

# 2ND BATTALION, 7TH MARINES



LTCOL JOHN M. REED

## Commander's Commentary

Families and Friends,

Hopefully by now, you have received several of these newsletter updates. We were sending them quarterly, but now that the Battalion Landing Team (BLT) has deployed we are committed to a monthly mailing. Whether your Marine or Sailor deployed early with the advance party or just after the holidays with the main body, I hope you had some time during the leave periods to prepare for the deployment.

BLT 2/7 is trained and ready, serving as a contingency force in the Pacific with the 31<sup>st</sup> Marine Expeditionary Unit (MEU.) I want to thank you for your commitment to your Marine or Sailor through our difficult training work-up that has enabled BLT 2/7 to serve at the tip of the spear. Your continued support through our deployment will serve as a source of strength and help speed the time that we are away.

You will find useful information and additional contact numbers on our official website at: <http://www.i-mef.usmc.mil/div/7mar/2bn/>. On the deployment information tab, we listed the deployment addresses. Additionally, we posted our pre-deployment brief which is an informative orientation to where we are going and what we are likely to do. As we develop tales to be told, we will post articles on the home page tab.

SgtMaj Rummel, Katie Clark our FRO, and the rest of my command team encourage you to celebrate and attend our return to Twentynine Palms in the middle of July. We will post that information when the time approaches.

As the Commander, I believe I have a personal obligation to keep you informed and assured that your Marine or Sailor is well and serving honorably. I am committed to having a strong relationship and trust with the families. I appreciate your partnership and support of our mission.

Semper Fidelis!

John M. Reed  
Lieutenant Colonel, USMC  
Commanding Officer



### POINTS OF INTEREST:

- ◆ Deployed mailing addresses are listed on page 10.
- ◆ Many awards and promotions are announced throughout the Company pages. Congratulations!!
- ◆ Look to the back page for important announcements.
- ◆ Newsletter contributions should be submitted to FRO Katie Clark (see page 3).

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## *Chaplain's Chosen*

### **Attitude: Three Realities That Can Impact Your Relationships**

When flying, "attitude" describes your aircraft's horizontal relationship to the runway as you land. If your attitude is not aligned properly, the plane will make contact with the ground at a wrong angle. That's usually bad news. In life, your attitude is your inward "alignment", or disposition toward people or circumstances. Here are some thoughts on "attitude" as you seek to adjust your approach toward people or circumstances in your life.

#### **1. I am responsible for my own attitude.**

Trouble is inevitable; misery is optional. Attitude has to do with the way I choose to think about things. Two people are in a financial crunch. One says, "The good part is not being able to afford cable TV. We've done a lot more talking on Monday nights. We've learned a lot. It's amazing how many things you can do without, and how much better it is to live simply." Another person might say, "We're down to one car, no phone, and we can't eat out at all. Life is miserable at our house." The difference is often a matter of attitude.

#### **2. Attitude affects actions.**

My attitude directly determines my behavior and words. We all have environmental stressors and issues that are not in our control (sickness, alcoholic family member, aging parents ... teenagers), but I am responsible for how I respond within my environment.

Do you find that others view you as pessimistic or "whiny"? Do you wonder why people start to disappear when you start to drone on about your life? Perhaps you focus on the negative, coming across as critical or condemning ... or just depressing. On the other hand, when I look for the positives in my life, marriage, etc., then I'm more likely to not only talk positively but to do something that has the potential for making things better for everyone involved.

#### **3. I cannot change others, but I can influence others.**

As much as you may try, you cannot change your spouse, roommate, etc. But you can influence people in your life; and that starts with taking an optimistic, positive attitude toward them and the situation. Constantly trying to change people is just manipulation. We think "If I can make him miserable enough, or happy enough, then I'll get what I want.", or "If I do this, then my spouse will do that." Such tactics are ineffective in building healthy relationships. Even if that person changes, he will often resent you for manipulating him.

Instead of manipulating, be a positive influence on others by your attitude, words and actions. For example, intentionally look for something your spouse is doing that you like and give him/her verbal compliments. If you do things for others that you know they appreciate, they will tend to lower their defensiveness toward you and possibly adopt the approach you are modeling. Particularly in troubled marriages, the reality of the power of positive influence holds tremendous potential.

