



2d Medical Battalion celebrated the Navy's 244th birthday on 11 October, 2019 with a cake cutting ceremony.

"Sailors and Marines stand watch together in every fleet and operate as an integrated naval force. We operate jointly 24 hours a day, 7 days a week, 365 days a year, and continually demonstrate America's ability to put forces wherever and whenever we choose. There is no higher honor than to serve with each one of you." CNO Admiral Gilday.

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!



Tap, Rack, Bang

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T. R. FEHRENBACH
THIS KIND OF WAR

THE CLASSIC MILITARY HISTORY OF
THE KOREAN WAR

This kind of War by T. R. Fehrenbach

This book is a comprehensive account of America's role in the Korean War and a study of human character in the face of brutal and merciless warfare.

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Birthday Message

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Happy 244th Birthday Navy

Birthday message from Chief of Naval Operations Adm. Mike Gilday:

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Chaplain's Corner

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Influence for Good

How do you influence for good?
How do you maximize that influence?

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2DMLGMAG
NEWSLETTER



LtCol Gerbracht, Commanding Officer 8th ESB



SgtMaj Baez, Sergeant Major 8th ESB

A message on Resiliency

Bruce Lee once said we should “not pray for an easy life,” but “pray for the strength to endure a difficult one.” Marines in distress are wise to heed guidance like this, as it reflects a cold and hard fact – life is hard, life is painful, and life will throw challenges at all of us that we might never expect. Replace the word “life” for “war” in that last sentence, and you start to realize the role we as Marines have in providing strength to one another so we can endure the worst the world can throw at us.

I often turn to Marine Corps history for inspiration and guidance in my personal and professional life. Read “Helmet for My Pillow,” or “With the Old Breed” and you will quickly find that the modern world problems many of us “just can’t even” deal with are petty and insignificant to what Marines have had to face in war. If we each accept that service in the Marine Corps is supposed to be hard, we then have to accept that the only way to succeed against this hardship is by relying on each other – through the team, the unit, and the way we communicate our hopes and fears.

The day Samuel Nicholas opened the rolls on our beloved Corps in 1775, he was the first and only one of us to ever say he served alone. Since then, none of us have ever traveled solo - we have each had a shoulder to lean on, a comrade’s ear to confide in, or a more seasoned Jarhead brain to pick for ideas.

In our Corps, there are no one-man fighting holes. While we are blessed to serve in an organization with more than its fair share of extraordinary individuals, not one of them has ever achieved their excellence in isolation. If your life is hard, if your job is unfulfilling, or if you raised your hand to serve your Nation and now have a hard time dealing with what that really means, as a Marine you have only one option: stand and fight.

When a challenge knocks you down, don’t just get back up – call for a buddy to help you, and then both re-attack whatever that challenge was. What Marine has ever earned the title because they pray for an

easy life? We maintain faith in each other, we remain semper fidelis, because this gives us the strength to endure a difficult one.

LtCol Gerbracht, 8th ESB

“Humans don’t mind hardship, in fact they thrive on it; what they mind is not feeling necessary. Modern society has perfected the art of making people not feel necessary. It’s time for that to end.” -Sebastian Junger, “Tribe: On Homecoming and Belonging”

“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment” -Marcus Aurelius, “Meditation”

I use the quotes above not as a means to hand out high five’s to everyone in uniform, but more so to extend an open hand smack to those who need it, or a helping hand to pull a Marine out of a dark place, whether physically or emotionally. Within our tribe, everyone is necessary, everyone serves a purpose to accomplish a common goal.

Esprit de Corps is as important when training for combat as marksmanship or weapons handling. Values, camaraderie and Esprit de Corps, is what guides a warrior to do the right thing and will motivate him/her to fight for mission and each other. Without using that as a foundation, he or she is just an individual with good skillsets. Instill in them the character to do the right thing, even at the worst times. To make morally sound decisions even when your body and mind are depleted of every ounce of energy.

Having a winner’s mindset and understanding that failure is only an option when it’s presented as one.

Moral fiber and ethical character are paramount. We’re warriors on battlefield; ladies and gentlemen off of it. Teaching warrior ethics and character builds the strength to weather the storm as leadership

can be emotionally draining. Sometimes you’ll continually work with an individual that just doesn’t seem to get it. And sometimes they won’t, until after yourself, or the individual departs, when suddenly something inside him will click and they’ll get it. It may be years later and you may never know. And sometimes an individual you stuck your neck out on and took a risk for, ends up making a mistake again. If you’re a true leader, one who cares and puts people first, this emotional roller coaster will cause many sleepless nights and tug on your emotions as the highs and lows of success and failures will test you’re resolve.

This is where as a leader, you have to have the strength to weather the storm and ride it out. If you quit, so will they. Our personal and professional example on and off duty will always set the tone for how our Marines and Sailors conduct themselves and endure even the harshest of situations.

