



2D MLG MAG

MONTHLY AMMO FOR YOUR MENTORING AND LEADERSHIP ARSENALS

2dmlgmag@usmc.mil

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@2ndMLG

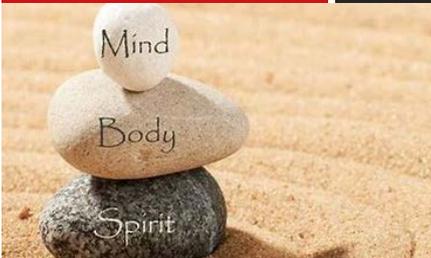
2ndMLG



U.S. Marines with 2d Transportation Support Battalion (2d TSB), Combat Logistics Regiment 2 (CLR 2), 2d Marine Logistics Group (2d MLG), pose for a group photo with Brig. Gen. James Gylmn, Commanding General of Marine Corps Recruit Depot (MCRD) Parris Island, and Sgt. Maj. William Carter, Sergeant Major of MCRD Parris Island, June 14, 2019. The Marines participated in a professional military education trip to MCRD to reinforce core values and gain a different perspective on recruit training (U.S. Marine Corps photo by Lance Cpl. Scott Jenkins)

Resiliency

P2



Resiliency is a Perishable Skill

2d TSB's Resiliency Campaign encourages Marines to train in mind, body, and spirit...

Tap, Rack, Bang

P5



Way We Live, Love, Parent, and Lead

Brown talks about how the courage to be vulnerable transforms a person in all aspects of life...

Monthly Theme

P5



Are you doing everything you can to prevent health and lifestyle issues from arising?
Read more on Pg. 5...

MONTHLY ACTIVITIES: Remember to check this link every week to see the updated list with lots of fun and free activities for you, your friends, and family! Don't sit in your barracks room all weekend, enjoy what the area has to offer!



ISSUE POINTS:

P2 Resiliency Campaign

P3 Good Leaders

P4 Letter from the Editor, Pest Control

P5 Tap, Rack, Bang

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2DMLGMAG
NEWSLETTER



LtCol Baker, Commanding Officer 2d TSB



SgtMaj Acero, Sergeant Major 2d TSB

A message on 2d TSB's Resiliency Campaign

Is resiliency like a bank account that only takes deposits and once trained it never degrades? Or is it more akin to a cardiovascular system that can fall out of shape? We all depart one of the Marine Corps Recruit Depots or Quantico in a resilient state and if it were not perishable, would likely have far fewer resiliency issues in the fleet. Much like all other skills in life, resiliency is perishable and needs to be trained like a muscle to maintain and increase strength and endurance.

At 2d TSB, we train towards resiliency along three lines of efforts; mind, body, and spirit. Taking care of our Marines by training through these three lines of efforts yields results over time. Problems will come, and training the spirit allows us to lean into them without collapsing under the weight.

RESOLUTE SUN 19 saw this better resiliency come full circle as 2d TSB moved the largest convoy in unit history, conducted BST skills in a training area by the beach, interacted with Navy and Army personnel offloading equipment from the sea and bringing it onto the beach, conducted hard PT, and fed our spirit by going back to Parris Island, SC to watch a Recruit Graduation. That moment allowed us to remember how we felt that day when we were christened as Marines. Through this exercise, our vehicle and personal readiness didn't go down, it actually went up. A weak spirit like a weak link in a chain will eventually take a toll on the mind and body.

Our fellow Marines are there to endure with us, cooperatively bear our burdens, and train us. We've even had this issue with equipment at

TSB that was neglected for years due to OIF/OEF deployments, like spiritual training, and it felt like we couldn't bear the weight of low readiness, but we began to train with it (even the equipment on LIMDU or light duty just like our FFIs work with our Marines during unit PT who are struggling through the same challenges) and our readiness went up. We train hard, have fun, and we look out for one another.

LtCol Baker, CO 2d TSB
SgtMaj Acero, SgtMaj 2d TSB

Book recommendation: One Day in the Life of Ivan Denisovich by Aleksandr Solzhenitsyn

Sgt Savage was responsible for the embarkation of 58 pieces of rolling stock on to the USNS Watkins. His direction and supervision ensured an accident free environment during high tempo motor transport operations in small confined spaces. During the offload of the ship, Sgt Savage assumed the responsibility for staging and preparing serials to be off loaded by crane and Roll-on Roll-off Discharge Facility. His drive and motivation allowed the Marine detachment to exceed expectations by completing the assigned mission eight hours earlier than expected. The professionalism that Sgt Savage demonstrated highlighted himself among all military personnel aboard the USNS Watkins.



Sergeant Jacob Savage



Sergeant Michael Crissy

**“Talent hits a target no one else can hit;
Genius hits a target no one else can see.”**

-Arthur Schopenhauer

Sgt Crissy stepped up and served as the Company Gunnery Sergeant during RESOLUTE SUN 2019, a Joint Logistics over the Shore (JLOTS) exercise with the United States Army. He played a key role in coordinating and supervising logistics support and maintaining sustainment requirements for over 80 Marines and Sailors. His rigorous attention to detail during this logistically challenging and dynamic exercise allowed seamless coordination between Army, and Navy units. Sgt Crissy’s leadership played a critical role in the safety and well-being of the Marines as well as ensuring mission success.



