



The Convoy

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Delivering quality information on the 1st Marine Logistics Group

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CLR-17 conducts OSCAR training

Story by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – Marines and sailors with Combat Logistics Regiment 17, 1st Marine Logistics Group participated in Operational Stress Control and Readiness team training here, April 8.

The discussion-based course focused on how stress within individuals could impact their performance, physically and mentally, and also how to help service members deal with combat stress.

The class began by explaining what causes stress and that stress should be handled within the unit. Leaders are the frontlines for dealing with

See OSCAR, Page 4

Homecoming



Marines happy to be home after 7-month deployment.

For story, see Page 2

Maritime Prepositioning



1st Marine Logistics Group Marines take a tour of the USNS Sgt. William R. Button, April 4.

'Floating supply warehouses' allow Marines to rapidly deploy anywhere around globe

Story and photos by Staff Sgt. Jennifer Brofer
Public Affairs Chief

NORWAY – From combat missions to humanitarian assistance and disaster relief, Marines can respond to a crisis anywhere in the world within 7-10 days. This is achievable, in part, through the Maritime Prepositioning Force, which forward deploys naval ships in strategic locations throughout the world, loaded with enough supplies and equipment to support a Marine Expeditionary Brigade of 15,000 personnel for 30 days.

The concept for the MPF

program was created during the Cold War as the Norway Air-Landed Marine Expeditionary Brigade, in response to the Soviet threat, in order to support NATO's reinforcement of Norway with a MEB-sized Marine Air Ground Task Force. After the Cold War, NALMEB was transformed into a program more capable of providing global support to forward-deployed naval forces. Thus, Marine Corps Prepositioning Program-Norway was born.

In order to educate staff noncommissioned officers and officers on the capabilities of MPF and MCPP-N, a group of logistical planners with the Camp Pendleton-

based 1st Marine Logistics Group made visits to Blount Island Command in Jacksonville, Fla., and Trondheim, Norway, April 3-9.

Blount Island Command is responsible for the maintenance cycle operations and oversight of the MCCPP-N. While there, the 1st MLG Marines conducted a walking tour of one of the Maritime Prepositioning Ships, the USNS Sgt. William R. Button, one of 16 ships divided into three MPS squadrons.

"We're the Marine Corps' Wal-Mart; we have everything you need," said David Eddy,

See NORWAY, Page 3

Welcome home



Friends and families of the Marines and sailors with 1st Marine Logistics Group raise their welcome home signs and scream as loud as they can when returning service members exit their transporting buses during a homecoming at Camp Pendleton, Calif., April 6.

Photo by Lance Cpl. Jerrick Griffin

1st MLG Marines, sailors return from Afghanistan

Story by
Cpl. Khoa Pelczar
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif.

— More than 160 deployed Marines and sailors from 1st Marine Logistics Group were greeted by their families and friends as they arrived to their homecoming at Camp Pendleton, Calif., April 6.

After completing a 7-month tour in Afghanistan, these warriors couldn't wait to get off the transporting buses to reunite with their loved ones.

"The deployment has been a great experience for me, but I'm glad to be back home with my friends and family," said Lance Cpl. Matt Pakula, postal clerk, Service Company, Combat Logistics Regiment

17, 1st MLG. "It's time to just kick back and relax."

Unlike many returning service members of his age, Pakula, 21, from Palm Beach, Fla., didn't want to throw a big homecoming party, nor did he want to have a celebration of his safe return — all he wanted was to enjoy a double cheeseburger from his favorite burger joint, something he had been craving since he deployed.

"I'm a simple guy and I don't need much to be happy," said Pakula. "A celebration would be great, but I'm hungry so an In-n-Out burger would definitely do it for me."

The 2 a.m. arrival of the returning personnel didn't stop their friends and families from filling up the parade deck to welcome home the

service members. Marine Corps Community Services coordinators were also on site to provide music, 'welcome home' signs, food and drinks for everyone. Bounce houses were also set up to keep the children occupied.

