



The Convoy

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Delivering quality information on the 1st Marine Logistics Group

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7th ESB deploys



A Marine with 7th Engineer Support Battalion, Combat Logistics Regiment 1, 1st Marine Logistics Group, says goodbye to his loved ones at Camp Pendleton, Calif., May 8, as he prepares to board a bus to deploy to Afghanistan. The Marines are deploying for seven months to support Regional Command (Southwest) in Helmand and Nimruz provinces. *Photo by Lance Cpl. Kenneth Jasik.*

See DEPLOY, Page 3

Bronze Star recipient credits Marines for medal

Story and photos by
Lance Cpl. Jerrick Griffin
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. – Master Gunnery Sgt. Orlando Zuniga was awarded the Bronze Star Medal here, May 5.

Zuniga, 42, from San Antonio, received the medal for actions

while deployed with 3rd Battalion, 7th Marines, Regimental Combat Team 2, 1st Marine Division (Forward), I Marine Expeditionary Force (Forward), from March 18, 2010, to Oct. 1, 2010.

Although he received the reward, he credited the Marines who were under his charge at the time for making it possible.

“I was happy to receive it, but to me it was not that big of a deal,” said Zuniga. “It was something I got for the work the Marines under me did. The Marines that worked for me are the ones who got this award, not me. I was just the one receiving all the praise at the end.”



Master Gunnery Sgt. Orlando Zuniga displays the Bronze Star Medal he received during a ceremony here, May 5.

See AWARD Page 3

INSIDE



1st MLG conducts quarterly motorcycle ride

Page 2

Retired Navy Chief continues to servePage 4

Disbursing Marines PT to the rhythm of music.....Page 5

Word on the Street.....Page 5

Motorcycle ride improves skills

Story and photo by
Sgt. Shannon McMillan
Staff Writer

SAN DIEGO COUNTY, Calif.
—More than 150 military motorcyclists participated in the 1st Marine Logistics Group quarterly motorcycle mentorship ride here, May 6.

The Marines began at Camp Pendleton and rode 56.1 miles around San Diego County. The purpose of the ride was to promote camaraderie amongst the service members and educate them on basic motorcycle maintenance, physical effects of motorcycle riding, and to reinforce safe riding techniques.

The event began with a motorcycle ride registration and brief, which included topics such as trip risk assessment, motorcycle safety, driver awareness, surroundings and hazards, responsible riding techniques, passenger safety, proper use of personal protective equipment, group ride techniques and proper motorcycle maintenance inspections.

Following the brief, service members were given the opportunity to participate in the mentorship ride, which consisted of groups of six or fewer riding together on a pre-planned route that provided an opportunity for experienced riders to mentor and share riding techniques with less-experienced riders.

“Today is the largest club ride that I have participated in,” said Lt. Cmdr. Paul Schiermeier, safety and environmental officer for 1st MLG. “We had 156 riders today, and 310 participated in the briefs this morning.”

These quarterly rides provide an opportunity for Marines to enhance their riding skills by pairing up with those who have been riding for a longer period of time



A service member with 1st Marine Logistics Group participates in 1st MLG's quarterly motorcycle mentorship ride in San Diego County, Calif., May 6. The Marines began at Camp Pendleton and rode 56.1 miles around San Diego County. The purpose of the ride was to promote camaraderie amongst the service members and educate them on basic motorcycle maintenance, physical effects of motorcycle riding, and to reinforce safe riding techniques.

and have more experience, added Schiermeier, 38, from Saint Louis, Miss., who has been riding for three years.

“I thought it was an outstanding experience for individuals,” said Sgt. Frank Fransen, disbursing clerk, Service Company, Combat Logistics Regiment 17, 1st MLG. “The Marine Corps has taken such an active role in motorcycle riders. They have made countless opportunities for the Marines to go out and do training. Not only do they provide [the] basic riders course, which teaches Marines who have never touched a motorcycle before how to ride a motorcycle, but also advanced training geared for sport-bike riders and cruiser riders.”

The service members enjoyed the opportunity to practice their riding skills, said Fransen, 25, from Chicago.

“Ninety percent of the Marines that ride motorcycles do it because they enjoy riding. They enjoy going out on the road and having that time to themselves to decompress, and this was just another opportunity for them to do that,” said Fransen, who has been riding for more than three years. “It’s what we want to do. Riders want to ride.”

There was a lot of good fellowship amongst the riders, from all ranks, said Master Gunnery Sgt. Timothy A. Gerdes, intelligence chief, 1st MLG, who has been riding for four years.

“I thought it was really good,” said Gerdes, 39, from Princeton, Ill. “[I] thought we had a great turnout; it was great to see all of the Marines [that] were able to come out and get some experience riding together in a group.”

