

Volume 1 Issue VII



# 2D MLG MAG

MONTHLY AMMO FOR YOUR MENTORING AND LEADERSHIP ARSENALS

2dmlgmag@usmc.mil

2ndmlg\_marines

@2ndMLG

2ndMLG



U.S. Marines with Combat Logistics Regiment (CLR) 27, 2nd Marine Logistics Group, II Marine Expeditionary Force, march on the colors during the 244th Marine Corps Birthday Ball at Geotgge Memorial Field House on Camp Lejeune, North Carolina, Nov. 7, 2019. Marines with CLR 27 celebrate the Birthday Ball in compliance with the will of the 13th Commandant of the Marine Corps Lt. Gen. John A. Lejeune to honor the history and traditions of the Marine Corps since Nov. 10, 1775. (U.S. Marine Corps photo by Cpl. Adaezia Chavez)

**MONTHLY ACTIVITIES:** Remember to check this link every week to see the updated list with lots of fun and free activities for you, your friends, and family! We are also including a list of courses designated to help improve lives and enhance your personal and professional relationships, offered through the prevention and education program at FAP!



## Tap, Rack, Bang

P3



### Must read tips exclusively from Realwarriors.net

Relationship resilience is critical not just to the well-being of service members and their spouses, but to unit readiness as well. Here are some tips! ...Read more on pg. 3

## Birthday Meaning

P5

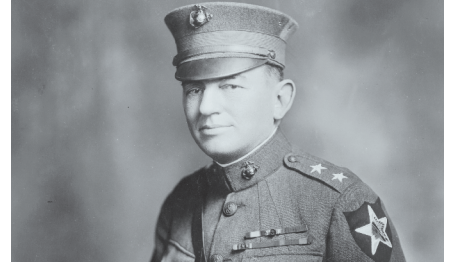


### Happy 244th Birthday Marine Corps

What does the Marine Corps birthday mean to service members at 2D MLG? Check out our new section called share your story! ...Read more on pg. 5

## Chaplain's Corner

P5



### Taking a moment to reflect on our history

Captain Rob McClellen, CHC, USN, Group Chaplain, gives his insight on the history of the Marine Corps Birthday. ...Read more on pg. 6

## ISSUE POINTS:

P2 A 2D MLG Birthday Message

P3 Tap, Rack, Bang

P4 Letter from the Editor

P5 Share your story

P6 Chaplain's Corner



**2DMLGMAG**  
NEWSLETTER



**Brig. Gen. Kevin J. Stewart,**  
Commanding General, 2D MLG

**Sgt. Maj. Jason K. Jones,**  
Sergeant Major, 2D MLG

**CMDCM Richard A. Jackson,**  
Command Master Chief, 2D MLG

## A birthday message from the 2D MLG Command Deck

Marines and Sailors of the 2d Marine Logistics Group,

As we prepare to celebrate the 244th Marine Corps' Birthday - I thank you for your service, for your patriotism, and most importantly for being United States Marines. It is important to remember, we do not join the Marine Corps, but rather we become Marines and it lasts forever. Our Birthday is a time to honor the memory of those who have made the ultimate sacrifice and we pay tribute to our Corps and Nation. It is a day of camaraderie, and the opportunity to celebrate friendships formed, as well as the courage and valor of all who have worn the uniform.

There is a common trend amongst all Marines - it is the WILL TO FIGHT. Marines never ask, "how many are the enemy" only "where are they". Sergeant Major Dan Daly's words during the Battle of Belleau Wood capture it so well...."if you hide in the trenches you may survive for now, but someday you will die and no one will care. If you charge the guns you may die in the next two minutes, but you will be one of the immortals". Every Marine who ever lived is living still, in you, in all Marines who claim the title of Marine today. Make them proud! Most importantly, our Marine Corps' Birthday is a time to reflect on who we are, what we do, and why we do it.

