

U.S. Marine Corps Lance Cpl. Kevin Yu, left, and Cpl. Tristan Martin with Combat Logistics Battalion 2 Combat Logistics Regiment 2, 2nd Marine Logistics Group step away from a MV-22 Osprey during a helicopter support team external lift as part of integrated training exercise 5-19 on Marine Corps Air Ground Combat Center Twentynine Palms, California, July 28, 2019. (U.S. Marine Corps photo by Lance Cpl. Scott Jenkins)

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!



Flashback Edition

P4



Snapshots from 2019

The units of 2d MLG have been busy doing different exercises and pre-deployment trainings. Come see the snap shots!
...See more on pg. 4-7

Tap, Rack, Bang

P7



The Long Walk Alone

Shanika Jones tells her story. It is a written story of heart break and struggles to find self-acceptance and self-happiness.
...Read more on pg. 9-11

Chaplain's Corner

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Bring them Hope

Hope is real and powerful, and each of us serves as a beacon of hope, a giver of the gift for the sake of the other.
...Read more on pg. 12

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2019 MESSAGE

FROM THE COMMANDING GENERAL

■ I have the “best” and the “easiest” job in the 2d Marine Logistics Group. It is the “best” because I get to observe you serving with purpose and pride every day. It is the “easiest” because you simply execute the mission with precision. As I reflect back on the last year, I do so with tremendous pride. It is an honor to be part of the 2d Marine Logistics Group team.

Without a doubt, we accomplished much this past year and it is due to your tireless efforts and many sacrifices. Together, we sustained II MEF with critical logistics and material readiness support. From the forests of northern Europe to the deserts of the American southwest; from sandy beaches to towering mountains—and everywhere in between—your tireless devotion to duty, your steadfast commitment to service, and your unwavering adherence to our standards and traditions ensured that II MEF is ready to train, fight, and win.

As we look to the year ahead, I am confident we will enjoy the same success. However, it will not be easy and it will require your hard work, sacrifice, and toughness. I challenge you, as I challenge myself, to be even better in the year to come. We can all work a little harder to increase our fitness, enhance our discipline, and be better leaders. You joined to be challenged and we need to be even more demanding of ourselves and each other so every Marine and Sailor becomes the best that they are capable of becoming.

In 2020, there will be obstacles and difficulties on our road to mission accomplishment, but nothing that we will not overcome together.

Never forget.....you will never fight alone.

- Brig. Gen. Stewart, CG, 2D MLG



Welcome to the eighth edition of the 2d MLG MAG! This is a flashback special edition to recognize all of your accomplishments, our 2d MLG family! 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

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!

What is your biggest accomplishment for 2019 and why?

What do you hope to accomplish (personally or professionally) in 2020, and what is your plan to reach your goal?

Share your reflections to any piece of this newsletter.

Share a topic idea for the next newsletter!

Meet the 2d MLG Psychiatry, OSCAR Platoon

We are here to assist with mental health support and outreach! If you want a workshop on coping and/or resilience, we are here to assist! We love going out to your work spaces so call us to get something set up at 910-451-6628! We are located in Bldg 327 off of H. Street.





Snapshots from January - March 2019



CASEVAC

U.S. Marines and Sailors with 8th Engineer Support Battalion, evacuate a simulated casualty during a casualty evacuation to develop and maintain proficiency at Camp Lejeune, North Carolina, Jan. 30, 2019.

Demolition

U.S. Marine Cpl. Austin Brown and Pfc. Elias Cruz with Alpha Company, 8th Engineer Support Battalion trigger a 40 pound shape charge at Camp Lejeune, North Carolina, Feb. 7, 2019.



Communication Field Op

U.S. Marine Lance Cpl. Thanase Vizentinis, a field radio operator with Communications Company, Combat Logistics Regiment 27 carries a AN/PRC-117 multiband manpack radio to a roof top at Camp Lejeune, North Carolina, March 18, 2019.

Snapshots from April - June 2019

Trap Mission

A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 464, Marine Air Group 29, 2nd Marine Air Wing, lifts a Humvee during a tactical recovery of aircraft and personnel training event with 2nd Transportation Support Battalion, Combat Logistics Regiment 2 at Camp Lejeune, North Carolina, April 2, 2019.



Arrow

U.S. Marines and a Light Armored Vehicle-25 with 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force at their camp during exercise Arrow 2019 at Pohjankangas Training Area near Niinisalo, Finland, May 8, 2019.

Bulk Fuel

U.S. Marines with Bulk Fuel Company, 8th Engineer Support Battalion, utilize a hose-reel system to lay down a fuel line during a Bulk Fuel exercise at Camp Lejeune, North Carolina, June 19, 2019.





