



The Convoy

April 23, 2011

Delivering quality information on the 1st Marine Logistics Group

Volume 2 Issue 46

'Egg-cellent' fun



Photo by Cpl. Khoa Pelczar

The child of a Marine with 7th Engineer Support Battalion, 1st Marine Logistics Group, plays with the Easter Bunny at a family function hosted by 7th ESB on Camp Pendleton, Calif., April 16. For more photos, see page 5.

CLB-1 conducts live-fire shoot

Story and photos by Lance Cpl. Jerrick Griffin Staff Writer

MARINE AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – Marines with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, alongside about 100 Marines with Charlie Company, 3rd Assault Amphibian Battalion, participated in a crew-served weapons live-fire shoot here, April 14.

The 3rd AABn. Marines will augment CLB-1 in providing security while deployed. The shoot was part of CLB-1's monthlong Enhanced Mojave Viper training.

"By going through [live fire shoots], it helps keep our skills sharp on how to use these weapons," said Lance Cpl. Thomas Walders, Amphibious Assault Vehicle crewman, 3rd AABn., attached to CLB-1, CLR-1, 1st MLG.

The Marines fired the 240B machine gun, the .50 caliber machine gun and the MK-19 automatic grenade launcher, mounted on a vehicle. They also went over immediate action and remedial action drills, in case a weapon jams.

"Those are important to know because you don't want to be in a firefight with a weapon down," said Sgt. Lee Marine, Amphibious Assault Vehicle crewman, 3rd AABn., attached to CLB-1, CLR-1, 1st MLG. "We are the ones

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Lance Cpl. Thomas Walders, Amphibious Assault Vehicle crewman, Charlie Company, 3rd Assault Amphibian Battalion, participate in a crew-served weapons live-fire shoot at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., April 14.

CLB-11 gets rolling with HEAT

Story and photos by Lance Cpl. Jerrick Griffin Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – "Roll over! Roll over! Roll over!" the Marines screamed as they were tossed around inside the vehicle.

Luckily, this was merely a training exercise that provided Marines and sailors with Combat Logistics Battalion 11, Combat Logistics Regiment 17, 1st Marine Logistics Group, a realistic approach to what it might feel like in a vehicle rollover, as they

took part in a Humvee Egress Assistance Trainer, here, April 4.

The training aimed to prepare service members for their upcoming deployment with the 11th Marine Expeditionary Unit.

"This is good training," said Sgt. Marcos Bustos, career planner, CLB-11, CLR-17, 1st MLG. "If we ever experience a vehicle rollover, we need to know what to do to get a fellow Marine or sailor out safely."

Weighing more than 8,000 pounds, HEAT is a simulated vehicle designed to help troops improve their techniques

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Marines with Combat Logistics Battalion 11 pulls a simulated casualty from the Humvee Egress Assistance Trainer at Camp Pendleton, Calif., April 4.

INSIDE



CLB-1 Marines battle notional insurgents, roadside bombs

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Suicide Prevention: Myths vs. Facts

HAPPENINGS

Information compiled by
Cpl. Shannon E. McMillan
Staff Writer

Myth: Most suicides occur with little or no warning.

Fact: Most people communicate warning signs of how they are reacting to or feeling about stressful events in their lives whether it be a problem with a significant other, family member, best friend, superiors, financial matters or legal issues. Warning signs may present themselves as direct statements, physical signs, emotional reactions, or behaviors such as withdrawing from friends. When stressors and warning signs are present, suicide may be considered the only option to escape pain, relieve tension, maintain control, or cope with stress.

Myth: You shouldn't talk about suicide with someone who may be at risk because you may give that person the idea.

Fact: Talking about suicide does not create nor increase the risk. The best way to identify if someone is thinking about suicide is to ask them directly. Avoiding the subject of suicide may contribute to suicide. Avoiding the subject reinforces a suicidal person's thought that no one cares.

Myth: Non-fatal attempts are only attention-getting behaviors.