Who we Are: We are Marines - there is nothing better than when meeting someone for the first time and they ask you what you do - and you can simply respond, I am a Marine. Never forget - we are fighters, we are warriors; and most of all, we are Americans. I will sum it up this way - to observe a Marine is inspirational;

to be a Marine is exceptional.

What we Do: We answer our Nation's call - always ready to fight and win our Nation's battles. I have no doubt we will perform the next time we are called, just as our predecessors persevered and overcame, we too are capable of raising our flag wherever sent.

Why we Do It: Americans, and particularly Marines, fight for many reasons. We are proud to fight for our country. We are driven by accountability to our traditions and to those who have gone before us, to fight for the honor of our Corps. And we are bound by the sanctity of our very motto, Semper Fidelis, to fight against all odds on behalf of one another. You made a promise to your country to stand the watch and to stand on the wall in the battle for civilization that is unfolding today.

Who, What, and Why -- it has nothing to do with what your Military Occupational Specialty is. These characteristics transcend all units and live in all Marines. And I see them in all of you.

For your past service, I salute you and express my sincerest admiration and appreciation. For the future, I challenge you, as I challenge myself, to work harder and to uphold the reputation and tradition of our Corps.

For the honor of the fallen, for the glory of the dead, the living line of courage keeps the faith and moves ahead. This is who we are, this is what we do, and this is why we do it.

Happy Birthday Marines, and Semper Fi!

-Brig. Gen. Kevin J. Stewart--

Marines and Sailors of the 2d Marine Logistics Group,

As we prepare to celebrate the 244th Marine Corps' Birthday, I wanted to thank you for your continued excellence in everything you do. Your dedication to our Corps and Country goes unmatched. I would ask that you take a second and reflect on the years past and recalibrate your compass for continued excellence in the future. The Marines and Sailors of 2d MLG are the most valuable asset to the institution. Be a mentor, be the duty expert, be smarter, faster, and stronger. Let's move out together!

Happy Birthday Marines, and Semper Fi!

-Sgt. Maj. Jason K. Jones

Motivators of the 2d MLG,

What an excellent time to wear the Cloth of the Nation and serve in the finest fighting force this country has to offer! This is a time to reflect on those that have gone before us and the path they forged so we may follow. Their valor, tenacity, and sacrifices have insured the freedom and prosperity of our great nation for 244 years. It is on us to carry that weight of excellence forward in the same manner and tradition. Make yourselves ready for the next fight, keep your honor clean, and your K-Bar sharp! Thank you for what you do every day, keep it up! Semper Fidelis and Happy 244th Birthday Marines!

-CMDCM Richard A. Jackson



# Tap, Rack, Bang

What are your immediate actions for your internal “weapon malfunction?” How do you get yourself back to being loaded and ready to fire for your next “mission?” We want to know!

## The Tap: A new approach to suicide prevention by Mrs. Hall

Marine Corps suicide prevention training is primarily conducted via PowerPoint presentation, and at times, can seem like a ‘check in the box’ for training completion numbers. Suicides rates in the military have increased, with 2018 seeing a record number of active duty suicides. The Marine Corps 57 suicides in 2018 is the highest number since the service began tracking them in 2001. Suicide Prevention Training currently focuses on stress factors that can lead to suicide and encourages open dialog about these stress factors and resiliency. In short, it provides the basics of suicide prevention education.

As a Marine spouse, I often hear about the difficulties this topic presents. The subject matter is complex and difficult for many to discuss openly. Given my unique perspective, I present suicide prevention training in an informative, engaging, and impactful manner that is different than Marines have ever experienced before. The intent is for service members to embark on a journey resulting in greater respect for and deeper understanding of suicide, and its effects. Marines and Sailors of all ranks have called this training: “The best [Suicide Prevention] training I’ve ever had.” “Meaningful.” “Impactful.” “I walked in thinking it was just another typical suicide prevention training and hoped to be done quickly. I was wrong. This was the most effective suicide prevention training I have ever had.”

