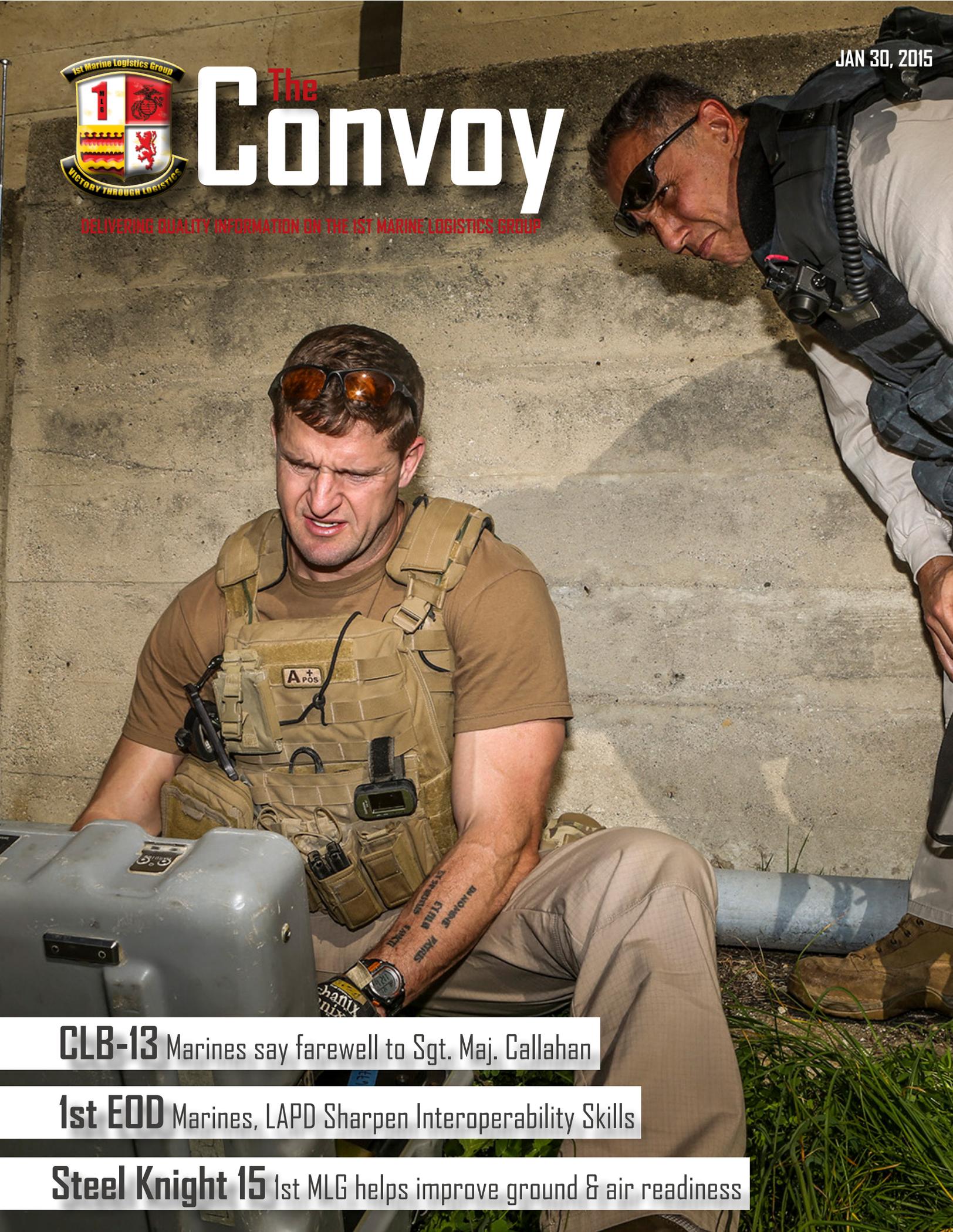


JAN 30, 2015



# The Convoy

DELIVERING QUALITY INFORMATION ON THE 1ST MARINE LOGISTICS GROUP



**CLB-13** Marines say farewell to Sgt. Maj. Callahan

**1st EOD** Marines, LAPD Sharpen Interoperability Skills

**Steel Knight 15** 1st MLG helps improve ground & air readiness

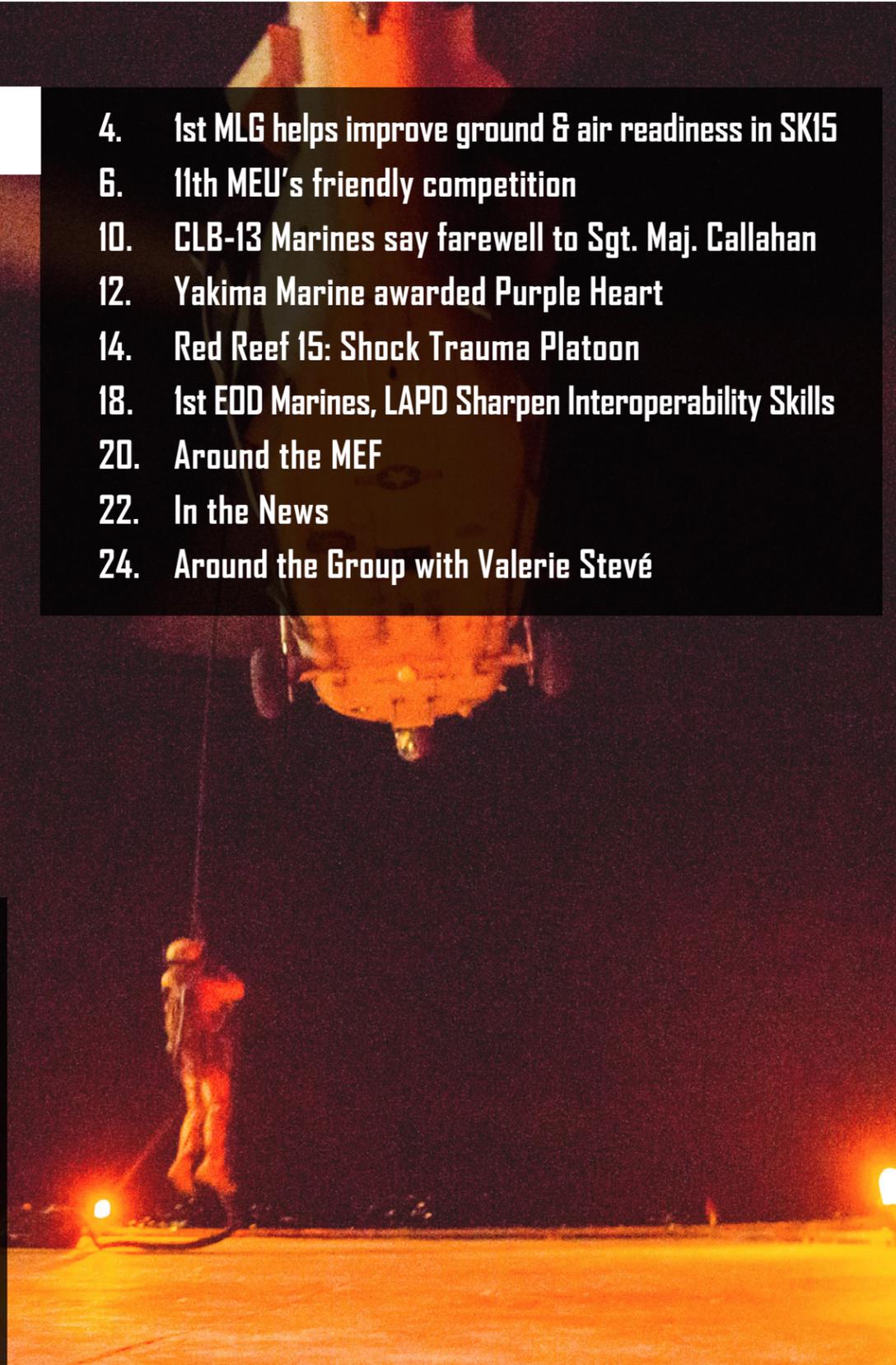
## News

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## On the Cover



Staff Sgt. Jason Morgan, an explosive ordnance disposal technician with 1st Explosive Ordnance Disposal Company, 7th Engineer Support Battalion, works alongside a police officer/bomb technician for the Los Angeles Police Department while conducting interoperability training in Los Angeles, Jan. 21, 2015.



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**1st Marine Logistics Group**  
Posted by Laura Grace Gauna [?] · January 23

@USMC: #FactFriday Marine horse carried 9,000 lbs of ammo during Korea, earning herself a purple heart and a promotion. <http://t.co/rWsk6k0umJ>



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**1st Marine Logistics Group** shared 1st Marine Division's photo.  
Posted by Laura Grace Gauna [?] · January 22

Amazing photos

U.S. Marines with the 15th Marine Expeditionary Unit's Maritime Raid Force fast-rope from an MH-60R during maritime interoperability training off the coast of Santa Barbara, Calif., Jan. 16, 2015. MIT prepares the MRF for their upcoming deployment by enhancing their combat skills, and teaching them techniques for boarding vessels. (U.S. Marine Corps photo by Sgt. Jamean Berry/Released) — with Prince Juan Carlos Ldu and 8 others.



461 people reached

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Ruth Villarreal, Jimmy Gauna, Lejla Gehlert and 14 others like this.

