



The Convoy

Delivering quality information on the 1st Marine Logistics Group.

May 25, 2010
Issue 54

1st MLG hosts annual 101 Days of Summer expo

Story by
Cpl. Jacob A. Singsank
The Convoy Staff

MARINE CORPS BASE CAMP PENDLETON, Calif. – Every year 1st Marine Logistics Group hosts an annual event that instills and promotes safety for Marines, sailors and their families throughout the 101 days of summer.

Roughly 5,000 services members with 1st MLG and their dependents attended the exposition that offered more than 30 venues available to participants to educate and show them of the dangers that are more likely to happen during the summer months.

“The 101 Days of Summer event reminds Marines and sailors that they can have fun without causing harm to themselves or putting themselves in a situation that may cause harm to them or their family and friends,” said Master Sgt. Brian A. Pujols, safety/ environmental chief, 1st MLG. “Safety throughout the summer months, at work, home, vacationing, it doesn’t matter; just be

See EXPO, Page 2

The Jiu-Jitsu challenge



Photo by Cpl. Jacob A. Singsank
Brazilian Jiu-Jitsu professors demonstrated defensive moves during Ordnance Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group company physical training, May 21.

See JIU-JITSU, Page 4

1st Marine Logistics Group bids farewell to senior leader



Photo by Cpl. Jacob A. Singsank

Sgt. Maj. Steven J. Lara, 48, from Coolidge, Ariz., former sergeant major of 1st Marine Logistics Group, speaks to friends, family members and fellow Marines and sailors who joined to honor and celebrate his retirement after 30 years of faithful service to the Marine Corps and United States during a ceremony here May 21.

Story by
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MARINE CORPS BASE CAMP PENDLETON, Calif. – Friends, family members and fellow Marines and sailors joined Sgt. Maj. Steven J. Lara, former sergeant major of 1st Marine Logistics Group, to honor and celebrate his retirement after 30 years of faithful service to the Marine Corps and United States during a ceremony here, May 21.

Brig. Gen. Robert R. Ruark, former 1st MLG commanding general, oversaw the ceremony for Lara, 48, from Coolidge, Ariz. During the retirement celebration, Ruark spoke of his previous deployment and fond memories shared with Lara in garrison and in support of Operation Iraqi Freedom.

“It was an honor to serve with [Lara] in Iraq and here at Camp

Pendleton with 1st MLG,” said Ruark. “It’s because of that I owe [Lara] a debt of thanks.”

Lara conducted numerous combat deployments during his career, with his last one as the group sergeant major with 1st MLG Forward Headquarters element at Al Taqaddum, Iraq in 2008 and 2009.

“To the Marines of 1st Marine Logistics Groups, your work and efforts this week have been very much appreciated,” said Lara. “I want you to know that the ceremony you executed today will be cherished by me and family for many years to come.”

After three decades in the Marine Corps, Lara will depart the Marine Corps leaving a positive impact that will continue to inspire Marines and sailors for years to follow.



Photo by Cpl. Jacob A. Singsank
Brig. Gen. Robert R. Ruark, former 1st Marine Logistics Group commanding general, hands Sgt. Maj. Steven J. Lara, 48, from Coolidge, Ariz., former sergeant major of 1st MLG, his retirement warrant during a ceremony here, May 21.

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EXPO

Continued from Page 1

safe and enjoy your summer and understand the services available to aid members and their families.”

This is the first year 1st MLG partnered with Marine Corps Community Services to host an event with the largest turnout to date with the focus of informing service members and their dependents.

“I want Marines and sailors to understand all that is at their fingertips on this base from having their own Latitudes Travel and ITT ticketing offices to the three state-of-the-art paintball parks available to the trips and events available through the Single Marine Program,” said Christina Chilleme, MCCS coordinator with Combat Logistics Regiment 17, 1st MLG, 27, from Huntington Beach, Calif. “There is no reason for them to be bored or unhappy on this base or in this area, and MCCS does its best to work in partnership with MCB Camp Pendleton to ensure that the needs of the Marines and sailors are met by making sure the information on what we offer is out there and readily accessible.”

