



On 26 June 2019 2D Maintenance BN's FFI, Staff Noncommissioned Officers, and the lead HIIT Instructor sponsored the CO's and SgtMaj PT with Noncommissioned Officers at Forge Field, 2D Maintenance Battalion. Six companies competed against each other to decide an ultimate winner. The PT consisted of 5 different HIIT workout courses, which were evaluated for completion and integrity. The NCO's were challenged mentally and physically at each course, as they will daily in and out of garrison. Check out "The Rack" on page 5 for more information.

A Good Read

P2



Book recommendation from LtCol Murray

Want to access e-books and audio books for free from anywhere?

Read more...

Tap, Rack, Bang

P5

IS MY REALTIONSHIP
HEALTHY?

Are you loaded and ready for your next mission?

Do you have a buddy who can keep you accountable and motivate you? Read more...

Chaplain's Corner

P5



A message from Chaplain Perdue

Try to "paint" hope in the lives of those around you through your words! Read more...

MONTHLY ACTIVITIES: Remember to check this link every week to see the updated list with lots of fun and free activities for your, your friends, and family! Don't sit in your barracks room all weekend, enjoy what the area has to offer!



ISSUE POINTS:

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Exercise

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2DMLGMAG
NEWSLETTER



LtCol Murray, CO, 2D Maintenance Battalion



SgtMaj Peoples, SgtMaj, 2D Maintenance Battalion

A message on Sustaining the Warrior, 2D Maintenance Battalion

2D Maintenance Battalion is constantly engaged to meet our mission of providing Intermediate Maintenance to II MEF. In doing so, we stay true to our motto of Sustaining the Warrior so that Marines and Sailors from throughout the MEF are able to employ ready equipment to train and execute real world operations. Earlier this year, we reached eight companies when CLC-21 at Cherry Point and CLC-23 at Beaufort joined the Battalion. To recognize this change, we updated the Battalion call sign to "Forge" to represent our ability to form cohesive teams with diverse skills able to bring new capabilities to bear to ensure Marines and Sailors of II MEF never fight alone!

2D Maintenance Battalion is currently forming the Command Element and Maintenance Company for CLB-252 (GS) with Marines and Sailors from

Supply Battalion, Transportation Support Battalion, and throughout 2d MLG to form the Supply and Transportation Companies. CLB-252 will provide General Support logistics to 2d Marine Division units for MAGTF Warfighting Exercise 2019 (MWX19).

Resilience is toughness and the ability to bounce back stronger when challenged. In 2d Maintenance Battalion and CLB-252, we are applying the Good Leaders principles each day to set the conditions for each Marine and Sailor to employ the knowledge, skills, and experience to meet their mission, personally and professionally – we will never fight alone!

LtCol Kate Murray, Commanding Officer, 2D Maintenance Bn and SgtMaj Charles Peoples, SgtMaj, 2D Maintenance Bn

"Take responsibility for the professionalism, welfare, and proficient of those in their charge."

SNCOs and Officers were setting conditions for NCOs to lead, teach, and demonstrate how to get the job done, all with a smile. We established intermediate maintenance facilities and proved our ability to project a combat service support area forward to meet the mission.

"Build teams and unit cohesion through working together."

We encouraged all Marines and Sailors to take pride in their parent Battalions. They can take pride in that heritage and bring the best of that unit to meet the mission of CLB-252 for the FEX and the MAGTF Warfighting Exercise.

Good Leaders

Book recommendation: Cant Hurt Me: Master Your Mind and Defy the Odds by David Goggins

GySgt Snyder earned his Bachelor's degree, Master's degree and is pursuing yet another degree. Marines of all ranks can trust that GySgt Snyder will get the job done. He is never content to sit idle and continues to seek opportunities to improve himself in support of his fellow Marines. Most recently, GySgt Snyder took the lead for 2d MLG's support to the Advanced Naval Tactical Exercise ensuring that support was provided, and the supporting Marines understood their responsibilities and were able to execute.



GySgt, Donald L. Snyder, 2D Maintenance Bn

“One small crack does not mean that you are broken, it means that you were put to the test and you didn’t fall apart.”