A returning Marine, Cpl. Joseph O'Neal, postal clerk, Service Co., CLR-17, 1st MLG, spotted his son playing at one of the bounce houses and rushed right over to greet him.

"I've waited so long to see my son again," said O'Neal, 27, from Los Angeles. "The deployment is over, and the most important thing to me right now is spending time with my son. I want to go home and play race car with him, making up for lost time."

khoa.pelczar@usmc.mil

Happenings

Tax season

All taxes are due April 18. Volunteer Income Tax Assistance provides free individual income tax preparation for all military personnel and dependents. For more information, call (760) 763-2518.

Barefoot Wine Beach Rescue Project

Volunteers are needed in a community effort to clean-up Del Mar Beach, April 16. Each volunteer will receive a free Barefoot Beach T-shirt. Lunch will be provided with free pizza and refreshments. Volunteers are welcome to stay afterward for some beach volleyball. For more information, please call (760) 725-6233 x122.

Annual Spring Oceanside Days of Art

Oceanside is hosting its annual spring outdoor art festival and need volunteers to help out with the event. The event will be held in and around the Oceanside Civic Center on April 16-17 from 10 a.m. - 5 p.m. To learn more, please contact Jay at jaybretney@sbcglobal.net.

Stuart Mesa Elementary School

The school is looking for 12 active duty volunteers to serve as proctors for end-of-year exams. The hours are 8:30 - 10:45 a.m. on April 26-28 and May 3-5. Participants will receive brief training on April 22 from 12:30 - 12:45 p.m. If available, please contact Tina at tina.calabrese@oside.k12.ca.us.



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CONTACT US: 760-763-7795, FIRSTMLG@YAHOO.COM

NORWAY

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captain of the USNS Button, who added his ship carries everything from tanks and Humvees to bull dozers and ambulances and can make 40,000 gallons of water a day by filtering ocean water.

By having many ships strategically located around the world, the Marines can simply fly to the nearest airfield and fall in on equipment and supplies being offloaded from the nearby ship, allowing for the rapid deployment of military forces whenever and wherever needed.

"It's easy to transport [Marines and sailors], but it takes a while to transport the equipment," said Eddy. "By prepositioning us, we can probably get there as fast as the bodies get there."

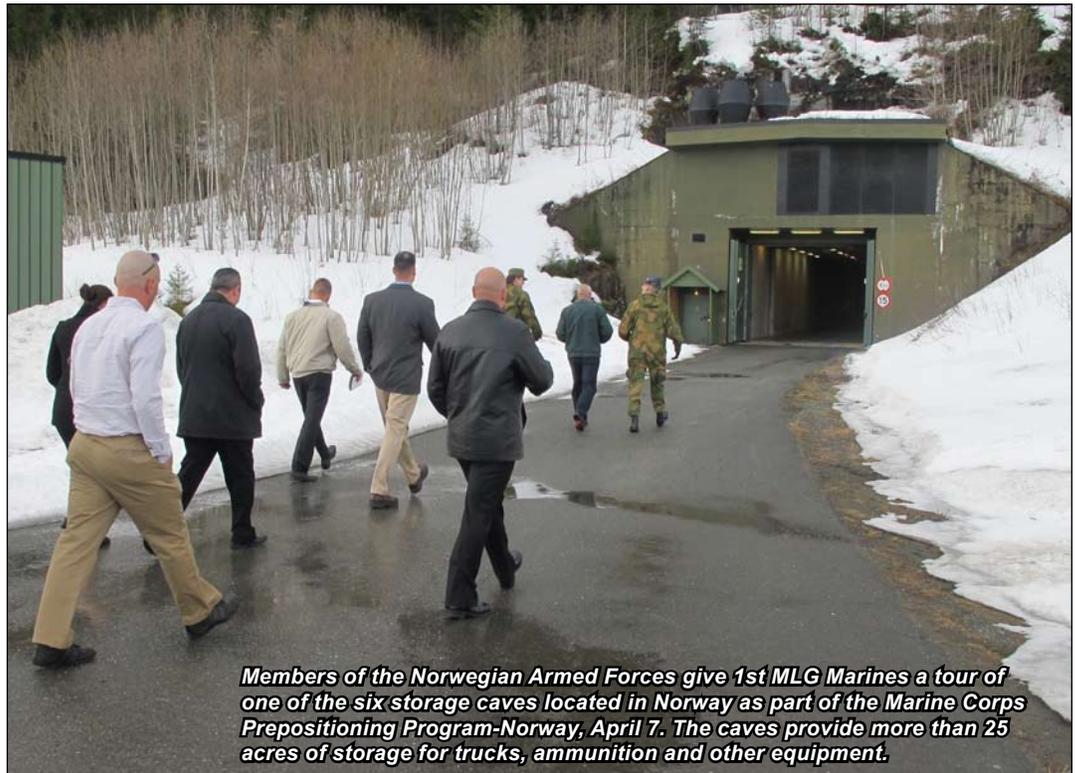
After their tour of the Button, the Marines also witnessed the capabilities of the Improved Navy Lighterage System, a causeway ferry system that allows an MPF ship to offload at sea and transport heavy equipment from ship to shore.