Lieutenant Colonel (Lt. Col.) Kenneth Gawronski, currently at G-10, scheduled this training for his Marines and Sailors during his time as Commanding Officer of Combat Logistics Battalion-8. Lt. Col. Gawronski remarked, “Mrs. Hall’s presentation was powerful. My Marines remarked that her presentation is the exact type of training we need to give Marines.” Should you wish to have this training presented to your unit, speak with your Chaplain, MFLC, or email the 2d MLG MAG (2dmlgmag@usmc.mil).

## The Rack: Resilience in Relationships

Family and relationships can be a great source of joy and support. Leaning on those you trust is a good way to cope with hard situations.

At times, however, families and relationships can also be a source of stress. Fortunately the Real Warriors Campaign can help you strengthen your relationships and keep your family healthy even while facing challenges. Use the following resources to learn more about how to develop and maintain strong relationships.

- Strengthen problem-solving
- Tap into your social networks
- Offer encouragement and support



Read the full article at <https://www.realwarriors.net/family-relationship/how-to-strengthen-relationship>


## The Bang: Overcoming loneliness during the holidays by Debora Burns

Loneliness can be a common experience of military life. It can be especially painful during the holidays when we are away from our family and friends. The holidays can also bring high expectations, and comparisons to others, can run rampant. Many people feel tremendous pressure to be happy and socially connected. Social media doesn’t help. With every post, it seems that everyone is having fun and living a Hallmark movie with the ideal family, loving friends, and over the top festivities. That is, almost everyone, and this can trigger feelings of sadness and isolation. Loneliness lies on a continuum. It can range from being mild, situational and temporary to something deeply painful and chronic from scars of past experiences and traumas. Regardless of its severity, there are many things we can do to cope with loneliness in a healthy and meaningful way.

- Reach out to others
- Communicate to others
- Practice self-care
- Have realistic expectations
- Examine your social group
- Volunteer at a local non-profit
- Seek therapy

Read the full article and trifold at <https://www.2ndmlg.marines.mil/Portals/67/CommStrat/Weekend%20activities%2002%20Aug%202019.pdf>

### PARENTING



**Two Families Now**  
This class is developed to address the challenges of a separation and divorce. You will be offered tools and strategies on how to move forward as an individual and to be an effective co-parent.

**Nurturing Father's Program**  
Are you tough enough to be gentle? This class provides men the opportunity to learn how to be a nurturing parent. You will learn how to have a strong relationship with your child by learning how to discipline without violence, manage anger, balance your work and family life and use a team building philosophy with your family.

**Triple-P "Positive Parenting Program" Seminar Series**  
Known to be one of the most effective evidenced-based parenting classes in the world! Triple P is based on 30 years of research, giving parents practical strategies to help them confidently manage their child's behavior, prevent problems from starting, and build strong and healthy relationships with their children. Courses offered for parents of children ages infant-12 or adolescents 13-17.

**Emotion Coaching – The Heart of Parenting**  
This class will teach you how to be aware of your child's emotions; how to recognize emotions as opportunities for teaching; to help your child label feelings; and communicate with empathy. Learn how to set limits and problem solve.

### PREVENTION & EDUCATION

Behavioral Health Program, MCGS Jeune - New River

Let us bring our CLASSES to your COMMAND!


CONFIDENTIALITY • COMMUNICATIONS • UNDERSTANDING

We can help you decide as leaders which curriculum would best suit your needs and the needs of your Marines and Sailors. All classes can be modified to fit your time restrictions. Make your prevention plans today. Call 910-461-6060.

Refer your Marine or Sailor to attend an ongoing workshop: [mcsjeune-newriver.com/fap](http://mcsjeune-newriver.com/fap)

Mission Readiness • Mindset Strategies • Trust

### PERSONAL GROWTH



**GOT YOUR BACK**  
Value Yourself!

**Get Your Back**  
This personal growth class offers a fun way to learn about yourself, build self-awareness and identify ways to make choices that will benefit your goals and dreams. It helps you develop the practical skills needed to communicate, understand and relate to others at work and at home. Learn how to live the life you decide to live!

