



Participants of the CLR 25 Juvenile Diabetes Glow Run pose for a photo at Camp Lejeune, North Carolina, May 31, 2019. (U.S. Marine Corps courtesy photo)

Resiliency

P2



CLR 25's Juvenile Diabetes Glow Run

CLR 25's Resiliency campaign highlights a Marine's indelible fighting spirit. Read more...

Tap, Rack, Bang

P5

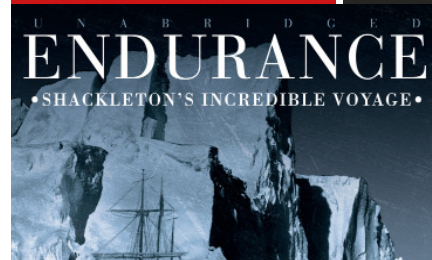


The Happy Secret to Better Work

Challenging moments build your character and resiliency. Remember you are not alone. Read more...

Chaplain's Corner

P6



A message from the Chaplain's Corner

A tribute to Chaplain Graef who retires in July after 24 years of faithful service. Read more...



Activities

MONTHLY ACTIVITIES: Remember to check this link every week to see the updated list with lots of fun and free activities! We have also added a list with discounts and free park passes in celebration of the 4th of July! Don't sit in your barracks room, enjoy what the area has to offer!



Discounts

ISSUE POINTS:

- P2** Resiliency Campaign
- P3** Good Leaders, CMC Wellness Letter
- P4** Letter from the Editor, DUI Costs

- P5** Tap, Rack, Bang
- P6** Chaplain's Corner



2DMLGMAG
NEWSLETTER



Colonel Denise M. Mull, Commanding Officer CLR 25



You will never fight alone.

A message on CLR 25's Resiliency Campaign

CLR 25's vision for our Resiliency campaign is that it always remains fully rooted and nested with each of the Marine Leadership Development Functional Areas – Fighter, Fidelity, Fitness, Family, Future, and Finances. For example, in February 2019, when Isaac Henry, the son of MSgt Henry, a CLR 25 teammate, was diagnosed with juvenile diabetes we set out to rally behind Team Henry.

We wanted to let young Isaac know that we had his back as he embarked on his fight against diabetes AND we wanted to use Isaac Henry's story as an opportunity to reinforce the message that Marines possess an indelible fighting spirit and the will to fight and the determination to win

is found inside each and every Marine.

So, on 31 May, CLR 25 set out to host a 5K/2K Juvenile Diabetes Awareness Glow Run to bring awareness to juvenile diabetes. Despite the inclement weather changing our evening glow run to a morning 5K run, the Regiment still hosted over 1,000 Marines, Sailors, Midshipmen, Civilian Marines, and family members to bring awareness to a very worthy cause, commemorate our 13th birthday, and while at the same time mark our final event as a Regiment, begin deactivation events that will take place over the next year as we prepare to deploy as Special Purpose Marine Air Ground Task Force Crisis Response – Africa 20.1 this September.

The 5K resiliency event was one of many that the Regiment and its battalions took on over the past year. Finally, we also successfully weaved in the 2d MLG's new slogan, "You Will Never Fight Alone" into our message to our Marines and Sailors with the commemorative medal that was presented to the first 1,000 finishers.

Our message to the force has always been consistent... life after all is merely a series of obstacles and we have to use life's skills (and resources) to navigate through those obstacles and lean on each other and fight together when times are tough and become more resilient over time.

Colonel Mull and SgtMaj Schmitt

“Today’s accomplishments are yesterdays impossibilities. Learn from your mistakes.”

Sgt Tyler Hicks serves as the unit Color Sergeant and played an instrumental role in coordinating the Regimental Juvenile Diabetes 5K/2K Glow Run that featured over 1,000 participants. Originally scheduled to be an evening event for families with food booths and events for children, extensive coordination and planning had been made to not only schedule events such as face painting and food booths but also coordination with the Base and emergency services to ensure a safe evolution was executed. The event was logistically intensive given it was an evening event and Sgt Hicks played a vital role with ensuring no detail was left uncovered, a tribute to his leadership and good leader attribute.