Snapshots from July - September 2019



ITX 5-19

U.S. Marines with Combat Logistics Battalion 2, Combat Logistics Regiment 2, use a logistic vehicle system replacement to recover a trailer during a vehicle recovery lane as part of integrated training exercise 5-19 on Marine Corps Air Ground Combat Center Twentynine Palms, California, July 23, 2019.

Mount Town Renovation

U.S. Marines with Bravo Company, 8th Engineer Support Battalion pose for a group photo at Camp Lejeune, North Carolina, Aug 6, 2019.



Train Transportation

U.S. Marines from 2nd TSB loaded vehicles on train carts to be transported for use in MAGTF Warfighting Exercise 1-20, Morehead City, North Carolina, Sept. 20, 2019.

Snapshots from October- December 2019

CAT 20.1

U.S. Marines with 2nd Transportation Support Battalion, Combat Logistics Regiment 2, load equipment on a Landing Craft, Air Cushions 69 and 53 during Type Commander Amphibious Training 20.1 on Onslow Beach, Camp Lejeune, North Carolina, Oct. 21-26, 2019.



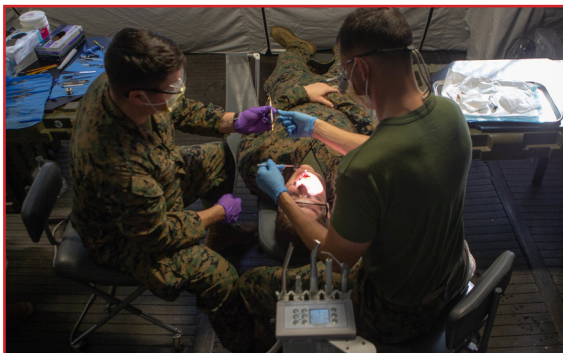
MAGTF Warfighting Exercise 1-20

Sailors with 2nd Medical Battalion treat a simulated casualty at a field resuscitative surgical suite during MAGTF Warfighting Exercise 1-20 at Marine Corps Air Ground Combat Center Twentynine Palms, California, Nov. 6, 2019.



ADAL

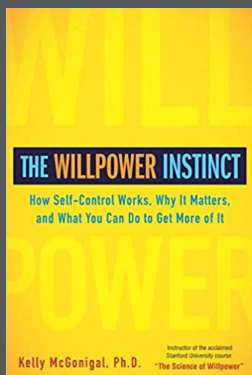
U.S. Navy Sailor Lt. Jarrett Darrah, right, and Hospitalman Jacob Booton with 2D Dental Battalion, 2nd Marine Logistics Group perform a filling on a patient during an Authorized Dental Allowance List exercise on Camp Lejeune, North Carolina, Dec. 10, 2019.





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

The Willpower Instinct

by Kelly McGonigal

Are you getting ready to set some goals for the new year? Do you often lose motivation soon after starting something? This book is amazing, and will help you stay focused on what is important to you, and learn how to be more in control of your life. Whatever you want to accomplish, this book will help you get there!

The Rack

Fuel your innovative side at Makerspace

MakerSpace (n): a community operated workspace where individuals with common interests can meet, socialize, and collaborate on new ideas.

The Marine Corps is an effective institution that has been winning wars and defending the nation for over two centuries. The strength of the Corps rests squarely on the initiative, tenacity, and creativity of the Marines and Sailors that serve within its ranks. As we embark on a new period of change and adaptation, the Corps will rely on these strengths more than ever in order to win the next great struggle.

A MakerSpace is a place where Marines and Sailors can come together to learn new technologies and skills that will prepare them for future changes within the Marine Corps and society as a whole.

The 2d MLG MakerSpace is one of the first of its kind within the Marine Corps operating forces. Sponsored by the 2d MLG CG, it is open to all Marines and Sailors within II MEF to learn and collaborate together. Currently, the MakerSpace is training Marines and Sailors on 3D Printing (Additive Manufacturing) within their space in FC 520. Individuals can attend a week long course on Computer Aided Design (CAD) and printing, 4 hour “short” courses, or open hours in the evening. In the near future, the MakerSpace will begin offering courses in robotics and electrical engineering.

The MakerSpace offers open hours after normal business hours for Marines and Sailors to come in, decompress, and work on personal work projects. Currently, open hours are on Tuesdays from 1630 -



2000 but they will expand in the new year.