Attitude is our approach to what life brings us. When it comes to this deployment, have the attitude that you are going to do more than just "survive" it. Use these months to intentionally grow yourself personally and spiritually. Be assertive in making it a productive season of growth for you, your marriage and your family.

Blessings  
ChapMo

Chaplain Emile Moured  
LCDR, CHC, USN  
2nd Battalion, 7th Marine Regiment



### *FRO's Fountain*



Dear Families and Friends of 2/7 Marines and Sailors,

So here we are, embarked on our deployment. I hope that everyone had a quality pre-deployment leave period and enjoyed the Holidays. I want to thank all of our Marines and Sailors who worked so hard to put on a phenomenal Jane Wayne Day! You were truly amazing and made me so proud to be this Battalion's FRO. I also want to thank the spouses who participated in the Jane Wayne Day. Without your participation, it would not have been as fun and memorable.

The material that was presented at our pre-deployment brief has been updated and posted to the website on the Deployment Info page. This page also has a listing of the most current and accurate mailing addresses to be used during the deployment. The addresses will follow from Okinawa to the ships during at sea periods. Official e-mail addresses (usmc.mil), for those who have them, are expected to be different on ship.

We plan to have a potluck dinner on the last Wednesday of each month starting at 5:00 P.M., though it's o.k. to be late. This will be followed by our monthly volunteer meeting at 6:30 P.M. Locations will be announced via Mass Communication Tool message / e-mail. Anyone is welcome to attend either function. I also welcome your ideas and participation in planning our halfway celebration and any other event that you'd like to suggest.

Though a lot will happen in the next six months, I am certain that the time will pass quickly from now until we are welcoming the Battalion home. I look forward to contributing positively to the success of this deployment.

Semper Gumby,

Katie Clark

760-830-5872 Office  
760-910-5219 Work Cell  
katharine.l.clark@usmc.mil

### *Family Readiness Assistants*

H & S Company:  
Deleted for Web Posting  
  
**Contact the FRO, Katie Clark, for this information**

BAS / Corpsmen:  
Deleted for Web Posting

Echo Company:  
Deleted for Web Posting

Golf Company:  
Deleted for Web Posting

Weapons Company:  
Deleted for Web Posting

Fox Company:  
Deleted for Web Posting

**\*\*Please leave a voicemail if there's no answer, so you can get a call back\*\***

### *Family Readiness Advisors*

Deleted for Web Posting

Deleted for Web Posting

Deleted for Web Posting

**\*\*Please leave a voicemail if there's no answer, so you can get a call back\*\***



Headquarters and Services Company



Dear Family and Friends of Headquarters & Service Company,

I want to first start off by thanking you for the tremendous response from all the families for your participation during the pre-deployment briefs. This was a great way to level-set families with regard to what lies ahead for the Marines, what to expect while your Marine or Sailor is deployed, and how to cope with the separation from those loved ones. Additionally, I want to assure you that your Marines are ready for the challenges that lie ahead.

As we close out 2009 and transition into the New Year, I want to thank all of the spouses, family members and friends for your continued support over the past year. You can be proud that it is because of your continued support and dedication to your loved one that contributed to the success of the Battalion Landing Team's workup and readiness for the 31st MEU deployment. The Marines and Sailors are ready, excited, and looking forward to experiencing what the Marine Corps has been traditionally known for and that is to patrol the waters on ship with our "Blue Side" Navy brethren, train with multinational forces, and be ready to rapidly respond to any contingency or crisis that comes our way.

As I have mentioned before, H&S Company continues to be the backbone of the Battalion and I couldn't be more proud of these Men and their performance during training and their selfless support of the rifle companies during our intense workup.

If you have any questions or concerns, then please utilize our Remain Behind Element or RBE commanded by Captain Castro for unit information and referral resources. He can be contacted at (760) 830-5863. Also keeping the coals burning along side our RBE element back at home is our Battalion Family Readiness Officer Katie Clark who is another solid resource I encourage you to utilize and if you are interested in becoming a member of the Family Readiness Program, then please give her a call at (760) 830-5872. As always, thank you for the endless and dedicated support of the H&S Company.

