



Combat Logistics Battalion 2

Volume I Issue 4
February 2016

Commander's Corner



CLB-2 Marines, Family and Friends,
Happy 2016! First and foremost, I want to congratulate the battalion on their outstanding performance during the last quarter of the year! You executed Integrated Training Exercise (ITX) 16.1 and supported 8th Marine Regiment flawlessly while simultaneously conducting a MC Combat Readiness Evaluation (MCCRE) as well as portions of a Certification

Exercise (CERTEX). Through each exercise you continually showed the Marine Corps 'what right looks like.' I take great pride in being part of such an excellent team.

I hope we all rested and enjoyed this Christmas and holiday season, and are now ready to launch into the New Year. I was amazed by the generosity displayed by the Marines in our battalion as they invited fellow Marines into their homes, checked on each other throughout the holiday season and make selfless decisions to help the less fortunate among us. Thank you for showing the tremendous care you have for each other and the community.

Our battalion has recently added several new Marines to help accomplish our missions both here at home as well as abroad. If you are one of our new Marines, I want to take a moment to say "welcome to the team!" You are now a full member of the CLB-2 family; we look forward to accomplishing even greater things in 2016 with your help.

Finally, we must remember that whether preparing for deployment or continuing our mission at home, our families are critical to our success. By proactively ensuring our families are fully informed and integrated into the network of information and resources available, we can set up our team for success no matter where we find ourselves in 2016.

Semper Fidelis and God Bless,
LtCol R.K. Jones

Sergeant Major's Corner



Dear CLB-2 Families,
Welcome back from the holiday season and into a New Year of opportunity and endless possibilities. By now you should know whether your service member is scheduled to deploy or is remaining in support at Camp Lejeune.

No matter which mission your service member has, it is my hope that you will be ready for what life throws at you. It is our responsibility to assist you for that preparedness so if there is anything that we can do please do not hesitate to notify any one of us.

I would be remiss in my duties if I did not tell you that we have the best battalion in the Marine Corps, because you are part of it. I have been around for a couple of decades and this collection of professional men and women have me convinced that we stole all the great ones and the rest of the units are suffering. All joking aside, I am very proud to be in their presence and to be at your service as your Sergeant Major.

Semper Fidelis families.

Respectfully Sent,
Sergeant Major Dan Wilson

Chaplain's Corner



Happy New Year, Is it spring yet? I am excited for warmer weather and longer days. The days seem so short in this winter season and there are days when we leave the house when it is dark and when we get home the sun has faded. I hope you all have enjoyed your Holiday Season. The time that we get with our families is precious in our line of work. We need to make the most out of what we have. I want to take the opportunity to

do a shameless plug for our upcoming CREDO retreat for CLB-2. At the Chaplains Religious Enrichment Development Operation retreat we will have an all-expense paid weekend at a retreat center in Emerald Isle, NC from 19th February to the 21st. If interested in the retreat please E-mail Chaplain Briggs ASAP @ Arthur.briggs@usmc.mil. As

those of you who are deploying are looking at the fast approaching departure time, I want to encourage you to make decisions that are selfless for your family. We should be making time to make memories, and communicate our expectations to our spouses and vice versa. We have to make decisions that will enable us to live well. I look forward to interacting with you at the pre-deployment briefings that I am sure we will all attend. If there is anything I can do for you please do not hesitate to reach out.

V/r,
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Combat Logistics Battalion 2

Headquarters and Service Company Commander



Greetings to the families of CLB-2 Marines and Sailors! I hope each of you had an enjoyable holiday season. After the heightened operational tempo that the battalion experienced throughout the calendar year, some rest and relaxation was much needed and well deserved. Integrated Training Exercise (ITX) 1-16 was a success; the diligence and resolve displayed by everyone ensured that all personnel and equipment made it safely to and from 29 Palms, and that quality and effective training was conducted. I would be remiss if I didn't recognize the rear party at Camp Lejeune during ITX. Their efforts and positive leadership ensured steady maintenance operational tempo, and mitigated potential problematic issues, allowing the Marines at ITX to concentrate fully on training without being distracted by matters back home in North Carolina. Again, the success we enjoyed at 29 Palms was directly attributed to your Marine or Sailor's hard work and meticulous deter-

