresses and pillows are some items that are not accepted.

Currently the thrift store is located in Building 1117 - take the first left after passing the Station Chapel coming from the main gate.

For more information about volunteering, donations or other information related to the thrift store, call during business hours at 253-4711.

Station service gets residents, new joins to-and-from airport

SHUTTLE FROM PAGE 1

new to Japan and are carrying so many bags."

"At C-School, they told us we'd be on our own to take buses, trains and whatever would get us to the base," said Pfc. Christopher M. Grigsby, after just arriving at Hiroshima Airport for the first time Aug. 20. "It was pretty cool to find this shuttle service because I knew I'd have a straight way to get to the base without fumbling around in a foreign country where I didn't even speak the language."

As part of the new shuttle service, an IT&T travel clerk will stand in front of the arrivals gate with a yellow sign that reads, "Shuttle Service MCAS Iwakuni."

The clerk will stand in front of the gate for each arriving flight and then direct in-

bound service members to the shuttle parked outside.

"We do this so we leave no one behind," said Gibson. "We wait until the last flight has arrived before we leave the airport."

Even the Marines and sailors who don't have cash on them can still use the shuttle service.

The IT&T travel clerk will hand them a form to fill out and request they pay their dues at IT&T the next day.

Their expenses will be covered in their travel claim.

However, for those using the shuttle service to get to the airport, IT&T strongly recommends shuttle reservations are made prior to their departure. Reservations are to be made in person at IT&T. Whether paid in person or through reservation, the trip costs \$60 per seat.

DI's introduce first Marine LINKS class



Staff Sgt. Evans Janvier, a former 3rd Battalion drill instructor at Marine Corps Recruit Depot Parris Island, briefs Marines of Marine Aviation Logistics Squadron 12 and civilians how the one-day Lifestyle Insights Networking Knowledge Skills course will proceed at Yujo Hall, here Aug. 22. This was the first LINKS course designed for Marines since the Family Readiness program's inception. Photo by Lance Cpl. Joseph Marianelli

News Briefs

Outbound gate closes

The outbound traffic lane at the main gate will be closed from 9 a.m. to 3:30 p.m. from Aug. 26 to Sept. 5. This closure will not affect inbound traffic. Detour and closure signs will be present during times of closure. Alternate routes will be Monzen and North gates. The closure is due to routine maintenance around the gate area. Normal traffic will continue after maintenance completion. For more information, call the Provost Marshal's Office at 253-3303.

PMO asks residents to abide by station orders

The Provost Marshal's Office highly encourages residents aboard the station to abide by all air station regulations. Please take note of the following so you can do your part to ensure this installation is a safe home for all residents. Please be sure you do not use a cell phone while driving a vehicle on or off the installation. Every passenger of a motor vehicle — personal or government — must wear a seatbelt. Also, be sure that when you are riding a bicycle you have a proper bicycle

helmet, properly fitted and secured on your head. Earphones are not permitted to be worn outside, except on the seawall. When leaving your vehicle unattended, even for a brief stop, leaving the keys in the ignition and the engine running is prohibited. For our motorcyclists, bicyclists, skaters and skateboarders, be sure you are wearing mandatory personal protective equipment per MCASO P5560.8A. The MCAS Iwakuni orders can be found on the Station intranet.

Recovering memories: former RAF journeys back to Iwakuni

LANCE CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

"When we were at sea, they decided to redirect us into Iwakuni. So what was a week cruise ended up as a 10-week cruise, and we didn't have enough food and fresh water."

Refused water in Singapore and in Hong Kong, they proceeded on to Shanghai crammed in a ship used during peacetime to carry lamb and mutton.

"When we got about two-to-three miles off Shanghai into the Yellow River stream, we were fired at," said 81-year old Edward Clark, a former British Royal Air Force aircrewman. "It was the Chinese Communist trying to knock the hell out of Shanghai but in seeing us, they decided to turn their guns on us instead."

Clark returned to visit Iwakuni 60 years after he left in mid-1948, but what he found was a very different Japan that had moved forward in time without him.

As Clark recounted the inauspicious start of his journey to Iwakuni in soft, grandfatherly British accent, a flying boat caught his eye and he stopped mid-story to describe similar aircraft from his time here.

In the end, the shells missed the ship Clark was on, and they were able to get water and arrive in Iwakuni shortly after World War II ended in 1945.

Even though Clark experienced hardships during his travel, he described the experience as though it were any other trip with some funny, fluke occurrences along the way.

"There I was, thinking I was going to go on operations of some sort or another — ideally be a fighter pilot, but not necessarily, so I was just pleased there wasn't any killing going on," said Clark. "It stopped so suddenly."

Ultimately the larger picture of the war finally ending seemed to put any other issues in the background.

"It was a miracle. A total miracle," Clark said. "We were looking forward to a long, drawn-out, drag-down scruff and tripe going on for years and years and years, and nobody's economy was getting any better."

During his time in Iwakuni, Clark's general duties were clerical related specifically to auditing, but he also became known as a problem-solver of sorts.

Whenever someone hit a brick wall, whether it be needing a piece of equipment or resolving missing inventory, Clark's superiors typically appealed to him to sort out the issue, he said.

In all probability, Clark was the best man for the job, particularly as time went by, because he had been in Iwakuni longer than most.

"The whole of the staff here seemed to turn over every few months," he said. "Nobody seemed to be staying very long."

Clark seemed to be stuck in Iwakuni.

"I used to get scuttlebutt from back home in England that there were people being released with a demobilization number of 79," said Clark. "Still at 72 I was stuck here with a girlfriend at home worried to hell — wondering what I was up to, and I was usually up to it," he added laughingly.