Before officially joining the Battalion, HN Song supported the Corporals Course and Lance Corporal Seminar when Sergeant Major Peoples expanded those PME opportunities to include time in a field environment. HN Song made sure the Marines were well cared for in the field providing tips and tricks to keep everyone healthy and motivated. Having earned his FMF pin, he also offered the Marines a Navy perspective to open the window for future Naval integration.



HN John Song, 2D Maintenance Bn

“It takes more than just one person to make something happen.”

Cpl Lavine was recognized in June as the Ground Ordinance Marine of the Year. His innovative spirit is representative of the capability set by our Marines. Great Minds may think alike but a group of Marines is able to think of ideas to take us to the next level!



Cpl Andre R. Lavine, 2D Maintenance Bn



Welcome to the third edition of the MLG MAG! I hope you are having a safe and enjoyable summer so far! We appreciate all the feedback and support we have received. This month we are providing many resources on drug and alcohol prevention, as well as relationships! We all deal with relationships, whether it is in our personal or professional lives. Learn how to equip yourself with healthy relational tools that will produce fulfilling connections!

Remember, the 2d MLG MAG is a tool to initiate communication about important topics with your Marines and Sailors. Let's start a culture of open dialogue and reflection about the issues that affect our Navy and Marine Corps family. Invest in the wellbeing and overall learning of your Marines and Sailors!

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? Questions or comments about our content, let us know! Submit your response in this amnesty can!

SAFE Tips for Water Survival Training by MCWIS SSgt Brian Long, 8th ESB

Do you think only fish breathe under water? You can also learn how to breathe underwater SAFely using water survival training. The acronym SAFE will help you stay calm and build your confidence under water.

Slow easy movements, Apply natural bouoyancy, Full lung inflation, Extreme relaxation



Slow easy movements means that your arms and legs should not be moving fast when treading water. Fast movements create a loss of control of your limbs, which should be used to push water down.

Applying natural buoyancy can be difficult without practice. Everyone's body is different. Some people can easily float on the surface of the water with their shoulders sticking out. For others, it seems like they sink. Realistically, more often than not, people float but their head is partially submerged in the water.

Full lung inflation means that you should be conscious of how much air your lungs have in them at all times, and you should constantly have as much air inside them as possible. We do this by power breathing. Start by taking a deep breath and

holding as much air inside your lungs as possible. Every three to five seconds, you should expel about 40% of your lung capacity and immediately inhale to get your lungs to 100% again.

Extreme relaxation is important because once a person starts to lose control of their body, mind, or situation, it could be fatal. Remember to relax, maintain control, and keep your body above the surface, just enough for you to be able to breathe.

Panic is another important term for practicing safety in the water. Panic is defined as a sudden unreasoning and overwhelming terror that destroys a person's capacity for self-help. This is important to know in an aquatic environment because it allows you to recognize when you are starting to panic. Remembering the acronym SAFE and remembering not to panic can drastically raise your chances of surviving and enjoying your time in deep water.

For more information on how to build confidence and breathe under water, you can contact brian.k.long1@usmc.mil

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: Sexually Transmitted Infections on the Rise in the Military

Sexual health is an important component of your overall health that often gets overlooked. Read this article to learn how to protect yourself.



The Rack: Good Leaders “Are physically fit, resilient, mentally tough, and comfortable being uncomfortable, always maintaining military bearing.”



In June, Maintenance Battalion’s Force Fitness Instructor, Sgt Fugleberg worked with fellow NCOs who hold certifications as Water Safety and Martial Arts instructors to run a challenging beach PT session for all LCpls and below. The following week, NCOs tested their mettle in a HIIT competition held on Forge Field working together to push themselves beyond what they thought they could accomplish to benefit their teams. How do you remain physically fit? Do you have a buddy who can keep you accountable and motivate you? If you have any cool workouts or exercise tips, let us know so we can publish it in the next edition!