"With the lighterage we carry, we don't need a port," said Eddy. "Basically, any place I can put an anchor down, I can offload."

The dozen or so Marines who attended the training tour said they gained valuable knowledge.

"Today I learned a lot about the new vessels coming into the program and how we'll be able to use those as floating supply warehouses and how they can get parts and supplies to us faster on the ground," said 1st Lt. Todd Hoyt, logistics officer with 1st Light Armored Reconnaissance Battalion, who will soon assume become the company commander for Landing Support Company, CLR-17, 1st MLG.

"This is a great capability set we have as a Marine Corps



Members of the Norwegian Armed Forces give 1st MLG Marines a tour of one of the six storage caves located in Norway as part of the Marine Corps Prepositioning Program-Norway, April 7. The caves provide more than 25 acres of storage for trucks, ammunition and other equipment.

so we can deploy anywhere in a short amount of time and really affect places well outside the [Continental United States] scope," added Hoyt, 30, from Bend, Ore.

Historically, MPF assets have been used during Operation Desert Storm, Operation Enduring Freedom and Operation Iraqi Freedom, and were also employed for humanitarian efforts after the Indian Ocean earthquake in 2004 and again after the Haiti earthquake in 2010.

After the tour of Blount Island Command, a smaller group of Marines traveled to Norway to visit the site of the land-based portion of the program that maintains equipment, supplies and ammunition, within six climate-controlled storage caves carved into the sides of mountains of solid rock. The caves provide more than 736,000 square feet of storage, and two additional airstrip locations hold equipment to support Marine aviation. Norway shares 50 percent of the cost of maintenance to keep the equipment up and

running, and the readiness rate is currently 98 percent, according to members of the Norwegian Defence Logistics Organization.

"The Norwegians maintain the MCPP-N equipment and supplies at a very high standard and have proven many times over the years their continued commitment to the program and its mission," said Mike Harvey, prepositioning officer, Marine Forces Europe, who joined the Marines on the tour of the caves.

The Norwegians echoed their commitment to the prepositioning program and partnership with the U.S. Marines.

"Well aware of the political and military value of the [MCPP-N], I remain dedicated with the entire NDLO to support the program as long as political and military leaders of our two nations agree on its mutual value and continued existence," said Norwegian Armed Forces Maj. Gen. Trond Karlsen, commander of the NDLO, to the visiting Marines.

The 6-day training tour was spurred on by the Commandant's

Planning Guidance, said Brig. Gen. Charles L. Hudson, commanding general of 1st MLG, in which Commandant of the Marine Corps Gen. James Amos wrote, "The Navy-Marine Corps team will be postured and engaged forward to be most operationally relevant to the needs of our Nation. Due to their demonstrated flexibility, amphibious ships are the most utilitarian platforms in the American fleet for crisis response."