Edward Clark, an 81-year-old former British Royal Air Force aircrewman stationed here shortly after the end of World War II, stands in the Zero Hangar here June 4, after being gone from Iwakuni for 60 years. Clark returned to England in 1948 where he married his girlfriend — they will celebrate their 60th wedding anniversary this year. Photo by Lance Cpl. Joseph Marianelli

Besides the desire to return to his girlfriend, the news he was receiving from home didn't paint the prettiest picture.

"You've got to put the background into perspective. My letters from home were saying that things were getting worse in peace time," said Clark. "I felt I just had to get back and find out for myself."

For Clark, times were different and making a conscious choice to join the military wasn't seen as an option — it was something he had to do.

"The situation today is you've got choices to make and you have the freedom to make them," said Clark. "Back then, there was no choice and you grew up not expecting to have a choice but to be able to pave the way."

Considering all the factors involved, it wasn't surprising when Clark laughingly described the defining moment of his military career as the day he was going home.

When Clark returned to Japan, a great deal had changed.

In describing his first thoughts after arriving in Japan after 60 years he said, "Nothing was familiar at all, absolutely nothing looked like the Japan I had in my memory."

But as he continued on, some of the Japan he remembered came back to him.

"It was in and out of rabbit holes the whole way like snapshots," said Clark. "Then you come up for longer periods and some of those were the Japan I remember."

In seeking to regain some of those memories, Clark toured the Japanese Maritime Self-Defense Force Museum and made a visit to the Zero Hangar.

As Clark toured the JMSDF Museum, his eyes caught an old-fashioned aircraft radio and with almost child-

like exuberance, he began to describe the various parts.

Pointing to the radio's transformer, Clark described how the first television sets required a transformer twice as big that generated so much current they were called 'coffins'.

He concluded the explanation laughingly, "So that was the first television set, coffins."

On the way out of the museum, a flying boat photograph caught his eye and he quickly latched on to his memories of similar aircraft.

"That's a picture I remember, spray everywhere," said Clark.

"When the front starts to drop you can see it desperately trying to get through, but the resistance of the water is holding it back."

Aircraft seemed to strike a particular chord with him and as he entered the Zero Hangar, he began to describe a plane called a corsair, but he quickly trailed off and began studying the zero intently.

As he finished evaluating the plane's characteristics, a jet from the air station flew over triggering his thoughts about the first jet plane he saw with a huge air scoop underneath.

Aloud he pondered the purpose, visibly sorting it out in his head and coming to the conclusion that the air intake must aid fuel combustion.

Leaving the hangar, Clark reminisced about walking the hills around Iwakuni and the recent trek to the Kintai Castle.

"I walked off the tarmac into the woods and there were these little winding dirt paths going through the trees," said Clark. "I thought, 'this is what I used to do, I used to wander the hills over the top of Iwakuni and look down on these little houses and the rice patties.'"

Marine Corps Physical Fitness Program changes

ALMAR 032/08
HEADQUARTERS MARINE CORPS

This ALMAR is the first of two that informs Marines of revisions to the Marine Corps Physical Fitness Program and development of the Marine Corps Body Composition and Military Appearance Program.

Throughout our 232-year history, the Marine Corps has fulfilled commitments to make Marines and win our nation's battles. Our fellow Americans recognize that long tradition and expect it to continue. As a fighting force, our ability to fulfill this commitment and accomplish the mission is dependent, in part, upon the fitness of our Marines

I recently signed Ref. A - The revised MCPFP. Recognizing that Marines are warrior athletes, our fitness program was modified to reflect the same collaboration of effort found at the collegiate and professional sports level. Integration of leadership, combat-conditioning instructors, Semper Fit, diet, nutrition, lifestyle, sports medicine and other medical professionals is essential to the establishment of a comprehensive program. Major changes include the development of a Combat Fitness Test (CFT), tightening of body composition standards and the development of a Military Appearance Program (MAP).

This message specifically addresses the CFT. The second ALMAR addresses the body composition program and military appearance program.

Changes to the MCPFP will certainly require Marines to modify current conditioning programs in order to improve combat readiness. The CFT measures the physical fitness of Marines by using tests, which reflect operational demands. The CFT has been designed to complement the PFT and is characterized by anaerobic (short burst) energy demands. The CFT is a three-part

test with universal application developed around operational vignettes that may represent a Marine's combat experience. It is comprised of the following events:

A. 880-yard Movement to Contact (MTC). Run for time while wearing boots and utilities.

B. Ammunition Lift (AL). Repetitive lift of a 30-pound ammo can for two minutes.

C. 300-yard Maneuver Under Fire (MANUF).

Perform a series of combat-related tasks for time while wearing boots and utilities that include a combat crawl, ammunition resupply, body drag, casualty carry and grenade throw.

Oct. 1 is the CFT implementation date for the total force. For the initial phase-in period, the CFT is a semi-annual event for the active component and an annual event for the reserve component conducted during the calendar year. Initial phase-in period will last until Sept. 30, 2009. Initial grading of the CFT will be pass/fail with migration to a scoring method (300 pts. max, 1st, 2nd, 3rd class) beginning Oct. 1, 2009. The intent during the initial CFT phase-in period is to collect additional data in order to finalize scoring criteria and to provide CFT familiarization for all Marines. Pass/Fail results will be annotated in unit diary entries and fitness reports, but will not count toward cutting score during the phase-in period. The physical fitness test will be administered as per the norm during the phase-in period. The frequency of the two tests (PFT and CFT) will be determined after the phase-in period. However, beginning Oct. 1, 2009, CFT scores will be incorporated into cutting scores and a revised fitness report. Initial pass/fail standards are below.

A. Male

Age 17-26: MTC 3:48, AL 45, MANUF 3:29

Age 27-39: MTC 4:00, AL 45, MANUF 3:55

Age 40-45: MTC 4:19, AL 44, MANUF 3:57

This ALMAR is the second of two that informs Marines of revisions to the Marine Corps physical fitness program and development of the Marine Corps Body Composition and Military Appearance Program. This message specifically addresses the Body Composition Program and Military Appearance Program. Additional Information on administration of the subject programs may be found at <http://www.tecom.usmc.mil>

Inspector General of the Marine Corps review of Body Composition programs indicates we still have Marines that fail to meet body composition standards who are not assigned to a BCP. This impacts combat efficiency and effectiveness and, unfortunately, is a clear

indicator of some commanders' failure to enforce standards.

