



# The Convoy

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Delivering quality information on the 1st Marine Logistics Group

Volume 3 Issue 11

## Memorial honors fallen hero



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Photo by Cpl. Michele Watson

A Marine bows his head during the memorial service for Officer Jeremy Henwood in San Diego, Aug. 12. Henwood, 36, a Marine reserve officer, was posthumously promoted to the rank of major after being killed in the line of duty serving with the San Diego Police Department, Aug. 7.

## NCOs learn to combat un-seen enemy

Story and photo by  
Cpl. Jerrick Griffin  
Staff Writer

**MARINE CORPS BASE CAMP PENDLETON, Calif –**

Approximately 80 noncommissioned officers with Combat Logistics Regiment 17, 1st Marine Logistics Group, attended a NCO Suicide Prevention course here, Aug. 10.

The course is designed to give NCOs the tools they need to recognize the warning signs of suicide so they can be the first line of defense in helping to prevent them in the Marine Corps.

According to the Marine Corps' suicide prevention Web site ([www.usmc-mccs.org/suicideprevent](http://www.usmc-mccs.org/suicideprevent)), between October 2010 and July 2011, 21 Marines have committed suicide and 107 have attempted suicide.

The class "is important because the numbers are saying that we are losing too many Marines," said Sgt. Philippe Leveille, master instructor of the suicide prevention course, CLR-17, 1st MLG. "Everybody is vulnerable to this, so it's important to take the class seriously."

During the class, Marines



Marines attend an NCO Suicide Prevention course, Aug. 10.

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# PREVENTION

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watched videos about other Marines and family members who attempted or committed suicide and learned about the devastating effects suicide has on families, friends and co-workers. They also learned about the RACE Method, which stands for Recognize, Ask, Care, Escort- the steps to helping Marines in need.

With suicides claiming the lives of Marines, it is up to their fellow brothers in arms to assist them in seeking help before it's too late.



Marines with Combat Logistics Regiment 17, 1st Marine Logistics Group, attend an NCO Suicide Prevention course at Camp Pendleton, Calif., Aug. 10.

## HAPPENINGS

### Motorcycle Safety Courses

An advanced riders course will be held weekly, Wednesdays from 7:00 a.m. – 4:30 p.m. A basic rider's 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.

### Sailing Lessons

Basic sailing class are being held from Aug. 19 - Aug. 27 at the marina in Del Mar. Call (760)-725-7245 to enroll or for more information.

### Food Drive

Pacific Plaza and San Onofre commissaries is holding a food drive from July 25 - Aug. 31. Food banks across America are facing severe shortages. For more information, call (760) 725-4012 or (760) 725-7136.

### Padres Game Saturday

Single Marine Program is holding a free trip to a Padres game, Aug. 20. Advanced sign up is required as space is limited. A free, all-you-can-eat buffet is included at the game. For more information about departure time and place, and availability, call SMP at (760) 725-6722.

### Special Brewmaster Event

World famous brewmaster, George F. Reisch, will be teaching and illustrating the finer points of brewing at the Vineyard, Mainside, from 5-7 p.m., Aug. 24. Must be 21 or older to participate. Due to the max capacity of 42 people, call (760) 725-6233 x122, to reserve your spot.

## 1st Maintenance Battalion's summer bash



Photo by Cpl. Michele Watson

Marines, sailors and families of 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group spent the day in the sun during the Battalion's summer bash at Camp Pendleton, Calif., Aug. 11. Participants enjoyed rock climbing, free food and drinks, music, football, baseball, and a company-competitive tug-of-war game.

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# Marines, police officers pay final respects to fallen hero

Story and photos by  
Cpl. Michele Watson  
Staff Writer

**SAN DIEGO** – Thousands of Marines and police officers paid their respects to a fallen hero during a memorial ceremony, Aug. 12, honoring a reserve Marine and local police officer who was killed in the line of duty.

Jeremy Henwood, a captain in the Marine Corps Reserves and police officer for the San Diego Police Department, was shot and killed, Aug. 7. He walked into a fast food restaurant to buy himself something to eat as well as a meal for a 10-year-old boy who happened to cross his path. Moments later, while sitting in his patrol car, a man drove up beside him and fired a fatal shot. Henwood was 36.

Henwood served as an enlisted infantryman before going on to Officer Candidate School to earn his commission in the Marine reserves. The Canadian-born hero became a United States citizen in order to receive his commission with the Marines.

He deployed twice to Iraq, and after his third deployment – this time to Afghanistan as a company commander with Combat Logistics Battalion 2 – Henwood returned to the U.S. in February to continue serving as a police officer with the SDPD.

