



Volume 2 Issue 1

2D MLG MAG

MONTHLY AMMO FOR YOUR MENTORING AND LEADERSHIP ARSENALS

2dmlgmag@usmc.mil

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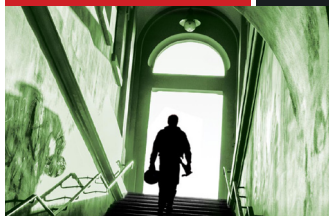
Recently, the Junior Enlisted Association at 2d Medical Battalion sponsored a Turkey Bowl! Sailors and Marines formed teams and brought their best football skills to the competition! Motor T (Team A) took first place and the Officers team placed second! This is a great example of physical fitness, teamwork, and morale. Photo by HM2 (FMF) Doorgesh Tadsare.

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!



Tap, Rack, Bang

P4



Journey Back to Resilience

LCDR Graham Scarbro, a talented leader and Navy aviator, shares a very personal story about a mishap in his Super Hornet in 2012.
...Read more on pg. 4-5

Innovation Challenge

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Innovation Challenge Winner

LCPL Frederick Sattler won the 1st Quarter Commanding General's Innovation Challenge.
...Read more on pg. 6-7

Good Leaders

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Good Leaders

Good Leaders have goals not just for their Marines and Sailors but also for themselves to achieve.
...Read more on pg. 8

ISSUE POINTS:

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CAPT Roderick L. Boyce, MSC, USN

2D Medical Battalion CO Message:

Building Resiliency and Teamwork through Sports and Physical Training

■ TEAM - ACCOUNTABILITY - COMPETENCE

As we prepare for the next battle, whether against our nation's adversaries or against the daily struggles of life, we must be prepared mentally, physically, spiritually, socially, and intellectually to deal with those battles. As a commander, this is one of the biggest challenges that we face in regards to readiness of the force. Our leaders have challenged us to be innovative in our approach to leadership and how we motivate, inspire, and train our teams.

II MEF - "Train. Fight. Win."

2D MLG - "You will never fight alone."

Our approach at 2d Medical Battalion has been focused on mentoring and developing leaders through physical training (PT) and team building activities. These activities have included commander PT sessions with surgical companies and sections, officers/staff non-commissioned officer PT sessions, and command master chief PT with junior Marines and Sailors. Additionally, we have implemented a competitive program of basketball and flag football pitting company

against company, as well as games between officers, chief petty officers, non-commissioned officers, and individual sections in the command. Plans for the calendar year 2020 include bowling, volleyball, ultimate frisbee, and softball that will incorporate PME on teamwork and losing gracefully (but training harder to win the next time). PT and team building activities have resonated extremely well within the command, while building on the tenets of teamwork, resiliency, and competition.

"It's not whether you get knocked down; it's whether you get up." - Vince Lombardi

In addition, participation in 2D MLG Commander's Cup events has inspired our Marines and Sailors, resulting in increased teamwork and interactions across all ranks, companies, and sections. Ultimately, our goals are being achieved as we build trust, confidence, and pride in performance that infiltrates the work center and decisions that we encounter balancing work, self, and family. Physical fitness, teamwork, and leadership go hand-in-hand with force readiness and as leaders, we owe our Marines and Sailors the opportunity to showcase and develop their skills at work and in the athletic environment.

Letter from the Editor



2DMLGMAG 3
NEWSLETTER



Welcome to Volume 2 Edition I of the 2d MLG MAG! We hope you have enjoyed the material from last year's editions! This year, we will shift from monthly to quarterly newsletters to focus on more engagement within each newsletter. For our first edition of 2020, we are showcasing 2d Medical Battalion. We also have some great articles to help you focus on being the best "you" this year. Share this with your family, friends, and team.

This newsletter is a communication tool for you, your Marines, and Sailors. Lastly, this will be my last edition since I will be completing my Time with the 2d MLG team. I hope this newsletter has been

beneficial to you. Thank you for allowing me to be a part of the Navy and Marine Corps family.