“In his search to be a great leader, the young centurion sought out the Republic’s veteran warrior. Looking up from his labor, the sage spoke: “I know not what beats beneath your tunic, but what I saw in a leader from foot soldiers to proconsul is thus:

One who makes drill bloodless combat and combat bloody drill...
One who disciplines the offense and not the offenders...
One whose heart is with the Legion and whose loyalty is to the Republic...
One who seeks the companionship of the long march and not the privilege of position...
One whose commission is assigned from above and confirmed from below...
One who knows the self and, therefore, is true to all...
One who seeks to serve and not to be served...
This is the one who leads best of all.”

– LTC Jeffrey Sparta in Military Leadership: In Pursuit of Excellence.

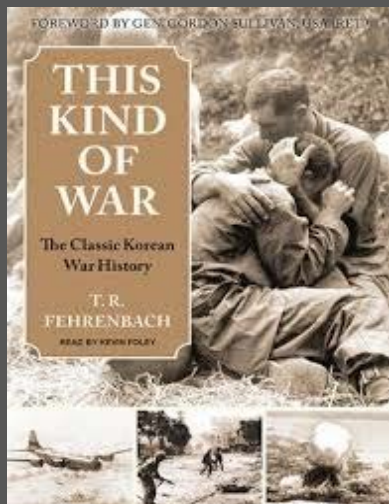
SgtMaj Baez, 8th ESB



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: Combat leadership and personal discipline



This book is not only a comprehensive account of America's role in the Korean War, it is also a study of human character in the face of brutal and merciless warfare. I encourage everyone to read it, dissect it, and memorialize its lessons. Far too many Marines, Sailors, Airmen, and Soldiers paid the brutal cost for us to ignore its passages – that human beings will always face fierce competition and that hunger to destroy each other through arms will always subject

men and women to unspeakable horrors. The only way to survive is to endure it. The only way to endure it is to accept it as our fate, and steel ourselves for the worst, after all our nation demands that we lift the shield to safeguard our way of life.

A line in the book describes how we can prepare ourselves, “...but if you desire to defend it, protect it, and keep it for civilizations, you must do this on the ground, the way the Roman legions did, by putting your young men into the mud.” Personal challenges and obstacles that test our character, our physical strength, and mental willpower are a blessing because they help steel our resolve for the inevitable.

My favorite passage is written towards the end of the book, “The man who will go where his colors go, without asking, who will fight a phantom foe in jungle and mountain range, without counting, and who will suffer and die in the midst of incredible hardship, without complaint, is still what he has always been, from Imperial Rome to sceptered Britain to democratic America. He is the stuff of which legions are made. His pride is in his colors and his regiment, his training hard and thorough and coldly realistic, to fit him for what he must face, and his obedience is to his orders. As a legionary, he held the gates of civilization for the classical world; as a blue-coated horseman he swept the Indians from the Plains; he has been called United States Marine.”

We all must accept those things that define us as long as we serve our nation in uniform: unrelenting hardship, fear of death, and the grief of losing those closest to us. The reward however, is a lifetime of camaraderie amongst a brotherhood and sisterhood of Marines and Sailors who have collectively shared the most intimate and brutally honest moments in our lives. When we face the cold realities of warfare and train to learn from its lessons, it is natural that we will become closer, and the result is an unbreakable esprit-de-corps that has survived every conflict since 1775.

Major Christopher Y. Kim, 8th ESB XO

The Rack: The struggle is real, and we are here to help.

“We understand that every struggle is different. No matter the struggle, know that your leadership is here for you, and be there for one another.”



Capt Billy Vanvianen, Company Commander of H&S Company, 2d Medical Battalion, talks to his Marines and Sailors after completing the Obstacle Course on 11 October, 2019. Aside from praising them for their hard work, he encourages them to reach out when they need something.

The Bang: How do you give back to the community?

Do you know about the Single Marine Program? Not only do they have many trips and social events planned, but they have many volunteer opportunities scheduled throughout the year! Anyone can volunteer- active duty, friends, and dependents! Check out their website or speak to your SMP Command Rep to get involved!



Contacts to remember

Make sure you have at least three options of whom you can turn to when in a crisis. If you are unable to contact them or anyone in your chain of command or social circle, use the numbers below. You are not alone.

MLG Contacts

Unit OSCAR Team Members
Unit ASIST Trained Team Members
Unit Uniformed Victim Advocates
MLG Psychiatry: 910-451-6628/6667
MLG Psychiatry cell: 910-333-7224
MLG Chaplain: 910-546-2057

Camp Lejeune Contacts

Camp Lejeune Duty Chaplain (must contact CDO for connectivity): 910-451-2414
Community Counseling Center: 910-451-2864
Camp Lejeune Sexual Assault Prevention and Response: 910-750-5852

National Contacts

Military Crisis Line: 1-800-273-8255, Select Option 1
National Suicide Prevention Lifeline:
1-800-273-TALK (8255), Select Option 1
D-Stress 24-hour line: 877-476-7734
Military One Source 1-800-342-9647



Welcome to the sixth edition of the 2d MLG MAG! We encourage you to use this newsletter as a communication tool with your Marines and Sailors. Start a book club or have real conversations about topics that affect our Navy and Marine Corps family.