The Bang: Setting Healthy Boundaries

Relationships are an essential component of living satisfactory lives, but are you upholding healthy relationship patterns? This article provides great information on boundaries and why they are important in all our relationships, whether personal or professional. Check out the worksheets and supplemental handouts at the bottom to really reflect on your own behaviors and identify how you can optimize your relational patterns. It is easy to push the limits when our expectations are not well delineated, and we can get hurt or hurt others. Know yourself, assert your needs, and respect those with whom you interact!



Book recommendation from Lt Col Murray:

Chesty by Jon T. Hoffman. This biography of Chesty Puller shares the endeavors of one of the Corps’ great leaders from small wars to world wars.

The Navy General Library (<https://navy.libraryreserve.com>) with the Overdrive App is a great way to access e-books and audio books for free from anywhere.





Message from the Chaplain's Corner

Every edition will feature a message from the Chaplain's corner. This month we are featuring Chaplain Perdue from Maintenance Battalion. Read the touching story below about encouragement.

An accomplished artist living in New York City regularly contributed to the can of a homeless man as she made her way home from work each evening. When Christmas time came, she stopped and handed him a wrapped present. As he peeled the paper off, he saw an exquisite painting of himself. Only much different from his



current reality. Clean shaven. In a business suit. Confident and with a sparkle in his eye. She said, "This is how I see you! Merry Christmas." Weeks past. Then months. The following summer, as she was walking home, she saw him. And he was, in actuality, the man reflected in her painting six months before. He said, "I could not stop staring at the painting. I wanted to be that man that you saw." He went on to describe how he sought out support and started his new journey to being that man.

Everyone needs encouragement. It lifts them up when they are feeling low and inspires them to rise. To be an encourager, you need to believe the best in people, to have faith in them. Too many people grew up in homes where they were not given a reservoir of love, words of affirmation that can be drawn upon in later years when the going gets tough.

As leaders, as people made in the image of God, you need to remember, as author John Maxwell said, "your goal is not to get people to think more highly of you. It's to get them to think more highly of themselves. Have faith in them." Try to start believing more in the people around you. Praise and encourage them before they have proven themselves. Everyone loves a winner. It is easy to have faith in people who have already arrived. Speak words of life to those who aren't as far along in their journey. To again quote Maxwell, "Every person has seeds of greatness within, even though they may currently be dormant. But when you believe in people, you water the seeds and give them the chance to grow." This week, try to "paint" hope in the lives of those around you through your words! Be aggressive for their success! You have no idea how many lives you will change directly or indirectly if you do so!

SACC provides alcohol prevention presentations with hands-on activities and interactive discussions. Hear from individuals who have been affected by loss due to alcohol and drugs. Highly recommend this event to all MLG units!

RETHINK THAT DRINK TOUR

Cultivating conversations and awareness about the consequences of alcohol misuse and encouraging Marines to make no risk or low risk choices. The Rethink That Drink Tour utilizes local resources and interactive activities to encourage Marines to make better informed decisions that protect their future.



HEALTH PROBLEMS

ADDICTION Choices
Muddy Thinking
Divorce REBELLIOUS
Failed Relationships ALCOHOLISM
BLACKOUTS SEPARATION
RISK Injury
FALLS



FIGHTING

CRASHES
\$\$\$

LEGAL
FEES

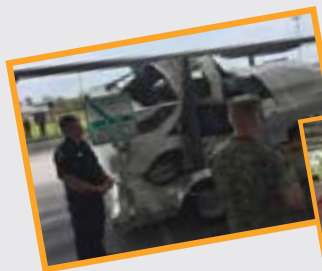
DUI
Jail

DEATH

4 Hour All Hands Presentation includes:

2 Hour Testimonial Portion - Impactful personal stories of loss due to alcohol and drugs.

2 Hour Interactive Hands-on Activities - Marines will participate in a variety of impaired driving simulations, impaired goggle games, sobriety test demonstrations, and resource table displays.



Bring the Rethink That Drink Tour to your command, please contact: Substance Abuse Prevention Program at **910-451-2865** or contact your SACO to coordinate.

MARINE & Family

mccslejeune-newriver.com/substanceabuse

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**Contact your
unit SACO**



451-6657



449-9733



449-8403



450-8857



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