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

Amnesty Can - 2DMLGMAG@usmc.mil



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 favorite or most proud moment of the last decade?

What are your goals for 2020 and/or this decade?

Share your reflections about the Tap, Rack, Bang articles, and identify how the suggestions can help you.

Share your reflections to any piece of this newsletter.

Share a topic idea for the next newsletter!

Contacts to remember

These resources are important, so we want you to have them on hand!

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

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
For unit numbers check: 2ndmlg.marines.mil

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



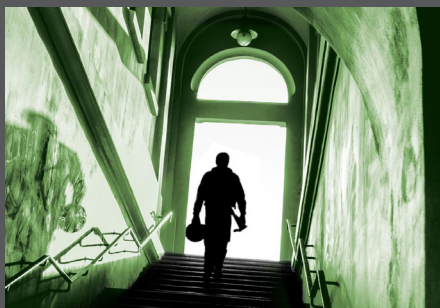
What are your immediate actions for your internal “weapon malfunction?” How do you get yourself back to being loaded and ready to fire for your next “mission?” We want to know!



The Tap

Find your journey back to resilience after a setback

“If these doubts can assail someone selected for duty as “the best of the best,” no one is immune.”



Lieutenant Commander Graham Scarbro, a talented leader and Navy aviator shares a very personal story about a mishap in his Super Hornet in 2012. He struggled to push forward for several years due to a lack of support and self-sabotage. Eventually he was able to seek help and overcome his doubts, fears, and feelings of inadequacy. His story shows how quickly our mental health can deteriorate if we doubt ourselves and allow our challenges to define our worth.

The Rack

Stop caring what others think of you!

In this article, performance psychologist Michael Gervais talks about how our performance can be impacted when we experience “fear of people’s opinions” (FOPO). To reduce its effects, he suggests developing not only self-awareness but a personal philosophy. Read why this is important and how it can help you be the best version of yourself!





The Bang

Seeking help and security clearances; ending the myth

Reaching out for care for your psychological health is an important, positive step in your military career. When seeking a role that requires a national security clearance, you will be instructed to fill out the Standard Form 86 (SF86), "Questionnaire for National Security Positions." The federal government uses information from this form to conduct background checks and evaluate individuals who are:

Being considered for a position requiring a clearance, including Confidential, Secret and Top Secret

Requiring access to classified information

Question 21 covers your psychological and emotional health history in the past seven years. It asks if you've:

- Received psychological health counseling?
- Been hospitalized for a psychological health concern

Question 21 is needed because there may be some psychological health concerns that can impair the ability to safeguard classified information and hold a clearance. The decision to seek care cannot alone prevent you from obtaining or maintaining a clearance.

While this section asks about psychological health counseling and treatment, there are situations you do not have to share. Respond "no" to Question 21 if the counseling or treatment occurred more than seven years ago or was strictly related to:

- Experiencing grief, marital or family concerns.

- Adjusting from service in a combat zone.

- Being a sexual assault victim.

The counseling you report is protected by your privacy rights. If you respond yes, a credentialed personnel security investigator will contact your health care provider. The investigator must first ask if you are coping with a psychological health concern that could impair the following:

- Judgment
- Reliability
- Ability to safeguard classified information.

If your provider answers "yes," then the investigator may contact you with questions.

If your provider answers "no,"

No further questions are allowed.

Officials cannot ask you nor anyone else questions about your psychological health counseling (e.g., security managers, commanders, supervisors and human resource personnel you may work with).

You are encouraged to report any unauthorized questioning about psychological health care to the DoD Inspector General Hotline at 800-424-9098.

You may think that seeking help for a psychological health concern will cause your security clearance to be denied or even taken away. This is very rare. According to a National Intelligence briefing, only .002 percent of all individuals that answered "yes" to that question had a



negative effect applied to their case. Seeking care can improve your ability to succeed in a military or civilian career. It builds your psychological strength and shows you're moving forward toward wellness and recovery.