During the memorial ceremony, Henwood was posthumously promoted to the rank of major. Brig. Gen. John J. Broadmeadow, commanding general of 1st Marine Logistics Group, presented Henwood's parents, Robbie and Beverley, with the promotion citation.

Family members, friends, and



*Marines and San Diego police officers escort the body of Officer Jeremy Henwood in San Diego, Aug. 12.*

commanders remembered Henwood during the tearful ceremony by sharing stories and expressing sorrow.

"I didn't say it enough," said Emily, Henwood's sister. "Jeremy, I love you, and I always will."

Henwood will be flown back to his hometown in San Antonio, Texas, to be buried.

Hundreds of police cars lined the street for the procession, and a color guard, made up of Marines and police officers, presented arms during the 21-gun salute.

Henwood is survived by his parents, sister Emily, and brother Robbie.



*Robbie and Beverley Henwood express their loss and share memories of their son, Jeremy Henwood, during a memorial ceremony in San Diego, Aug. 12.*



*Brig. Gen. John J. Broadmeadow, commanding general of 1st Marine Logistics Group, presents Robbie and Beverley Henwood with a promotion citation during their son's memorial ceremony in San Diego, Aug. 12.*



# - GIVE HIM ONE! -

## CHAPLAIN MICHAEL MIKSTAY

Story and photo by  
Cpl. Kenneth Jasik  
Staff Writer

Navy Capt. Michael A. Mikstay was just a small boy when he first heard the calling to become a priest. He wanted to have a positive effect on the lives of others.

"I began to be interested in priesthood in second grade," said Mikstay. "I went to Catholic school, and I saw the priests very involved in the lives of people. At that point, I thought that would be a wonderful thing to do, and I believe as I got older, that calling and attraction got stronger and was affirmed by numerous people."

Mikstay, 56, from Canton, Ohio, realized his dream of becoming a priest and served for several years out of uniform, until the Gulf War broke out in 1991.

"I had been a priest in the town of Poland, Ohio, and we had a number of parishioners whose family members were being activated in reserve and guard units," said Mikstay. "It became a very difficult time, so I felt a need to respond to the crisis that the nation and the world was experiencing."

At 37 years old, Mikstay then answered a different call to serve – by joining the U.S. Navy Chaplain Corps.

After joining in 1992, Mikstay was too late for Operation Desert Storm, but he found himself in the middle of a different fight just a few months later.

"My first unit was with the 24th Marine Expeditionary Unit; we went to Somalia," said Mikstay. "Six months out of Chaplain school, in downtown Mogadishu, I found myself praying, 'Oh God, what did I do.'"

In Somalia, Mikstay traveled between ship and Forward Operating Bases in the region to provide religious services, along with religious and spiritual guidance and



**Navy Capt. Michael A. Mikstay, the new group chaplain for 1st Marine Logistics Group, 56, from Canton, Ohio, was a civilian priest until he joined the Navy in reaction to the Gulf War, when many of his parishioners who were reservists and National Guard soldiers were being mobilized.**

counseling.

"I had a whole lot of opportunity to get around," said Mikstay. "I went around with all aspects of the MEU."

In addition to providing religious services, Mikstay helped distribute food and water to residents of Somalia.

After the 24th MEU and Somalia, Mikstay served with 5th Battalion, 10th Marines, at Camp Lejeune, N.C.; 2nd Marine Aircraft Wing, at Marine Corps Air Station Cherry Point; and I Marine Expeditionary Force.

Serving in the military, especially with the MEU, has helped

him grow as a priest, he said.

"[My service in Somalia] set the stage for my life in the military," said Mikstay. "Being at the MEU level was a great experience, and it allowed me to be involved in many of the operations that the Marine Corps is involved in. Civilian ministry and military ministry are different in many ways. Civilian ministry is geared toward a denomination, church or parish. Military chaplains serve people of all faiths."

Mikstay is a Catholic priest, but as a chaplain he facilitates religious services for troops of all beliefs.

"When you get down to it, the primary reason we have military chaplains in any of the services is because our nation is adamant about the fact that we provide for the free exercise of religion," said Mikstay. "It's one of our constitutional rights to be able to exercise our religion, and chaplains are here to guarantee that, regardless of what faith you believe in, or even if you have no faith whatsoever."

Mikstay feels becoming a Navy chaplain is a calling, much like priesthood, and said he enjoys sharing his experiences with younger sailors.

"It's a response to your faith," said Mikstay. "At this point, I've been promoted to a position that is supervisory, so I now have a opportunity to pass on to younger chaplains and [religious program specialists] my experiences and knowledge."

As the head chaplain of 1st MLG, Mikstay ensures that all the chaplains within the Group are available to their Marines and families whenever spiritual guidance is needed or requested.

Nearly 20 years after joining the Navy, Mikstay continues to answer the call, in any clime and place.