The MakerSpace also hosts the MLG Commanding General's Innovation Challenge. This quarterly event allows Marines and Sailors within II MEF to submit ideas on ways to improve the MLG, MEF, or Marine Corps as a whole. The ideas presented can be material, procedural, or conceptual and the winner can receive a cash prize, extended liberty, and/or an official service award. In the 4th Quarter of FY 2019, SSgt Elissa Pedelty was awarded \$1,000 and a Navy/Marine Corps Achievement Medal for her 3D printed design for an Environmental Control Unit duct cover.

Please come by our space in FC 520, visit our SharePoint page under 2dMLG/MakerSpace, or email us at 2dmlgmakerspace@usmc.mil for more information.



The Bang

The Long Walk Alone

by NCCS Shanika Jones

Building resilience is the process of adapting well in the face of adversity, tragedy, trauma, or other significant sources of stress. How do we, as Sailors build resilience? For many of us it starts prior to us joining the Navy. We navigate life's obstacles in hopes of overcoming them. I would like to share with you the story of a Sailor who has been navigating life's obstacles and her Navy career for over 21 years now. While life still throws curveballs at her, resiliency has allowed her to navigate these issues and come out on top.

October 1, 1998, an 18 year old, young lady from the small city of Albany, Ga embarked on a journey to become a United States Sailor to have better opportunities for herself and her daughter. Early in her career things were going as one could expect. Promotions to Petty Officer Third (PO3) and Second Class (PO2) came within a two year period, along with a Junior Sailor of the Quarter selection. For a first term Sailor, things were looking promising for this PO2.

In 2002, a tour of duty overseas landed a promising romance. Eventually, marriage came, along with a couple more kids in tow. As with any major life changing events, this was also a turning point for PO2. The test of balancing military and family life became a daily occurrence. After just nine months of marriage this Sailor was faced with what takes some marriages 10-20 years to face, if at all.

The death of a child on October 23, 2003, the murder of PO2's father on December 5, 2003, a spouse that ultimately was discharged from the Navy due to NJP, domestic violence, and a host

of financial problems, also followed suit. Not wanting to be labeled as someone who "could not" handle life, PO2 began to put on the "happy face" while on duty. However, life at home was going down the drain faster and faster. She declined all recommendations of speaking with a counselor, Chaplain, and Fleet & Family Services Center (FFSC). Growing up she heard this was a sign of weakness. Let's face it, who would want to be labeled as weak?

In 2004, the plethora of problems began to take its toll on her. She soon found herself in a dark, cold, closet with a gun to her head. Luckily she did not have a vast knowledge of weapons at the time. Her attempt to end it all was thwarted by her failure to assemble the gun properly. The sounds of her two older kids playing in an adjacent room interrupted her attempt to figure out her mechanical mistake. A secret she internalized for many years to come. Shortly after this, the news of a new bundle of joy in the making seemed to put the marriage back on track.

However, that happiness was about as short-lived as the dryness of a newborn baby's diaper. Now PO2 was hiding bruises behind the face to fake happiness. The arguments got worse and turned even more violent. Repossessions were looming in the shadows and creditors were trying to get in on the action as well, robbing Peter and Paul to pay Jake. Feeling that maybe some time apart would help, she opted for a 12 months tour of unaccompanied duty overseas in Bahrain, vice a tour of duty



on a ship with deployment uncertainties. This could also help out financially... so she thought.

In 2006, about a quarter of the way through her tour in Bahrain, PO2 decided to come home to visit her spouse and children whom she had not seen in months. This visit home turned into a nightmare. It was brought to her attention that one of her daughters was being molested at the hands of her spouse. A whirlwind of events took place afterwards, between CPS, FFSC, and the judicial system for a period of about five to six years. The case eventually was "nolle prosequi" due to the evidence of an STD being thrown out due to a chain of custody issue. Of course the marriage ended and PO2 is now on her own raising three kids and in financial ruin.

Feeling defeated, PO2 continued to press on in her career despite the turmoil in her life. Eventually the two would clash. After multiple instances of disrespect towards leadership due to fear of trusting others and letting her guard down, PO2 was facing her own NJP proceedings.

On March 17, 2009, she was standing before her CO, XO, CMC and what looked to be every Chief in the Navy, "You are hereby awarded reduction in rate to the next



inferior paygrade, half months pay times two..." She felt her knees buckle, "How on earth will I survive and overcome this," were the thoughts running through her head. She was ordered to correct her military bearing. She popped back tall and waited for further instruction from the CO.

She looked the PO2 in her eyes and stated "Petty Officer, I am suspending all of this for six months, because my Chiefs, the ones you disrespected, believe in you and feel that you can overcome this." Why would "they" do this after all she did to them? Then it happened again. Her knees buckled. This time because the CO followed with the statement of "You are hereby directed to be evaluated by a counselor, mental health provider, or FFSC. You are also directed to find a mentor." PO2 heard, "you are weak, you need someone to tell you right from wrong like someone in grade school."