Welcome to the fourth edition of the 2d MLG MAG! We are excited to continue providing you with awesome information and resources to keep your arsenals loaded. This month we are showcasing 2d TSB! Read about their recent accomplishments and recommendations to stay resilient. We are also celebrating Preventive Health Month and showcasing what you can do for your health, and what 2d Medical battalion does to keep 2d MLG healthy!

We encourage you to use this newsletter as a communication tool with your Marines and Sailors. Start a book club with the various book and article recommendations in each edition! Educate one another on the topics that impact us and our Navy and Marine Corps family so that we can always be mission ready!

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! Our amnesty can is currently being built. Until then, please submit your inquiries via the newsletter's e-mail address 2dmlgmag@usmc.mil.

2d Medical Battalion Preventive Medicine Unit (PMU) supports the II MEF mission in many ways including identifying actual and potential environmental health risks and entomology issues such as insect identification and diseases of military importance. Examples are mosquito surveillance and identification on training sites throughout the base and responding to destructive weather events such as our rapid mosquito control response after Hurricane Florence.



Preventive Medicine: A Critical Mission by HM3 John Vandal and LCDR Crystal Dailey

2D Medical Battalion PMU conducts a quarterly, 3-day II MEF Preventive Medicine Representative (PMR) course to further support the Preventive Medicine mission to the MEF. The course consists of detailed, hands-on training and focuses on PMR responsibilities in and out of the field. This just in time training qualifies PMRs in the areas of field sanitation (of ground forces), public health and environmental health. For more information please call (910) 451-7297.



TIPS TO REDUCE & PREVENT PESTS IN YOUR SPACE:

Do not remove screens/preventive barriers from windows.

If no window screens or preventive barrier exist, notify BEQ/BOQ manager and keep windows closed.

Field day – remove any containers that can hold water.

Drain standing water to prevent mosquito breeding grounds.

Cover up when outdoors – and use an insect repellent on exposed skin.

Use ALL elements of the DOD Insect Repellent System for maximum protection!

Wear your permethrin-treated uniform... properly. Trousers tucked and sleeves down.

Apply approved skin repellent to exposed skin.

Sleep inside a permethrin-treated bed net.

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: Book Recommendation -Daring Greatly

Brené Brown, PhD, LMSW, is a research professor at the University of Houston, where she holds the Huffington Foundation-Brené Brown Endowed Chair at the Graduate College of Social Work. She has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of four #1 New York Times bestsellers: Braving the Wilderness, Rising Strong, Daring Greatly, and The Gifts of Imperfection. Her TED talk-“The Power of Vulnerability”-is one of the top five most-viewed TED talks in the world with more than thirty-five million views. In this book Dr. Brown discusses 20 years of research on what she calls “whole hearted people” which is really resilient people. What she has found is not that the most resilient people have the fewest problems or challenges in life, it’s the people who are able to be vulnerable and tackle the fear brought on by shame. She attacks 4 myths about what makes people weak and what makes people strong:

- Myth #1: Vulnerability is a Weakness
- Myth #2: I don’t do vulnerability
- Myth #3: Vulnerability is letting it all hang out
- Myth #4: We can go it alone

For Dr. Brown, our inability to be vulnerable is our actual weakness, but our ability to be vulnerable is the most accurate measure of courage. As MLG Slogan states, “You will never fight alone.” - Lt Col Baker

The Navy General Library with the Overdrive App is a great way to access e-books and audio books for free from anywhere.



To love ourselves and support each other in the process of becoming real is perhaps the greatest single act of daring greatly.

- Brené Brown



The Rack: Comedy is The Cure

Voted the #1 requested resiliency training program in America! Once relaxed and entertained through humor, Bernie grips the audiences’ attention by revealing his step by step downward spiral into the world of high-risk drinking and drug abuse. The alcohol and drug related suicide of Bernie’s younger 19 year old brother Scott would eventually compound Bernie’s drinking and reckless behavior. Three DUI arrests later, at the age of 26 Bernie served a six-month sentence in Los Angeles County. After deciding to ‘use his resources’ (chaplains and counselors) for help, Bernie is now 26-years free from alcohol & drugs. Bernie is committed to motivating service members to identify the warning signs of alcohol and drug dependency including PTSD related usage. Through identifying with Bernie’s story, troops are being motivated to take action by seeking Treatment before a career, marriage or life is lost. Don’t miss this great opportunity to hear him speak to the MLG family in September! Information on dates and meeting times coming out soon!



The Bang: Preventive Health Month

August is Preventive Health Month! It is important that we take care of our mind, body, and spirit when we are not feeling our best, but are you doing everything you can to prevent health and lifestyle issues from arising? Read below to learn about ways you and your family can be proactive about your healthcare!