# Marines truck toward deployment preparation

Story and photos by  
Cpl. Kenneth Jasik  
Staff Writer

**MARINE CORPS BASE CAMP PENDLETON, Calif.** – As they prepare to rotate to Afghanistan early next year, Marines and sailors with Combat Logistics Battalion 5, Combat Logistics Regiment 1, 1st Marine Logistics Group, are learning to properly apply tactics, techniques and procedures in harsh terrain resembling the desert they will face.

To get an idea of what they will be facing in Afghanistan, Marines and sailors with Motor Transport Company, CLB-5, CLR-1, 1st MLG, conducted a field exercise to teach them the details about combat logistics patrols, Aug. 8-12.

The Marines and sailors used the rugged Pendleton terrain to challenge themselves in some of the same ways Afghanistan will challenge them.

“[This exercise] gets us out of the motor pool and into a field environment,” said 2nd Lt. Chris S. Scheckel, Platoon Commander, 3rd Platoon, Motor

Transport Co., CLB-5, CLR-1, 1st MLG. “The dirt kicking up in our faces gets us better acclimatized to Afghanistan.”

The Marines with Motor Transport Company will be responsible for providing the transportation of supplies to International Security Assistance Forces scattered throughout Helmand and Nimruz provinces.

“We provide motor transport of all classes of supply to complete the mission,” said Scheckel, 29, from Rensselaer, Ind.

There are a lot of details when it comes to properly conducting a combat logistics patrol. Small details such as maintaining distance or vehicle order can be the difference between life and death when the situation takes a turn for the worst.

“We’re trying to get in the mindset for convoys out in Afghanistan,” said Lance Cpl. Brian S. Faul, motor transportation operator, Motor Transport Company, CLB-5, CLR-1, 1st MLG. “We’re looking out for something that could happen in Afghanistan, such as an ambush or IED. We’ve learned about what we

should do in each kind of situation and how to react.”

During the training, the Marines focused on wreckers and how to tow, how to properly load vehicles and self-recovery efforts. All in all they completed about 15 combat logistics patrols.

“It definitely helped me,” said

Faul, 19, Peoria, Ariz. “I haven’t done a whole lot of convoys, so it’s helped me out with knowing the basics of convoys. It also helped me get to know the Marines of my platoon. Many of them have deployed before, and they have all kinds of knowledge to share, so I have really learned a lot.”



*A Marine with Motor Transport Company, Combat Logistics Battalion 5, Combat Logistics Regiment 1, 1st Marine Logistics Group, guides a Humvee at Camp Pendleton, Calif., Aug. 11. As they prepare to rotate to Afghanistan early next year, Marines and sailors with CLB-5, CLR-1, 1st MLG, are learning to properly apply tactics, techniques and procedures in harsh terrain resembling the desert they will face.*



*Marines with Motor Transport Company, Combat Logistics Battalion 5, Combat Logistics Regiment 1, 1st Marine Logistics Group, prepare for a combat logistics patrol at Camp Pendleton, Calif., Aug. 11. There are a lot of details when it comes to conducting a proper combat logistics patrol.*



*Photo by Lance Cpl. Chelsea Flowers*

**Marines and sailors with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit, I Marine Expeditionary Force, set up a combat operations center in support of a training operation at Red Beach, Camp Pendleton, Calif., Aug. 13.**

# Combat operations center brain of the operation

**Story by  
Cpl. Khoa Pelczar  
Staff Writer**

**MARINE CORPS BASE CAMP PENDLETON, Calif.** – Marines and sailors with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit, I Marine Expeditionary Force, set up a combat operations center in support of a training exercise at Red Beach, here, Aug. 13.

The mission of CLB-11's COC is to command and control the logistical support within the battalion, as well as provide support to the MEU command element, aviation command element, and the battalion landing team of 3rd Battalion, 1st Marine Regiment, 1st Marine Division.

"It's the brain of the operation," said Sgt. Shaun R. Finch, training chief, S-3, CLB-11, 11th MEU, I MEF. "We have to be able track, plan and know of future operations in order to support other elements of the 11th MEU."

The COC commands and controls those logistics functions of supply, landing support, medical and dental services, security, motor transport services, heavy equipment and engineering services, providing direct support to the 11th MEU.

"Besides the basic logistics support, COC also conducts specialized missions in [the] combat service support element such as noncom-

batant evacuation operations, mass casualty evacuation operations, humanitarian assistance and disaster relief operations," said Master Sgt. Craig Gamache, operations chief, CLB-11, 11th MEU, I MEF.

Within a NEO, the COC specializes in the evacuation control center, explained Gamache. The battalion landing team provides security elements to the operation, and together, they make up the NEO team.

