



# *The* **Raider Patch**

*Magazine of the Marine Raider Association*

**MARINE  
RAIDER**  
ASSOCIATION

No. 148  
3rd Qtr  
2020

## **Raiders in Transition**

**Raider Awarded Silver Star**

**Raider EOD Team Brings Home Title**

**Black Jack at War: Part 3**

**Doc Gleason Essay Contest**



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COVER PHOTO BY U.S. AIR FORCE PHOTO/STAFF SGT. NICHOLAS PILCH

NATO SPECIAL OPERATIONS COMPONENT COMMAND-AFGHANISTAN

A MARSOC MARINE TAKES COVER AS A SAND STORM APPROACHES THE VILLAGE OF RANJE BALA, FARAH PROVINCE, AFGHANISTAN FEB 28. 2010

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Publication deadlines: March 5th, June 5th, September 5th and December 5th.

Materials for publication must be received by the dates above to be considered for each quarterly issue.

Views expressed do not necessarily reflect the position of the editor, the Marine Raider Association, or the Board of Directors. All submitted material is subject to editing.

The appearance of U.S. Department of Defense (DOD) visual information does not imply or constitute DOD endorsement

# MRA President's Message



**D**ear Raiders, Families and Friends,

Greetings to you all, and I hope this finds you in good health and spirits! It is with a melancholy feeling that I write this letter knowing that our 2020 Annual Raider Reunion would have just concluded in New Orleans over the Labor Day weekend. As many of you know, we are moving through a transitional period in the Association, and the COVID-19 situation has forced additional, unplanned changes. A sobering reality of our Association's transition is that the march of time continues as we lose more of our WWII Marine Raider forefathers. Since the last edition of the Patch—in a mere few months' time—there have been four Raiders who have reported for duty beyond the Pearly Gates. We honor their memory, contributions, and service to country and Corps.

As we look forward to 2021, we remain focused on growing our membership base. I have been excited to see the energy injected into the Association by MARSOC Raiders who are taking more prominent roles on the Board of Directors and on committees. I am also pleased to announce that MRA has entered into several strategic partnerships with various non-profits, companies, and industry groups. The Honor Foundation, Echelon Front (EF) Overwatch, SOFX, First Spear, Trijicon, River Raider Expeditions, and the Special Operations Transition Foundation (SOTF) will be valued partners as we look to expand our profile among larger veteran-service advocacy groups and associated business communities.

As previously noted, the new MARSOC Commanding General, MajGen Jim Glynn, remains a steadfast supporter of the MRA. We appreciate the continuing opportunity to support and be supported by MARSOC under his command. He leads a tremendous team of talented commanders and senior enlisted leaders who continue to maintain the high standards that all other Marines and SOF personnel aspire to. I am delighted to welcome, on behalf of the MRA, the graduates of MARSOC's ITC 19-2 class as our newest Association members and to present LIFE memberships to the class's two Honor graduates.

We are making progress on several legacy projects. We expect the Raider Hall display update project to commence by the end of the year as well as embarking on a new long-term agreement with the Marine Corps and the National Museum of the Marine Corps. The committee for the WWII Marine Raider Monument project requires additional volunteers to move the planning and fundraising forward, so if you are interested in assisting, please reach out to myself or any board member. As always, I thank you all for your continued support of the Association, the Raider community, and the Raider legacy!

Semper Fidelis and Spiritus Invictus!  
Craig S. Kozeniesky  
President, Marine Raider Association



# Editor's Notes



**A** hoy Raiders!

There was almost too much to include in this issue which is a great problem to have. I am very grateful for the Raiders and other who have reached out proposing articles and essays for publication. In this issue Brett Bourne shares some hard earned wisdom related to transitioning and in a similar vein we have the first in what we hope to be a recurring series of short articles by Raiders who have benefited from The Honor Foundation. Jason Hadaway gives us some thoughts on virtual networking. We would love to hear from you and get your views on topics affecting the Raider community. Please do not hesitate to submit proposals for future articles to me. I am happy to work with you on an idea that you would like to bring to life and see in print.

On that note, we are announcing the annual Doc Gleason Essay contest funded by The Lunch Bunch with a donation from last year's winner Mr Paul Barret. This years contest will focus on idea of the Spirit of Gung Ho that personified the Raiders and especially the life and service of Doc James Gleason.

As promised, this issue includes some more information on the recent Change of Command and the MARSOC Commander Major General James Glynn was kind enough to provide a letter to update us on the state of MARSOC.

