



26th Marine Expeditionary Unit

"A Certain Force in an Uncertain World"

Families and friends of the 26th MEU,

As we enter the last few days of our final pre-deployment training and certification exercise, COMPTUEX (C2X), and begin our final pre-deployment preparations, I want to express how grateful I am for the continued support from our families. These short duration at-sea training exercises are an essential part of our pre-deployment preparation to ensure the BATARG/26MEU Team is a lethal and survivable naval force capable of operating in the midst of ambiguity and uncertainty. You should and can be proud – every Marine and Sailor assigned to the 26th MEU (SOC) is excelling. . .everyone on this elite Marine Air-Ground Task Force is pulling their weight (and some) in order to ensure our Team's collective success. During C2X, we've conducted a myriad of traditional MEU MAGTF Mission Essential Tasks. . .all within a threat-informed and realistic scenario reflective of the regions we will be operating in during our upcoming deployment. The professionalism, expertise, and day-to-day deliberate focus on being brilliant in the basics during complex full-mission-profile events is truly amazing. This exercise has truly showcased the value, flexibility, and all-domain operational capability the MEU provides a Geographic Combatant Commander both in support of theater campaign objectives and as the nation's forward deployed Immediate Response Force. Simply stated, the Marines and Sailors of the 26th MEU are winning!!



I know how important these last several weeks are for our families. I just wanted to send a quick note of Thanks and a note letting you know that your Marine or Sailor is learning, making a difference every day, and setting conditions for our Team's collective success during the upcoming deployment. . .over the last several months, the Marines and Sailors of the 26th MEU(SOC) have set a high standard of performance across the board and we are living up to our motto of being **"A Certain Force in an Uncertain World."**

I could not be any more proud of the Marines and Sailors of this Team and of the continued love, support, and understanding of our families. Your love and support is essential to our success – **Thank You!!** Your love and support serves as the strength of our Team and I know every Marine and Sailor of the 26th MEU(SOC) misses their loved ones.

I am proud to wear this unit's patch and truly honored to serve amongst the great Men and Women of the 26th Marine Expeditionary Unit (Special Operations Capable)!!

Semper Fidelis,

Col Dennis "Dolf" Sampson

INSIDE

XO 2
 Operations 3
 Awards & Promotions 4-5
 Major Subordinate Elements 6-7
 ARGMEUX 8-10
 Section Highlights 11-12
 Chaplain's Corner 13
 MFLC 14
 Family Readiness 15

FROM THE EXECUTIVE OFFICER



Greetings 26 MEU Marines, Sailors, and Families:

Since compositing in December, the MEU has been doing a phenomenal job working alongside our Navy partners to build a winning team. As I write, we have begun unloading ships for the final pre-deployment exercise, COMPTUEX. Since December the MAGTF has tackled MAGTF Interop, MEUEXI, PMINT, MEUEX2, MEUEX3, and ARGMEUEX which have been integral to building and developing SOPs and interoperability across the force. Each of these events have been crucial to building a cohesive task force that leverages the strengths of our aviation, ground, and naval capabilities.

As we approach COMPTUEX, your Marine/Sailor has already demonstrated that they are ready for any challenge or crisis which may come over the course of the deployment. COMPTUEX will be the final certification exercise to deploy and assume our crisis response role and we are on track to not just meet the benchmark but exceed it!

With that being said - I wish to thank the families for the sacrifices you have made to make this happen and prepare our team. I firmly believe that the ability to serve in this profession becomes a team sport when you have a family and that we in the service are not serving alone. The resiliency and support of our loved ones at home is integral to our success and cannot be overstated. Even when we are deployed we still have resources available and a fantastic DRC, Samantha Stedman, who is always available to assist with support. Please take advantage of the workshops and social opportunities that she puts on as they are invaluable in building a trusted network of mutual support and community.

Currently there are 26 MEU forces already forward deployed supporting real-world missions and many personnel are preparing to depart for advance parties and forward staging. For most, the coming leave period after COMPTUEX will be the last opportunity to prepare the Homefront prior to our deployment. Please take this well-deserved time to take a deep breath and recharge. Thanks again for all the hard-work and support – KEEP WINNING!

Semper Fidelis,

Josef Wiese
XO, 26th MEU



"For over 221 years our Corps has done two things for this great Nation.
We make Marines, and we win battles."