I recently signed Ref. A - the new order on body composition and military appearance. It serves the link between physical fitness test scores and personal appearance, and inserts a commander's assessment into the personal appearance evaluation process. Changes to the BCP and implementation of the map are effective immediately.

Marine Corps height, weight and body composition standards are derived directly from Department of Defense standards, which are based upon extensive testing and health-based research findings. Height and weight standards may be found at the Web site. USMC body

AGE 46+: MTC 4:30, AL 43, MANUF 4:28

B. Female

AGE 17-26: MTC 4:34, AL 20, MANUF 4:57

AGE 27-39: MTC 4:40, AL 21, MANUF 5:27

AGE 40-45: MTC 5:09, AL 17, MANUF 6:07

AGE 46+: MTC 5:20, AL 15, MANUF 6:30

Based on performances observed in testing, the maximum times and repetitions to earn 100 points in each event upon conversion to a scored system are projected to be the following:

A. MALE

AGE 17-26: MTC 2:45, AL 91, MANUF 2:14

AGE 27-39: MTC 2:51, AL 97, MANUF 2:14

AGE 40-45: MTC 3:03, AL 87, MANUF 2:34

AGE 46+: MTC 3:05, AL 86, MANUF 3:05

B. FEMALE

AGE 17-26: MTC 3:23, AL 60, MANUF 3:01

AGE 27-39: MTC 3:19, AL 53, MANUF 3:05

AGE 40-45: MTC 3:49, AL 45, MANUF 3:40

AGE 46+: MTC 4:12, AL 38, MANUF 4:20

A video of the CFT, CFT layout diagrams, operational risk management worksheets and other materials designed to enable units to prepare for and conduct the CFT can be downloaded from the TECOM Web site at www.tecom.usmc.mil.

The Commanding General of TECOM will ensure all formal school programs of instruction are adjusted so that we are training our leaders to plan and conduct a vigorous combat conditioning program.

This ALMAR is applicable to the total force Marine Corps

Semper Fidelis,

James T. Conway

General, U.S. Marine Corps,

Commandant of the Marine Corps

composition standards are as follows.

A. MALE

AGE 17-26 18%

AGE 27-39 19%

AGE 40-45 20%

AGE 46+ 21%

B. FEMALE

AGE 17-26 26%

AGE 27-39 27%

AGE 40-45 28%

AGE 46+ 29%

The remainder of this ALMAR will be published in next week's publication. To view the rest of this ALMAR online, visit <http://www.marines.mil/news/messages/Pages/MARINECORPS-BODYCOMPOSITIONANDMILITARY.aspx>

Combat Fitness Test Global Tour Dates

See p.12 for the story

MCB Quantico, Va.

Aug. 20-22

MCB Hawaii - Kaneohe Bay

Sept. 10-11

MCAS Miramar, Calif.

Aug. 25

MCB Japan

Sept. 15-19

MCB Camp Pendleton, Calif.

Aug. 26

Marine Forces Reserve, La.

Oct. 6-10

MCAGCC Twentynine Palms, Calif.

Aug. 28

MCB Camp Lejeune, N.C.

Oct. 27-28

MCAS Yuma, Ariz.

Sept. 4

MCAS New River, N.C.

Oct. 29

MCB Hawaii - Camp Smith

Sept. 8-9

MCAS Cherry Point, N.C.

Oct. 30-31



A Royal Australian Air Force explosive ordnance technician drags a 500-pound, high-explosive bomb to a detonation site on Delamere Range here Aug. 8 during exercise Southern Frontier 2008. EOD technicians separated the ordnance to be detonated into five sites with each comprised of more explosive poundage than the previous site. Photo by Lance Cpl. Joseph Marianelli



A Royal Australian Air Force explosive ordnance technician and a Marine Wing Support Squadron 171 EOD technician dump diesel fuel onto ordnance to be burned at Delamere Range here Aug. 8 during exercise Southern Frontier 2008. Most of the ordnance in these burn pits was surplus ammunition that the squadrons were not able to take upon departing the exercise. Photo by Lance Cpl. Joseph Marianelli



Fireballs fill the sky over Delamere Range as ordnance the explosive ordnance disposal technicians of Marine Wing Support Squadron 171 and the Royal Australian Air Force detonate here Aug. 8 during exercise Southern Frontier 2008. The five detonation sites were wired to the same line with less than a second of delay between each explosion. The blasts destroyed more than 10,000 pounds of ordnance. Photo by Lance Cpl. Joseph Marianelli



Explosive ordnance disposal technicians with Marine Wing Support Squadron 171 apply C-4 explosives to rockets, high-explosive warheads, and fuses at Delamere Range here Aug. 8 during exercise Southern Frontier 2008. The C-4 explosives were stacked to direct the force of the explosions downward and to burn the rockets from the tip to the back. Destroying the rockets from the tip back prevents them from potentially firing off during detonation. Photo by Lance Cpl. Joseph Marianelli



A Marine Wing Support Squadron 171 explosive ordnance disposal technician packs C-4 explosive into the tip of a 500-pound, high-explosive bomb at Delamere Range here Aug. 8 during exercise Southern Frontier 2008. This packing technique involves molding the C-4 inside the tip cavity; however, a stick of C-4 can be cut in half and placed into the cavity as well. Photo by Lance Cpl. Joseph Marianelli

THUNDER FROM DOWN UNDER

EOD disposes of remnant ordnance as exercise ends

LANCE CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia (Aug. 08, 2008) — Boom, boom, boom, boom, boom ... a mile away, the thunderous sound waves ripped through the air and shook the earth even though the clouds from the explosion were already beginning to dissipate.