mination to contribute to the overall betterment of CLB-2! Now that the battalion is "back in the saddle," we are focused on preparing to deploy near the end of spring. Additional personnel have joined our CLB-2 family to augment this deployment, and we have already divided the battalion into detachments respective to the geographical location in which those personnel will operate. Now is the time to ensure you and your Marine are "on the same page" concerning personal adjustments for the deployment. Questions such as "What are we doing with your motorcycle while you're away?" and "do I have requisite access to our finances?" should be discussed and measures should be taken to ensure spouses or family members are "set up for success" to handle matters while the Marine or Sailor

is away. The battalion leadership is working hard to facilitate opportunities for spouses to meet each other and establish a support network during the deployment. I urge you to take advantage of these opportunities and make the most of the resources available. As always, I appreciate every effort your Marine or Sailor puts forth each day for the betterment of the battalion and Marine Corps. Thank you for the continued support that you show to your service member during these periods of high operational tempo. It absolutely shows through their performance on a daily basis.

Very Respectfully,
Captain Butta, Alex M.
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Transportation Support Company Commander



Combat Logistics Battalion 2 (CLB-2) Landing Support (LS) Platoon has conducted four Helicopter Support Team (HST) missions from December 2015 to January 2016, with the most recent being January 6 at Landing Zone (LZ) Albatross, led by Corporal Mason Monaghan. Corporal

Monaghan led a team of eight Marines to LZ Albatross and conducted 14 external lifts in support of Marine Heavy Helicopter Training Squadron 302 (HMHT-302). An HST consists of six personnel at a minimum, with three primaries. The "staticman" is responsible for discharging the static electricity from the hovering helicopter or "grounding out the hook," using a static wand, which is vitally important. The staticman may discharge up to 200,000 volts of electricity at once to prevent any member of the team from getting electrocuted. The "hook-up man" is tasked to attach the apex of the load to the external hook of the helicopter after the staticman has grounded out the hook.

The Team Leader is in charge of the Marines under the bird. He has a primary focus on the safety of his team during the lift. The Team Leader has the greatest responsibility of any member on the HST. Once the Team Leader is chosen, it is his or her responsibility to immediately begin coordination with the respective squadron to gather all information necessary to conduct the HST. On the day of the HST, the Team Leader arrives at the Motor Pool (MP) and gathers accountability of all personnel, vehicles, and equipment. The HST then departs the MP enroute to the LZ. Once at the LZ, the Officer in Charge (OIC) will occupy the range in preparation for operations. The Team Leader will then oversee the Marines as they prepare the LZ for external operations. Once the squadron arrives on sight, the pilot will meet

with the Team Leader and OIC to discuss the plan for the operation. The OIC will then contact Range Control and call the range hot. The HST will conduct external lifts until the squadron's training requirements have been met. Once all lifts are completed the HST will tear down the LZ and pack up all equipment, and the OIC will call the range cold. Accountability is conducted of all personnel and gear, vehicles loaded, and the HST returns to the MP. Once all equipment is secured, the OIC and Team Leader conduct debrief and secure the Marines for the evening.

Very Respectfully,
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Single Marine Program

Have you ever wondered what there is to do on Camp Lejeune and the surrounding bases during the weekend and long holidays? Well wonder no more. Each camp has one or more recreation centers. The different hours for each base can be looked up on the MCCS web site. There are numerous events or resources at the centers that you and your fellow single Marines and Sailors can use. They have video games, pool tables, computers and other resources to enjoy. You can go to the front desk and ask about upcoming trips, concerts and sporting events that you can attend. These trips are at a reduced price and can be enjoyed by all the single Marines. The Single Marine Program has their own top of the line bus that will be used for these trips. Whether a long or short trip you will enjoy the luxuries this bus has to offer. When you arrive at your destination you are free to do whatever you like as long as you check in and meet the bus for the return trip. You just never know what friendships or opportunities await you on one of our many exciting adventures.

There are 7 Recreations Centers to serve you.

- Camp Geiger Recreation Center (The Rally Point)
- Central Area Recreation Center
- Courthouse Bay Recreation Center (The Sandbar)
- Camp Johnson Recreation Center (4 Corners)
- French Creek Recreation Center
- New River Recreation Center
- Stone Bay Recreation Center (Maggie's Drawers)

SMP Web Site

<http://www.mccslejeune-newriver.com/smp/>

TRIPS!
Winterplace Ski Resort
 29-31 Jan 2016 **New dates 19-21 Feb**

Enjoy the slopes and crisp air in Ghent West Virginia, which offers 9 lifts, 27 trails, and a full service resort center, plus a mid-mountain facility, the Mountain House. Winterplace is open for skiing, snowboarding, snow tubing and more!