Fact: For some people, suicidal behaviors are serious invitations to others to help them live. Rather than punishing or reprimanding someone who has expressed suicidal thoughts, offer help and alternative answers. Get them to talk to a chaplain or counselor. Suicidal behaviors must be taken seriously. If not addressed, a thought of suicide can become an act of suicide.

Myth: A suicidal person clearly wants to die.

Fact: Most suicidal people are ambivalent about their intentions right up to the point of dying. Very few are absolutely determined or completely decided about ending their life. Most people are open to a helpful intervention, sometimes even a forced one. The majority of those who are suicidal at some time in their life find a way to continue living.

Myth: Only a professional can help a suicidal person.

Fact: While long-term care should be handled by a professional, immediate recogni-



Photo Illustration by Cpl. Khoa Pelczar

If you feel like your life is spinning out of control, talk with friends, family, counselors, co-workers and leaders. They CAN help. Your feelings and emotions might change overtime, but suicide is a permanent consequence.

tion of a suicidal person or someone in need of help is up to you. By paying attention to what the person is saying, taking it seriously, offering support and getting help you can prevent a potential tragedy. Many are lost to suicide because immediate support wasn't offered.

Myth: A Marine who seeks help for suicidal thoughts will put his or her career in jeopardy.

Fact: Marines may be reluctant to seek help because of fears that such help will negatively impact their careers. Unfortunately, this often means a Marine in distress delays seeking help until the problem becomes so big that it affects their behavior both on and off work until, ultimately, they begin to collect Page 11 counseling entries, Letters of Reprimand and Non-Judicial Punishment. The consequence of waiting too long to seek help is what damages their career. Getting help early does not. It is important for Marines to be confident they can ask for help without prejudice to their careers. It is especially important for them to understand that what is more likely to affect their careers is not seeking help, and waiting until problems affect their job performance or mental health. At any point, seeking help should be welcomed.

Myth: A Marine who seeks help will be viewed as less of a Marine because Marines

are supposed to be tough.

Fact: Many Marines worry that seeking help will make them appear "weak" or "defective" to their peers or leaders. In the past, there has probably been some basis for this worry, and the stigma associated with seeking help may still be a problem in some units. Current Marine Corps policy is for commands to create a climate where seeking help is encouraged to promote maximum personal and unit readiness. It is every Marines job to make sure that they themselves are prepared and ready to be there for fellow Marines when needed. By seeking help for a problem that is impacting individual readiness, the Marine is simply doing their job and ensuring unit readiness.

Source: Military One Source

Hotlines

National Suicide Prevention Lifeline

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

Military One Source

Call Military One Source at 1800-342-9647; it's a free 24-hour hotline available to anyone at any time to help dealing with issues and challenges that arise every day.

DSTRESS Hotline

The DSTRESS Line is a free 24-hours hotline, developed by the Corps to provide professional, anonymous counseling for Marines, attached sailors, and families on the West Coast when it's needed most. Call 1-877-476-7734.

SMP Easter Celebration

The Single Marine Program is hosting Easter celebrations at the 53 and 62 Area Recreation Centers on Sunday, April 24. For more information please contact the 53 Area SMP Rec. Center, Camp Horno Bldg 53341, (760) 725-7857 or the 62 area Rec. Center, Camp San Mateo, Bldg. 62527, (760) 763-4353.

Oceanside Easter Egg Hunt

The city of Oceanside is hosting its annual Easter Egg Hunt, which will be free to all on Saturday, April 23. The event will take place at Buddy Todd Park, located between Mesa Drive and Parnassus. The hunt will begin at 10 a.m., shortly followed by a magic show and an opportunity to take photos with the Easter Bunny. For more information please contact Oceanside Neighborhood Services at (760) 435-5041.

Catamaran Resort Egg Hunt

The Catamaran Resort and Spa in Mission Bay is hosting an egg hunt for kids shortly after their Easter Sunday Brunch. The brunch is scheduled to be conducted from 10 a.m. to 3:30 p.m. and it includes a cruise tour of Mission Bay. Call 858-488-1081 for details.