**Anger Management**  
Uncontrolled anger is a factor in domestic disturbances, child abuse, road rage, and workplace difficulties. Let us teach you how to take control of your anger before it wreaks havoc in your life. You will learn the skills needed to appropriately address conflict, become less reactionary, and calm yourself when angered.

### MARRIAGE AND COMMITTED RELATIONSHIPS



**Building and Maintaining Successful Relationships**  
For singles as well as married folks! Explore the positive aspects of being in a committed relationship. This class will help you learn how to improve your intimate relationship through identifying communication styles, setting guidelines for a solid financial future and how to fight fair.

**Everything you wish you knew when you first started dating**

**Within My Reach**  
Similar to "Got Your Back" this class has an additional relationship component designed to help you achieve your intimate relationship goals. Discover how to make better choices while "under the influences" of romantic infatuation, why it happens, and how to avoid falling into its traps.

**Coping with Work & Family Stress**  
Learning what to do when stress can protect you from ailments such as depression, anxiety, substance abuse, and physical illness. This class helps you learn how to deal with the high stress of today's busy lifestyles. You will learn coping skills and strategies. Topics addressed include nutrition, exercise and more!



**Seven Principles of Making Marriage Work**  
This course will guide you as a young partner to a stronger relationship by teaching the principles identified as crucial for success. Couples will be taught the step-by-step exercise that promise an increase of love, trust and admiration within the marriage. Based on 40 years of research by Dr. John Gottman.



Welcome to the seventh edition of the 2d MLG MAG! This month we are celebrating the US Marine Corps' 244th birthday! I am humbled to serve next to such influential leaders. The USMC birthday is a reminder to honor the sacrifices and Marine Corps traditions, and to continue upholding the values in which the USMC was founded. Thank you for being a part of the Navy and Marine Corps family.

-LT Claudia Cespedes, Platoon Section Leader, MLG Psychiatry, OSCAR Platoon

## Amnesty Can



Tell us how we are doing! Do you have ideas for future newsletters? Do you want to feature one of your Marines or Sailors in a future issue? Feedback, questions or comments about our content, let us know! Submit your inquiries via [2DMLGMAG@usmc.mil](mailto:2DMLGMAG@usmc.mil)

**Share your story with the MLG MAG! One service member from each MLG unit will be randomly selected and awarded a 72-hour liberty for sharing their perspective on any of the questions below!**

*Who is your favorite Navy or Marine Corps leader, and why? How do you instill those leadership traits within your own life?*

*How do you promote physical and mental toughness within your own shop?*

*What does the USMC birthday mean to you?*

*What is your favorite USMC tradition and why?*

## A message from the Commandant of the Marine Corps



This year, the Marine Corps celebrates 244 years of warfighting excellence and uncommon valor. United States Marines define the world's image of elite warrior-citizens. We take great pride in the legacy built by those who came before us and in carrying that legacy into the future. Capabilities, battlefields, and adversaries change, and Marines continue to adapt to every challenge -prepared to fight and win wherever and whenever our Nation calls. What does not change is the Marine spirit-a warrior spirit rooted in our core values. The strength of our Corps is our Marines. Our success depends on all Marines embodying the values in which our Corps was founded; it requires leveraging the talents and ingenuity of every Marine to strengthen our Corps. Since 1775, courageous Marines have answered the call to fight for freedom and shaped our reputation as the most feared fighting force the world has seen. Marines from each generation approached every battle with a lethal combination of versatility, perseverance, and adaptability that has allowed us to prevail in any clime and place. Throughout the 244-year history of the Marine Corps, our Nation has required Marines to adapt capabilities and fighting styles to defeat adversaries in all domains...

-David H. Berger, General, U.S. Marine Corps Commandant of the Marine Corps 244th Birthday message.