Finch said it took the Marines about a day to set up the COC and about the same amount of time to completely tear down all the tents and pack away all the maps, computers, satellite dishes, communication devices and any other equipment.

"Setting up always takes longer than tearing it down, but we try to pack everything in order so the next set up can be faster and smoother," said Finch, 26, from Dunlap, Tenn. "I always tell my Marines - slow is smooth, and smooth is fast. They might as well do it right the first time so they don't have to go back and look for things they missed."

Finch believes that by setting up the COC so often, the Marines will be more efficient during their deployment with the 11th MEU.

"It may be hard being away from the family a lot, but it's good to come out here and train to do what we'll be doing in the future," said

Finch. "Being able to help someone and not just say it, that's why we're out here conducting and supporting training operations. You'll never know when you might be

shipped out to places you've never been to in order to help out the third country nationals. So train like you fight. If you don't sharpen the knife, it's going to get dulled."



*Photo by Lance Cpl. Christofer Baines*  
**Marines work the radio and log transmissions at a combat operations center. The mission of a COC is to command and control unit operations.**



*Photo by Lance Cpl. Claudia Palacios*  
**Marines and sailors with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit, brief for a training exercise inside a combat operations center at Red Beach, Camp Pendleton, Calif., June 18.**



Cpl. Raul C. Acosta, the lead wrecker instructor, Motor Transport Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, connects chains to an overturned Mine-Resistant Ambush Protected vehicle, during a vehicle recovery exercise at Camp Pendleton, Calif., Aug. 10.

# Chain gang

## Wreckers train to recover vehicles in desert terrain

Story and photos by  
Cpl. Michele Watson  
Staff Writer

**MARINE CORPS BASE CAMP PENDLETON, Calif.** – Improvised explosive devices are the number one threat in the war in Afghanistan, and as a result, vehicle recovery becomes a highly-necessary task to recover lost vehicles that become immobilized by attacks.

Members of Motor Transport Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, took to the hills of Camp Pendleton to practice vehicle recovery operations, Aug. 10.

During the exercise, members were given multiple scenarios that required creative-thinking skills to accomplish the quickest recovery of the downed vehicles.

“Every exercise we do a different scenario, any type we can think of,” said Staff Sgt. Jeffery Brown, maintenance chief with Motor Transport Maintenance Company, 1st Main. Bn., CLR-15, 1st MLG. “What we have seen overseas ourselves, we bring back and teach the young Marines so they know how to safely conduct recoveries when they go in theater.”

The Marines recovered a rolled over Mine-Resistant Ambush Protected vehicle and conducted a tandem tow. The MRAP, which was no longer drivable, was used as an empty hull to provide accurate training to the wrecker operators.

Cpl. Raul C. Acosta, the lead wrecker in-



Members of Motor Transport Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group conduct a tandem tow to recover a 7-ton from a steep decline at Camp Pendleton, Calif., Aug. 10.

structor, has trained with Marines, Afghans, Estonians and British Marines, acquiring skills to recover vehicles in any situation.

“I can recover any vehicle in any place, anywhere,” said Acosta, 32, from Miami. “It doesn’t matter how messed up, blown up or disabled the vehicle is, nothing can stop me from recovering it. I learned all my ways and all the tricks from working with all those people.”

Though the training was aimed at the wrecker operators, the mechanics were present to ensure the process ran smoothly. Without mechanics to make sure the trucks were up to par, the wreck-

ers might break down and would no longer be reliable.

“They are moving fast, they have good communication and they’re doing everything they are supposed to be doing,” said Acosta. “They aren’t letting other people get in their way or tell them what to do.”

The Marines accomplished the recovery of the overturned MRAP and 7-ton even though it was placed at the bottom of a steep decline. Utilizing all of their safety precautions, the wreckers recovered both vehicles, gaining more experience that will aid them on their next deployment.



# Street fair

A young girl checks out a display of a 7-ton military vehicle during the 2011 San Clemente Street Fair, Aug. 14. Members of 1st Medical Battalion volunteered to spend the day at the event displaying military tactical vehicles they use on a daily basis to residents of the community.

Photos by Cpl. Michele Watson



**SAN CLEMENTE, Calif.** – Sgt. Andrew A. Avery, a motor transport operator with Headquarters and Support Company, 1st Medical Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, explains how to operate a 7-ton military vehicle to curious citizens during the 2011 San Clemente Street Fair, Aug. 14. Members of 1st Med. Battalion volunteered to spend the day at the fair showing off the trucks they use and answering questions while fair-goers climbed into the driver seat.



Sgt. Andrew A. Avery, a motor transport operator with Headquarters and Support Company, 1st Medical Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, shows a young boy a 7-ton military vehicle during the 2011 San Clemente Street Fair, Aug. 14.