Easter Egg-stravaganza

The Coronado Community Center is hosting an Easter Egg-stravaganza Saturday, April 23. Egg hunts, as well as crafts and a carnival will be available from 1 p.m. to 3:30 p.m. Call 619-522-7342 for details.

Hotel Coronado Egg Hunt

The Hotel Del Coronado, is hosting an Easter Egg Hunt on Easter Sunday. The hotel will feature three different egg hunts, which are free to the public, at 10 a.m. and again at noon. There will also be an Arts and Crafts area which will be available at 9:30 a.m. and 1:30 p.m. Call 800-468-3533 for more information.

The Pendleton Roadhouse

Kick up your country heels at this fun, entertaining and energetic country fest May 6 at the Pacific Views/ South Mesa Club from 7 p.m. - 2 a.m. The event will feature KSON Radio MC, DJ and dancers, a live band performance by Austin Law, dance competitions with prize giveaways and free line dancing before 8 p.m.

Tickets are \$10 each and can be purchased from the Information Travel & Tours office by calling 760-725-5863.



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LANCE CPL. JERRICK GRIFFIN
LANCE CPL. KENNETH JASIK

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Purple Heart for CLB-15 Marine



Photo by Cpl. Shannon McMillan

Vanessa Lancaster pins the Purple Heart Medal onto her husband, Sgt. Josh Lancaster, combat engineer, combat engineer detachment, Combat Logistics Battalion 15, Combat Logistics Regiment 17, 1st Marine Logistics Group, during an award ceremony at Camp Pendleton, Calif., April. 8.

Marines with Combat Logistics Battalion 11, Combat Logistics Regiment 17, 1st Marine Logistics Group, await a rollover inside the Humvee Egress Assistance Trainer at Camp Pendleton, Calif., April 4. HEAT is a simulated vehicle that weighs more than 8,000 pounds and helps Marines improve their techniques in safely exiting a vehicle.



HEAT

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for safely exiting a vehicle and evacuating a wounded service member after a vehicle has flipped over or landed on its side. The simulator rotates and can stop either upside down or sideways. The Marines went through various scenarios in which fellow passengers were wounded or knocked out as a result of the rollover and Marines had to evacuate the simulated casualty.

“It feels like a real vehicle accident,” said Lance Cpl. Alexandra Gunst, warehouse clerk, Supply, CLB-11, CLR-17, 1st MLG. “We were tossed around and then afterward we had to exit the vehicle and pull out the ones who were hurt.”

After the course, the Marines and sailors of CLB-11 were better prepared for their deployment, which is scheduled for later this year.

SHOOT

continued from Page 1

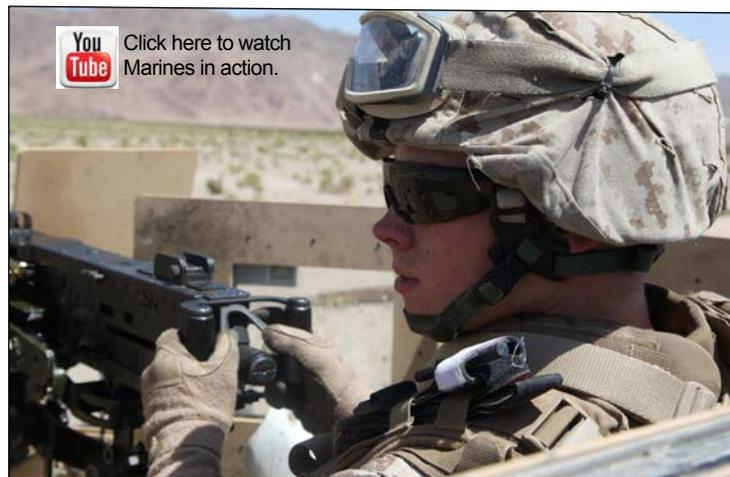
who will be manning the weapons out there.”