While Marines continue to fight in two land-based wars spanning the past decade, Hudson hopes to bring 1st MLG back to its amphibious roots.

"It's been a while because we've been busy fighting OIF and OEF for 10 years," said Hudson, 52, from Zirconia, N.C. "To be in line with the Commandant's Planning Guidance, we need to get the turnover of MPF back into the lexicon of the Marine Corps. We have to [train] the younger Marines so they can continue to carry the knowledge and the capability forward over the next decade or two decades from now."

jennifer.brofer@usmc.mil

STRESS

CLR-17 Marines, sailors learn to identify, combat stress

OSCAR

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a stressed-out individual.

“The biggest thing you could do to help reduce stress is allowing yourself to be approachable by your Marines,” said Staff Sgt. Jose Rodriguez, food service specialist, Food Service Company, CLR-17, 1st MLG.

There are four zones of stress, each categorized by a color – green, yellow, orange and red – with symptoms that help identify how stressed a person really is.

“By looking at the zones, you get a good idea of where to start in helping a person,” said Rodriguez.

For individuals who fit in the green zone, it means the individual is not stressed but should still be monitored for signs of stress or loss of function. If the individual moves into the yellow zone, they suffer from difficulty relaxing or sleeping, loss of interest in social activities, difficulty performing normal duties and change in personality. Individuals in the orange zone have trouble falling or staying asleep, outbursts of rage or panic, the inability to control emotions and may have suicidal or homicidal thoughts. In the red zone, an individual has stress problems that degrade performance or ones that get worse over time; at that point they should seek help from mental health professionals.

Aside from the four stress zones, there is a tool to help leaders deal with a person’s

READY	REACTING	INJURED	ILL
Good to go Fit & focused	Worried, irritable, or sad	Persistent distress, fatigue, grief	Impact of stress gets worse, gets better then worse
Get Back to Green			
Train hard Build the team	Talk to someone you trust	Talk to chaplain, counselor or medical	Seek medical attention

Graph provided by NavyNavStress.com

stress, which is called Combat Operational Stress First Aid, or COSFA.

There are seven C’s in this stress first-aid toolkit – check, coordinate, cover, calm, connect, competence and confidence. Check means to observe and listen for signs of stress. Coordinate means to get help or referred as needed. Cover means to get to safety as soon as possible. Next is calm, which means to relax, slow them down and refocus. Then there’s connect, which means to get support from others. Competence

means to restore the individual’s effectiveness. Last is confidence, which stands for restoring the person’s self-esteem.

“It’s a very interesting class,” said Cpl. Jeanique Vasquez, G-4, Headquarters Company, CLR-17, 1st MLG. “It helps you understand how to interact with people having trouble with stress.”

Giving leaders the tools to identify and combat stress helps ensure service members are mission ready.

jerrick.griffin@usmc.mil

NEED HELP?

Military ONE Source	1-800-342-9647
DSTRESS 24-hour helpline	1-877-476-7734
National Suicide Prevention	1-800-273-8255
1st MLG Chaplain	(760) 763-4175
CLR-17 Chaplain	(760) 763-1114

- GIVE HIM ONE -

CPL. JEREMY HOWELL

Story and photo by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif.

— While growing up, children are often asked what they want to be when they're older and what their goals are for the future.

Many kids want to become super heroes and save the world; but for one young boy, all he wanted was to become a basketball coach and make a difference in the lives of others.

Cpl. Jeremy Howell held on tight to that goal and made it a reality.

Growing up in a small town of Flanagan, Ill., Howell and his siblings were raised by his mother, Julie Block. He is the oldest of six children.

"I'm like a hero to them," said Howell, 21, about his influence on his brothers and sisters. "Being 11 years older than the next oldest kid, they always came to me for advice and guidance."

Since his grandparents owned a local bowling alley, Howell bowled for fun as a child, which initiated his love for sports.