Sergeant Tyler A. Hicks, CLR 25 Color Sergeant

“Leaders should strive for authenticity over perfection.”

Sgt Nathalie Decker has been instrumental in our supply shop since arriving; she made an immediate impact on her section by taking control and implementing internal controls that directly increased accountability and efficiency in the section. This was best illustrated by her maintaining 100 percent accountability of 2,264 TAMCN items valued at over \$14M. Sgt Decker also coordinated equipment transfers to 8 units in support of II MEF operations worldwide. She oversaw 716 fiscal transactions valued at over 226,000 dollars as well as was instrumental in the S-6 deconsolidation efforts. Finally, she helped coordinate the NCO development program within HQ Company, directly increasing the unit’s morale, esprit de corps, and cohesion.



Sergeant Nathalie D. Decker, CLR 25



A passage from the Commandant’s Mental Wellness Letter

“We live by our core values of honor, courage, and commitment. Our raw tenacity and absolute willingness to do whatever it takes to win distinguishes us from others. We win, both on and off the battlefield, because we maintain high standards and possess incredible resolve, resilience, and grit. We must fight the battle of life’s struggles

including mental illness, trauma, loss, and adversity with the same force and intensity that we fight all battles. Marines, we are in a fight for the lives and wellbeing of our fellow Marines. We can never stand by and do nothing.”





Welcome to the second edition of the MLG MAG! We are very appreciative of all the feedback we have received so far. We are happy that you are enjoying the topics! This edition, we want to honor CLR 25 and acknowledge their hard work and contributions to the Navy and Marine Corps family. We salute them as they prepare for deployment. We are also providing many resources on drug and alcohol prevention. With the recent holiday and the weather warming up, we noticed an increase in alcohol related incidents, so we want to keep you all safe and informed. I encourage you to use this newsletter as a tool to initiate communication about important topics with your Marines and Sailors. Let's start a culture of open dialogue and reflection about the issues that

affect our community as a whole. Let's connect with one another and offer genuine support and mentorship.



Amnesty Can

Tell us how we are doing! Do you have ideas for future newsletters? Do you want to feature one of your Marines or Sailors in a future issue? Questions or comments about our content, let us know! Submit your response in this amnesty can!

Is It Worth The Risk? by Capt Michael Cook, Deputy SJA

Assuming that you do not end up hurting yourself or others, there are considerable potential legal consequences for Drinking and Driving, or Drinking under the Influence. The maximum punishment for a violation of Article 113 of the UCMJ, Drunken or reckless operation of a Vehicle, Aircraft, or Vessel, is a Bad Conduct Discharge (BCD), 6 months confinement, and total forfeitures of pay and allowances. If the drunken or reckless operation results in personal injury, the maximum punishment is a Dishonorable Discharge (DD), 1 year confinement, and total forfeitures of pay and allowances.

The costs of a DUI prosecuted in civilian court can be tremendous over the short and long term. The average cost of a first-time DUI is approximately \$10,000. In addition to these tangible costs, there are intangible factors to consider, such as the loss of base driving privileges, loss of your state driver's license, and the possibility of being separated with an other than honorable (OTH) characterization of service, which may impact your ability to obtain future employment. With all of these factors to consider, before you get behind the wheel intoxicated, ask yourself—is it worth the risk? The \$40 Uber is a much simpler and smarter route! Plan ahead and look out for yourself and your friends.

Potential Financial Impact Due to Civilian Conviction

Towing	(4 Days in Jail = \$135/Day)	505	5 Years of Increased Insurance	5,000
Lawyer	(Assuming no injury to another person)	2,500	License Reinstatement Fee	100
Fine	(Up to \$4,000)	400	Ignition Interlock Device	100
Substance Abuse Assessment		100	TOTAL AFTER 5 YEARS :	\$5,200
Limited Driving Court Assessment		100	LONG TERM TOTAL MONETARY COST :	\$9,445
License Restoration Fee		100		
Court Costs		290		
Community Service Fee		250		
IMMEDIATE COST TOTAL :		\$4,245		

**Contact your
unit SACO**



451-6657



449-9733



449-8403



450-8857



451-2208
ext-223



451-3964

Tap, Rack, Bang

Tap, Rack, Bang

What are your immediate actions for your internal “weapon malfunction?” How do you get yourself back to being loaded and ready to fire for your next “mission?” We want to know!