General Charles C. Krulask



OPERATIONS DEPARTMENT



Hello Friends and Families of the 26MEU,

I am excited to take this opportunity to share the great work that your Marines and Sailors have done over the past few months while both at Camp Lejeune and aboard the mighty ships of the US Navy. We continue to build warfighting capabilities and capacities as we train towards our certification, "Ready for Deployment", and our designation as a Marine Expeditionary Unit (MEU) Special Operations Capable (SOC). The Marines within each of the elements of the Marine Air Ground Task Force (MAGTF) have honed their skills as we tested our limits during multiple exercises to include ARG/MEU Exercise, TRIDENT EX with Naval Special Warfare members, and Certification Exercise (CERTEX) most recently. During these exercises the professionals within the 26 MEU(SOC) demonstrated their skills in our assigned missions, ranging from amphibious assault and raids, Non-Combatant Operations, Foreign Humanitarian Assistance, to Expeditionary Strike and Expeditionary Advanced Base Operations. Through all of these challenging training opportunities your Marines and Sailors have absolutely crushed it. I wake up everyday **PROUD** to be member of this team and just want to say thank you for sharing your loved ones with us and know that I take great honor in being part of their lives. I hope all of you know how truly appreciative the leadership team on the 26 MEU(SOC) is that we are surrounded by great Americans on this team. What they do and the sacrifices you face make a significant difference for our nation and our way of life.

Once again I will say thank you and I want you to know that your Marine is ready for what waits over the horizon.

Semper Fidelis,

LtCol Jeremy "Hawk" Hawkins

26 MEU(SOC) Operations Officer



"A ship without Marines is like a garment without buttons."
Admiral David Dixon Porter

Awards & Promotions

Congratulations to Cpl Caitlin L. Luke for being selected as the Noncommissioned Officer of the Quarter and LCpl Alfredo Lopezvelazquez for being selected as Marine of the Quarter for 2nd Quarter FY 2023

January Promotions

Cpl Ferenck Espinoza	Cpl Destiny Cheas
Cpl Nelson Santos	Cpl James Turner
Sgt Gabriel Chesser	Sgt Johnathan Derisio
Sgt Luke Vespestad	Sgt Braden Worthington
SSgt Michael Tagliareni	GySgt Joshua Alvis
MSgt Christopher Manning	



Awards for the Quarter

Navy and Marine Corps Commendation Medal

LCDR Zane A. Fayos
GySgt Thomas R. Dean
MSgt Kristin B. Kinzig
SSgt Christopher Kane
LCDR Brent M. Barbour

Certificates of Commendation

LCpl Alfredo Lopezvelazquez
Cpl Caitlin L. Luke
Cpl Raheen Q. Dukes

Navy and Marine Corps Achievement Medal

Cpl Bryson T. Wessendorf
1stLt Dylan C. Harkins
Sgt Zachary D. Poster
SSgt Daniel C. White

Meritorious Service Medal

MSgt John A. Higgins



February Promotions

Cpl Ryker Drumm	Cpl Gabrielle Cummins
Cpl Alexander Elliot	Cpl Annmarie Guerra
Cpl Noah Haines	Cpl Isaiah Hernandez
Cpl Nicole Herrington	Cpl Clifton Hodges
Cpl Nikolas Proctor	Sgt Carolina Lopez
Sgt Dustin Newman	Sgt Alexander Brinton
Sgt Daviid Balllek	Sgt Michael Cronan
Sgt Jack Findlay	Sgt Ian Johnston
Sgt Vincent Preili	Sgt Gabriele Shepherd

Meritoriously Promoted

Sgt Joshua Digiacomio
Sgt Nathan Decker



Awards & Promotions

March Promotions

LCpl Mercedes ReinFeld	Cpl Mikerhafae Robete
LCpl Mark Strader Jr.	LCpl Gage Ward
Cpl Aziza Kamuhanda	Cpl Christophe Luna
Cpl Daysha Mcnair	Cpl Armoando Palomaresbecerra
Cpl Antonio Robinson	Cpl Francisco Rubio III
Cpl Victor Salceda	Cpl Benny Arechiga
Cpl Nathan Barajas	Cpl Jesus Calzadavera
Cpl Michael Crapio	Cpl Devinere Dugger
Cpl Zackery Graham	Cpl Roger Hartzler
Cpl Coral Jimenez	Cpl Hannah Kline
Cpl Johnbemar Marcelino	Cpl Christophe Marquezproano
Cpl Joshua Roman	Cpl Edwin Salguero
Cpl Rudy Saratherandez	Cpl Mason Spallino
Cpl Reid Kirk	Sgt Luis Rosadorojas
Sgt Luis Rosadorojas	Sgt Michael Benamati
Sgt Corey Billingham	Sgt Derrick Trombly