The annual expo provides an array of services and support vendors to include suicide prevention, alcohol and drug abuse, sexual health, benefits from fit-



Photo by Cpl. Jacob A. Singsank
Lance Cpl. Armando G. Perez, motor transportation mechanic with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, 20, from Katy, Texas, scales a mobile rock wall at the 101 Days of Summer expo at Camp Pendleton, Calif., May 20.

ness, social support services, and an understanding on how the United States Marine Corps values each Marine and sailor.

“This year we wanted to change it up and provide the information in a fair type atmo-

“The 101 Days of Summer exposition is a great way to inform and educate service members,”

- Lance Cpl. Justin G. Farr

sphere,” said Pujols, 42, from Tampa. “We opened it up for Marines and sailors to bring their family members to the event so they could hear and see what the military is doing on trying to educate the service members.”

The 101 Days of Summer exposition offered Marines, sailors and their dependents a variety of fun activities to participate in to include a paintball shoot, jump houses, obstacle courses, a rock wall and free steaks provided by the All American Beef Battalion.

The All American Beef Battalion is a group of individuals involved in the United States beef cattle industry working to support the troops fighting the global war on terror. The organization collects donations through cattle sales and uses all the profits to purchase steaks to cook for military units across the country. The All American Beef Battalion cooked roughly 3,000 steaks for service members during the biggest event yet during the 101 Days of Summer exposition.

“I greatly appreciate the individuals who took the time and effort to put this event together,” said Lance Cpl. Justin G. Farr,



Photo by Cpl. Jacob A. Singsank
Sgt. Jamaal S. Wilson, heavy equipment mechanic with Support Company, 7th Engineer Support Battalion, 1st Marine Logistics Group, 26, from Ocala, Fla., fires a paintball gun during the 101 Days of Summer expo at Camp Pendleton, Calif., May 20.

heavy equipment mechanic with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st MLG. “My unit recently returned from Afghanistan and this expo is a great way to help us transition back from a combat environment by allowing us to meet new people and interact within large crowds.”

Along with the fun environment offered to Marines and sailors, the fair provided service members and their dependents knowledge on how to stay healthy and live safely.

“The 101 Days of Summer exposition is a great way to inform and educate service members,” said Farr, 21, from Lufkin, Texas. “This event has a lot of drug,

alcohol and tobacco prevention booths that helps Marines and sailors understand the dangers through examples of photos, statistics and true stories.”

For more information on the services provided at the event and where service members and their dependents can seek them, please visit the Marine Corps Community Services at www.mccscp.com.

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Photo by Cpl. Jacob A. Singsank
Lance Cpl. Stephen M. Hipp, heavy equipment operator with Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, 21, from Carson City, Nev., scales a mobile rock wall at the 101 Days of Summer expo at Camp Pendleton, Calif., May 20.



Photo by Cpl. Jacob A. Singsank
Marines, sailors and their families enjoy the venues offered during the 101 Days of Summer expo at Camp Pendleton, Calif., May 20.

Corpsmen ensures Marines stay healthy

Story by
Lance Cpl Kenneth C. Jasik
The Convoy Staff

MARINE CORPS BASE CAMP PENDLETON, Calif. – The hard work Marines do when they push themselves to the extreme while working out can take a toll on their bodies. Lucky for the Marines of 7th Engineer Support Battalion, 1st Marine Logistics Group, they have someone looking out for them even if they are otherwise distracted.

Petty Officer 3rd Class Curtis J. Randall, 21, Headquarters and Support Company, 7th ESB, 1st MLG, has the responsibilities of helping Marines stay fit and at the best possible health.