The Tap: **Everyone is Going Through Something**



It's not often that we hear the struggles of others. It is easy to assume that things are okay when you see a peer who is always on point and looking out for everyone. Kevin Love, basketball player for the Cleveland Cavaliers talks about how this changed for him after experiencing a panic attack in the middle of a game. He shares his initial shame in telling others about his experiences because of the “playbook” he learned growing up, “Be strong, Don't talk about your feelings. Go through it on your own.” His courage to share his story teaches us that nobody is immune to mental health issues.

What “playbook” did you learn growing up, and how have those attitudes/beliefs influenced your life? When you experience life stressors, does your “playbook” provide sustainable ways of coping? We all have ups and downs, so it is important to seek support and take care of yourself during those hard times. Suffering in silence contributes to your pain and it has the potential to keep you stuck. After all, it is those challenging moments that build on your strength, character, and resilience. Remember that you are not alone, and you never know how your story can impact someone else.

The Rack: **The Unbeatable Mind Podcast**

Mark Divine is a retired Navy Seal commander-turned-author who hosts athletes and former military personnel for life strategies, leadership, and mental toughness skills and tips. What book or podcast motivates you? Give us your list and we will share it in the next issue!



The Bang: **The Happy Secret to Better Work**

Psychologist and CEO of Good Think Inc. Shawn Achor found that our happiness depends on our perspective. When you are more positive, you are 31% more productive than when you are negative, neutral, or stressed. He also found that dopamine floods our system when we are positive, which allows us to feel happier and it activates the learning centers in our brain, allowing us to adapt to our surroundings in an effective way. Dr. Achor provides 5 simple ways to create lasting positive change but you need to watch the whole video to obtain the secret recipe! Exercise and gratitude are two of the 5 ingredients! Don't miss the rest!





Every edition will feature a message from the Chaplain's corner. This month we are featuring Chaplain Russell P. Graef from the 2d MLG RMT. Chaplain Graef retires in July after 24 years of faithful service. We use this opportunity to show our gratitude to Chaplain Graef for his contributions to the Navy and Marine Corps family.

In 1914 Ernest Shackleton and his team of 28 men made an expedition to the Antarctic. Their ship was the ENDURANCE. It was custom made to survive the



most severe conditions on earth. The coldest recorded temperature was in the Antarctic: 128 degrees below zero. One of the first challenges Shackleton's crew faced was their ship got trapped in the ice. The ice literally crushed the ship. The crew lost supplies and food. This expedition was supposed to last only about 6 months, but it lasted 22 months (634 days) because they lost the ship. That put all of them in greater danger.

At the same time Shackleton was leading his team to the Antarctic, another explorer named Scott was leading a team to the Arctic. Scott failed as a leader. Eleven members of his team died. In the extreme conditions of cold, hunger and fatigue, Scott's team degenerated into a chaos of "every man for himself." Shackleton faced the same extreme conditions, but his entire team returned. This had a lot to do with the way they treated each other.

In that extreme environment, survival depended on the right equipment, the right clothes, the right food, the right planning. But survival included one more thing. Shackleton knew that his crew needed unity, teamwork and respect. That was one of the most important pieces of survival gear.

The respect started with Shackleton. He was a great leader. The respect he showed his team created respect the team had for each other. Even in times of harsh conditions and desperation, they remained respectful and genuinely invested in one another's wellbeing. We can say that respect is something we earn. But respect is also something that depends on our own character, our own spiritual fitness. The respect we show each other is one of the measures for the respect we have for ourselves. - Capt. Russell P. Graef

"Shackleton led his men through a harrowing adventure, but ultimately it was the nobility of his men and their indefatigable will that shined. It is a story of leadership, endurance, courage, perseverance, tenacity, optimism, and patience. Sir Ernest Shackleton would later say about his abandoned exploration journey, "that within defeat there still can be triumph - the triumph of survival itself."

- Colonel Mull, Commanding Officer, CLR 25