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Sally Miller Middlesworth We are a proud family-Marines, Army and Navy!  
Unlike · Reply · 1 · January 23 at 3:12pm



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CMDCM Harlan B. Patawaran

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Staff Sgt. Lynn Kinney

**COMBAT CORRESPONDENTS**  
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Cpl. Cody Haas

**COMBAT CAMERA CHIEF**  
Gunnery Sgt. Arthur Rainey Jr.

**COMBAT CAMERA**  
Cpl. Rodion Zebolotniy  
Cpl. Armond Thompson-Powell  
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**M**ARINE CORPS  
AIR GROUND  
COMBAT  
CENTER  
TWENTYNINE  
PALMS, Calif.  
- Marines with  
Headquarters

Battalion, 1st Marine Division conducted a field exercise, Steel Knight 15, with support from 1st Marine Logistics Group and 3rd Marine Air Wing to implement digital interoperability with ground forces.

The purpose of the exercise is to test and improve communication links and the ability to control and contact aviation and ground direct fires with support from 1st MLG and 3rd MAW. The Marines are working to improve overall combat efficiency and readiness of the division in concert with the MAGTF.

"There's a short-term and a long-term goal when it comes to digital interoperability," said Maj. Nathan B. Cahoon, 1st Marine Division G-6 Operations Officer during Steel Knight. "The main goal is to allow all systems and everyone on the battlefield to be able to talk and share the same information."

Each vehicle, whether it be a tank or an aircraft, hosts different devices and radios for communication which can cause a gap in communication or a lack of it all together. Adding ground and air sensors will help to provide the ability to share data, imagery,

and being able to talk digitally.

"A lot can happen within 700 miles of an aircraft in flight," said Cahoon. "While they're in the air, an intelligence unit could have received word that the enemy has changed locations, but by the time that aircraft was to land and receive that update once they've reached the objective, the enemy could have reinforced or left."

Although coming up with a new system to provide universal communication seems like the only outcome, Cahoon states that Maj. Gen. Lawrence Nicolson wants the Marines to use what they have, but make it better to suit their needs for mission completion.

Communication is a key element for both mission readiness and completion. It's important for all of the military units to have an effective way to share and pass information from one unit to the next.

"Communication just doesn't happen. It requires a lot of coordination, training and planning which comes together to play a huge role in successfully communicating," said Col. George G. Malkasain, 1st Marine Division's Assistant Chief of Staff for Communications. "I think that one of the things we continuously relearn is we take for granted the little things, so identifying and capturing them for the next time is critical not only for our development, but the progression of bettering communications as a whole."

# Steel Knight 15: 1st MLG helps improve ground & air readiness

Story and photo by:  
Lance Cpl. April Price



# 11th MEU's friendly competition



Story and photos by: Cpl. Demetrius Morgan

**USS MAKIN ISLAND** - Marines and Sailors with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), conducted the first event of squad competition aboard the amphibious assault ship USS Makin Island (LHD 8), Dec. 5, 2014.

While the squad competition serves multiple purposes, the priority is to maintain combat readiness throughout the deployment.

As required, CLB-11 provides support for any element of the MEU when called upon. To maintain that versatile effectiveness, CLB-11 routinely conducts basic sustainment training.

"CLB is everywhere in the MEU," said Lance Cpl. Marybelo Ganal, an Administrative Specialist with CLB-11. "You look around, you see us being used by everyone in some kind of way, so we have to stay prepared for anything really, because we, as a unit, have to cover so many bases."

The squad competition is split up into multiple events, with each event taking place on a separate week. Every event covers a basic Marine Corps skill. The first event was a battle zero live-fire exercise. Each section picked their representatives and shot to see which Marines had the best groupings.

"This competition is a good way for us to see what our capabilities are individually," said Ganal. "Even from the first event you could see us being competitive."

Other events will cover Marine Corps knowledge, physical fitness,



Cpl. Summers Forcier, an Ammo Technician with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), hands out ammunition prior to a live-fire event aboard the amphibious assault ship USS Makin Island (LHD 8), Dec. 5, 2014.

the Marine Corps Martial Arts Program and other basic Marine Corps skills.

"As a sergeant of Marines, one thing I don't want of the Marines under my charge is for

tiveness, Marines with CLB-11 still kept the bigger picture in mind.

"One of the things we have to keep on a high level is our unit cohesion," said Cpl. Mohammed Yakubu, a Warehouseman from Nigeria. "Within the competitiveness and fun, we can't forget we are a team and, through this, we

**"ONE OF THE THINGS WE HAVE TO KEEP ON A HIGH LEVEL IS OUR UNIT COHESION"**

**- CPL. MOHAMMED YAKUBU**

them to lack some of the basic skills taught through basic training and combat training," said Sgt. Danyel Tactay, a Radio Repairman and Temecula, California, native. "I like to always teach to my junior Marines [that] before you can strive to do great things you must have brilliance in the basics. I think this competition kind of helps in that regard."

Even among the competi-

must help each other get better if people need improvement in certain areas. One team, one fight."