There are many service members and veterans who have reached out for psychological care with successful outcomes. That means maintaining their security clearance and continuing to succeed in their careers. It is up to the military community to help get rid of myths. Here's how:

Military leaders: Make it clear that reaching out for help is a sign of strength. You can establish a supportive command atmosphere that encourages help-seeking behavior.

Family members: Encourage your loved one to seek care. Remind your warrior that this will not automatically harm his or her career and can benefit the whole family.

Read more by scanning the QR code.





As Marines, frustrations are common while working in a large, bureaucratic organization. It can feel impossible to affect change, make a meaningful difference, and overcome challenges that have been in place for years. In this environment, learned helplessness takes over as Marines continue to go through the motions.

However, that cannot be said for Lance Corporal Frederick Sattler of Combat Logistics

"That's the way we have always done it!"

"Shut up and color!"

"There is nothing we can do about it so make it work!"

Battalion-2 (CLB-2). As the winner of the 1st Quarter Commanding General's Innovation Challenge, LCpl Sattler found a way to make his corner of the MLG better by finding a solution to a nagging problem.

LCpl Sattler, a radio operator, realized that his unit was spending money replacing their unmodified



radio handsets. Due to the electrical hazard created from the unmodified handset's exposed screws, units throughout the Marine Corps have been replacing the unmodified handsets with new modified handsets. Each handset costs approximately \$50 and

takes several weeks to be received by the unit.

However, LCpl Sattler was not content allowing his unit to purchase the new handsets. Realizing that the modified handsets upgrade was nothing more than a new cover, he went to the 2D MLG MakerSpace to see if he could design a cover for the remaining unmodified handsets using a 3D printer.

Working together with LCpl Paul Dovo from MakerSpace, LCpl Sattler was able to come up with a 3D printed prototype for a cover. After presenting it to his command, it was given the name "Satt Clip" in honor of LCpl Sattler and submitted to the CG's Innovation Challenge.

The 1st Quarter Innovation Challenge Board met on December 12. Eight ideas were submitted by six Marines from across the MLG that attempted to find solutions to problems that affected equipment readiness, MOS doctrine, pay/entitlements, and the future of energy use. The Marines presented their ideas to a Board of senior officers and Sergeants Major who then recommended courses of actions for General Stewart.

LCpl Sattler's design was uploaded to the Marine Corps' additive manufacturing digital repository for use across the operating forces. CLB-2 will also receive clips for all of their unmodified handsets, saving his unit alone over \$700 with the potential of even greater savings throughout the



MLG.

For his contribution to both the MLG and Marine Corps, LCpl Sattler received \$1,000 and a Navy/Marine Corps Achievement Medal. His impact will be felt by fellow radio operators for the foreseeable future.

The Innovation Challenge is everyone's opportunity to bring problems and their

"Some people spend an entire lifetime wondering if they made a difference in this world. Marines don't have that problem."

-Ronald Reagan

corresponding solutions to the attention of senior leaders and decision makers. Every Marine and Sailor that submits an idea will receive a Certificate of Commendation to go into their OMPF and if possible, follow on actions from the CG and his staff. The next opportunity to submit your idea before COB Friday, February 14. Ideas can be submitted to the challenge on <https://innovatedefense.net/mlg>. NSIN is administered by MARFORSYSCOM and to gain access, you will need to create an account (if you do not have one). On the MLG's page, you can add your idea in the "Activity Space".