The exercise gave the Marines the opportunity to handle the weapons and know what to expect should they have to engage targets. It also provided them with info needed to be able to fix the weapon on the fly.

“After a while, it becomes muscle memory,” said Walders. “When a weapon jams, I know what to do to have it firing again. That’s the purpose of the shoot.”

Marine said it is important to prepare for any situation because they never know when these skills may come in handy.

“It’s a good thing we go through these shoots, so that the Marines know what to expect in case they have to fire one during a deployment,” said Marine.



Click here to watch Marines in action.

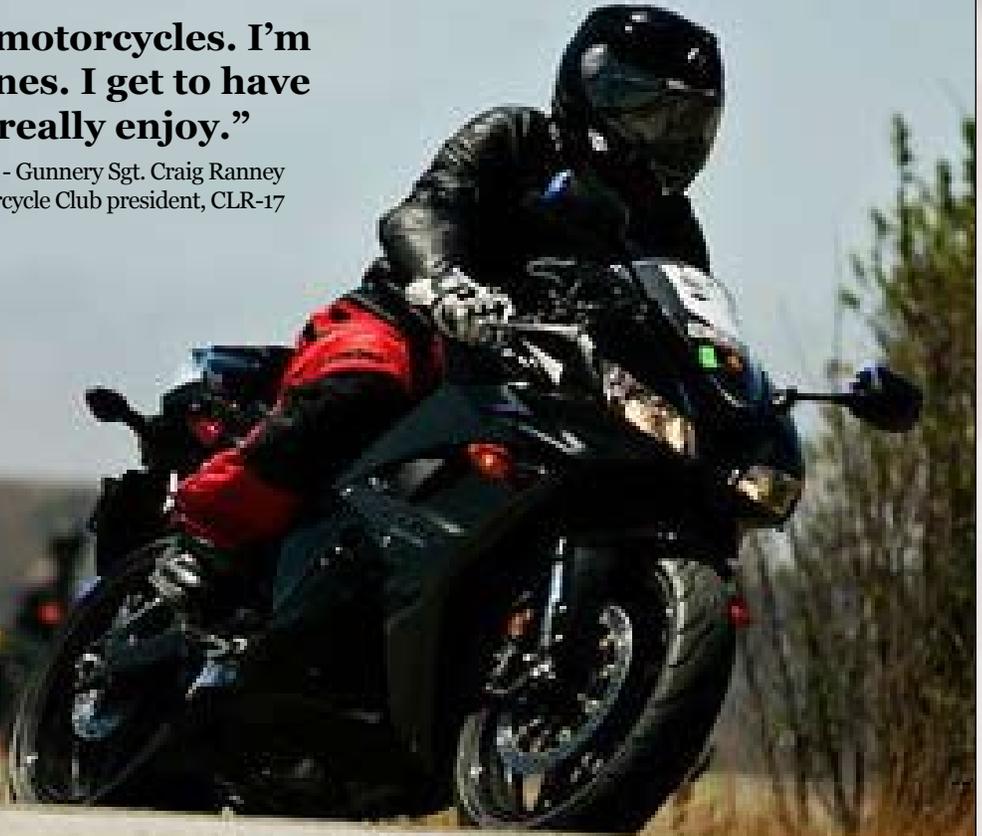
Lance Cpl. Thomas Walders, Amphibious Assault Vehicle crewman, Charlie Company, 3rd Assault Amphibian Battalion, attached to Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, participates in a crew-served weapons live-fire shoot at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., April 14.



- GIVE HIM ONE! - GYSGT CRAIG RANNEY

“I’m passionate about motorcycles. I’m passionate about Marines. I get to have fun doing something I really enjoy.”