HAPPENINGS

Motorcycle Safety Courses

An Advanced Riders Course will be held weekly on Wednesday from 7:00 a.m. – 4:30 p.m. A Basic Riders Course will be held weekly, Monday, Tuesday, Thursday and Friday from 7:00 a.m. – 4:30 p.m. Both courses will take place at Bldg. 200071. For more information, call Kevin Frantum at (760) 725-2897.

Free Music Concert

Pacific Views/South Mesa Club will host a free live-band event May 20 from 8 p.m. – 1:30 a.m. All ranks are welcome to the Sea View Room to enjoy a cover band that will play classic rock tunes from Bon Jovi, AC/DC, Van Halen, Led Zeppelin and more.

2011 Junior Lifeguard Program

Tryouts for the 2011 Junior Lifeguard Program will take place at the 13 Area pool May 28, June 4 and June 11 from 8-11 a.m. Those who qualify will participate in one of two summer lifeguard programs ranging 5-6 weeks. At a minimum, applicants must be able to tread water for five minutes and swim underwater for 10 meters. For more information, call 760-725-2703.

Celebrate America

Pacific Views/South Mesa Club will host a free multi-cultural celebration May 18 from 11 a.m. – 2 p.m. The event will feature food, informational booths and a performance by an ethnic dance troupe.

Single Marine Program Spa Day Trip

The Spa Day Trip is an opportunity for Marines and sailors to pamper themselves at a fraction of the cost. Each individual will pay \$20. The SMP will provide transportation to and from the Glen Ivy Hot Springs Spa, May 20.

Rye Barcott book signing

Rye Barcott, author of “It happened on the way to war - A Marine’s path to peace” will be signing books at the Mainside Country Store May 17 from 4 - 6 p.m.



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LANCE CPL. JERRICK GRIFFIN
LANCE CPL. KENNETH JASIK

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AWARD

continued from Page 1

According to the citation, while Zuniga was serving as the operations chief for 3/7, he tracked and distributed accurate and timely reports for 274 improvised explosive device strikes and finds, 27 enemy cache finds, 201 small-arms fire engagements and 47 indirect fire attacks.

“What we did was receive and process information, then send it back out to keep the troops informed,” said Zuniga. “We made sure they had all the support that they needed while they are out there in the fight.”

Zuniga joined the Marine Corps in April 1987 and spent most of his career as an infantryman. He spoke about how great the logistics Marines he worked with performed and how he took support Marines for granted earlier in his career. He began to appreciate the logistics side more when he worked as the assistant operations chief with 1st

Battalion, 23rd Marines in Houston.

He said he realized the logistics Marines worked just as hard as the grunts.

“The Marines I worked with inside the [Combat Operations Center] worked just as hard, just as long to try to keep the support for the Marines out there going,” he said. “I think that’s something that people miss; I know I always missed it as an infantryman. I always took it for granted that the logistics and support people are just there.”

He also added that he was happy to be surrounded by such a great group of Marines.

“I’ve worked with some great infantry Marines over at 3/7, but the one thing I wanted to say is the only reason I got this award is because the [Marines] that worked for me in the COC were so good at their job,” said Zuniga. “I couldn’t have done it without the communications, administration, logistics, data and intel guys. They were the ones that made my command center work so good.”



Master Gunnery Sgt. Orlando Zuniga, director of the Combat Skills Training school, Combat Logistics Regiment 17, 1st Marine Logistics Group, salutes Col. William Pitman, assistant chief of staff, G-3, 1st Marine Logistics Group, during a Bronze Star ceremony held at Camp Pendleton, Calif., May 5. The 42-year-old San Antonio native was awarded the medal for serving as the operations chief for 3rd Battalion, 7th Marines, Regimental Combat Team 2, 1st Marine Division (Forward), I Marine Expeditionary Force (Forward), from March 18, 2010, to Oct. 1, 2010.