"I wanted to work with Marines because they have a high level of motivation," said Randall. "I knew a lot of Marines before I joined, so I had a good idea of what a corpsman does."

Randall, Grass Valley, Calif., native chose to work with Marines instead of having duties in a hospital or ship.

Randall stated the daily duties of the Battalion Aid Station (BAS) include investigating any complaint a Marine may have.



Photo by Lance Cpl Kenneth Jasik Petty Officer 3rd Class, Curtis J. Randall, Headquarters and Support Company, 7th Engineer Support Battalion, 1st Marine Logistics Group looks into the ear of Lance Cpl. Juan L. Celis at the 7th Engineer Support Battalion, Battalion aid station here, May 17.

"I average about ten patients a day," said Randall. "I mainly do muscle-skeletal exams, sometimes we do minor surgical procedures."

No matter the illness or injury, Randall only gives forth his best effort for each case.

"He cares about every patient he sees," said Petty Officer 3rd Class Chris G. Keller, corpsman, Headquarters and Support Company, 7th ESB, 1st MLG. "He does not stop until the job is done."

Randall puts out a lot of effort because he enjoys seeing people's health improve.

"He knows how to prioritize," said Petty Officer 2nd Class Ibarra G. Di-angkinay, the assistant lead petty officer, Headquarters and Support Company, 7th ESB, 1st MLG,

Hard work in the BAS is broken up by different training scenarios in the field.

Randall provides medical support during field operations whenever he gets sent out.

"I usually get to learn what the Marines are learning and do something extra, like be the enemy or even just watch to see how things work out from a different perspective that most people don't get to see," said Randall.

Randall deployed to Iraq with 1st Explosive Ordnance Disposal Company, 7th ESB, 1st MLG in February, 2009. While in Iraq he went on 45 combat missions and 10 improvised explosive device calls.

"I really liked my deployment," said Randall. "I got to do a lot of neat things and I met some really cool people."

Randall kept the Marines and sailors he deployed with in high morale while in Iraq.

"He was always looking at the silver lining," said Keller, who deployed with Randall.

Off duty, Randall keeps himself busy with volunteer work and keeping in shape.

Randall coaches soccer for the Boys and Girls Club in Temecula. He likes teaching the kids about responsibility through his soccer coaching methods.

"I coach two different soccer teams; one is in Temecula the other is in Lake



Photo by Lance Cpl Kenneth Jasik Petty Officer 3rd Class, Curtis J. Randall, Headquarters and Support Company, 7th Engineer Support Battalion, 1st Marine Logistics Group checks a patient complaining of shin splints at the 7th Engineer Support Battalion, Battalion Aid Station here, May 15.

Elsinore," said Randall. "My goal is to have every player reach their full potential."

Randall enjoys coaching because he feels as if he learns just as much from the children as they learn from him.

"I get a degree of satisfaction working with the kids," said Randall.

Randall recently began running marathons. He placed 3rd in the Death Valley Trail Marathon in February, and he plans on running the Rock and Roll Las Vegas Marathon in December.

He explained he likes to run for the challenge. One day he wants to become a special amphibious reconnaissance corpsman. He wants to run the 135-mile Badwater Ultramarathon. He trains six days a week and hopes to qualify for the run in July.

Corpsmen not only need to be able to keep up, they need to be with Marines wherever they go to help with any injury or sickness that could prevent them from completing the mission. They help Marines in any situation, and they make sure the Marines are healthy for the fight.

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Happenings

Habitat for Humanity

Come and volunteer for Habitat for Humanity May 27. Participants will leave 6 a.m. for the San Juan Capistrano build project. This is an all-day build project that requires civilian attire. For more information call 725-6722.

Las Vegas trip

Join the Single Marine Program for a trip to Las Vegas May 28–30. The trip will be \$60 per single Marine or sailor. The cost will include lodging at the Riviera Hotel as well as transportation. This trip does not include food. Space is limited, so sign up early. For more information call 725-6722.