- Gunnery Sgt. Craig Ranney
Motorcycle Club president, CLR-17



Gunnery Sgt. Craig Ranney, motorcycle president, Combat Logistics Regiment 17, 1st Marine Logistics Group, rides his motorcycle on Camp Pendleton, Calif., March 11. Ranney, 37, teaches Marines and sailors within CLR-17 about bike safety and operation. *Courtesy Photo*

Marine teaches motorcycle safety

Story by
Lance Cpl. Kenneth Jasik
Staff Writer

Gunnery Sgt. Craig A. Ranney, equal opportunity advisor to the commanding general of 1st Marine Logistics Group, has a lot of responsibility with his job, but he also has another major responsibility. Ranney is the motorcycle president for Combat Logistics Regiment 17, 1st MLG.

As motorcycle president, it is his job to ensure the Marines of CLR-17 have taken the proper classes and are up to date on their motorcycle training, as well to help all the riders improve their abilities. The biggest part of being motorcycle president is mentoring riders. He also participates in quarterly rides with units to give advice to other riders who may be making small mistakes.

Ranney loves riding either his CBR 600 RR or his BMW S1000 RR Superbike during his free time. It’s his way of relaxing, he said.

“It’s freedom, nothing else matters at the time,” said Ranney.

“It takes your mind off everything else, it’s a release.”

Although it’s a good way to relieve stress, motorcycling is an inherently dangerous activity, he said. Since the beginning of 2010, there have been 14 motorcycle-related fatalities in the Marine Corps.

“Motorcycling is dangerous,” said Ranney. “Not necessarily from the standpoint of the person riding the motorcycle, but also other drivers as well. We teach them to know their abilities and their bike’s abilities, and we teach them the skills to get them out of trouble in case someone pulls into their lane.”

As the motorcycle president, Ranney, 37, from Akron, Ohio, helps train Marines to become safer and better motorcycle riders.

“I care about the safety of Marines and I love motorcycles, so it fit together,” said Ranney, who began riding after returning from Iraq in February 2009.

“What’s not to love,” asked Ranney. “I’m passionate about motorcycles; I’m passionate about Marines. I get to have fun doing something I really enjoy.”

Safety Checks:

- Wear your personal protective equipment.**
- Light signals are operational**
- Dress for the fall, not for the ride.**
- Check weather report beforehand.**

Egg Hunt

Photos by Cpl. Khoa Pelczar



The child of a Marine with 7th Engineer Support Battalion, 1st Marine Logistics Group, picks up an Easter egg during an Easter egg hunt at a family function hosted by 7th ESB on Camp Pendleton, Calif., April 16.



Children of all ages gathered to collect hundreds of eggs that were scattered around the field. Parents helped out by carrying the bags so the kids could roam freely around the field and pick up any egg they could find.



(Top) A boy fills his basket with Easter eggs at a family function hosted by 7th Engineer Support Battalion, 1st Marine Logistics Group, on Camp Pendleton, April 16. (Left) A family member of a Marine with 7th Engineer Support Battalion, 1st Marine Logistics Group, climbs a rock-climbing wall at a family function hosted by 7th ESB on Camp Pendleton, Calif., April 16.





Marines and sailors with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, participate in a Motorized Operations Course at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., April 15. MOC gives Marines and sailors a better understanding of what to do in various combat situations. The Marines conducted the training as part of their monthlong Enhanced Mojave Viper training in preparation for a future deployment to Afghanistan.

CLB-1 conducts Motorized Operations Course

Story and photos by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – ‘We have sight of a possible IED’ said the Marine through radio traffic. ‘Where is your position?’ his comrade replied.

Marines and sailors with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, participated in a Motorized Operations Course, here, April 15, to get realistic training of how combat logistics patrols are conducted while deployed.

The Motorized Operations Course is

a training operation, which features three scenarios Marines may encounter while deployed to a combat environment.

The course began with the Marines and sailors conducting a combat logistics patrol and spotting a possible improvised explosive device. The combat logistics patrol came to a halt, after locating the IED, the Explosive Ordnance Disposal team performed a controlled detonation and the combat logistics patrol pushed forward.

‘This training really keeps you on your toes,’ said Lance Cpl. Shawn Fitzgerald-adams, motor transport operator, Charlie Company, 3rd Assault Amphibian Battalion, attached to CLB-1, CLR-1, 1st MLG.