For the full message visit [https://www.hqmc.marines.mil/Portals/142/Docs/2019%20Birthday%20Message\\_Final%20Signed.pdf?ver=2019-10-25-125129-627](https://www.hqmc.marines.mil/Portals/142/Docs/2019%20Birthday%20Message_Final%20Signed.pdf?ver=2019-10-25-125129-627)



What does the Marine Corps Birthday mean to you?  
What is your favorite Marine Corps tradition?

*“My favorite tradition is the passing of the cake from oldest to youngest, symbolizing the passing of knowledge and traditions down to the next generation of Marines.”*



**Staff Sergeant Kyrie Hall, CLR 2**



**Captain Terri Piekosz, CLR 2**

*“The birthday is the one time of the year that Marines far and wide, past and present, are able to come together to celebrate the camaraderie we share.”*

*“My favorite tradition is leading Marines because it’s the best capability that we can give to each other and learn from each other.”*



**Sergeant Kayley Neatherlin, CLR 27**



**“We first make our habits, and then our habits make us.” - Poet, John Dryden**



Once again, we prepare for the time honored traditions surrounding the founding of the United States Marine Corps at Tun Tavern on November 10th, 1775. From the solemnity of the traditional Cake

Cutting ceremony, to the reading of the 13th Commandant's Birthday Message, to the grand galas and balls, the Marine Corps is in the habit of remembering its origins and illustrious history like no other branch of service. Of course, such emphasis on history and traditions is not by accident. It has been carefully crafted over time within the lore and fabric of every Marine who has earned the title. Marines are in the habit of allowing their habits to reinforce their unique identity as America's Force in Readiness. It is appropriate that General Lejeune's message is proclaimed in the midst of annual tradition because he brilliantly understood how such habits could serve to continuously reinforce the professionalism, pride and esprit de corps that mark such occasions. The great philosopher Aristotle said, "We are what we repeatedly do. Excellence is not an act, it is a habit." And so every year Marines, old and young, at home and around the globe, gather to remember and to extoll their love of Corps and Country as they are once again bound by habit and reminded of who they are and what they stand for in a long line of honorable and faithful service. Happy 244th Birthday to all Marines, both near and far and especially to the Marines of 2D MLG.

Semper Fidelis!

-CAPT Rob McClellan, CHC, USN, Group Chaplain, 2d MLG



The holidays are definitely a great time to give back to the community. Check out the website below or the QR code if you are looking for ways to get involved in the community.



Information provided by HM2 (FMF) Erick Monda, 2d Medical Battalion SMP Representative.

<http://www.mccslejeune-newriver.com/smp/volunteers/index.html>

# FREE THANKS GIVING MEALS NOV 28



**On base for Thanksgiving? Come have a FREE dinner with SMP!**

A full Thanksgiving spread will be available to all Active Duty single Service Members & Geo-Bachelors (no guests please).

Meal includes Turkey, Mashed Potatoes, Pie and other traditional favorites.



## Thanksgiving Meal Serving Schedule:

- 2:00 PM Camp Geiger, The Rally Point Rec Center (G560) (Students Only)
- 2:30 PM New River, Holmes Rec Center (AS4038)
- 2:30 PM Central Area Rec Center (Bldg 62)
- 3:00 PM French Creek Rec Center (FC330)
- 3:00 PM Camp Johnson, Four Corners Rec Center (M424)
- 3:30 PM Courthouse Bay, The Sandbar Rec Center (BB27)

**We'll have plenty of recreational activities:  
Pool • Ping Pong • Video Gaming • Cornhole  
Board Games • Chess AND More!**

*Don't miss NFL Football  
and good conversations.*

[mccslejeune-newriver.com/smp](http://mccslejeune-newriver.com/smp)



SPONSORED BY:

HOLIDAY  
PATRIOT



MCCS Sponsor. No Federal or DoD endorsement implied

HOLIDAY  
HELPER