Semper Fidelis,
Troy. T. Garlock
Company Commander

Headquarters & Services Company Announcements:

Awards:

Good Conduct Medal:

Corporal Rice, Christopher W.

FMF Pin Awarded to:

Hospitalman Third Class Bull, Charles D.

Promotions to Private First Class:

Gibson, William J.

Promotions to Lance Corporal:

Aragon, Adam J.
Carter IV, John C.
Castro, Joel E.
Ehrhart, Ethan M.
Lightfoot, Matthew T.
Mikesell, Blake W.
Neely, Todd L.
Richardson, Alec A.
Salgado, Andrew L.
Shomoh, Ryan M.
Spurlock, Ringo A.

Promotions to Corporal:

Dailey, Adam C.
Ewing, Russell S. - Meritoriously
Graham, Ryan D. - Meritoriously

Promotions to Sergeant:

Brady, Patrick C. - Meritoriously
Huggins Jr, Terry A.
Wyatt, Carl

Promotions to Hospitalman First Class:

Brown, Brendan P.

Promotions to First Lieutenant:

Canning, Kevin G.



## *Echo Company*



Dear Family and Friends of Echo Company,

This fall was extremely busy for the company. October was filled by the helicopter training conducted in Yuma, AZ at Weapons Tactics Instructor's (WTI) course. We were able to conduct quality training during that course, and several of the Marines performed at an outstanding level. Echo Company Marines made Las Vegas look a little better for a weekend in November as we celebrated the Marine Corps Ball. Everyone looked great in their uniforms and gowns. Everyone seemed to really enjoy themselves. November and December were very active, even with the leave and holidays, as we prepared ourselves and our families for the upcoming deployment.

On a more sobering note, Echo Company lost a Marine on 22 December, PFC Christopher Stewart. Our condolences go out to his family and friends.

Again, thank you for your continued support and understanding. Please continue to support each other, also. It is an honor to be serving you here at 2<sup>nd</sup> Battalion, 7<sup>th</sup> Marines.

Semper Fidelis,  
Captain Zebulon C. Philpott  
Echo Company

### Echo Company Announcements:

#### Awards:

#### Navy and Marine Corps Achievement Medal:

Sergeant Gallup Jr., Robert L.

#### Certificate of Commendation:

Lance Corporal Klund Jr., Scott A.  
Sergeant Stephens, Patrick R.  
Sergeant Caridi, Seth A.

#### Meritorious Mast:

Lance Corporal Hammond, Jacob W.  
Lance Corporal Christenson, Joseph L.

#### Letter of Appreciation:

Private First Class Ryan, Thomas P.  
Lance Corporal Huebsch, Matthew J.  
Lance Corporal Jasper, Taylor W.

#### Oscar P. Austin Award For Dedicated Service And Leadership:

Lance Corporal Mironov, Vladimir V.

#### Graduations From Infantry Unit Leader's Course:

Sergeant Gallup Jr., Robert L.  
Staff Sergeant Walker, Matthew C.

#### Promotions to Corporal:

Hutchinson, Sonny J. - Meritoriously

#### Promotions to Lance Corporal:

Carpenter, Andrew R.  
Cook, Timothy S.  
Cox, Bradly C.  
Henson, Victor D.  
Hickle, Jarrett J.  
Hunt, Edward G.  
Mironov, Vladimir V.  
Stembridge, David K.

#### Births:

Lance Corporal McWilliams - Baby Girl  
Corporal Bretz - Baby Girl  
Sergeant Riedel - Baby Boy  
Staff Sergeant Young - Baby Girl  
Captain Philpott - Baby Girl



*Fox Company*

Fox Company spouses, family, and friends (OUR EXTENDED FOX FAMILY),

I would like to take this opportunity to publically acknowledge that the Fox Family witnessed the Frocking of First Sergeant Torres to the rank of Sergeant Major and he has subsequently been transferred to 3/11 to serve as the Battalion Sergeant Major. Sergeant Major Torres, Kelly Torres, and Nicholas Torres will be missed tremendously and the Fox Family wishes them all the best in their future endeavors. Your selfless service to the Fox Raiders will not be forgotten and will not go unnoticed.