All elements of the 11th MEU, including CLB-11, and the Makin Island Amphibious Ready Group are part of a sea-based, quick reaction force conducting sustainment training and supporting a wide scale of operations in the 5th Fleet area of responsibility.



Marines with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), participate in a live-fire event aboard the amphibious assault ship USS Makin Island (LHD 8), Dec. 5, 2014.



Staff Sgt. Samantha Shepard, a Motor Transport Operations Chief with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), signals to the range safety officer during a live-fire event aboard the amphibious assault ship USS Makin Island (LHD 8), Dec. 5, 2014.



# POST & RELIEF

## CLB-13 Marines say farewell to Sgt. Maj. Timothy Callahan



Sergeant Maj. Timothy Callahan, outgoing Sergeant Major, Combat Logistics Battalion 13, 1st Marine Logistics Group, salutes during a post and relief ceremony aboard Camp Pendleton, Calif., Jan. 16, 2015. Sergeant Maj. Martin Brewer (right), took over the role as sergeant major of CLB-13.

Photo by: Cpl. Jordan Gilbert

# Yakima Marine awarded Purple Heart

*Story and photos by: Cpl. Cody Haas*

Corporal Ulises Zamoramartinez, an Optics Technician with 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, was awarded the Purple Heart Medal by Maj. Gen. Vincent Coglianesse, 1st MLG Commanding General, during a ceremony aboard Camp Pendleton, California, Dec. 19, 2014.

Zamoramartinez, a 31-year-old native of Yakima, Washington, received the award for injuries received while deployed in Helmand province, Afghanistan, during a six-month tour with Georgian Liaison Team 10, Regional Command (Southwest).

Zamoramartinez and approximately eight Ma-

rines were securing a forward operating base when an 82 mm Anti-Tank Rocket struck approximately 10 meters away from Zamoramartinez. The shrapnel from the rocket struck him, wounding his leg and causing a Traumatic Brain Injury. Zamoramartinez was evacuated and returned to Camp Pendleton where he is currently recovering, while continuing repairing optics and necessary gear with 1st Maintenance Bn.

He worked as a mental health counselor before joining the Marine Corps in 2011 intent on continuing his work helping to improve other lives while serving on active duty.



Major Gen. Vincent Coglianesse, Commanding General, 1st Marine Logistics Group, congratulates Cpl. Ulises Zamoramartinez, an Optics Technician with 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st MLG, during an award ceremony aboard Camp Pendleton, California, Dec. 19, 2014. Zamoramartinez, a 31-year-old native of Yakima, Washington, received the Purple Heart Medal for injuries received while deployed in Helmand province, Afghanistan, during a six-month tour with Georgian Liaison Team 10, Regional Command (Southwest).



Marines with 1st Maintenance Battalion, Combat Logistics Regiment 15, 1st Marine Logistics Group, stand at the position of attention during an award ceremony aboard Camp Pendleton, California, Dec. 19, 2014.

# RED REEF 15

## Shock Trauma Platoon

**Marines with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit, perform tactical field care of a simulated casualty as part of combat life-saving technique training with Saudi marines during exercise Red Reef 15 in the U.S. 5th Fleet area of responsibility, Dec. 11, 2014.**



**Top:** U.S. Navy Lt. Shannon A. Meyer, right, an Emergency Room Nurse with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), and native of Seaford, N.Y., explains the role of nurses and corpsmen to Saudi marines as part of an introduction to the shock trauma platoon during exercise Red Reef 15 in the U.S. 5th Fleet area of responsibility, Dec. 11, 2014. Red Reef is part of a routine theater security cooperation engagement plan between the U.S. Navy, U.S. Marine Corps and Royal Saudi Naval Forces that serves as an excellent opportunity to strengthen tactical proficiency in critical mission areas and support long-term regional security.

**Top Left:** Corporal Robert T. Phillips, left, a Landing Support Specialist and native of West Covina, Calif., and U.S. Navy Hospital Corpsman 2nd Class Levi D. Arcaira, right, a Casualty Evacuation Corpsman and native of Bremerton, Wash., both with Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), perform tactical field care of a simulated casualty as part of combat life-saving technique training with the Saudi Marines during exercise Red Reef 15 in the U.S. 5th Fleet area of responsibility, Dec. 11, 2014.

**Bottom Left:** Saudi Marines practice utilizing a portable ultrasound as part of an introduction to the shock trauma platoon staffed by U.S. Navy medical personnel and Marines from Combat Logistics Battalion 11, 11th Marine Expeditionary Unit (MEU), during exercise Red Reef 15 in the U.S. 5th Fleet area of responsibility, Dec. 11, 2014.