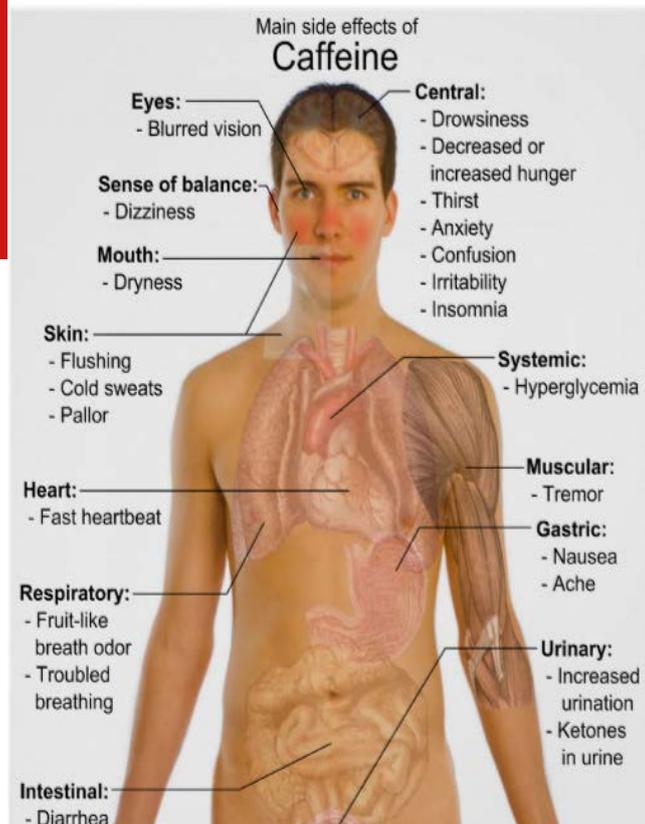
Understanding Caffeine

by Jennifer D. Attila, M.S.

Caffeine is a drug that is classified as a stimulant, a class of drugs that elevates alertness, mood, and awareness. According to the Mayo Clinic, a healthy adult should not consume more than 400 mg of caffeine a day. The half-life of caffeine is variable ranging from 1.5-9.5 hours, meaning that the amount of caffeine that is in your bloodstream will reduce by half in this time frame. This makes the amount of caffeine in an individual's body post-consumption variable day to day, even if they are consuming the same amount each day. This is why it is important to not exceed the recommended dosage of 400 mg. This said, the amount of caffeine that can be considered fatal varies based on blood volume of the individual. According to Medical News Today, 80-100 mg of caffeine per liter of blood is considered fatal (a smaller framed person has less blood volume while a larger framed person will have a larger blood volume).

When consuming energy drinks and workout supplements, it is important to check the mg of caffeine to prevent accidental overdose on caffeine. Some symptoms of caffeine overdose include:

Source	Serving size	(mg) caffeine
Black coffee	12 oz.	50-235
Black tea	8 oz	30-80
Soda	12 oz	30-70
Red Bull	8.3 oz	80
Chocolate Bar (milk)	1.6	9
NoDoz	1 tablet	200
Excedrin Migraine	1 tablet	65
BANG	1 can	300
C4 pre-workout	1 scoop	150
C4 50x	1 scoop	200



- Shakiness
- Upset stomach
- High blood pressure
- Seizures
- Coma
- Increased heart rate/heart palpitations
- Insomnia
- Sweating
- Dizziness

According to Medical News Today, as of 2018 there have been 92 confirmed deaths due to caffeine overdose. Overdoses are typically the result of combining caffeine products (i.e. caffeine pills/pre-workout/energy drinks/coffee/energy chews). To protect your health, never consume too much caffeine at once and always check the labels.

Increased levels of the stress hormone cortisol. Chronically high levels of cortisol has negative effects on the body. High cortisol levels are linked to: Weight gain, acne, bruising, flush, slowed healing, difficulty concentrating, high blood pressure, irritability, weakness,

fatigue, and headaches. Linked to reduced sperm count in men. Menstrual irregularities in women and holds the potential to worsen cramping due to constricted blood vessels. Excessive sweating, diarrhea, increased breathing or heart rate, muscle tremors, nausea or headache.

It is important to educate yourself on the effects of the substances you put into your body. Especially for preventive health month. Know the impact, and make healthy decisions.



Every edition will feature a message from the Chaplain's corner. This month we are featuring Chaplain Takana L. Jefferson from 2d TSB. Read the touching story below about volunteering.

Resiliency can come in many forms and fashions. Sometimes it appears as in Matthew 25: 35- 36; 40 NIV "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

This is an excerpt from a story Jesus shared with those who came to hear his words of wisdom as he wanted to emphasis what it really means to "love" beyond oneself. Part of being resilient is working outside of yourself and doing something positive for others.

Volunteering in the community is an excellent example of loving beyond oneself as it has been scientifically proven, that doing good deeds raises serotonin levels (your body's natural happy pill) and increases self-esteem. Being engaged in your local community builds lasting and meaningful relationships with others. Seek out opportunities through your Command Religious Ministry Team (RMT), Single Marine Program (SMP), and Family Readiness Officer (FRO).

Giving of your time is never a waste and it encourages you to be the change you want to see in the world today. One act of kindness can mean so much to those who have so little. Semper Fi!