I would like to welcome First Sergeant Benjamin M. Britt, his wife Christine Britt, and three children Austin (Age 17), Brice and Christian (Age 8 - Twins) to the Fox Family. I am looking forward to the leadership that First Sergeant Britt will bring to the Family during our upcoming deployment to the Pacific and beyond.

I need each of you to know that our Marines and Sailors did an outstanding job during the Expeditionary Warfare Training Group, Pacific (EWTGPAC) and Special Operations Training Group (SOTG) Small Boat Raid Packages. I am proud of each Marine and Sailor in the company, as should you. Upon completion of the EWTGPAC, Fox Company was officially referred to as Fox Raiders. The Raiders have a rich history that dates back to when the First and Second Raider Battalions were formed in 1942, to fight in the Pacific. The Fox Family acknowledges the fact that this is a unique and humbling opportunity to be part of the Raider lineage!

Fox Company is now prepared to depart Twenty-nine Palms for the Pacific, and serve as Boat Company, BLT 2/7, 31<sup>st</sup> Marine Expeditionary Unit. Remember that your support has been and will continue to be an integral part of every Marine and Sailor's readiness. I would like to thank you on behalf of the entire Fox Family for your unconditional support during an extremely busy work-up tempo and future deployment.

Go to the following link for current deployment information:  
<http://www.i-mef.usmc.mil/div/7mar/2bn/deployed.asp>

Semper Fidelis,

Captain Rudy G. Salcido  
Commanding Officer  
Fox Company

Fox Company Announcements:  
Awards:

Certificate of Commendation:

Corporal Cole, Adam A.

Good Conduct Medal:

Staff Sergeant Buegel, Kevin A.  
Staff Sergeant Cueva, Jose M.  
Corporal Ohara, Kevin M.

<u>Promotions to Private First Class:</u>  Pacheco, Keith M.	<u>Promotions to Lance Corporal:</u>  Gutierrez, David D. Havlicek, Marc G. Lietzau, Jess C. Lundstrom, Eric J. Mansfield, Brandon C. Reynolds, Ryan M. Savinov, Paul O. Sheets, Michael J.
<u>Promotions to Corporal:</u>  Cole, Adam A. - Meritoriously Culver Iv, Oliver P. - Meritoriously Fryzelka, Christian K. Sonneborn, Jacob A.	
<u>Promotions to Staff Sergeant:</u>  Cueva, Jose M.	



## *Golf Company*

Merry Christmas and Happy New Year from the Gunfighters!

Since our last update the company has completed our pre deployment training and has begun the final preparations for our departure. Our final training exercise cumulated the past year's worth of work to challenge the Marines in a realistic live fire environment. We teamed up again with the AAV platoon and conducted a week's worth of mechanized convoy and raid training with reactive targets and simulated enemy explosions. We paused briefly to informally celebrate the Marine Corps Birthday in the midst of training. The company performed well and the training validated our year's worth of efforts in the field.



Following our return from the field, the company excitedly readied themselves for the 2/7 Birthday Ball and headed up to Las Vegas to celebrate. A great time was enjoyed by all, and the ladies looked stunning. Thanks to all those who turned out to celebrate the birth of our Marine Corps. The Thanksgiving break followed the ball weekend, and I hope that you were able to enjoy some time with your Marine.

As we transition through the holidays and prepare to depart for Okinawa, the company will enjoy some time off, followed by the usual unpredictable schedules just prior to a deployment. The Marines and I are looking forward to sharing Christmas with our respective families. To those wives who were required to see their husband off prior to the holidays for the advance party, we thank you for your sacrifice.

Congratulations to the Company XO and his wife, Hannah, on the birth of their third child, Joshua, on 8 December.

Capt Castro, M.B.  
Golf Company

### Golf Company Announcements:

#### Awards:

#### Navy Commendation Medal with Combat Distinguishing Device:

Staff Sergeant Hernandez, Carlos J.