LOS ANGELES

Story and photos by: Cpl. Ricardo Hurtado

## EXPLOSIVE ORDNANCE DISPOSAL

# 1st EOD Marines, LAPD Sharpen Interoperability Skills

## LOS ANGELES, California-

Marines are known for their capabilities to answer the nation's call at moment's notice. Those capabilities are often displayed overseas, but also at home. In order to be well prepared when the local community needs it, Marines with 1st Explosive Ordnance Disposal Company, 7th Engineer Support Battalion, conducted interoperability training with the Los Angeles Police Department Bomb Squad Jan. 19-23, 2015 in Los Angeles.

The event focused on training both, the Marines and Police bomb technicians, on each other's capabilities and limitations in order to successfully operate on the same level.

The Marines of 1st EOD Co., who recently returned from deployment, took advantage of the training event to get back to the in-state mindset and be able to operate at home.

"Working state-side incorporates a different set

of rules than it would be working overseas," said Master Sgt. Jeffrey Ramirez, the operations chief for 1st EOD Co. "For the Marines to work effectively with other agencies, they have to understand what the limitations are and what their role is when it comes to working with [those agencies]."

During the five-day training evolution, the Marines and police officers learned about the differences in lingo and how to communicate effectively with each other while on the line of duty.

"One of the first things we go over with Marines is terminology, a lot of the police terminology that we use on the street and what Marines use in combat could mean two totally different things," said Steve Hennigan, a police officer and bomb technician with the LAPD Bomb Squad.

LAPD police officers also had a chance to learn from the Marines on new technologies they might

have encountered while deployed.

"Another reason why we train with the Marine EOD technicians is that since they're just coming back from deployment, we were able to get information from them on what type of devices [and tactics] they were encountering over there," said Hennigan. "There could be a time, and we want to be ready for it, that it could happen here in the City of Los Angeles and our bomb squad will be able to tackle that problem, and [that's why] we get as much information as we can from our Marine Corps EOD assets."

The training week consisted of various hypothetical scenarios set up around the city for the Marines and police officers to respond to. Training sites included the Port of Los Angeles, the Hollywood Dam, a local fire station and the Los Angeles International Airport.

"These sites were picked out, problems were put in place, and then the Marines and the LAPD Bomb

[Technicians] were put in teams to work together and see what friction points might arise, and how to work around those friction points," said Ramirez.

After numerous years of working overseas, Marines find it helpful to conduct this type of training, which incorporates the urban surroundings as well as the civilian population.

"It is important for us to understand how to operate [and deal with any type of explosive] in this environment, with civilians and infrastructure everywhere," said Staff Sgt. Jason Morgan, an EOD

team leader with 1st EOD Co.

Training such as this is vital in keeping Marines and LAPD officers prepared for anything should the situation arise.

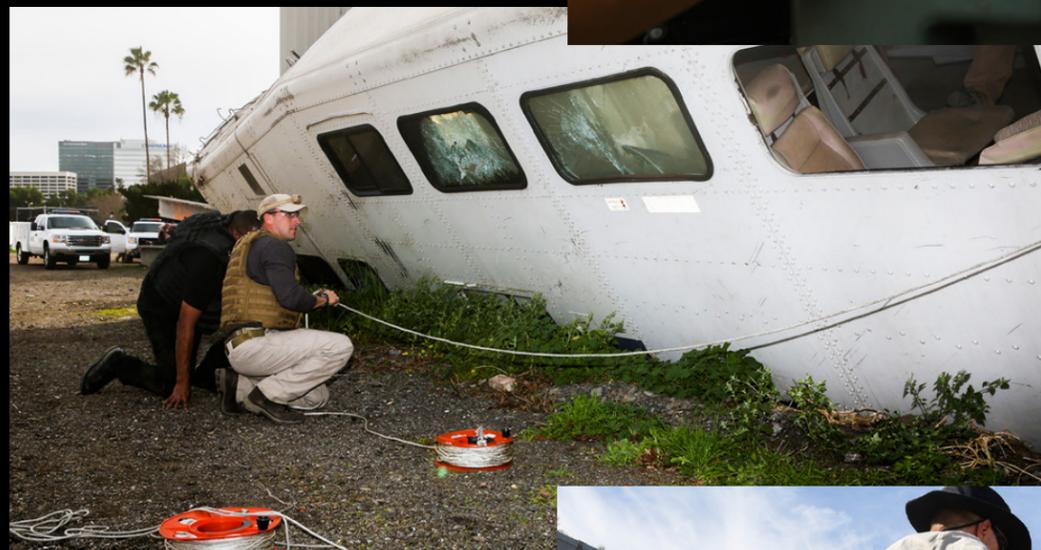
"It's not uncommon for military EOD to work with law enforcement bomb squad," said Ramirez. "We as a whole have the same mission, and that is to defeat any explosive threat, so us working with the LAPD Bomb Squad is only going to help the community out in the long run."

The group of EOD Marines left Los Angeles with

a better understanding of their LAPD counterpart's ways of operation and better prepared to respond to any situation in which they might be called upon to assist.