Meritoriously Promoted

Cpl Joseph Bonilla
Cpl Jacob Bippus



April Promotions

Cpl Nicholas Kirejczyk	Sgt Ryan Cadwalader
SSgt Kyle Evans	SSgt Christian Comeau



CONGRATULATIONS!

Major Subordinate Elements (MSE)



BATTALION LANDING TEAM 1/6:



Family and Friends,

BLT 1/6 continues to be tested by the demanding MEU pre-deployment training program and we have proven that we are **READY** to support the 26 MEU as a **RELEVANT** ground combat element **CAPABLE** of immediate employment! As we prepare for our final at sea training exercise, Sergeant Major Castillo and I could not be prouder of the outstanding focus and performance of our BLT 1/6 Marines and Sailors. They have been fully engaged during our two previous at sea evolutions and each of our seven companies has contributed to the successful execution of multiple missions while at sea. Our Marines and Sailors continue to perform above expectations and have garnered kudos from evaluators and senior leaders alike. Whether engaging in helo-bourne operations from the sea, amphibious assault missions or ground-base engagements, BLT 1/6 **HARD**, has formed a solid team nested and fully integrated with the

26 MEU team and is ready to meet any tasking.

As we return and prepare for deployment, Sergeant Major Castillo and I encourage all Marines and Sailors to take full advantage of the leave block and to spend quality time with friends, family, and loved ones. We earned the time off to rest and relax for a while before we deploy through our hard work and complete professionalism. It is important that we spend time with those we care about and keep our families are connected. Ensure that you are taken care of and that you have completed any necessary paperwork, so you are supported and prepared.

Sergeant Major and I are proud to stand shoulder to shoulder with the Marines and Sailors BLT 1/6 **HARD** and the entire 26 MEU. Nothing we have done over the past six months could be done alone and the integration with the Command Element, Aviation Combat Element, and Logistics Combat Element is the driver of our collective success. We are truly stronger together than the sum of our parts.

Semper Fi,

Scott H. Helminski
LtCol USMC



COMBAT LOGISTICS BATTALION 22 SOLUM OPTIMUM



The Marines and Sailors of CLB-22 continue to showcase the ability to provide continuous and responsive Combat Service Support to the entirety of the 26th MEU. Over the last several months our team has steadily improved and become more ready through its role in supporting multiple MEU Exercises and at sea periods. Whether through ground transportation support, general engineering services, maintenance activities, explosive ordnance disposal, or health service support – there is no action or event within the MEU that occurred without the direct support of CLB-22 Marines and Sailors. There is no question the CLB team is excited to be a part of the 26th MEU team and looking forward to serving as the premier crisis response force. It's hard to put into words how appreciative I am of your continued support to our Marines and Sailors. Our network of family and friends are the base that keep us all strong. Thank you for your continued contributions and

dedication to CLB-22!

Lieutenant Colonel Luke Sauber
CLB-22 Commanding Officer

April 2023 Promotions

LCpl Austin D. Bradley
LCpl Jahlissa E. Ciego
Sgt Geovaughn R. Edwards
SSgt Dalton T. Casey

May 2023 Promotions

Cpl Luca D. London
Sgt Caleb A. Daughtery
1stLt Jillian G. Pashnehtala
Maj Jeffery Tang



Major Subordinate Elements (MSE)



MARINE MEDIUM TILTROTOR SQUADRON 162



Marines, Sailors and families,

Our efforts to form an operationally ready warfighting force over the last six months has been nothing short of miraculous. There is the standard, and then there is the 26th MEU standard our warfighters have established through a high level of professionalism, dedication to our mission and an aggressive work ethic. Our efforts during our pre-deployment training will ensure we provide the most ready, relevant and capable force while forward deployed. This is a TEAM I am very proud to be a part of and the TEAM our nation deserves. Make no doubt, we are ready for the watch now!