As the patrol pushed forward, the Marines heard a loud BOOM! A simulated mortar from an enemy bunker position exploded close to the road. The security vehicles sprang into action and provided return fire so the rest of the combat logistics patrol could safely pass through.

‘The live fire [portion] was very realistic,’ said Fitzgerald-adams. ‘The security vehicles had to get in position to suppress the enemy while the rest went through safely.’

After the convoy made it past enemy fire, another loud boom was heard and a giant dust cloud filled the air. One of the vehicles struck a notional IED and suffered ‘casualties.’ The rest of the convoy stepped in

to provide security, assess the casualties, set up a landing zone and call the IED strike over the radio. After everything was completed, the patrol conducted a vehicle recovery mission to finish up the training.

‘It’s very good training for us,’ said Lance Cpl. Michael Gant, Motor Transport Operator, Motor Transport Company, CLB-1, CLR-1, 1st MLG. ‘Since I’m an operator, I have to drive on a regular basis while deployed. Going through this gives me a better understanding on what to do in those situations.’

CLB-1 is making sure their Marines and sailors are ready for whatever situation they may face so they are able to complete the mission and return safely.

Marines and sailors with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, participate in a Motorized Operations Course at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., April 15.



Marines conducted a combat logistics patrol through realistic-looking towns and responded when their convoy came under attack by a simulated enemy ambush. The Marines immediately sprang into action to return fire upon the notional insurgents.

NMCRS fund drive underway

Story and photo by
Cpl. Shannon E. McMillan
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – Individuals have until April 30 to donate to the Navy-Marine Corps Relief Society through its annual fund drive.

The fund drive is conducted every year to replenish funds that were distributed throughout the previous year.

During the first two weeks of the NMCRS fund drive, 1st Marine Logistics Group accumulated \$26,000 in donations, said Capt. Francisco J. Diaz, NMCRS coordinator, 1st MLG.

The non-profit organization assists active duty, retirees and military families with interest-free loans, grants and referrals to community-based resources.

Along with providing counseling services and emergency funds, the NMCRS has more than 30 thrift shops across the United States that provide service members with discount clothing and furniture. The money raised in the stores contributes relief services to the Navy-Marine Corps community.

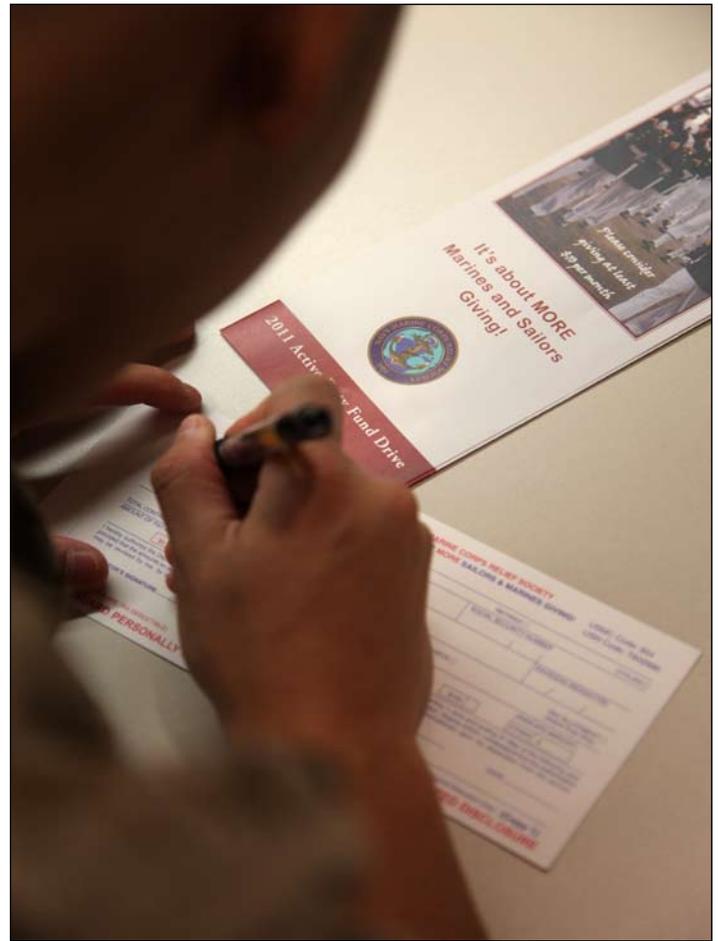
According to the NMCRS Web site, their mission is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need.