Marines deploy on Mother’s Day

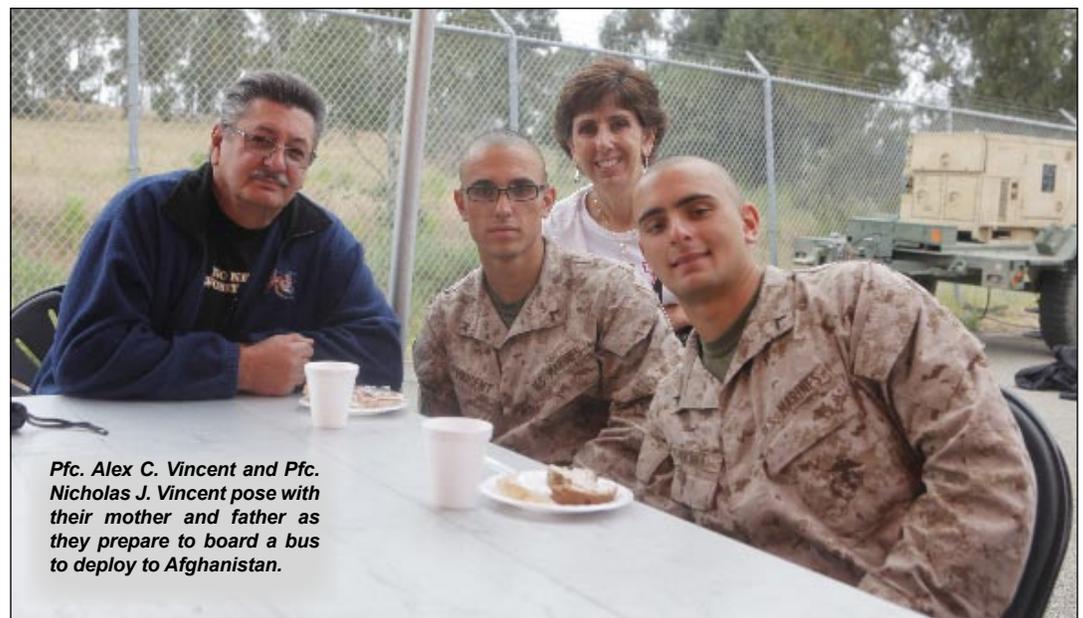
Story and photo by
Lance Cpl. Kenneth Jasik
Staff Writer

MARINE CORPS BASE CAMP PEDLETON, Calif.—May 8 was a bittersweet Mother’s Day for many Marines, sailors and families of 7th Engineer Support Battalion, Combat Logistics Regiment 1, 1st Marine Logistics Group, as about 200 service members loaded the buses for the first leg of their journey to Helmand province, Afghanistan.

For some, this was just another 7-month deployment, but for many, this was their first combat deployment, which made it especially tough for Marines and sailors on Mother’s day.

Among the deploying Marines, a pair of brothers, Pfc. Alex C. Vincent and Pfc. Nicholas J. Vincent, combat engineers with Charlie Company, 7th ESB, CLR-1, 1st MLG, will deploy together. They joined the Marine Corps together in July 2010. They spent their last few moments at Camp Pendleton with their mother and father before saying goodbye.

“I’m very proud of them, but I’m



Pfc. Alex C. Vincent and Pfc. Nicholas J. Vincent pose with their mother and father as they prepare to board a bus to deploy to Afghanistan.

also a bit worried,” said their mother, Christina.

The brothers are slightly nervous about deploying, but are comforted they’ll have each other to rely on while in a combat zone.

“[Deploying with my brother] makes it easier, because you already know somebody, you have

somebody you can trust,” said Alex, 21, from Temecula, Calif.

But the deployment wasn’t only about children deploying on Mother’s Day. For Lance Cpl. Karla R. McJunkin, a combat engineer with Charlie Company, 7th ESB, CLR-1, 1st MLG, deployment means being separated from her 10-year-old

daughter and two step-daughters.

“I’m glad to go out with my platoon,” said McJunkin, 29, from Caldwell, Idaho. “I gained a lot of respect for them. It’s not exactly fun leaving your family and loved ones, but you gain such love and trust of your platoon; I wouldn’t have it any other way.”



- GIVE HIM ONE! - CHRISTOPHER GALLEGOS

Story and photo by
Lance Cpl. Kenneth Jasik
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif.

– For 21 years, retired Navy Chief Christopher A. Gallegos, worked as a corpsman who specialized in preventive medicine in order to keep troops healthy and combat ready.

When he retired this past February, his service to the Navy and Marine Corps didn't end there. For Gallegos, 40, a government position similar to his expertise in the Navy, preventive medicine, opened up soon after he left the Navy.

"I enjoyed my years in, but it's time to move on," said Gallegos, safety manager, Dental Battalion/Naval Dental Center, Camp Pendleton, Combat Logistics Regiment 15, 1st Marine Logistics Group. "In my capacity at Dental Battalion, I'm not military but I'm still associated with it. I can still get a taste of it without worrying about many things that come with being on active duty, like deployments."

Gallegos joined the Navy as a hospital corpsman in February 1990 because he wanted to see the world. Since then, he visited many places many only hear about over the course of six deployments.

"The most rewarding one was probably the Pacific Partnership on the USS Mercy," said Gallegos. "We did humanitarian missions to the Philippines, Indonesia, and East Timor. It was basically a follow-up to the 2004 Tsunami relief."

But it was during an earlier deployment where Gallegos became interested in preventive medicine.

"I was on my first [Western



Christopher A. Gallegos, safety manager, 1st Dental Battalion, 1st Marine Logistics Group, explains to service members inspection safety tips and procedures that will help prevent future incidents here, May 11, 2011. Gallegos, 40, is a former sailor who returned to work at Camp Pendleton after he retired in February.