"I grew up poor and didn't have much to do," said Howell, Help Desk noncommissioned officer in charge, G-6, Headquarters Company, Combat Logistics Regiment 17, 1st Marine Logistics Group. "So I went to the bowling alley and bowled."

Being a big sports fan, Howell's dream was to

become a basketball coach. In order to learn about the game, he played basketball throughout his childhood.

"Growing up, I wasn't the best player. But I played really hard and I had great coaches," said Howell, who broke his hand and had to sit on the sideline during his senior year.

Howell thought it wasn't possible for him to become a basketball coach and had slowly let go of that dream. But as he observed the game from the sideline, he realized that he liked studying plays and scouting out the opposing players, which made him want to coach even more.

In high school, besides basketball, Howell started learning about computer maintenance, and it became one of his free-time hobbies, which later helped him as he worked as a tactical data systems network administrator in the Marine Corps.

Putting his dream on pause, Howell enlisted in the Marine Corps to get out of his small town and see the world. But the main reason Howell joined the armed forces was to be able to further his education.

Howell resumed his dream when he found out he had an opportunity to be a coach for the Young Champions of America program, the largest multi-sport recreation organization in the United States, dedicated to providing high quality, affordable programs

Cpl. Jeremy Howell, Help Desk noncommissioned officer in charge, G-6, Headquarters Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, assists a young girl with shooting a basketball during a Young Champions basketball practice in Escondido, Calif., April 8.



for boys and girls, ages 5-15.

He never thought that being a Marine would actually give him a chance to make his dream come true.

"It started with me looking for a coaching job," said Howell. "I found an ad and answered it. A few days later, I got the job."

He conducted his first practice as a Young Champion instructor April 8 for a local youth basketball team.

"I was pretty nervous at first," said Howell. "I never

worked with kids that young besides my own brothers and sisters. It was a fun experience; I had fun and the kids had fun."

Howell, who joined the Marine Corps in June 2007, said what he enjoys most about coaching the kids is the sense of pride he gets from watching them succeed.

"Everywhere I go, I try to make an impact to let people know who I am," said Howell.

jerrick.griffin@usmc.mil

SPLAT!

1st MLG competes in paintball tournament

Story and photo by
Cpl. Khoa Pelczar
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – Seventeen teams of five – several from 1st Marine Logistics Group – participated in a bi-annual Single Marine Program Paintball Tournament here, April 8.

The SMP Paintball Tournament is a capture-the-flag based tournament inside an obstacle course. Each team had an opportunity to compete in eight preliminary games in the first half of the tournament to earn their placement in a single elimination tournament, which took place in the second half.

“I like it a lot,” said Pfc. Chris Copeland, landing support specialist, third platoon, Landing Support Company, Combat Logistics Regiment 17, 1st MLG. “It’s a great way to train our combat maneuvers and basic tactics while having fun.”

It didn’t take long for paintball rounds to start flying in the obstacle course and eliminating their targets. These warriors were in it to win it, treating each match like a training exercise. Some even have

friendly competitions with Marines in their unit to see who the ‘top dog’ is.

“It’s also a chance for me to get revenge on my platoon sergeant,” joked Copeland, 27, from Broken Arrow, Okla. “He won’t know what hit him.”