Nevertheless, PO2 obliged to the CO's direct orders and spoke with a mental health counselor. She was able to tell the therapist "all the right" things and played the role of I'm doing great. I mean, technically, she was doing great at her job, but what about life? Receiving multiple recruiting accolades, Recruiter of the Quarter three quarters out of the year, SEAL Recruiter of the Year, just to name a few. December 2011, at the annual awards banquet, PO2's name was the first name to be called for presentation of awards. She received a Navy and Marine Corp Commendation Medal for being one of the top Recruiters in the district! She recalled walking to the stage and shaking the hands of everyone in the Chain of Command. She got to the very end and a Navy Senior Chief Career Counselor (NCCS) asked her what she wanted to be when she grew

up. Confused, her reply was "I don't know" as she exited the stage, grinning from ear to ear. January 17, 2011, PO2 was gathered with her zone recruiters for mandatory recruiter training and their Chief. The CO, who was the XO at the time of her NJP, called the recruiting station asked to be placed on speaker phone. He informed PO2 she was out of uniform. Confused yet again, her response was "Sir, we were authorized by our Chief to wear PT gear." Chuckles were heard in the background, followed by "PO1, did you understand what I said?" Again PO2 was not catching on and stated "Sir, I'm PO2." More chuckles ensued followed by "PO1, as the CO and based off the recommendations from the Chiefs and everyone here at the district, I am promoting you to PO1 effective today. Thank you for all your hard work this year." Tears of joy flowed down her face, followed by a lump in her throat. She could barely utter the words "Thank You, Sir." Perhaps all the crap she had been through was finally worth it... or was it.

Sometime shortly after this, PO1 found herself the victim of a sexual assault at the hands of a Sailor. This incident, ignited a trigger in her that would open up wounds dating back to childhood. You see, PO1 had somehow managed to suppress her memories of being molested and sexually abused starting at the age of nine. This abuse occurred by multiple men known by her mother and other relatives until she was seventeen. At seventeen, she was violently raped and impregnated by her sister's boyfriend. She was faced with a decision; abortion or bringing the rapist's child into this world. She chose the latter. Informing her mother that she was having sex with someone from school. This

news did not go over well, however, it hid her secret for many years.

The military sexual assault put PO1 on another downward spiral. She began to seek love in all the wrong places quickly finding herself on the bad end of the deal. In 2012, she reported to her first ship ever in her career. A challenge in itself, she was now expected to lead a group of Sailors, while barely knowing how to get from the quarterdeck to berthing. Her Chief was placed on LIMDU shortly after she arrived, and a new one would not report until roughly eight months later while they were deployed. She often bumped heads with her fellow shipmates, earning her the angry chick reputation in admin. Her personality also did not mesh well with the Command Master Chief (CMC), who was a prior Yeoman. This led to a hard-time on the ship until she muscled up the courage to ask GSCM and Fire Control master Chief (FCCM) to be her mentor.

Ultimately she received guidance from them, venting, and training for her Surface Warfare qualification, leading to a big change in her attitude. It began to match her work ethic and she was selected as Senior Sailor of the Quarter, Enlisted Woman of the Year, and received the Master Chief Anna Der-Vartanian Leadership Award. This award is a big deal in the Navy and is presented during the Joint Women's Leadership Symposium annually. PO1 traveled to Norfolk, VA to have this awarded presented in front of many great leaders in the Navy, such as Admiral Howard, Fleet Master Chief Beldo and Fleet Master Chief Whitman. During a reception for the awardees, PO1 was asked "What do you want to do when you grow up?" Oh



boy, here we go, that grow up question again. Still not understanding she replied “I do not know Master Chief. I guess I will have to figure it out.” Fleet Whitman looked at Fleet Beldo, followed by them both looking at me, with a smile. Fleet Beldo stated “you have no idea how many doors are going to open up for you” with another “congratulations again Shipmate, no matter what, stay humble.”

PO1 returned to the ship. Sometime later she was notified she had made board for Chief. Reality sunk in. There was no way she would be selected for Chief with a NJP in her record in the past five years. She had attended plenty of board prep briefs and saw it in big bold letters. She was not even prepared to send a letter to the board. Her mentors quickly recalibrated her, and her letter to the board was sent on the deadline date with only a couple hours to spare. In August 2014, while awaiting board results, PO1 transferred. Just three days prior to graduating Command Career Counselor (CCC) school, she received the phone call. “Congratulations, Chief Select.” This Sailor has once again defied the odds. She returned back to the ship to complete her CPO season and was accepted. What about all the turmoil, the trigger that awakened those memories. Hold on we are almost there.