Pacific deployment], and I saw the chief doing different things," said Gallegos. "It was easier to prevent people from getting sick than to deal with them afterwards."

After that deployment, Gallegos gained a genuine interest in preventive medicine. He went on to learn more about the subject in advanced military classes.

"I like to interact with people," said Gallegos. "I enjoy educating them on safer ways to do things."

Gallegos knew that his time in the Navy was finite, so the high school dropout decided to get his education while he was still enlisted. Gallegos

earned his Master's Degree in Occupational Safety and Health, a field in which he envisioned burgeoning career opportunities.

For a significant portion of his Navy career, Gallegos worked in occupational and environmental safety offices around the Marine Corps. As he prepared to retire, a civilian job as the Dental Battalion safety manager became available on Camp Pendleton, not far from where Gallegos was working: the safety office of 1st MLG.

"I got very lucky with this," said Gallegos. "Just the timing for me, as far as the interview process goes. Most guys

spend a long time searching for jobs after the military."

Gallegos may have been lucky, but it is possible he made his own luck by preparing for his end of active service by preparing 12 years in advance. His hard work paid off for him because he says he really enjoys his civilian job.

"I'm still new, and I'm still learning a lot of it," said Gallegos. "What I'm learning is that as a civilian we interact a little differently, it's like a different duty station with different missions and different types of processes. I like that I'm learning a lot of things and also working with people."

ZUMBA

Disbursing Marines dance for fitness

Story and photos by
Cpl. Khoa Pelczar
Staff Writer

MARINE CORPS BASE CAMP PENDLETON, Calif. —Disbursing Marines with Service Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, bored with their daily routines, spiced up their physical training by attending a Zumba class at the Paige Fieldhouse here, April 29.

Leaders began to think outside the box for activities they could do for unit physical training. Disbursing Marines decided that they would take a shot at dancing in a Zumba class.

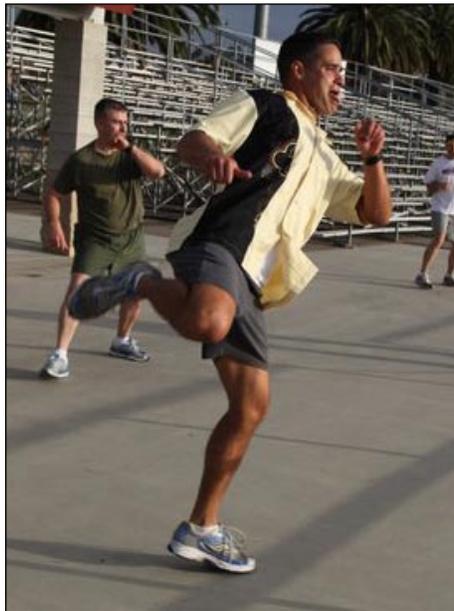
Zumba is a fast-paced dance class offered by Semper Fit for service members, as well as their family members, to get a good cardio workout, explained Barbie Buran, group exercise coordinator for Camp Pendleton Semper Fit.

“[Zumba] was good and painful,” said Sgt. Sylvester Sangalang, disburser, Service Co., CLR-17, 1st MLG. “It was something new and different for us to do. I enjoyed it and I think the Marines enjoyed it as well.”

The disbursing Marines enjoyed their dance class, and after the rigorous-yet-fun workout, they saw why it was growing in popularity.

“Zumba class is the new craze,” said Buran. “People like it because it’s fun. They get to dance and exercise. It offers a different way for Marines to have a great cardiovascular workout without doing traditional training such as running and lifting weights.”

While the traditional training methods are effective, leaders always strive to find different ways to keep physical training interesting, explained Sangalang, 24, a native of Carson, Calif.



Leaders with disbursing, Service Company, Combat Logistics Regiment 17, step on stage and dance with the instructor during a Zumba class at Camp Pendleton, Calif., April 29.

“It’s not often that you see Marines come out to train, sweat their butts off and still able to laugh about it,” said Sylvester. “Zumba makes your whole body move. I am hurting in places that I didn’t even know I had muscles. I would definitely come out and do it again if I got the chance.”

Service members and their families can find a schedule with the available time for the class online at www.mccscp.com. Also, leaders can call Buran at (760) 763-4070 to schedule a unit session.



Disbursing Marines with Service Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, dance to the rhythm of the music during a Zumba class at Camp Pendleton, Calif., April 29.

Word on the Street

*What is your
favorite work
out?*



“I like working out my abs. Core Strength is good for everything.”

Cpl. Nathan R. Drahotka
Military Police, CLR-17, 1st MLG



“I prefer working on my abs because it’s your core and you need it for everything.”

HM1 Joseph E. Sablada
Safety Inspector, 1st MLG