Behind every individual on our team is a valuable support network consisting of family and friends. We will never be able to communicate enough how much this support network is appreciated at all levels. Our team would not be able to accomplish our goals and objectives without this support. Additionally, our Marine and Sailor would not be able to perform at an optimal level in the most challenging environments without this support. Thank you!

Lieutenant Colonel Larry L. Buzzard
MVM-162 (REIN) Commanding Officer



“The Marines have landed and the situation is well in hand.”
Richard Harding Davis



Amphibious Ready Marine Expeditionary Unit Exercise



What is AMX?

Amphibious Ready Group Marine Expeditionary Unit Exercise (AMX) is the second at-sea exercise in the intermediate stage of the MEU's pre-deployment training program focused on final integration prior to Composite Training Exercise (C2X). The BAT ARG/26 MEU executed core mission essential tasks to include crisis response, humanitarian assistance, and combat operations from the littorals of eastern Virginia, North Carolina, South Carolina, Georgia and Florida.

MISSION ESSENTIAL TASKS

Amphibious Raids

Maritime Interdiction Operations

Focused Collection Operations

Embassy Reinforcement

Non-combatant Evacuation Operations

Amphibious Assault

HIGHLIGHTS

The BAT ARG-26 MEU is more ready for COMPTUEX.

Carrier Strike Group 4 and Expeditionary Operations Training Group provided evaluators across all warfighting functions to evaluate the BAT ARG/26 MEU team.

26 MEU's Maritime Special Purpose Force completed the Advanced Raid Course with Naval Special Warfare Command enhancing SOF-I3 capabilities.

Alpha Company and Charlie Company conducted live fire ranges.

Established an integrated firebase with engineering assets from the Ground Combat Element and Logistics Combat Element, reinforced with indirect and direct fire assets.

Integrated Live Fire Exercise with Naval and MAGTF Fires.

TOTAL FLIGHT HOURS FLOWN



**570+ HOURS ACROSS ALL
TYPE/MODEL/SERIES**

POUNDS OF EQUIPMENT LOADED



325,000+ LBS

STATS

**MARINES AND SAILORS EMBARKED
ONTO BATAAN AMPHIBIOUS
READY GROUP WARSHIPS**



1,800+

Leadership, Attitude, & Warfighting

Leadership, Attitude, & Warfighting



ARGMEUEX



Leadership, Attitude, & Warfighting



26th Marine Expeditionary Unit Conducts NEO Training

[26th Marine Expeditionary Unit conducts NEO training > United States Marine Corps Flagship > News Display \(marines.mil\)](#)

26th Marine Expeditionary Unit conducts NEO training amidst Sudan evacuation

[DVIDS - News - 26th Marine Expeditionary Unit conducts NEO training amidst Sudan evacuation \(dvidshub.net\)](#)

Marines Update Evacuation Playbook

[Marines Update Evacuation Playbook - Defense One](#)

Marine Exercise in N.C. Mirrors Parts of Sudan Embassy Evacuation

[USNI News VIDEO: Marine Exercise in N.C. Mirrors Parts of Sudan Embassy Evacuation - USNI News](#)

'I Let Down the Combatant Commander': Marine Leader Regrets His Forces Weren't Available for Recent Crises

['I Let Down the Combatant Commander': Marine Leader Regrets His Forces Weren't Available for Recent Crises | Military.com](#)

Operations Teams While Practicing Extractions

[Marines Look to Get Closer to Special Operations Teams While Practicing Extractions | Military.com](#)

26TH MEU SECTION SPOTLIGHT

S-2

Winning is a habit for the 26 MEU Intelligence Team. We remain dedicated to finishing out the pre-deployment training program strong and we are excited for the opportunities that the deployment offers. Our team has demonstrated the ability to provide quality intelligence analysis and collection in support of a wide variety of mission that included everything from humanitarian assistance to raids. There are many unique skillsets inside our Intelligence Team of over 60 professionals including Cyber, Geospatial, Meteorological, and Intelligence analysts, linguists, intelligence systems engineers, and collectors across all intelligence disciplines. Their professionalism and expertise has been key to our integration with the Navy and living on ship has been an interesting and learning experience with the team spread across all three ships – the USS Bataan, USS Mesa Verde, and the USS Carter Hall.



