



NEWS

Marines honor fallen heroes during Memorial Day ceremony in Afghanistan

Story by Sgt. Jessica Ostroska and Photos by Cpl. Cody Haas

CAMP LEATHERNECK, Afghanistan – The earth seemed still and quiet as coalition forces came together during a memorial ceremony to honor the service members who not only gave their blood, sweat and tears, but also those who gave their lives, paying the ultimate sacrifice, for freedom. Gaylord Nelson, an army soldier who served in World War II during the Okinawa Campaign said, “The ultimate test of a man’s conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard.” [\(Read the STORY\)](#)



Marine Light Attack Helicopter Squadron 467 assumes authority from HMLA-369

Story by Sgt. Frances Johnson



CAMP BASTION, Afghanistan - Since Vietnam, the “Gunfighters” of Marine Light Attack Helicopter Squadron 369 have proven themselves a versatile unit ready to support the Marine Air Ground Task Force time and again in combat and humanitarian efforts around the globe. Their final missions complete in support of Operation Enduring Freedom, HMLA-369 transferred authority to HMLA-467, deployed from Marine Corps Air Station Cherry Point, North Carolina, during a midnight ceremony aboard Camp Bastion, Afghanistan, May 24, 2014. [\(Read the STORY\)](#)

1/7 Marines support British forces during turnover of Sterga II

Story by Cpl. Joseph Scanlan

CAMP LEATHERNECK, Afghanistan – As Marines departed Sangin District, one of Afghanistan’s most dangerous areas, they were supported by British soldiers with Maneuver Battle Group who provided security to ensure a safe convoy to Camp Leatherneck. To return the favor, Marines with Weapons Company, 1st Battalion, 7th Marine Regiment, supported MBG during their turnover of Sterga II, a British base northeast of Lashkar Gah, May 12 and 13. [\(Read the STORY\)](#)



Denmark Army ends mission in Afghanistan, bids farewell to coalition partners

Story by Sgt. Jessica Ostroska



CAMP BASTION, Afghanistan – Soldiers with the Danish Contingent gathered for an end of mission ceremony aboard Camp Bastion as they bid farewell to their coalition counterparts, May 20. While deployed in support of the International Security Assistance Force, DANCON worked under Task Force Helmand to aid in security force assistance throughout Helmand province. [\(Read the STORY\)](#)

PHOTOS

1/7 Marines dedicate Memorial Day workout to Navy SEAL

Photos by Cpl. Joseph Scanlan



Marines with 1st Battalion, 7th Marine Regiment, complete the first running portion of the “Memorial Day Murph” workout aboard Camp Leatherneck, Afghanistan, May 26, 2014. The Marines conducted the workout to honor service members who gave their lives in the defense of the United States. “The Murph” consists of a 1-mile run, 100 pull-ups, 200 pushups, 300 air squats and another mile run to finish the workout. The workout was dedicated to Navy Lt. Michael Murphy, a Navy SEAL and Medal of Honor recipient who was killed while conducting combat operations during 2005. [\(See the PHOTOS\)](#)

Deployed service members complete the “Murph” for Memorial Day

Photos by Cpl. Joshua Young

Jesse Michaud, a civilian contractor with Triple Canopy, briefs a group of service members prior to conducting the “Memorial Day Murph” aboard Camp Leatherneck, Helmand province, Afghanistan, May 24, 2014. The “Murph” is a popular CrossFit Hero workout consisting of a 1-mile run, 100 pull-ups, 200 pushups, 300 squats and another mile run following the other exercises. It was named after Navy Lt. Michael Murphy, a Navy Seal who was killed while conducting combat operations in Afghanistan during 2005. The service members performed the “Murph” to reflect on Memorial Day and remember his service and the sacrifice he and his comrades made. [\(See the PHOTOS\)](#)



Sailors earn Fleet Marine Force pin in Afghanistan

Photos by Cpl. Cody Haas



From left to right: Petty Officer 3rd Class Erica Tragesser, Petty Officer 3rd Class Eduardo Castillo and Petty Officer 3rd Class Mark-Ian Munar, all hospital corpsmen with Regional Command (Southwest), receive Fleet Marine Force Enlisted Warfare Specialist Devices during a ceremony aboard Camp Leatherneck, Helmand province, Afghanistan, May 17, 2014. The device is earned after completing three practical applications of land navigation, weapons fundamentals and communications and a 100-question test of Marine Corps history and operations. [\(See the PHOTOS\)](#)

Unmanned aircraft completes resupply, retrograde mission in Helmand province, Afghanistan

Photos by Sgt. Frances Johnson

A Cargo Resupply Unmanned Aircraft System spins its blades in preparation for flight aboard Camp Bastion, Afghanistan, May 19, 2014. The CRUAS is an alternative logistics capability able to resupply outlying forward operation bases as well as retrograde equipment, reducing the number of Marines and vehicles on the roads surrounding Camp Leatherneck, Afghanistan. The CRUAS has completed its mission in Afghanistan and will return to the U.S. having moved more than 3.4 million pounds of equipment and flown more than 1,900 flight hours since its arrival during 2011. [\(See the PHOTOS\)](#)



Marines, sailor recognized during quarterly awards ceremony aboard Camp Leatherneck, Afghanistan