Half marathon volunteer

The city of Laguna Hills needs more than 100 volunteers to assist with their Memorial Day Half Marathon and kids run Monday May 31 from 4:30 a.m. to 11:30 a.m. at the Laguna Hills Community Center. Participants will assist with registration, guiding runners, food preparation and water stations. For more information contact Lucero Summer Smith at lucero@renegaderaceseries.com.

Free museum admission

Active-duty Marines and sailors and up to five of their immediate family members will be offered free admission to more than 600 museums in 50 states from May 28 to Sept. 6. The District of Columbia is participating in Operation Appreciation, Blue Star Museums from Memorial Day through Labor Day.

The Convoy Staff

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To see photos of you and your unit, become a member of our Facebook Group and check the following sites for updates:

- Marines.mil
- dvidshub.net/units/1-MLG
- facebook:
- Group name "1st Marine Logistics Group"

For more information or ideas that you want to see in this publication, please contact the 1st MLG Public Affairs Office at (760) 763-7795.

Photos from the 1st Marine Logistics Group Ord. Maint. Co. challenged to the Jiu-Jitsu standards

Story by
Cpl. Shannon E. McMillan
The Convoy Staff

MARINE CORPS BASE CAMP PENDLETON, Calif. – Marines were put to the test as Jiu-Jitsu professors teach new moves during Ordnance Maintenance Company, 1st Maintenance Battalion, physical training, May 21.

Twelve Brazilian Jiu-Jitsu professors from the Gracie Barra association not only trained with the Marines, but they also passed down their own knowledge.

"It's an excellent experience," said Gunnery Sgt. Melinda Torza, maintenance chief, infantry weapons repair, Ord. Maint. Co., 1st Maint. Bn., CLR 15, 1st MLG. "It gives the Marines an opportunity to open their eyes to more than what they learned in the Marine Corps Martial Arts Program," she explained.

Every Marine has gone through MCMAP and learned basic, close-quarter combat techniques. During this course, individuals learned new techniques that included weaponless defense, dominant positions and how to escape different holding moves.

The Marines also conducted drills that are part of the Jiu-Jitsu professor's daily workout. Marines were challenged to move in strenuous positions, conduct drills that involved their own body weight and the weight of others.

"It was exhausting," said Lance Cpl. Jessie Jones, telephone/communication repair, Ord. Maint. Co., 1st Main. Bn. CLR-15, 1st MLG. "Completing the drills had us go through a work out. A lot of the stuff we did I have never done before."

The Marines were able to walk away with more knowledge underneath their belt; the professors with Gracie Barra left with something as well.

"It was awesome because I know they train differently than us, and for them to train with us was awesome," said Professor Marcelo Lacerda, Brazilian Jiu-Jitsu, Gracie Barra San Clemente. "It was a unique opportunity to teach those who protect our country."

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"We are grateful for the professors to come out and support the military,"

- Maj. Walter A. Harris Jr.



Photo by Cpl. Shannon E. McMillan
Brazilian Jiu-Jitsu professors observed Marines with Ordnance Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, as they execute new techniques during the units physical training, May 21.



Photo by Cpl. Shannon E. McMillan
Maj. Walter A. Harris Jr., commanding officer, fireman carries Chief Warrant Officer 2 Joe A. Saenz, armament platoon commander, with Ordnance Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group during company physical training, May 21. Marines with the unit were put to the test as several Brazilian Jiu-Jitsu professors from the Gracie Barra association taught new techniques during physical training.



Photo by Cpl. Shannon E. McMillan

Brazilian Jiu-Jitsu professors demonstrate new defense techniques to the Marines with Ordnance Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group before the service members executed them during the units physical training, May 21.



Photo by Cpl. Shannon E. McMillan
Marines with Ordnance Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group were put to the test as twelve Brazilian Jiu-Jitsu professors from the Gracie Barra association taught new techniques during the units company's physical training, May 21.