There are a few warfighters among our exceptionally talented team that I'd like to take a moment to highlight –

1stLt Dylan Harkins was recently awarded a Navy and Marine Corps Achievement Medal for planning, coordinating, and executing the 26 MEU's second Intelligence Interoperability Exercise that provided intelligence support and intelligence collection for a training audience of over 1,500 Marines and Sailors. His efforts ensured the success of one of the first major training evolutions and included elements from across the Marine Air Ground Task Force.

Sgt Nathan Decker was meritoriously promoted to his current rank and continues to be a heavy hitter within the Intelligence Section. Aside from being the Team Leader for the Ground Sensor Team, Sgt Decker has represented the S-2 as the Embarkation Representative. His personal dedication, initiative, and leadership serves as tangible example of the embodiment of the Leadership, Attitude, and Warfighting pillars of the 26 MEU.

Cpl Ethan Gore was awarded a Navy and Marine Corps Achievement medal for his foresight and technical expertise as a Geospatial Topographic Analyst which was critical to the intelligence support provided to the entire MAGTF throughout our training.

Cpl Jacob Bippus was meritoriously promoted to his current rank and has demonstrated exceptional capability as a signals intelligence collector. He has consistently performed the most complex technical actions that enable the S-2 to provide time-sensitive signals intelligence support.

Cpl Caitlyn Luke was selected as Non-commissioned Officer of the Quarter for her initiative and dedication throughout the pre-deployment training program. As the senior analyst in the Fusion Cell, she spearheaded the production and analysis efforts that supported planning cycles during each training evolution that the 26 MEU executed. She was recognized by Special Operations Command Africa for the analytic support she provided in October 2023.

We had a new join to the team as well. SSgt Payton Imrie and his wife, Alexia, welcomed their first son Brodrick in January.

This journey has unified the team's resilience but it has not been without life's hardships and we ask that you join us in continued thoughts and prayers for the Marine and Sailors who have lost loved ones and have family members who are dealing with severe illness and other complications.

I'm incredibly proud of the hard work and progress that this team has accomplished over the last eight months and I'm honored to have the opportunity to deploy with this winning team.

SEMPER FIDELIS

Major Shelley House

26 MEU Intelligence Officer

26TH MEU SECTION SPOTLIGHT

COMMSTRAT



Families & friends of the 26th MEU,

By way of introduction, I am Captain Angelica White. I have the humbling privilege of serving with your Marine as the Communication Strategy & Operations Officer. Gunnery Sergeant Cordero and I have had the pleasure of serving alongside, learning from, and leading your Marine throughout our pre-deployment training program.

I've been a part of the 26th MEU Family since May 2021 and I can honestly say that this has been one of the most rewarding years of my Marine Corps career and it's because I look forward to leading your son and daughter every day.

Your Marines' hard work and dedication to our mission of telling the 26th Marine Expeditionary Unit's story has been instrumental to the success of our Communication Strategy and Operations team. They have produced some of their best work here – from journalism to photography and videography. Their work will leave a long-lasting impact even when we have left the unit.

Over the last several months, we've participated in three at-sea periods and your Marine has enjoyed their time on ship. They've made new friends in the Navy, flown across the eastern United States to capture 26th MEU training, picking up new hobbies and setting goals. You should feel so proud of the experiences that the Marine Corps has given them and how they are owning every single day to become a better version of themselves – personally and professionally.

During our most recent at-sea period, Amphibious Ready Group 26th Marine Expeditionary Unit Exercise (ARGMEUEX), we had the opportunity to host our first media embark with four national media outlets, where I saw the excited and proud your Marine was to be a part of the Public Affairs mission. Each Marine played a role in the success of this embark.

We also had the opportunity to recognize Corporal Nayelly NievesNieves as the USS Bataan's "Battling Bastard" for her exceptional performance and hard work during this period.

Corporal Kyle Jia and Corporal Rafael Brambilapelayo were nominated for 'Top Shot' by Headquarters Marine Corps in the same week! Corporal Brambilapelayo claimed the title for his award-winning photography during the Visit, Board, Search, and Seizure mission while participating in ARGMEUEX.

On June 1st, we also celebrated Corporal Brambilapelayo's 'meritorious' promotion and transition to the Noncommissioned Officer ranks and earning his "blood stripe."