Explosive ordnance disposal technicians with Marine Wing Support Squadron 171 eliminated more than 10,000 pounds of leftover or unserviceable ordnance from exercise Southern Frontier 2008 at Delamere Range here Aug. 8.

The blasts signified the final wrap-up for the exercise — most units were already packing up their gear and preparing to leave for the next mission.

“We’re here to support the flying squadrons and their aircraft with any type of ordnance that is beyond the capability of their normal ordnance people,” said an MWSS-171 EOD officer.

The EOD technician might seem like a simple pyrotechnician from a movie set, but there is a lot more involved than just blowing stuff up.

“As EOD, we’re trained to know and understand how these explosives work so that we know what we’re doing when we’re out there on the range,” said an MWSS-171 technician.

The job isn’t as simple as piling up dynamite a la Wylie Coyote, lighting a match and running away.

“First and foremost, we think of safety — making sure everyone has a full understanding of what we’re going to be doing out on the range,” said an MWSS-171 EOD technician.

Safety aside, most ordnance have specific methods for elimination described by EOD publications.

Besides following the publication guidelines, the EOD technicians set up the detonation sites for more than four hours — the actual detonations, lasted mere moments.

Some of the ordnance was not eliminated by the blasts.

EOD technicians also used burn pits to dispose of a large variety of small munitions and munitions’ parts used in the assembly of larger ordnance.

For the senior EOD technician, the ability to go to the range was useful as a hands-on learning experience for his Marines.

“Most of the stuff we’ve done this year so far, we haven’t been able to get on a live range,” said the EOD officer. “This year I got to drag them out to a live range area where they get to see the ordnance after it’s impacted.”

Even though school-house training lasts nearly a year, the classroom can’t teach everything.

The live range allowed for practical impact-site experience, identifying detonated ordnance, proper navigational technique and proper disposal of large ordnance, said the EOD officer.

AROUND THE CORPS

Combat artists paint Reserve battalion's historic portrait

CAPT. PAUL L. GREENBERG
CONTRIBUTED

TWENTYNINE PALMS, Calif. — There are hundreds of thousands of Marines spread across hundreds of occupational specialties, yet only two of them are combat artists, and they are both Reserve Marines.

Chief Warrant Officer 2 Michael Fay and Sgt. Kristopher Battles travel around the world photographing, sketching and painting Marines and Sailors in action.

They both traveled here Aug. 3, from their home base at Marine Corps Base Quantico, Va., to historically document in sketches and watercolor paintings the first two weeks of "Mojave Viper," a requisite pre-deployment training evolution for 2nd Battalion, 25th Marine Regiment.

"We want to capture, in art, the unique experience of fellow Reserve Marines training at Mojave Viper," said Fay.

"Through our eyes, we want to get as close as possible to the realness of what is happening — the sweat, suffering, boredom and adrenaline. In an era of digital imagery, our art is slowed vision. There is depth to it. The viewer can see that the artist was there and get an idea of how the subjects were feeling."

Fay's Marine Corps career has spanned 33 years, during which time he has

worked as a mortarman, bookkeeper, a CH-46 avionics technician, crew chief, and as a recruiter. Though he had been sketching and studying art most of his life, he didn't become a combat artist until January 2000.

"It was the fall of '97, and I'd been out (of the Marine Corps) a few years," Fay said. "I was walking by an art gallery in Fredericksburg, Va., and I recognized the paintings in the window as the original work of Lt. Col. Donna Neary, a Reserve Marine and combat artist for more than 20 years. I went in, met her, and discussed Marine Corps combat art. She asked to see some of my work, so I walked three blocks back to my apartment to get my sketchbook, which included pieces I'd done during (Operation) Desert Shield in Oman and in Mogadishu, Somalia. She asked me if I would be interested in coming back in as a combat artist. It sounded like a good idea."

At the age of 47, Fay re-entered the Corps on a two-year contract as a mobilized Individual Ready Reservist and has been drawing and painting non-stop ever since.

The Reserve Marines of 2/25 received Fay with a sense of both awe and fascination as he and Battles sat in the 110-degree heat sketching the troops during their training.

"With a reserve unit like this, the level of knowledge about art and the questions I received tells me that they fully appreciate what we're trying to do," explained Fay.

The artists rotated through the companies and followed the Marines in the brutal combined arms assault courses located in a remote region of the Mojave Desert.

They slept in the field, ate Meals-Ready-to-Eat, and worked feverishly in the Quonset Huts back at Camp Wilson, creating watercolors in the stifling mid-day heat and spraying them with fixative to keep out the dirt and grit.

They returned to the National Museum of the



A Reserve Marine from Weapons Company, 2nd Battalion, 25th Marine Regiment, practices operating a Multifunction Agile Remote Control Robot (MARCBOT) to investigate a suspected improvised explosive device (IED) during a training exercise at Camp Wilson at Marine Corps Air Ground Combat Center in Twentynine Palms, Calif. In day-long company rotations, the entire battalion went through a comprehensive counter-IED training program Aug. 4-7. Official USMC artwork by Chief Warrant Officer 2 Michael Fay

Marine Corps Aug. 18 to register these new pieces in the artwork collection there and for future use at exhibitions in museums throughout America.

"It was totally unexpected. I just saw a guy writing in a notebook, and then he tapped me on my shoulder and showed me the sketch. I thought he did a good job," said Lance Cpl. Nicholas A. Gleason of Marathon, N.Y., a Fox Company Marine who is a life-long sketch artist himself.

In addition to documenting the troops in action, Fay also taught a tactical sketching class for the Scout-Sniper platoon of 2/25 Aug. 11.