"It's been great, they have shared every bit of information they possibly could, they have walked us through all their processes and steps," added Morgan. "We have been able to impart information with them as well, so I think from both sides we have been able to [learn from each other] in the past few days."

Staff Sgt. Erik Tirado, right, an Explosive Ordnance Disposal Technician with 1st Explosive Ordnance Disposal Company, 7th Engineer Support Battalion, works alongside a police officer/bomb technician for the Los Angeles Police Department while conducting interoperability training in Los Angeles, Jan. 20, 2015. The event took place from Jan. 19-23 and focused on training both, the Marines and police bomb technicians, on each other's capabilities and limitations in order to successfully operate in conjunction and assist each other if needed.



Staff Sgt. Erik Tirado, right, an explosive ordnance disposal technician with 1st Explosive Ordnance Disposal Company, 7th Engineer Support Battalion, works alongside police officer/bomb technician for the Los Angeles Police Department while conducting interoperability training in Los Angeles, Jan. 22, 2015.

Staff Sgt. Jason Morgan, right, an explosive ordnance disposal technician with 1st Explosive Ordnance Disposal Company, 7th Engineer Support Battalion, works alongside police officers/bomb technicians for the Los Angeles Police Department while conducting interoperability training in Los Angeles, Jan. 22, 2015.



# AROUND THE MEF



Photo by: Gunnery Sgt. Rome Lazarus

(Top) A Marine with the 1st Combat Engineer Battalion detachment, Battalion Landing Team 2nd Battalion, 1st Marines, 11th Marine Expeditionary Unit (MEU), shows a Saudi Marine how to check for tripwires during a bilateral obstacle breaching exercise as part of exercise Red Reef 15 in the U.S 5th Fleet area of responsibility, Dec. 12, 2014.

(Right) Major Gen. Vincent Coglianesse, Commanding General, 1st MLG, speaks with Marines and Sailors from Combat Logistics Battalion 15, 15th Marine Expeditionary Unit, during a visit aboard USS Essex (LHD 2) at Naval Base San Diego Jan. 24, 2015.



Photo by: Cpl. Elize McKelvey

(Top right) Marines with the 15th Marine Expeditionary Unit's Maritime Raid Force board a gas and oil platform during maritime interoperability training off the coast of Santa Barbara, Calif., Jan. 16, 2015. MIT prepares the MRF for their upcoming deployment by enhancing their combat skills, and teaching them techniques for boarding vessels.

(Middle left) A Marine with the 15th Marine Expeditionary Unit's Maritime Raid Force clears potential danger areas during maritime interoperability training off the coast of Santa Barbara, Calif., Jan. 16, 2015. MIT prepares the MRF for their upcoming deployment by enhancing their combat skills, and teaching them techniques for boarding vessels.



Photo by: Sgt. Jamean Berry



Photo by: Sgt. Jamean Berry



Photo by: 11th Marine Expeditionary Force

(Middle right) - Sergeant Maj. Ronald L. Green, Sergeant Major of 1st Marine Expeditionary Force, speaks with Marines participating in Exercise Desert Scimitar during a battlefield circulation aboard Marine Corps Air-Ground Combat Center Twentynine Palms, California, May 3. Sergeant Maj. Green was recently selected to serve as the next Sergeant Major of the Marine Corps.



Photo by: Cpl. Orrin Farmer

(Bottom left) Frank C. Christl of San Clemente was awarded the U.S. Congressional Gold Medal by Brig. Gen. Edward Banta for serving as a Montford Point Marine from 1944-1946 on Jan. 16. Christl is included with the Montford Point Marines because, as an officer, he was instrumental in forming the 5th Depot Company and leading them to Saipan, the invasion of Okinawa, and repatriation duty in Tientsin, China.

# #InTheNews



YOUR NEXT

SERGEANT MAJOR  
OF THE MARINE CORPS

RONALD L. GREEN

Courtesy photo

(Top) Sgt. Maj. Ronald L. Green, speaks with Marines aboard Marine Corps Air Ground Combat Center Twentynine Palms, California. He was recently announced as the next Sergeant Major of the Marine Corps.

(Left) - Camp Lejeune Marines are back home safe and healthy after a mission to help fight Ebola. The 26th Marine Expeditionary Unit deployed back in August. 1,500 Marines and Sailors deployed to Europe as a command unit for Operation United Assistance, with about 100 of those Marines and Sailors heading to Liberia as a crisis response team to assist in the fight against Ebola.



The Defense Advanced Research Projects Agency is continuing testing of its Extreme Accuracy Tasked Ordnance. The program is using technology to create a round that can change direction mid-flight.

Courtesy photo



Photo by: Sgt. Jamean Berry

MARSOC troops float aboard an inflatable boat. In August, it announced that it would adopt the iconic "Raiders" name used by Marine commandos during a brutal island-hopping campaign across the Pacific in World War II.