#### Promotions to Corporal:

Arguelo, Matthew  
Bartz, Curtis - Meritoriously  
Mantolica, Luke - Meritoriously  
White, Ryan

#### Births:

First Lieutenant Reed - Baby Boy



## Weapons Company

Greetings Weapons Company Family,

As the year comes to a close and the company gets ready to deploy I want to give my thanks to all the families for their sacrifice over this last training cycle. You are all truly the unsung heroes of the Navy and Marine Corps in our endeavor in the two wars we are currently engaged. The rest of America barely fathoms what a family goes through when we train, and ultimately deploy. As you know it isn't quality time by any stretch of the imagination while we are home between deployments.

In the past months, we have seen some changes taking place in the company with several Marines that are nearing their service obligation as well promotions that have caused some moves in the Battalion. Weapons Company has been affected by these moves, specifically 1<sup>st</sup> Sgt Dinkins who transferred to H&S Company when Sgt Maj Rummel (former F Co and H&S Co 1<sup>st</sup> Sgt) took over as Bn Sgt Maj. This has left a big gap in the company. 1<sup>st</sup> Sgt Dinkins is an incredibly professional leader of Marines and he will be missed. We will have a new 1<sup>st</sup> Sgt check-in while we are on pre-deployment leave. As we complete the final stages of our pre-deployment routine, I want to encourage all the families to continue to make contingency plans should an emergency arise while your Marine or sailor is deployed. If there is help needed in this realm, please contact the Battalion Remain Behind Element (RBE) or the Family Readiness Officer (FRO) so they can best advise on how and where to seek help.

My father had served in Vietnam on three deployments, and my mom always used to say that there are few things worse than seeing a loved one leave on a tour (deployment), but there are few things better than when they return. No matter where someone goes on a deployment (Afghanistan or Okinawa) it is still very hard on the families. I appreciate your sacrifice during these trying times. Know that while we are deployed, our families will always be on our minds. Merry Christmas, Happy New Year, and Semper Fi.

Capt Ross Schellhaas

Weapons Company Announcements:

Awards:

Certificate of Commendation:

Conning, Stephen T.  
Pontenti, Samuel

Promotions to Corporal:

Raaz, Collin - Meritoriously  
Sand, Justin - Meritoriously  
Tapui, Madril K.

Promotions to Lance Corporal:

Brine, Marco M.  
Brown, Robert T.  
Bryan, Auburn L.  
Coffey, William F.  
Dunn, James E.  
Fillmore, Steve O.  
Grimm, Nathan C.  
Harman, Peter N.  
Haynes, James M.  
Lovos, Kevin  
Rapp, Justin M.  
Taylor, Joshua D.

Births:

Lance Corporal Pettit - Baby Boy



## *Salty Sally*

Dear Salty Sally,

What does OPSEC mean?

Lost in the Lingo

*Dear Lost,*

What a GREAT question! OPSEC means Operations Security and it refers to the need to protect information about troop movement and mission assignment. The old phrase “loose lips sink ships” still stands true today. Words spoken on the phone, typed into an e-mail or text message, or posted on websites should be carefully considered as though they were being communicated directly into the hands of terrorists. If you wouldn’t say it to a terrorist, don’t put it out there for them to intercept and use to hurt our troops. Harsh as that may sound, OPSEC must always be taken seriously for the safety of our Marines and Sailors.

Your safety and peace of mind is also affected by OPSEC. People may try to take advantage of you, using what they know about your loved one’s deployment. Be suspicious and alert to anything that doesn’t seem right, and reach out for support and assistance.

If you are ever contacted by a member of the media looking to conduct an interview, please do not grant the interview before contacting the RBE OIC or FRO. They will put you in touch with the Public Affairs Office who will work with you to ensure that OPSEC is maintained. The RBE team can be reached at (760) 830-5866, and the FRO at (760) 830-5872.

Thoughtfully,

*Salty Sally*

Dear Salty Sally,

What is the best way to pay for phone calls home?