Photos by Cpl. Cody Haas



Brigadier Gen. Daniel D. Yoo, left, commander, Regional Command (Southwest), shakes hands with Petty Officer 1st Class Rudy Contreras, an independent duty corpsman with RC(SW), during a recognition ceremony aboard Camp Leatherneck, Helmand province, Afghanistan, May 13, 2014. Contreras received a certificate of commendation from Brig. Gen. Yoo for earning Senior Sailor of the Quarter for RC(SW). [\(See the PHOTOS\)](#)

VIDEO

Service members aboard Camp Leatherneck remember the fallen

Video by Sgt. Frances Johnson



Regional Command (Southwest) holds Memorial Day ceremony May 26, 2014, aboard Camp Leatherneck, Afghanistan. [\(Watch the VIDEO\)](#)

Denmark soldiers bid farewell to coalition forces in Afghanistan

Video by Cpl. Cody Haas

Denmark soldiers bid farewell to coalition forces aboard Camp Bastion, Helmand province, Afghanistan, May 19, 2014. [\(Watch the VIDEO\)](#)



Service members run Marine Corps Historic Half Marathon in Afghanistan

Video by Cpl. Cody Haas



Service members complete the Marine Corps Historic Half Marathon aboard Camps Bastion and Leatherneck, Helmand province, Afghanistan, May 18, 2014. [\(Watch the VIDEO\)](#)

Last Marines exit Sangin, Afghanistan

Video by Lance Cpl. Darien Bjorndal, Cpl. Joshua Young, Cpl. Cody Haas, Cpl. Joseph Scanlan, Sgt. Frances Johnson and Sgt. Dustin D. March

Marines and sailors aboard Forward Operating Base Nalay and Sabit Qadam prepare to exit the Sangin Valley turning over responsibility of the area to the 2nd Brigade, 215th Corps, Afghan National Army. Their departure was supported by various coalition forces, ANA forces and Combat Logistics Battalion 7, Marine Light Attack Helicopter Squadron 369 and Marine Heavy Helicopter Squadron 466. [\(Watch the VIDEO\)](#)



Afghan National Army 215th Corps conducts capabilities exercise

Video by Cpl. Joshua Young



Soldiers with 215th Corps, Afghan National Army, conducted a capabilities exercise May 15, 2014. The exercise was designed to showcase the 215th Corps' proficiency in multiple areas and to demonstrate the ANA's progress in the transition toward full security responsibility. [\(Watch the VIDEO\)](#)

Deployed Marine, 1st Lt. Skye Martin sings National Anthem for San Diego Padres

Video by Cpl. Joshua Young

1st Lt. Skye Martin, who is deployed to Helmand province, Afghanistan, with Marine Expeditionary Brigade-Afghanistan Public Affairs sings the National Anthem for a San Diego Padres baseball game. [\(Watch the VIDEO\)](#)



Cpl. Pashun Cannon sings God Bless America

Video by Sgt. Frances Johnson



Corporal Pashun Cannon deployed to Helmand province, Afghanistan, with Combat Logistics 7 sings God Bless America for the New York Yankees and New York Mets. [\(Watch the VIDEO\)](#)

Cpl. Pashun Cannon sings National Anthem for Atlanta Braves

Video by Cpl. Joshua Young

Cpl. Pashun Cannon, who is deployed to Helmand province, Afghanistan, with Combat Logistics Battalion 7, sings the National Anthem for the Atlanta Braves Memorial game. [\(Watch the VIDEO\)](#)



Cpl. Pashun Cannon shouts out to New York Yankees

Video by Cpl. Cody Haas and Cpl. Joshua Young



Cpl. Pashun Cannon, who is deployed with Combat Logistics Battalion 7 in Helmand province, Afghanistan, shouts out to the New York Yankees. [\(Watch the VIDEO\)](#)

B-Roll for Cpl. Pashun Cannon National Anthem

Video by Sgt. Frances Johnson

B-Roll of Marines deployed to Helmand province, Afghanistan, with Combat Logistics Battalion 7, saluting during the National Anthem - no audio. [\(Watch the VIDEO\)](#)



Lt. Col. Corey Collier Interview

Video by Staff Sgt. John Jackson



Lt. Col. Corey Collier, commanding officer, 1st Battalion, 9th Marine Regiment, talks about his battalion's mission while deployed to Afghanistan, the changes he saw while deployed, what it means to him to be one of the last Marine infantry commanders in Helmand province, and how his Marines performed while deployed. [\(Watch the VIDEO\)](#)

Sgt. Bryan Jones Interview

Video by Staff Sgt. John Jackson

Sgt. Bryan Jones, a squad leader with 3rd Platoon, Charlie Company, 1st Battalion, 9th Marine Regiment, talks about his role in Helmand province, Afghanistan, changes he has seen in the area, what it means to be one of the last Marines to serve in Afghanistan, and how his Marines performed during their approximately nine-month deployment. [\(Watch the VIDEO\)](#)



Capt. Jarod Bryant SEC Baseball Tournament Shout out

Video by Sgt. Frances Johnson



Marine Captain Jarod Bryant gives a shout out to his wife and son and wishes good luck to the Auburn Tigers in the baseball tournament. [\(Watch the VIDEO\)](#)

Cpl. Graham Bowmer SEC Baseball Tournament Shout out

Video by Sgt. Frances Johnson

Marine Corporal Graham Bowmer gives a shout out to his wife and wishes the Arkansas Razorbacks good luck in the tournament. [\(Watch the VIDEO\)](#)



To see more news, videos and photos of Regional Command (Southwest) Marines, sailors, soldiers, airmen and our coalition partners, please visit our Facebook page by clicking below.