Photo by: Cpl. Tony Simmons

(Middle right) A MARSOC Marine braces for an incoming sandstorm in Farah province, Afghanistan, in February 2010. MARSOC was first established in February 2006 at the order of then-Defense Secretary Donald Rumsfeld, as the Iraq War raged and an increasing emphasis on Special Operations emerged.

(Middle left) - Lance Cpl. Christian Aniceto, a low altitude air defense gunner with 2nd Platoon, Bravo Battery, 3rd Low Altitude Air Defense Battalion and Security Forces, Special Purpose Marine Air Ground Task Force-Crisis Response-Central Command, provides cover fire during a live fire and maneuver exercise, Jan. 11, 2015, in the U.S. Central Command area of responsibility.

(Bottom right) - Marine Maj. Christopher Ross, an infantry officer with the Special Purpose Marine Air-Ground Task Force, works with an Iraqi army non-commissioned officer as Iraqi soldiers practice maneuver techniques at Al Asad Air Base, Iraq, Jan. 15, 2015.



Photo by: Sgt. Jamean Berry



Photo by: Sgt. Paris Capers

# VOICES OF THE GROUP

Voices of the Group is a monthly interview that features 1st MLC Marines and sailors



**With Valerie Stevé**

Story and photos by: Sgt. Laura Gauna

**Valerie Stevé, a Behavioral Health Analyst for 1st Marine Logistics Group, and a native of Santa Barbara, Calif., explains the importance of stress management for Marines and Sailors aboard Camp Pendleton, Calif.**

**Q:** Why is your position so important to the Marines?

**A:** “We are here for the Marines. We help train them to train their fellow Marines on how to manage stress levels and learn how to prevent things, such as substance abuse. We do this so they can perform their jobs better. They face issues like this every day when they come back home. You may not even think things like being at home with their families can cause more stress than being in theater, but in reality it does for some of these Marines. That’s why being able to identify risk factors for Marines is very important.”

**Q:** What got you interested in working with Marines?

**A:** “I don’t have any direct family in the military, but I have several close friends who do. Many of my friends have husbands who are fighter pilots. One of my mentors in college had a fighter pilot as a husband and she actually introduced me to public health. I can remember her running out to take a call from her husband who was in Iraq or Afghanistan. That was my first real experience with the Marines. When I saw the opening for this job I really felt like it was meant for me. It fit my billet description perfectly. The only difference was that it was with Marines. I was used to working with young adults on drug and alcohol prevention,

domestic abuse prevention and things of that nature, but never with Marines. I viewed it as a fun new challenge. I look at the Marines as a very unique culture. I’ve learned so much from all the Marines and I feel like I’ve learned more from them than I’ve been able to teach.”

**Q:** Why is managing stress so important, especially to service members (Marines and Sailors)?

**A:** “Every Marine experiences stress. In fact, stress is necessary to build strength, but too much stress can harm even the strongest Marine, and that is why it is so important we learn to manage our stress in healthy ways. Most Marines are probably familiar with the stress continuum, and know that we want to stay in the green or “ready to go” section. It is when we go from green to yellow that we begin to feel stress, and when we stay in yellow and go to orange that we can get ourselves in trouble and are not able to operate at our full capacity, stay mission ready.”

**Q:** What are some ways Marines and Sailors can manage tasks and goals to avoid extra stressful situations in the future?

**A:** “Some things they can do are have good time management, make to-do lists and have S.M.A.R.T. goals (specific, measurable, achievable,

relevant/results-focused, time-bound). On the prevention side of things, it is helpful to maintain healthy habits so that your total fitness is in-tact and you are equipped to handle stressful situations should they arise. Taking care of your total fitness (body, spirit, social, mental) is important. It may seem trivial, but making sure that you are getting adequate amounts of sleep (7-8 hours a night), eating a well-balanced diet, not skipping meals, not taking in too much caffeine- these are all important preventative measures in stress prevention. All of these are wonderful preventative measures that will assist you in dealing with stressful situations when they arise.”

**Q:** Do you feel Marines and Sailors are more susceptible to stress?

**A:** “I think that everyone deals with stress differently, but the life cycle and op tempo of Marines and Sailors absolutely can lend itself to a stressful lifestyle, if not managed properly. With pre-deployments, deployments, redeployments, PCSs, being separated from family, and thinking about separation from service, there are a lot of issues that can stress a Marine or Sailor out, but it all comes back to how that individual is able to manage his or her stress.”

**Q:** Is stress 100% preventable? Why not?

**A:** “Stress is a part of life, and is not 100% preventable, because we cannot control everything. Stress can be a good thing, as it is necessary to build strength. It is how we deal with that stress that matters. Learning to regulate our response to difficult, stressful or overwhelming situations should be our goal as stress is an everyday part of life.”