Cpl. Tim Barber, who has been with the platoon since May 2007, is a graphic designer from Montclair, N.J., in his civilian career. Barber said that the class was definitely beneficial for him professionally, both as a Marine sniper and an artist.

"It helped me hone my skills," said Barber. "I didn't expect to get to do anything like this. As far as application, a picture is worth a thousand words. When you can accurately depict a battle space in combat and relay that information back to higher (headquarters), that is where you really make your money."

The snipers have cameras and powerful lenses to take photos during scout-

ing and reconnaissance operations, but Barber explained that sketching is a vital tool which all snipers should have.

"It really brings things back to fundamentals," added Barber. "If you don't have that foundation of observing and recording information, you can't fully utilize the new technology."

As the battalion is nearly three months into their pre-deployment training program here, the series of grueling live-fire ranges in the oppressive summer heat has left many of the battalion's Marines exhausted, both physically and mentally.

"I think the sketching breaks the routine of training for the Marines, especially when they're out here going non-stop from range to range," said Fay. "Sgt. Battles and I are blessed that we can do something like this full-time. Not many artists get paid for their work. We do. We are able to go out every day and do something we have a passion for."

One day in the future, the Marines of 2/25 may be able to take their children and grandchildren to the National Museum of the Marine Corps to see images of them in the Mojave Desert in 2008, training for deployment in support of the Global War on Terror.

"What we are creating here with our sketches and paintings is not just art," emphasized Fay. "It is artifacts."

Community Briefs

Post Office Hours of Operations

The Main Post Office (Bldg 405) and North-Side Post Office (Bldg 1460) will be closed Sept. 1, and will resume normal hours of operation Sept. 2.

Mothers of Preschoolers

Mothers of Preschoolers will now meet starting Sept. 4 through May 2009 at Yujo Hall, Marine Memorial Chapel every first and third Thursday, 9:30 a.m. – 11:30 a.m. For more information, call 253-2885 or 2290.

Child Development Screenings

From Sept. 8 to 9, Educational and Developmental Intervention Services (EDIS) will be doing free child development screenings for children under five years of age at Matthew C. Perry Elementary

School. Upon screening, child specialists will evaluate major areas of your child's growth and answer any questions you may have. Call EDIS at 253-4562 to schedule an appointment or for more information.

Freedom Walk

Sept. 11, 7:30 a.m. assemble at Parade Deck. The schedule is; 7:30 a.m. Assemble (Parade Deck) 7:55 a.m. Opening Remarks 8:05 a.m. Freedom Walk Begins 8:46 a.m. Remembrance Service Ends For more information, call Station's Chapel at 253-3371

Youth Soccer season

Youth soccer season (three-year-olds to 15-year-olds) is starting Sept. 13. Registration is \$45 per

child. For more information, contact Youth Sports Division, Semper Fit at 253-5777 or 253-3239.

Substitute teachers training

M. C. Perry High School and Elementary School is having a substitute teachers training on Sept. 15, 8 a.m. – 10:30 a.m. at the computer lab, room 600, in the elementary school. If you have been appointed a substitute or would like to be a substitute, please come. For more information, call M.C. Perry High School at 253-5449.

Rosh Hashanah Service

Sept. 30 at 6:30 p.m. and Oct. 1, 9 a.m. at Station Chapel, Bldg. 1100. For more information, call Station's Chapel at 253-3371.

Lost and Found section

The Provost Marshal Office, Lost and Found section has various lost items that have been turned in since 2006. Currently we have the following items: Keys, wallets and their contents, credit cards, jewelry, watches, U.S. passports, cell phones, dog tags, electronics, compact discs, and more. If you have misplaced anything please call PMO at 253-5105 or email to carrie.morse@usmc.mil.

Update DEERS Information

If your family status changes, from a marriage, divorce, new child, adoption, address change, or new telephone number, you need to update your Defense Enrollment Eligibility Reporting System (DEERS) information. DEERS is the key to receiving TRICARE benefits such as medical appointments, prescriptions, and claims for civilian care. To update or verify DEERS information, visit your uniformed services ID card facility or make address changes online by following the

information at <http://www.tricare.mil/DEERS> or fax your changes to DEERS at 1-831-655-8317. If you need assistance or have questions about TRICARE and DEERS, contact your local TRICARE Service Center at 253-3072.

Open Play Volleyball

The event is for all personnel and skill level. Come out to IronWorks Gym every Thursday and Sunday from 5:30 p.m. to 8 p.m. For more information, call 253-6084 (work) or 253-2839 (home).

Iwakuni Toastmasters

Iwakuni Toastmasters is offering evening and lunchtime meetings. Evening meetings are held every third Wednesday of each month from 7 p.m. to 8:30 p.m. at the Civilian Human Resources Office training room in Building 1. Lunchtime meetings are held every fourth Friday of each month from 12 p.m. to 1 p.m. at Facilities training room on the second floor of Building 360. For more information, call 253-3335.

Chapel Services

Roman Catholic

Saturday 4:30 p.m. Confession
5:30 p.m. Mass
Sunday 8:30 a.m. Mass
9:45 a.m. Religious Education
Tuesday - Friday 11:30 a.m. Weekday Mass
Wednesday 6:00 p.m. Inquiry Class for adults

Protestant

Saturday 9:30 a.m. Seventh-Day Adventist Sabbath School
11:00 a.m. Seventh-Day Adventist Devine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
1 p.m. Church of United Christians (Iglesia Cristiana Unida)
Wednesday 6:00 p.m. Awana (Bldg. 1104)
6:00 p.m. Bible Study (Capodanno Hall Chapel)

Church of Christ

Sunday 9:30 a.m. Bible Study (small chapel)
10:30 a.m. Worship Service

Latter Day Saints

Weekdays 6:30 a.m. Youth Activities

Jewish

Friday 6:00 p.m. Shabbat (small chapel)

Teen Programs

For times, call 253-5183: high school meetings, junior high meetings, HS and JR Bible studies, retreats, service projects, mission trips, Special Events Volunteer Training and Mentoring, Parent Support Groups For information regarding divine services, religious education or any other command religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.