“1st MLG is striving to make 100 percent contact with all Group Marines and sailors in order to spread the word of

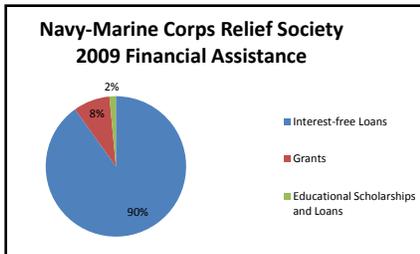
what the NMCRS brings to the fight in the realm of assistance to service members and their families during times of need caused by unforeseen hardships,” said Diaz, 29, from Orlando, Fla. “The drive also serves to educate commanders at all levels of the resources available to their commands to help take care of their Marines and sailors. Lastly, 1st MLG is looking to surpass its charitable contributions from last year’s fund drive of \$74,000.”

Historically, 1st MLG has been a chief contributor to the NMCRS fund drive aboard Camp Pendleton on an annual basis. 1st MLG NMCRS unit representatives continue to lean forward with regards to the drive and continue to enthusiastically engage Marines and sailors of the command. Based on the proactive nature of the various unit representatives and their continued dedication to this cause, hopes of matching, if not surpassing, last year’s charitable contributions seems like a tenable goal, Diaz added.

For additional information or to learn how you can contribute to NMCRS, log onto www.nmcrs.org or call the Camp Pendleton NMCRS office at (760) 725-5337.



The Navy-Marine Corps Relief Society will be accepting donations for its annual fund drive until April 30. The NMCRS is a non-profit organization that assists active duty, retirees and military families with interest-free loans, grants and referrals to community-based resources.



CLB-1 Marines learn medevac skills



Photos by Lance Cpl. Jerrick Griffin

(Left) Marines with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, practice medical evacuation procedures at Marine Air Ground Combat Center Twentynine Palms, Calif. (Above) Marines race toward a simulated casualty with stretchers to provide medical assistance.



(Left) Cpl. Marisol Vargas, administrative clerk, Headquarters Detachment, Combat Logistics Battalion 11, Combat Logistics Regiment 17, 1st Marine Logistics Group, performs an arm-bar takedown during an Oleoresin Capsicum spray training session at Camp Pendleton, Calif., April 15. The OC spray, commonly referred to as pepper spray, is considered a non-lethal weapon used by military policemen to restrain aggressive individuals refusing to cooperate. (Below) Staff Sgt. Thomas S. Williams, training chief, Combat Logistics Regiment 17, 1st Marine Logistics Group, teaches a group of poolees about the M249 Squad Automatic Weapon and the M240G medium machine gun at Camp Pendleton, April 16.

Around 1st MLG



Photo by Lance Cpl. Kenneth Jasik



Photo by Cpl. Shannon E. McMillan

(Above) Military spouses listen to a Marine Corps Martial Arts Program Instructor, as he gives a brief description on techniques they are about to learn during the Combat Logistics Battalion 11, Combat Logistics Group Regiment 17, 1st Marine Logistics Group Jane Wayne Day on Camp Pendleton, Calif. April 15. (Right) Lance Cpl. Chris Sealock (right), 21, from Lore City, Ohio, and Lance Cpl. Araya Moreno (left), 24, from Seattle, Wash., military policemen, Military Police Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, demonstrate a new way to restrain detainees at an entry control point during Escalation of Force Mission Module training at Camp Pendleton, Calif., April 15.



Photo by Cpl. Khoa Pelczar