Hoping to Hear From Him

*Dear Hoping,*

One of the biggest challenges of deployment is maintaining regular communication. An even bigger problem is getting a horrendously large phone bill. A few phone calls either collect or using a calling card attached to your home phone bill can add up to several hundred dollars a month before you realize what happened. The best thing to do is purchase pre-paid calling cards and use them to prevent any surprise bills. AT&T and Verizon have been recommended, and cards can be purchased throughout the deployment by you or your service-member. If you purchase a card state-side, the information and codes to use it can be e-mailed or sent through Moto-Mail. The actual card is not necessary for it to be used. With this in mind, be careful how you send the information so that it doesn’t fall into the wrong hands.

A MEU deployment presents the added challenge of using ship’s phones. There will be limited access to use phones on ship, and the connection is not conducive to a significant conversation. Much like a walkie-talkie, you have to take turns speaking and speak slowly and clearly to be understood. People are often waiting their turn to use the phone and connections can be lost requiring multiple dialing attempts (with all those calling card numbers...). Try to get the Love You / Miss You message in first, and plan for limited (or non-existent) phone calls during at sea periods.

Learned the Hard Way,

*Salty Sally*



*Deployed Mailing Addresses*



RANK LAST, FIRST, MI BLT 2D BN 7 MAR H&S CO UNIT 41545 FPO AP 96609-0350	RANK LAST, FIRST, MI BLT 2D BN 7 MAR ECHO CO UNIT 41550 FPO AP 96609-0355
RANK LAST, FIRST, MI BLT 2D BN 7 MAR FOX CO UNIT 41555 FPO AP 96609-0360	RANK LAST, FIRST, MI BLT 2D BN 7 MAR GOLF CO UNIT 41560 FPO AP 96609-0365
RANK LAST, FIRST, MI BLT 2D BN 7 MAR WPNS CO UNIT 41565 FPO AP 96609-0370	RANK LAST, FIRST, MI BLT 2D BN 7 MAR KILO BTRY UNIT 41560 FPO AP 96609-0365
RANK LAST, FIRST, MI 3d AA BN D Co 1st Plt Unit 41698 FPO AP 96609-1698	RANK LAST, FIRST, MI 3d LAR A Co 1st Plt Unit 41706 FPO AP 96609-1706
For LAR and Wpns Co CAAT 1 aboard the Harpers Ferry use >>	RANK LAST, FIRST, MI BLT 2D BN 7 MAR WPNS CO UNIT 41555 FPO AP 96609-0360

2ND BATTALION, 7TH MARINES

## Upcoming Family Events

2D Battalion, 7th Marines  
ATTN: Family Readiness Officer  
Box 788262  
Twentynine Palms, CA 92278

January 27 - 5:00 P.M. Potluck Dinner  
6:30 P.M. Volunteer Meeting

Katie Clark  
Office: 760-830-5872  
Work Cell: 760-910-5219  
E-mail: [katharine.l.clark@usmc.mil](mailto:katharine.l.clark@usmc.mil)

<< Contact the FRO, Katie Clark, for more details

Next Newsletter: February 2010

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<http://www.i-mef.usmc.mil/div/7mar/2bn/>  
Hotline: (760) 830-1538, option 2  
(800) 759-7602, option 2

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If you would like to receive this newsletter electronically or need to submit a correction of your mailing address, contact the FRO.

DISCLAIMER: PLEASE KEEP IN MIND THAT ALL DATES ARE ALWAYS SUBJECT TO CHANGE! NO MATTER HOW HARD WE TRY TO GIVE YOU ACCURATE INFORMATION, CHANGE IS WITHIN THE NATURE OF WHAT WE DO. EVENTS WILL BE ADVERTISED CLOSER TO THEIR ACTUAL DATE WITH SPECIFIC DETAILS. FEEL FREE TO CONTACT THE FRO TO VERIFY DATES BEFORE MAKING PLANS.



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COMMANDING OFFICER  
FAMILY READINESS OFFICER  
2D BATTALION 7TH MARINES  
BOX 788262  
TWENTYNINE PALMS, CA 92278

RETURN SERVICE REQUESTED

PRSR STD  
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29 PALMS CA