FARAH PROVINCE, Afghanistan (June 4, 2008) — Cpl. Jose Y. Campos, 31, of Houston, inspects an Afghan road for possible threats here. Campos and other Marines and sailors assigned to Task Force 2d Battalion, 7th Marine Regiment, 1st Marine Division were on a mission to survey the area. TF 2/7 is currently serving a 210-day deployment to train, advise and mentor the Afghan National Police. Photo by Cpl. Ray Lewis.

Sakura Theater

Friday, Aug. 29, 2008

7 p.m. Hell Boy: Golden Army (PG-13)
Premier
10 p.m. Journey Center of the Earth (PG)
Premier

Saturday, Aug. 30, 2008

1 p.m. Meet Dave (PG)
4 p.m. Journey Center of the Earth (PG)
7 p.m. Wanted (R)
10 p.m. Hell Boy : Golden Army (PG-13)

Sunday, Aug. 31, 2008

1 p.m. Kit Kittredge: An American Girl (G)
4 p.m. Hell Boy: Golden Army (PG-13)
7 p.m. Journey Center of the Earth (PG)

Monday, Sept. 1, 2008

1 p.m. Journey Center of the Earth (PG)
4 p.m. The Mummy (PG-13)
7 p.m. Hell Boy: Golden Army (PG-13)

Tuesday, Sept. 2, 2008

7 p.m. Wanted (R)

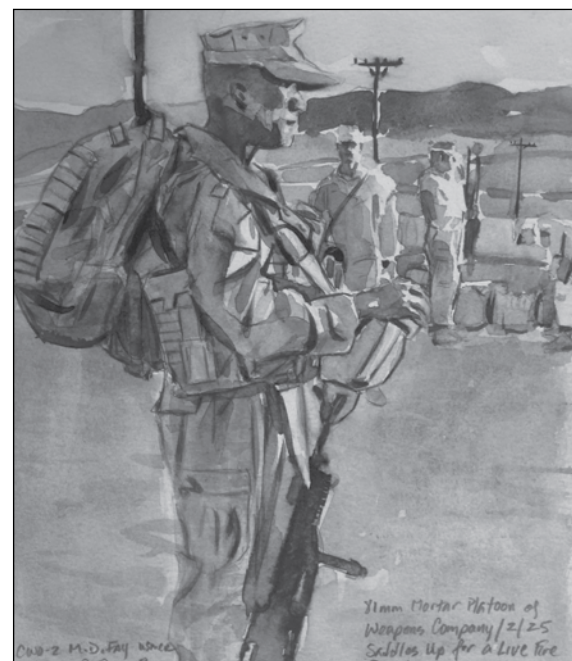
Wednesday, Sept. 3, 2008

7 p.m. Tropic Thunder (R)

Thursday, Sept. 4, 2008

2 p.m. Get Smart (PG-13)
Last Showing
7 p.m. Love Guru (PG-13)
Last Showing

General Admission: Ages 12+ are \$2.50/ Ages 6 - 11 are \$1/ Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.



A Reserve Marine from Weapons Company, 2nd Battalion, 25th Marine Regiment, prepares to move out from Camp Wilson to Quackenbush Training Area at Marine Corps Air Ground Combat Center in Twentynine Palms, Calif., Aug. 5. Official USMC artwork by Chief Warrant Officer 2 Michael Fay

THE IWAKUNI APPROACH Classifieds

Automobiles

1992 BMW Series 525i

Asking for \$1,500. 4-door sedan with 92,000 plus km. JCI runs until May 2009. Black leather interior, bucket seats, CD player, sun roof, aluminum wheels including the spare, anti-lock brakes, power windows and locks, A/C, tires more than 75 percent tread, comes with signature BMW first aid kit and built in tool kit, plus many extra brand new parts. New parts include; rotors, brake pads, misc. items. For more information, call 253-6902 (work) or 253-2383 (home).

1990 Toyota 4-Runner

Great family car, JCI good until April 2010, p/w, p/l, great condition, a must see. For more information, call 090-6027-9619 (cell).

1997 Nissan Wingroad

Black five-door. JCI expires September 2010. A/C and CD player work great. Upholstery in good condition. Asking \$2,200. Offer available until August 29. If interested, call 090-9843-4826 (cell).

Delica Van - 4WD Diesel

Recently JCI'd for 2 years. Great for family! Local driving and trips to the mountains. On sale due to PCS. Asking for \$2,500. For more information, call 253-2694 (home).

1995 Subaru Domingo

Low fuel and low maintenance. Perfect for Iwakuni. Seats six and great for driving and parking off-base. Needs JCI renewed. \$2,500 OBO. Call 253-5301 (work) or 253-2265 (home) for more information.

Job Openings

Part-time agent position at SatoTravel

This position is responsible for booking air, car and hotel reservations for military travelers in official duty status using the Sabre CRS. It is desirable for the candidates to have travel agency or airline experience, and Sabre CRS

experience. Send resumes via e-mail mkenat@cwtsa-totravel.com. No phone inquiring.

Miscellaneous

Bowflex Treadclimber TC5000 for sale

Purchased for \$2,600 with shipping 2 years ago. Slightly used. Asking for \$1,800 firm. For more information, call 253-2611 or e-mail to dawn_larrabee@yahoo.com.

Eddie Bauer stroller car seat combo for sale.

Includes base, and infant head rest, \$140. Purchased at MCX for \$200, only used for 7 months. For more information, call 253-2611 or e-mail to : dawn_larrabee@yahoo.com.

Wall-to-Wall Carpet for 4BR Townhouse

Custom made by local dealer for townhouse (kitchen on left side of entrance). All edges are machine-stitched. Burber(ish) style, tan in color. Purchased \$2,700 new, 2 years ago. On sale due to PCS. Asking for \$900. For more information, call 253-2694 (home).