In 2014, Chief reported to Florida for another tour of duty. One of her responsibilities would place her in charge of LIMDU sailors battling all types of medical issues to include mental health. Chief was now carrying the weight of not only her issues, but her Sailors as well. She realized that in order to be a great leader for them, she had to be well herself. She went through military one-source to seek counseling out in town

and leaned on her fellow Chiefs for support. It was a rough three years of on and off counseling before sticking with it. Upon sticking with the counseling, she realized it wasn't so bad and actually helped in not only her personal life but professional life as well. By now, you are probably wondering where she is now and how she is doing.

This Sailor is me; NCCS Jones, currently assigned to II MEF as the Immediate Supervisor in Command (ISIC) Career Counselor.

In life, curveballs will always be thrown. Instead of striking out, attempt to knock it out the park. If you hit a foul ball, you still have a chance to get it right.

What you read was only a glimpse of my story. I was able to build resilience by going through some things and not allowing those things to define me. As you read, at some point I almost let life win. My kids are what kept me going on the days that I wanted to quit. One is a senior at Bethune Cookman University, another is a sophomore at the University Of Mount Olive, and my youngest is a freshman at Southwest High School. I also have a sixth month old granddaughter who has added to my purpose in life. I now live by these words:

-My PAST does not define me

-My PRESENT deserves the best of me while

-My FUTURE awaits me

I say them daily. In life, curveballs will always be thrown. Instead of striking out, attempt to knock it out the park. If you hit a foul ball, you still have a chance to get it right. If you strike out, lean on your teammates to prepare you for the next at bat. It has definitely not been a walk in the park but I appreciate everything that I have been through. Through mental health counseling, I am able to talk about it more without shedding tears.

Financially, I am sounder than I have ever been. As a mother, my kids are no longer afraid to talk with me due to fear of an anger outburst. I smile more. As a leader, I remember the Chiefs who rallied behind me and do my best to emulate that daily with any Sailor I come across. Do not be afraid to seek help or talk to someone. Do not internalize your pain, because when it does come out, it may not be the way you want it to. At stop signs, you stop. I challenge you to never stop at life's stop signs.

-NEVER STOP believing in yourself. As long as you have faith in yourself, you can muscle the will power to continue on.

-NEVER STOP learning. Knowledge is power. My work ethic usually spoke for itself. I stayed in my manuals to perfect my craft; yes even when the advancement numbers were not in my favor. The year I made E5, only 12 were selected across the fleet out of hundreds.

-NEVER STOP to dwell on the past. Often times we come across commands we enjoy and ones we don't. You may or may not have made some mistakes. Do not dwell on it. Own it, overcome it, and keep it moving.



Every edition will feature a message from the Chaplain's corner. This month we are featuring CDR Bill Hlavin, CHC, USN, 2d MLG Deputy/CLR-27 Regimental Chaplain



"Hope is being able to see that there is light despite the darkness." Desmond Tutu

Just days before departing Camp Pendleton for an OEF combat deployment with 3/25, the mother of one of our Marines sent me a handmade clergy stole as a gift. She made the stole from desert MARPAT uniform material and included a simple note in the package. The note contained just three words; "Bring them hope." I remembered what she wrote as

the deployment presented many opportunities to be with Marines and Sailors in some very dark places and challenging times. And still, her words continue to call for action in the present darkness and serve as a testament to the transformative power of hope.

Authentic hope is a goal (ends) with a pathway that becomes evident (ways) and resources to aid in the journey (means). Authentic hope comes from outside one's self with its sources in the Divine, in faith, in promise, in community, in family, in friends, in leaders, in fellow Marines and Sailor. Authentic hope infuses itself into the heart and soul, and as it transforms the circumstances of life, hope becomes a quality offered to another as gift. At our best, we share from the wellspring of hope within, we fuel anticipation for the goodness of today and tomorrow, and we wait together for the vision of more to come. At our best, we help each other see light despite the darkness.

The lights of holiday celebrations pierce the literal darkness of night serving as a reminder of something more, something beautiful, something holy, something worth waiting for. May those lights help us see and claim an enduring truth: Hope is real and hope is powerful, and each of us serves as a beacon of hope, a giver of the gift for the sake of the other.

I'll leave you with just three words to ponder, words that call for action; "Bring them hope."

With Peace and Hope,
 CDR Bill Hlavin, CHC, USN
 2d MLG Deputy/CLR-27 Regimental Chaplain