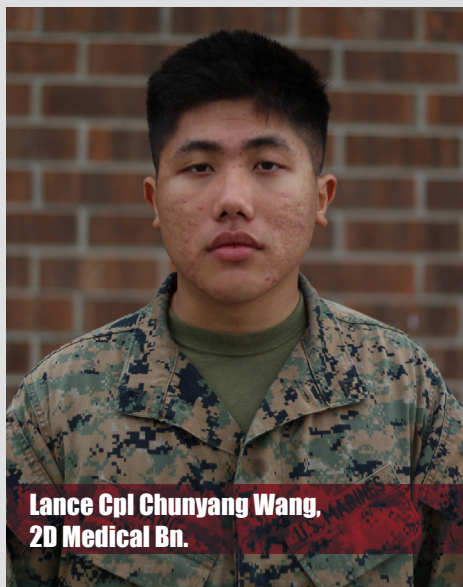


The following Service Members are being recognized this month due to their ability to exemplify the Good Leader qualities put forth by Brig Gen Stewart. Read below to find out why they are examples of outstanding service and leadership.

LT Dinwiddie was selected as a Good Leader for her exemplary leadership skills in her role as Company Commander.

Professional goals for 2020: Excel as a new company commander by learning the role within battalion, hone leadership skills, gain and refine knowledge by continuing to understand the Navy in the Marine Corps setting along with making an impact in Navy Medicine. Take that experience that I learn to my future new duty station.

Personal goals for 2020: To take care of her puppy along with participating in 6 triathlons to physically challenge herself!



LCpl Wang was selected as a Good Leader because he recently reenlisted and exhibits commitment to the Marine Corps.

Professional goals for 2020: Deploy as much as possible along with making rank

Personal goals for 2020: Become more comfortable with being himself



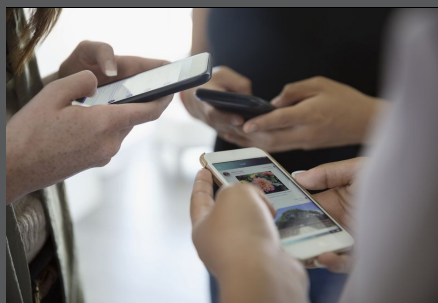
Every edition will feature a message from the Chaplain's corner. This quarter we are featuring LT Mark Coker, CHC, USN, Chaplain for 2D Medical Battalion and 2D Dental Battalion, 2D MLG!

Many people realize by now if their New Year's Goals (changes) were realistic OR reasons to have resentment, especially now that a couple of weeks have passed in this new year. I recently attended training that addressed change, and one thing it highlighted was that all of us have systems in place that make us "Immune" to change. I recently came across this statement, "people do not fear change, they fear what they will lose if change occurs" and it sums up how most of us view change in general. I find it is especially fitting for all of us venturing into the year 2020, as changes are still unfolding or even yet to come.

I suppose if I win the lottery this year then I would be more than willing to make some changes in my life, or if there were tremendous benefit and personal gain, that I would again be accepting of change. But, what if the positive and beneficial outcome isn't immediately evident? What if the path of change includes doing something difficult or making hard, but necessary, choices that don't have instant and pleasant results? It's highly likely change is coming your way in 2020, and it's probable that some of this change will be difficult, for example, pcs, retirement, separation, health concerns, family dynamics, finances, etc. If we can gauge our strengths and weaknesses regarding how we respond and react to changes, we can make facing the inevitable changes and challenges that 2020 will bring much smoother and more bearable.

One method that I use to measure my resilience during the seasons of life,

especially when change is difficult, is that of an item which everyone utilizes daily and is always within reach, YOUR PHONE! Your phone is valuable, and most effective when all four signal bars are active. One bar potentially allows for a text to go through, two bars permits me a phone call, three bars allows me to utilize social media, But four bars allows my phone to operate at full capacity, with no limitations or hindrances. There are 4 areas I assess in my life that indicate my overall ability to handle change in my life: physical, mental, social, and spiritual. The signals I get in these 4 areas determine how ready I am for change. If I am neglecting one or more areas then I am not at my full capacity and my "immunity to change" is high.



Every time you look at your phone signal this year ask yourself these questions:

Am I ready for change, good or bad, in 2020? Am I physically, mentally, socially, and spiritually fit? Is there more I can do to prepare myself for upcoming change? Am I operating at full capacity? What am I going to do if I need help in these areas?