Jam Band Auditions

A local vocalist/acoustic guitarist is compiling a jam band to play covers in the local area. A keyboardist, bassist, drummer and percussionist are desired. Saxophone player recruited! Influences include Tom Petty, Stone Sour, Dave Matthews Band, Coldplay, City and Colour, and Rufus Wainwright. Gear used: Taylor Acoustic Electric guitar and Schecter C-1 Plus electric guitar with Peavey Tube Amplification. Call 253-2356 and leave a detailed message, or e-mail inner.vision@yahoo.com.

Mess hall Schedule

MONDAY

Cream of Mushroom Soup, Creole Soup, Steak Ranchero, Sweet and Sour Pork, Mashed Potatoes, Steamed Rice, Succotash, Simmered Carrots, Dinner Rolls, Brown Gravy, Congo Bars, Marble Cake w/ Buttercream Frosting, Blueberry Crunch (Southside Messhall Closed)

TUESDAY

Cream of Potato Soup, Chicken Noodle Soup, Cajun Meatloaf, Baked Salmon Fillet, Potatoes Au Gratin, Steamed Rice, French Fried Cauliflower, Mixed Vegetables, Dinner Rolls, Brown Gravy, Chocolate Chip Cookies, Spice Cake with Buttercream Frosting, Lemon Meringue Pie

WEDNESDAY

Cream of Broccoli Soup, Vegetable Soup, Tempura Fish, Pepper Steak, Steamed Rice, Oven Glo Potatoes, Glazed Carrots, Club Spinach, Brown Gravy, Dinner Rolls, Peanut Butter Cookies, Devil's Food Cake, Butter Cream Frosting, SPECIALTY BAR: BBQ

THURSDAY

Minestrone Soup, Cream of Chicken Soup, Creole Macaroni, Fried Shrimp, Fettuccini W/ Alfredo Sauce, Grilled Cheese Sandwich, Tempura Vegetables, Peas and Carrots, Dinner Rolls, Sugar Cookies, Strawberry Shortcake, Whipped Topping, Vanilla Cream Pie, SPECIALTY BAR: DELI BAR

FRIDAY

Clam Chowder Soup, Minestrone Soup, Braised Beef and Noodles, Baked Fish, Mashed Potatoes, Fried Cabbage, Mix Vegetables, Chicken Gravy, Dinner rolls, Banana Bread, Dutch Apple Pie, Shortbread Cookies, SPECIALTY BAR: MONGOLIAN BARBEQUE



Mess hall announcements

Labor Day closure

The Southside Messhall will be closed Sept. 1 in observance of Labor Day. It will reopen the following day with weekend hours (9 p.m. to 12 p.m. and 3 p.m. to 5:30 p.m.). The Northside Messhall will be open Sept. 1, serving meals on weekend hours (9 p.m. to 12 p.m. and 3 p.m. to 5:30 p.m.) from Sept. 8 to Sept. 9.

Labor Day meal today

There will be a Special Labor Day Lunch Meal served today from 11 a.m. to 1 p.m. at both North and Southside Messhalls. Mongolian barbeque will not be served. Everyone aboard the station is invited. Those on commuted rations (COMRATS), family members and civilian employees must pay \$3.85. Family members of those ranking E4 and below must pay \$3.30.



Rafael Dominguezgarcia attempts to block a ball during soccer practice at the Matthew C. Perry fields here Aug. 23. Players get together with hopes of forming a team to play in the Far East Regional Tournament at Camp Butler, Okinawa, during the first two weeks of December. Photo by Lance Cpl. Ashley M. Howard

Soccer team driven by tournament opportunity

LANCE CPL. ASHLEY M. HOWARD
IWAKUNI APPROACH STAFF

Marines aboard the station are searching for athletes interested in playing on the station soccer team which participates in the Far East Regional Soccer Tournament at Camp Butler, Okinawa, during the first two weeks of December.

Baldemar Pardo holds soccer practices Mondays through Wednesdays at 6:30 p.m. at the Penny Lake Athletic Fields and Saturdays at 9:30 a.m. at the Matthew C. Perry School's soccer field.

Practices are held to condition the players for the Okinawa tournament as well as to keep Marines in shape and out of trouble, Pardo said. The practices are held three months prior to the tournament in Okinawa.

The extra rehearsals allow the players to build skill, he added. "Iwakuni is small compared to a lot of other bases," said Pardo. "But there is a lot of talent, and I think when December comes we'll be able to compete."

Spots on the team are open to all Marines, sailors and civilians who want to participate. Additionally, no experience is required to be a member of the team.

Pardo said he has played on teams with civilians as young as 16 years old.

This would be a good experience for young athletes who want to play soccer in college, Pardo said.

"It's a great way to meet new people while exercising and doing something you like," said Kimberly Early, one of the players on the team and an avid soccer player. "And to be able to go to the regionals is extra motivation."

Pardo attempted to gather a team in the past, but due to the lack of participation and numerous Marines who transferred, the team was never big enough to compete.

Pardo said he hopes there is a bigger turnout this year so the team can travel to the regionals.

During the tournament in Okinawa, scouts are on the lookout for talented players to play for the All-Male Marine Corps Soccer Team and the All-Female Navy-Marine Corps Soccer Team.

Pardo played for the All-Male Marine Corps Soccer Team and was given the opportunity to travel to various locations, such as North Carolina and various bases on Okinawa.

"I played soccer in college," Pardo said. "Five years later I was on the Marine Corps team; it was a really great experience."

Those interested are encouraged to show up for practices with cleats and shin-guards, ready to meet new people and get in shape for the regionals.

For more information on practice schedules or how to get involved, call Pardo at 253-4907.