Lift Tickets: Friday Night \$35 / Saturday All Day \$59.95
 Gear Rental: Snow board Fri \$30 /Sat \$40
 Ski Rental Fri \$26.50 /Sat \$35

20 seats – sign up at your local Rec Center
 **Must register online at <http://www.mccslejeune-newriver.com/outdoor/> before making payment

What to Bring:
 - Bring money for food/souvenirs
 - Dress for weather
 - Camera
 - Money locker rental, lift tickets, gear rental
 - Military ID

REFUND POLICY:
 Refund requested before 16 Feb: Full refund
 After 16 Feb: No refund without Command Documentation
 No Show: No refund without Command Documentation

TRIP TIPS:
 Hotel is double occupancy
 Bring winter weather clothes

SMP TRIPS ARE OPEN TO SINGLE SERVICE MEMBERS AND CEO BACHELORS.
 SMP Office | Bldg 564 | 910.451.0684/4642 | mccslejeune-newriver.com/smp/

SMP Reps Contact Information

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Family Readiness Officer

The New Year has arrived and you are sitting down thinking about how to prioritize your new goals this year. Most of us choose to make our health our number one goal. There are many ways that we can ensure this goal is achieved. Maintaining an activate lifestyle helps to keep your health at the top of your list.

Stop by All Point Travel on Camp Lejeune to plan an exciting winter vacation. If they do not have what you are looking for, get on the web and find that dream mountain getaway.

No more excuses, no more putting yourself on the back burner. This is your year! Winter may be the longest season and you may feel that you have to wait until spring to kick off your exercise program, but why put it off? What better way to stay healthy than to spend some time on the slopes enjoying the crisp, pure mountain air. There are more health benefits to skiing than meet the eye. Did you know that skiing is a tremendous calorie-burner? It is a great physical activity, burning up to 700 calories an hour. The average runner burns only 100 calories for every mile they run. Not only are you burning calories, but skiing works your core muscle group, helps improve your balance and posture and increases



your body strength. So leave the dreary gym behind and accelerate your active life-style gliding over fresh powder snow. Don't wait, plan that trip as soon as you can.

So you can't go on that vacation just yet? Why not go to your local fitness center and sign up for some awesome exercise classes. You don't want to go alone? No problem! The centers also offer group exercises. You want some peace and quiet? Sign up for some Yoga classes. Get to know your inner voice on a different level. There are fitness centers located on base as well as at most of the housing areas. Check them out on the MCCS web site.

Even if you can't go to the gym, get the kids out and go for a walk. Camp Lejeune and the surrounding areas have numerous walking trails for you and the kids. Put the kids in a stroller and stretch those legs out. When you find a playground for the kids, let them play and enjoy themselves while you stretch out and do a few strengthening exercises. That way the kids

have just as much fun and have something to look forward to as well.

Snow day and school is out? Take advantage of the day off and the snow, and burn calories without even stepping foot into the gym. Head down to your local park or even your own backyard and burn 200 to 400 calories building a snowman. Burn even more calories with your family, friends, and your whole community by organizing a flash-mob snowball fight. An effortless one-hour snowball fight burns 300-500 calories while you are simply having fun. What you do not realize is that you are sprinting through several inches of snow with heavy boots on and heavy clothes, squatting down, leaping, throwing, and swinging. Just like that, you have done a body workout and your cardio is finished for the day! Have fun this year with your revolutionary changes!

Activating your lifestyle does not have to be tiresome. Be optimistic and do not let winter stop you from achieving your goals! Visualize yourself being on-track and focused this year and good things are bound to come your way.

Jeffrey M Peters
Family Readiness Officer
Combat Logistics Battalion 2
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Cell # 910-382-9175





Military and Family Life Counselor (MFLC)

Creating a Healthy Relationship

Let's face it, building and maintaining a healthy, loving relationship is hard work! I want to take this opportunity to talk about some things we, as Military and Family Life Counselors, see people in relationships struggle with. Let's look at some of the common myths people often have about relationships:

-Many people believe that all good relationships start with a great romance. Statistics show that most relationships that stand the test of time begin with a friendship that grows and evolves.

-Great problem solving is not automatic. Every relationship is different, with challenges that need creative problem solving. This usually takes learning to communicate and often compromise.

-Couples need common interests. I see the healthiest relationships having a mix of common interests and a deep respect for individuality.

-Relationships are not always peaceful. There is a difference between fighting and disagreements. When individuality is respected, different opinions can be expressed without accusations and defensiveness.