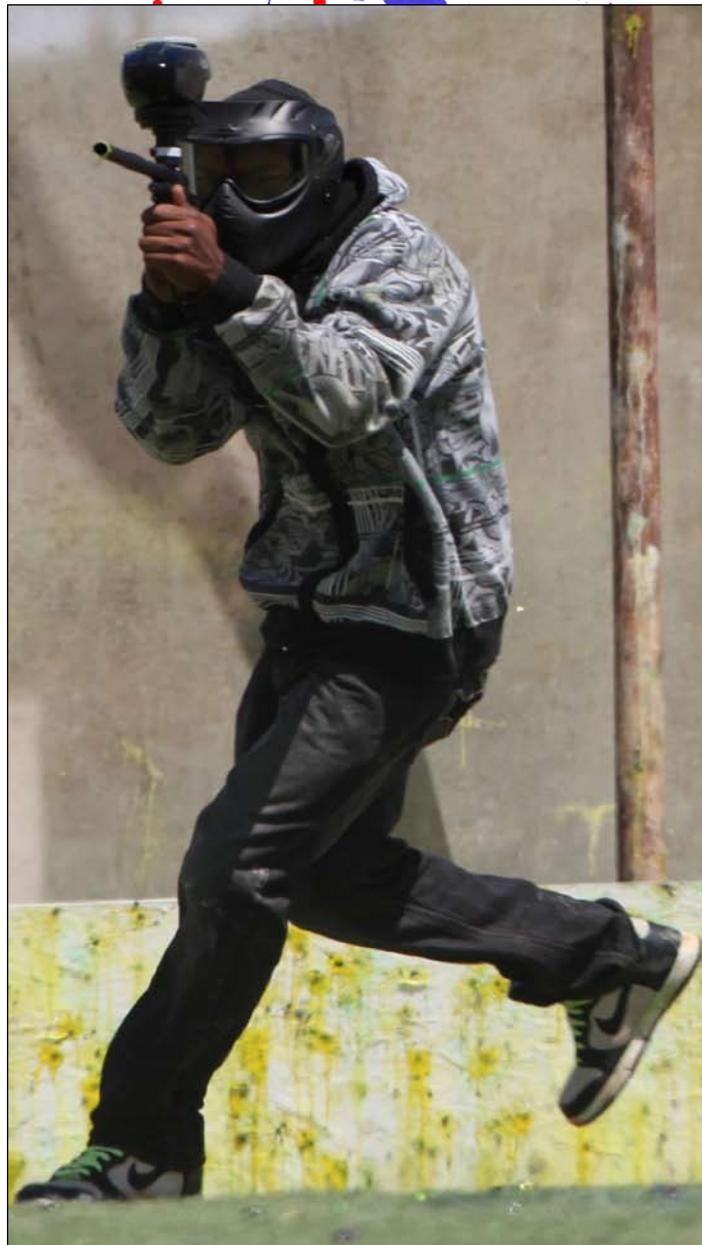
As competitive as the tournament was, many Marines just wanted to come out and have fun, and to meet other service members from different units.

“This is the best way to have fun,” said Lance Cpl. Ryan Washington, disburser, Service Company, CLR-17, 1st MLG. “There are so many teams competing. It beats sitting in the office all day.”

When the event was over, each member of the top six teams received a SMP towel. The top three teams also received trophies, and each member got a free full-day pass to the Paintball Park.

“I’m having a blast at this paintball tournament,” said Washington, 20, from Brooklyn, N.Y. “Even though our team didn’t win, I feel that we’ve accomplished something for our first time competing. I’ll definitely come out again if we get the chance.”

khoa.pelczar@usmc.mil



Lance Cpl. Ryan Washington, 20, from Brooklyn, N.Y., disburser, Service Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, moves toward his target while avoiding oncoming paintball rounds during a bi-annual Single Marine Program Paintball Tournament at Camp Pendleton, Calif., April 8. More than 80 Marines and sailors participated in the competition.

A returning Marine embraces a loved one after returning to Camp Pendleton, Calif., April 6, from his deployment to Afghanistan. More than 160 service members with 1st Marine Logistics Group were greeted by their loved ones as they returned home.

Photos from around 1st MLG

Photos by Cpl. Khoa Pelczar

Lance Cpl. Ryan Washington, 20, from Brooklyn, N.Y., disburser, Service Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, takes cover to avoid oncoming paintball rounds during a biannual Single Marine Program Paintball Tournament at Camp Pendleton, Calif., April 8.



Cpl. Brian Aden, 21, from Littleton, Colo., marksmanship training coach, Marksmanship Training Unit, Combat Logistics Regiment 17, 1st Marine Logistics Group, conceals himself behind a wall and eliminates an opposing player during a bi-annual Single Marine Program Paintball Tournament at Camp Pendleton, Calif., April 8.