Pvt. Orgaise Joseph, 23, Headquarters Battalion, Headquarters Marine Corps, performs the ammunition lift event during a Combat Fitness Test demonstration on Aug. 18. Joseph, a native of Lantana, Fla. performed the CFT on Aug. 18 and 19 as part of a worldwide tour showcasing the CFT to Marines at installations around the globe. Photo by Lance Cpl. Byran G. Carfrey



Col. William Lietzau, 47, commanding officer, Headquarters Battalion, Headquarters Marine Corps, low crawls toward the 25-yard marker during the maneuver-under-fire event of the Combat Fitness Test on Aug. 18. The event kicked off a worldwide tour showcasing the CFT around the globe. Photo by Sgt. Clinton Firstbrook

CFT GOES GLOBAL

TECOM takes show on the road after demo at HQMC

LANCE CPL. CRISTINA N. GIL
DIVISION OF PUBLIC AFFAIRS

ARLINGTON, Va. (Aug. 20, 2008) — With the Corps' new combat fitness test nearing, Training and Education Command officials began a worldwide road show for Marines and media here Aug. 18-19.

In the next few months at installations around the globe, instructors from the Martial Arts Center of Excellence in Quantico, Va., will demonstrate how to conduct the CFT, which follows recent revisions to the Corps' physical fitness, body composition and military appearance programs. These revisions were signed by the commandant earlier this month in Marine Corps orders 6100.13 and 6110.13.

The CFT is intended to keep Marines ready for the physical rigors of contemporary combat operations. Individual readiness will be measured by requiring Marines in battle dress uniform to sprint a timed 880 yards, lift a 30-pound ammunition can overhead from shoulder height repeatedly for two minutes, and perform a maneuver-under-fire event, which is a timed 300-yard shuttle run in which Marines are paired up by size and perform a series of combat-related tasks.

"The CFT shows that you have to train a whole lot more than just preparing for a three-mile run and 20 pull-ups," said Lance Cpl. James T. Hammons, a machinist serving with Weapons Training Battalion who ran a trial CFT at Marine Corps Base Quantico. "It is an evaluation that involves so much more."

An initial phase-in period, in which grading will be pass or fail, is in effect until Sept. 30, 2009. Results will be placed in unit diary reports and fitness reports, but will not count toward performance evaluation until the CFT is officially implemented Oct. 1, 2009, according to All-Marine Message 032/08.

"Our nation has high expectations of her Marines," said Gen. James T. Conway, commandant of the Marine Corps.

"Accordingly, our high standards of professional and personal performance, to include our physical fitness and military appearance, must be maintained and adhered to by every Marine."

Several variations were tested on more than 2,500 Marines from 18 separate commands since the com-

mandant made his objectives for the CFT clear in November 2007, said physical readiness programs officer Col. Brian J. McGuire, Training and Education Command.

The commandant wanted something that would complement the physical fitness program and test a Marine's readiness in an operational environment, McGuire said. All of the events are linked to common combat tasks every Marine has been exposed to regardless of military occupation.

"These are the things all Marines should expect to do in combat," said Pfc. Ashley L. Pett, a supply clerk with Weapons Training Battalion who participated in CFT trials at Quantico. "We are all going to be out there just like the grunts, doing things they typically do."

Various groups, including veterans of Operations Iraqi Freedom and Enduring Freedom, helped shape the CFT by describing their experiences in the Long War.

"We wanted the events to directly reflect the input of our combat vets," McGuire said.

While officials with Training and Education Command have determined a minimum and maximum grading scale, an appropriate point system, similar to the physical fitness test, has yet to be finalized.

The CFT will be a semi-annual requirement for active-duty Marines and an annual requirement for reserve Marines; however, a CFT and a PFT shall not be run on the same day. Each event will be scored and timed separately. Male and female Marines will perform the same tasks, but will be graded on different scales.

"The CFT and PFT are the perfect combination," said Sgt. Maj. Ronald L. Green, sergeant major for Headquarters Battalion, Headquarters Marine Corps.

By implementing the CFT, Sgt. Maj. of the Marine Corps Carlton Kent hopes Marines will become well-rounded in both areas instead of just training to the PFT.

"For those who tested it, from the 18-year-old to the 60-year-old Marine, all of them think this is a great thing to do," Kent said.

"It's challenging, but I'm confident that every Marine will pass."

In addition to the CFT, body-fat standards will also change. Marines with a first-class score will no longer be



Sgt. Danielle C.K. Holladay, 24, demonstrates the appropriate technique for the ammunition can lift event of the Combat Fitness Test on Aug. 18. Holladay, the chief instructor of the Combat Conditioning Program at the Martial Arts Center for Excellence, is part of Training and Education Command's Corps-wide CFT demonstration tour that kicked off Aug. 18. Photo by Sgt. Clinton Firstbrook

afforded a four-percent leniency to body-fat composition as previously standardized.

"Tendencies toward increased weight have become a dangerous trend over the last decade in our American society," Conway said in ALMAR 033/08. "But Marines are different. Even during a period of conflict, we hold ourselves to a higher standard and we must, all of us, maintain that standard."

"Under the new order, a Marine's military appearance will be assessed by the individual's command. If a Marine is thought to have the appearance of an unbalanced body weight distribution, they will be subject to an evaluation of their military appearance at the battalion or squadron level following a commander's assessment."

To assist Marines in complying with the new standards, a combat conditioning program will also be put in place. As part of the program, units will have combat-conditioning instructors, certified by the Martial Arts Center of Excellence, who will serve as command subject-matter experts.

"Throughout our 232-year history, the Marine Corps has fulfilled commitments to make Marines and win our nation's battles," said Conway. "Our fellow Americans recognize that long tradition and expect it to continue. As a fighting force, our ability to fulfill this commitment and accomplish the mission is dependent, in part, upon the fitness of our Marines."

A video of the CFT, layout diagrams and other materials can be found at www.tecom.usmc.mil.