This month we are showcasing 8th Engineer Support Battalion! Read about their accomplishments and inspiring words on leadership. This month we are also celebrating the Navy's 244th birthday! Check out the 2nd MLG MAG Instagram or Facebook page to check out all the birthday messages! As Sailors, we feel truly honored to be a part of the Navy and Marine Corps family!

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

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?

Choose one of the recommended books from this edition. Tell us your thoughts and ways in which you uphold those leadership traits.

Answer any other question from the various sections, and tell us why it matters to you.

Happy 244th Birthday to the U.S. Navy

Birthday message from Chief of Naval Operations Adm. Mike Gilday: 244 years ago the Navy began its watch to protect freedom of the seas with honor, courage, and commitment. As we celebrate across the fleet, we renew our commitment to be ready; remember those who forged our legacy; and honor our families and loved ones who stand beside us.

With 290 ships, about 30 percent of which are underway today, your Navy is America's away team. From the Atlantic to the Arabian Gulf, and from the Indian Ocean to the Pacific, there are no shortage of headlines about our presence around the world. We enable prosperity – at home and abroad – by ensuring peace, stability, and security around the globe.

Sailors and Marines stand watch together in every fleet and operate as an integrated naval force. We operate jointly 24 hours a day, 7 days a week, 365 days a year, and continually demonstrate America's ability to put forces wherever and whenever we choose. There is no higher honor than to serve with each one of you.

Happy 244th birthday shipmates. See you in the fleet.





The following Service Members are being recognized this month due to their ability to exemplify the Good Leader qualities put forth by Brig Gen Stewart. Read below to find out why they are examples of outstanding service and leadership.

“It is necessary for us to learn from others’ mistakes. You will not live long enough to make them all yourself.”

- Adm. Hyman G. Rickover

SSgt Wallace has been an indispensable and valuable leader within 8th ESBs S-4 section. During the Battalion Command Post Exercise, SSgt Wallace played a key role as the Watch Chief. He oversaw the establishment of 24hr COC Operations for over 150 Marines training in four separate training areas within the Camp Lejeune area, establishing communication, and logistics plans for all gear and movements throughout the exercise. During Hurricane Dorian, SSgt Wallace was the Senior Enlisted Leader for 8th ESBs destructive weather team. He stood up several response teams totaling over 100 Marines in order to provide support to MCIEAST-MCB, civilian authorities, and the local community. SSgt Wallace’s discipline, determination, and leadership played a key role in achieving mission success. As his own family was hunkered down in their residence to ride out the storm, he remained at the command post to direct rapid response teams.



Staff Sergeant Cody Wallace, 8th ESB



Private First Class Dylan Crabtree, 8th ESB

“The reminiscences of a Marine”
by John A. Lejeune

PFC Crabtree is dedicated to driving readiness from the ground up. As a junior Marine among a sea of technicians in a large motor transport maintenance shop, he has proved himself to be the top performing technician in both throughput and technical prowess. He averages more than double the amount of completed motor vehicle repairs than his next competitor, frequently completing 3 or more labor intensive and complex corrective maintenance jobs per week. He has a knack for diagnosing air governor systems on the medium and heavy wheeled vehicle variants. He shares his enthusiasm and commitment to excellence with 43 fellow technicians. He cultivates motivation and comradery by sharing his knowledge and talents to assist his fellow technicians at every opportunity. PFC Crabtree’s efforts directly contributed to an increase in maintenance readiness from 62% to 82% over a six month period.



Every edition will feature a message from the Chaplain's corner. This month we are featuring Chaplain Larry Brant from 8th ESB.

Leadership is about influence and everyone influences someone. So in a sense, everyone is a leader. Sociologists tell us that even the most introverted individual will influence 10,000 other people during their lifetime. As you look back on your life, many people – parents, teachers, friends, Marines, Sailors, and family, have probably influenced you.

Just as others have influenced you, you will influence others for good or bad. An African proverb says, "If you think you're too small to make a difference, you haven't spent the night with a mosquito." One person can stop a great injustice. One person can be a voice for truth. One person's kindness can save a life.

History is in many ways a story of influence. We influence one another in many ways – from what to have for lunch and what films to watch, to matters of truth and ethics. What we do as individuals, as a community or a nation affects others. How do you influence for good? How do you maximize that influence? Here are some ideas:

1. Use your influence for the good of everyone. Be a blessing to others and use your influence for the good of everyone around you.
2. Use your influence to spread goodness. Show kindness to others and encourage them to in turn be kind.
3. Use your influence to plant good seeds. One wise person can save a city. On the other hand, one person can also destroy much good.

Be A Blessing.



COMREL in Rota, Spain on May 3, 2019.