-Some believe you can vent all of your feelings. During times of high emotions, we need to take a deep breath and think about what we are about to say. Is this something I will regret saying later? How will this impact my loved one?

-Can a good relationship survive a flawed partner? During the first stage of a relationship, our goal is often to impress. At about 12-18 months, we often notice flaws or annoying habits that were easy to let go during the first months of the relationship. Now is the time to ask if these are behaviors or characteristics that you can easily live with.

-Some go into a relationship believing that people change, or "straighten out" over time. People rarely change.

While you must accept that we are all imperfect beings, it is important to identify your personal limit for tolerance.

As you can see, there are a lot of things to pay attention to and work on to make a relationship not only work, but thrive and grow. Sometimes just bringing issues into awareness opens doors for positive change. Remember the importance of communication and compromise. Some couples are able to accomplish positive growth on their own. If you find you are having difficulty and often feel stuck, please remember all the resources available to you with regards to relationships. You're Battalion Family Readiness Officer, Chaplain and Military Family Life Counselor are all invested in helping you have a successful relationship. Please contact any of us for more information.

Respectfully;

Christine LaFreniere

910-650-4088

Farewell

- Capt Lucas
- CWO3 Rowecliff
- 1stLt Pica
- SgtMaj Cook
- Sgt Becerra
- Sgt Mason
- Cpl Adams
- Cpl Airgood
- Cpl Benton
- Cpl Blakeway
- Cpl Bustillos
- Cpl Ellis
- Cpl Villa
- LCpl Alexander

New Additions to the CLB-2 Family

- Sgt Lee—Baby girl born on Dec 28 Dec 2015

Promotions

- SgtMaj Cook
- MSgt Patrick Seiler
- GySgt Justin Osburn
- GySgt Andrew Smith
- SSgt Vincent Albert II
- SSgt Michael Reinert
- Sgt Matthew Holloway Jr
- Cpl Trenton Burdge
- Cpl David Elswick
- Cpl Aaron Hadley
- Cpl Roosevelt Joe Jr.
- Cpl Emmanuel Santos
- Cpl James Wiganowsky
- Cpl Jeffery Wiganowsky
- Cpl Anthony Woodin
- LCpl Austin Begg
- LCpl Ian Bolz
- LCpl Joshua Campbell
- LCpl Brian Cassady
- LCpl Benjamin David
- LCpl Ashley Fink
- LCpl Rayquane Forte
- LCpl Jonnie Gallagher
- LCpl Hosea Goodwyn Jr.
- LCpl Exsavier Lewis
- LCpl Douglas McMaster
- LCpl Matthew Mills
- LCpl Leslie Nanney
- LCpl Randi Rutherford
- LCpl Aaron Stephens
- LCpl Ty Underwood
- LCpl Tyler White



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Family Readiness Officer

Jeffrey Peters
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Battalion Officer of the Day

910-467-2780

FACEBOOK Page

<https://www.facebook.com/combatlogisticsbattalion2/?ref=hl>

Spouse's FACEBOOK Page

<https://www.facebook.com/groups/1700538176831890/>

OPERATION BLEND: Upcoming Events

OPERATION BLEND is our battalion initiative to “blend” all our Marines and Marine family members together to further develop an understanding of community and responsibility

12 February—Progressive Dinner - RSVP through Evite

2 March—United Thru Reading—Contact Jeff Peters (FRO) for information

16 March—Pre-deployment Brief

17 March—BUNCO at Jennifer Jones' House

19 March—Battalion Easter Egg Hunt and 5K Run

28 April—Asian Bistro Spouse's Dinner

Highlighted Marines

- If you could travel in time , where would you go and with who?
- If money was no object, what would you buy your mom?
- What was your favorite childhood cartoon and why?



RPSR Varner, Alexander

- Back to 1942 with a few friends
- A trip to Hawaii
- Ed, Edd, Eddie. The show was hilarious and made me laugh.



Cpl Novoa, Angie

- The future, to see how the world is going to be and if its bad go back in time to fix it.
- A big house that is setup and made to her liking.
- Pink Panther because the detective, the missions and the songs.



SSgt Leverance, Ian

- Chesty Puller during WWII. To see what everyone experienced during the war.
- A new house
- Tweety Bird because he's cool.



1stLt Allan, James

- 1961, watch Roger Maris break Babe Ruth's home-run record
- A new house
- Superman because I loved watching him on TV.