Additionally, the following Marines recently earned their Marine Corps Martial Arts Program belts:

Brown: Corporal Michele Clarke, Corporal Matthew Romonoyskebean

Green: Corporal Rafael Brambilapelayo

Gunnery Sergeant Cordero and I are always impressed by our Team. Thank you for your contribution to your daughter/son's development and for your continued support. Our Marines are men and women of character shaped by their upbringing and you've certainly had a hand in their success. It has been an absolute honor and privilege to serve alongside your son and daughter. We are looking forward to their continued accomplishments and upcoming adventures on our deployment!

Semper Fi,

Captain Angelica White

Communication Strategy & Operations Officer, 26th MEU



[26th Marine Expeditionary DVIDS](#)



(Pictured from Left to Right: Gunnery Sergeant Jeffrey Cordero (COMMSTRAT Chief), Corporal Kyle Jia, Corporal Michele Clarke, Corporal Aziza Kamuhanda, Corporal Matthew Romonoskye-Bean, Corporal NievesNieves, Captain Angelica White at the 26th Marine Expeditionary Unit Marine Corps Birthday Ball)

CHAPLAIN'S CORNER

Dear 26th MEU Family,

After serving as your chaplain during an incredible and challenging journey together, with a mixture of emotions, it is time for me to say farewell. I do not say lightly that it has been the privilege of a lifetime to serve alongside every one of you. Although my heart's desire is to remain with you throughout the deployment, my time has come to move on to other challenges.

The professionalism of the members of the 26th MEU is truly incredible. Throughout our time together, I have witnessed the unwavering dedication, resilience, and camaraderie that define the spirit of the 26th MEU. During our time together, whether during Operation Allies Welcome, the demanding training exercises, or shared personal struggles, you have embodied leadership, attitude, and warfighting. I have been blessed to experience and witness the selfless support and unwavering determination that makes the 26th MEU such an incredible place.

I want to express my deepest appreciation to Col Sampson, LtCol Wiese, SgtMaj Horr, all the primaries and staff, and all the families. Your support and collaboration have demonstrated what it means to be a community, and I have witnessed each of you grow mentally, physically, and spiritually. I am profoundly grateful that you have all entrusted me to care for you during times of joy and sorrow. Although it was my job to care for you, many of you will never grasp the depth of your impact on me by offering guidance and counsel to me. Never have I been in a unit where I was asked this question so much: "Chaps, does anyone ever ask how you're doing?" Experiencing the ability to mutually confide in one another makes it extremely difficult to leave.

I encourage you to continue nurturing the communal bonds that make the 26th MEU exceptional. Look out for one another, support each other, and remain resilient in adversity. Embrace the challenges ahead with the same determination and tenacity that have carried you this far.

I believe that the strength of a unit is measured by the character of its members. Each of you embodies the essence of being a Marine, and I do not doubt that your future endeavors will be marked by excellence and honor. I will proudly track all the successes of the 26th MEU, as you embark on this upcoming deployment, and I'm sure there will be many times when I'll randomly tell people around me, "That's my MEU!"

Please know that you will be constantly in my prayers. When you find yourself in need of spiritual guidance or need a listening ear, reach out to the new chaplain, LCDR Nick Alander. Welcome him as you have welcomed me, and embrace him as a part of the team. I am confident that he will be an incredible source of support.

May God bless you, keep you,
and make His face shine upon you all!

Sincerely,
Chaplain Trenten Long
26th Marine Expeditionary Unit



VOCATI AD SERVITIUM

Called to Serve



26TH MEU SECTION SPOTLIGHT

Military Family Life Counselor (MFLC)



Dear 26 MEU Family,

I am the Military and Family Life Counselor for the 26MEU, and I am honored to be working with such a great group!

What I do:

I provide short term, solution focused non-medical counseling to service members and their dependents. Topics include communication, relationship issues, parenting, stress reduction, grief and loss, deployment, coping skills and much more!

What I do not do:

I do not perform psychological evaluations or prescribe prescriptions (that is medical). I do not tell anyone that we are meeting (confidentiality) or what was shared unless there is a safety issue (I am mandated to report safety issues). I do not keep records with any identifying information.