**Q:** Is there anything wrong with a Marine or Sailor having issues with managing stress?

**A:** “If a Marine or sailor is having issues with managing stress, it can eventually begin to interfere with his or her personal or professional life, and people will begin to notice. His or her work performance will likely suffer, and they may feel anxious and irritable. As that Marine or Sailor starts to move into the orange or even red zone on that stress continuum, he or she will show signs that indicate a higher level of stress which their peers and chain of command will surely notice. These signs include a change in behavior, mood, appearance, difficulty sleeping, anxiety, unusual or persistent sadness, irritation, or anger.”

**Q:** Are there any statistics on Marines or Sailors in certain financial situations directly related to stress?

**A:** “According to the 2011 Health Related Behaviors Survey of Active Duty Military Personnel, Department of Defense February 2013

• The most commonly reported

military-related stressors were being away from family and friends (42.3%) and changes in work load (41.5%). In general, women and heavy drinkers more often reported military-related stress than men and lower drinking levels.

• Regarding personal stressors, problems with money (30.2%) and family members’ health problems (28.9%) were most frequently endorsed. Females more often reported personal stressors than males, and heavy drinkers more often reported problems with money and relationship problems (i.e. divorce/break-up, infidelity) than personnel with lower drinking levels.

• The most commonly endorsed methods for coping with stress were thinking of a plan to solve the problem (86.2%) and talking to a friend or family member (72.2%), with females more often reporting both of these strategies than males. In addition, males more often reported having a cigarette (21.5% vs 17.7%) and drinking alcohol (23.8% vs 21.0%), and females more often reported getting something to eat (52.8% vs. 42.8%) and sleeping (64.5% vs 48.6%) as strategies to cope with stress.

• Over half (50.7%) of females reported stress related to their gender, whereas 25.5% of males reported gender-related stress.”

**Q:** What does stress affect? How can it affect other service members around me?

**A:** “Stress affects your mind, body, emotions and really your total fitness. Many people report feeling their muscles tense up or their breathing speeding up, or heart rate quicken as their stress levels rise. If you are able to deal

with your stress in a healthy way, then it likely does not affect other service members around you. However, if you are unable to manage your stress and return your body and mind to a more functional state, others around you may be uncomfortable and see you as unfit to make sound decisions, or not mission ready. The goal of stress management is to regulate your response to difficult, stressful or overwhelming situations.”

**Q:** What are some ways peers can step in and help a Marine or Sailor struggling with stress?

**A:** “It can be as simple as offering peer support or asking if your fellow Marine or Sailor is OK. Engage the difficult conversations, ask permission and ask open ended questions. You can also follow RACE.

- Recognize the signs
- Ask the question
- Care with words and actions
- Escort to help”

**Q:** Do you have any tips for Marines or sailors currently struggling with stress right now during the holidays?

**A:** “Reach out and talk to someone, a peer or fellow Marine, someone in your chain of command, the chaplain or call the DSTRESS Line (1-877-476-7734). The DSTRESS line is a confidential phone line you can call where you can speak anonymously with active duty Marines, veteran Marines, licensed counselors, and others who understand Marine culture, 24 hours a day. It’s good to have this number in your phone- you never know when a fellow Marine might need it.”

# AROUND THE GROUP

**FEB 1:**

## **Super Bowling Event:**

Leatherneck Lanes 1400-1900.

Join the fun with food and drink specials, giveaways, and prize drawings. Buy one adult game and get a child game free.

**FEB 1:**

## **MCRD Career & Education Fair:**

Semper Fit Fieldhouse Bldg. 630 1000-1300

Active duty military, spouses, and veterans who are interested in going to college and learning about GI Bill benefits are invited to attend this free event.

Register at: [www.mccscp.com](http://www.mccscp.com)

**FEB 25-26:**

## **Hiring Our Heroes**

Pacific Views Event Center. 0700-1700

This nationwide initiative helps veterans find meaningful employment opportunities.

Register Online: [www.mccscp.com/familyjobs/](http://www.mccscp.com/familyjobs/)

## **Valentine’s Romance Getaways:**

**Inns of the Corps - Pacific Views Lodge, Ward Lodge and Del Mar Beach Resort**

Looking for a stay-cation this Valentine’s Day? Great package deals available that are guaranteed to sweep you off your feet and fall in love.

Learn more: [www.mccscamp Pendleton.com/inns](http://www.mccscamp Pendleton.com/inns)

**FEB 18:**

## **VITA Free Tax Preparation**

Bldg. 1687 Mainside 0830-1700

Free tax preparation for active duty, dependants and retirees.

Call: (760) 763- 2517

# PARTING SHOT

By: Lance Cpl. Jordan Gilbert



Sergeant Maj. Timothy Callahan, outgoing Sergeant Major, Combat Logistics Battalion 13, 1st Marine Logistics Group, holds the nation's flag during a post and relief ceremony aboard Camp Pendleton, Calif., Jan. 16, 2015.