Let's talk deployment:

Prior to and during deployment it is normal to feel many things such as: fear, anger, resentment, excitement, guilt, uncertainty, confusion, tension, sadness, anxiety, relief, loss of sleep, self-growth, loneliness, restlessness, irritability, exhaustion, and increased vigilance. If you are a spouse, and you are struggling at some point, please reach out! You do not have to go through deployment alone! We can meet on base or at a park, coffee shop, or we can walk and talk. Additionally, I encourage you to get involved with the spouse events we offer and make connections!!

If you have any questions, or would like to schedule a time to talk, call or text 910-734-8656.

With Gratitude,

Erin McKee, MSW, LCSW

26th MEU Military and Family Life Counselor

COFFEE & TALK
26th MEU Spouses
Morning with the MFLC

Tuesday, June 6th

Panera Bread
1619 Western Blvd.
Jacksonville, NC
.....
10:00AM - 11:00AM

This is a great opportunity to meet Erin, our Military and Family Life Counselor and meet other spouses.
.....
For questions call or text Erin McKee at 910-734-8656

Made with PosterMyWall.com

**Park Meet-Up
with the MFLC!**

**join us for a play date
Wednesday, June 28th**

Northeast Creek Park
910 Corbin Street, Jacksonville
10:30am - 11:30am

Let me know if you have any questions
call or text Erin McKee, 26th MEU MFLC at 910-734-8656
I hope your can join us!

Made with PosterMyWall.com

MESSAGE FROM THE DEPLOYMENT READINESS COORDINATOR

Families of the 26th MEU, Happy New Year, it is my pleasure to continue to work for you and with you!

If you are new to the 26th MEU my name is Samantha Stedman and I am the Deployment Readiness Coordinator (DRC) for the 26th MEU. As a Special Staff Officer of the command, my primary objective is being a link between you and the Command, providing information and referral for services offered on line, aboard the base or in the local community, and focusing volunteer efforts. I will also keep you informed of trainings and briefs that concern deployment related issues. This 26th MEU prides itself on mission readiness and one of the cornerstones of being mission ready is ensuring that our families are prepared. The Marines and Sailors of the 26th MEU work hard every day to ensure that they are ready to deploy with limited notice as a MAGTF in support of crises, expeditionary operations, or other emergent rotation requirements. We understand that the uncertainties of our operational tempo can sometimes be challenging to the families. Please do not hesitate to reach out to me at any time if you have any concerns or questions.

I encourage you to participate in family activities and events. The families within the 26th MEU will be the ones that you can most readily identify with as we go through pre-deployment training and the deployment, so getting to know each other can be quite beneficial. There are a number of ways in which you can make those connections. They include attending informative briefs, volunteering, and being present at family events. The 26th MEU is gearing up for lots of fun events and volunteers are what it takes to make them successful. If you are interested in more information or want to volunteer, please call me and I will let you know just how easy it is to make a big difference for our Marines, Sailors and families.

The 26th MEU Family Readiness Team is always working hard on ensuring our families are taken care of. We are here to keep you informed, connected, and supported.

I look forward to seeing you all at future events!

Semper Gumby,
Samantha Stedman



**26th MEU
Deployment
Readiness Coordinator**

Samantha Stedman

Office: 910-450-6471

Cell: 910-545-5916

Email:
samantha.stedman@usmc.mil



Marines.mil

www.26thmeu.marines.mil



Facebook Page

26th Marine Expeditionary Unit



Instagram Page

@26meu



Twitter Page

@26MEU

**MEU SUMMER
BEACH
DAY**

COME & JOIN US EVERY FRIDAY
AT ONSLOW BEACH!

• 10AM - 1PM
EVERY FRIDAY STARTING JUNE 16 UNTIL
FRIDAY, AUGUST 18

PACK A LUNCH/COOLER, GRAB THE KIDDOS,
SUNSCREEN, BEACH TOWEL AND CHAIR AND
LETS MEET AT THE BEACH!
WEATHER PERMITTING

TO FIND US ON THE BEACH JUST LOOK FOR YOUR UNIT LOGO

Made with PosterMyWall.com

Hero Care

Information & Support for Military Members, Veterans and Families. If you are a member of the military/veteran communities, the FREE Hero Care app will connect you to important resources that can help you through both emergency and nonemergency situations. Select English or Spanish language with an in-app toggle.

Download on the App Store | GET IT ON Google Play

Or text: "GETHEROCARE" to 90999

**MILITARY
ONESOURCE**

800-342-9647

WWW.MILITARYONESOURCE.MIL