Dr. Rita Chorba and Registered Dietitian Abby VanLuvanee are keeping the realities of our COVID-19 world in mind in their articles on fitness and nutrition in these trying times.

By the time this issue hits your mailbox we will be nearing the Marine Corps birthday. While you can rest assured that Marines everywhere will always pause to congratulate each other and celebrate, most units will not be hosting full-scale Birthday Balls. Fortunately, Kacy Tellessen has provided us with an article on the birthplace of our beloved Corps which is certain to educate and entertain.

I was recently honored to join guest speaker (and MRA Ambassador), MGySgt Sid Voss (ret) and Mr. Jon Laplume of First Spear in welcoming the newest batch of Raiders to MARSOC. Congratulations to the Raiders of ITC Class 19-2!

Until next time,  
Gung Ho!

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## From the Desk of MajGen Glynn

Raiders, Family, and Friends-

Greetings from Stone Bay along with the hope that this finds you all healthy and well. I appreciate the Raider Association for the warm welcome back to team, and ‘The Patch’ affording me this opportunity to share a short update with you.

Despite the friction the pandemic has introduced into everything we do, you’ll be pleased to know we continue to thrive in preparing and deploying ready, relevant Marine SOF in support of the Theater Special Operations Commands and Special Operations Joint Task Forces. At the moment, we have Raiders in over a dozen countries around the world, partnered with elite, and often counter terrorism, units to enable their effective internal defense and our assurance that violent extremist organizations are incapable of conduct external operations.

Returning to the Raider formation after several years of admiring the team in the execution of their tactical prowess is a dream come true for me and our family. So many great memories and relationships are rekindled – I can’t thank you enough for the welcome and support. The ‘alumni association’ is an important part of the fabric of this unit, and your support and presence are a tangible reminder to all of us still privileged to wear the uniform that long after we hang it up officially, the camaraderie and unconquerable spirit remain always faithful.

Congratulations to our own Major (ret.) Jim Capers, whose hometown honored him with a bronze plaque that commemorates his many accomplishments and legacy. Last week our latest Individual Training Course graduated, adding 52 new Raider families to the team. And in a few weeks we’ll celebrate the 245th birthday of our Corps of Marines with a 245 mile ‘running of the colors,’ reading of General Lejeune’s message, and traditional cutting of the birthday cake and passing of pieces from oldest to youngest Marines present. Know that near or far, you are with us in spirit, and we are reminded of, and appreciate, the legacy and reputation you handed down.

As always, keep our deployed Raiders, and their families, in your thoughts and prayers.

Very respectfully and Semper Fidelis –

Jim  
James F. Glynn  
Major General, U.S. Marine Corps

# Q3 2020 Membership Update

**G**reetings to all of you from our growing Membership Committee! We are pleased to announce that Michael “Mike” Poggi has joined the MRA Membership Committee! Mike retired out of the Joint Special Operations University Enlisted Academy at HQ USSOCOM on 31 July 2020 with 23 years of USMC service as an 0372 (Critical Skills Operator) and 0321 (Reconnaissance Marine). He is a former 1st Recon and 2d Force Recon Marine and plank owner of 2D MSOB. He served and deployed with 2D MSOB, MSOS (now MRTC), 3D MSOB, 1st MSOB, and G Co 2D MRB.

Mike currently works at Lukos, LLC as a Program Manager and attends Syracuse University College of Law part-time. He is married with three children and resides in the Tampa, FL area.

Mike has been busy recruiting new members and creating a new Slack experience for MRA members. The rationale for using Slack is to create an actionable membership experience where members can interact in real time to share stories, opportunities, and advice. In our modern, technology-based era, networking is paramount! This gives our Raider members an opportunity to continue their Raider network after they leave the service. The initial roll out targets only Marine Raider members; however, we intend to grow the platform to include access for all members on a variety of “channels”. If you are a Marine Raider member and did not receive an email “invite” to join, please contact Mike at [network@marineraiderassociation.org](mailto:network@marineraiderassociation.org) to request access.



Here are some additional perspectives in Mike’s own words:

Why I joined MRA?

-Having been a part of MARSOC from day 1 and seeing its growth, I care about the community I was a part of and think that keeping our legacy and connections going is important not only for ourselves but for our families who have sacrificed along with us as well.

-I'd like to help develop the membership pool to reflect not only our historical members but the amazing men of the modern Raiders and the accomplishments gained over our 14 years of existence, to continue to celebrate our heritage and brotherhood, and make the MRA a place where we can support each other as we start our second careers and personal journeys in life after leaving the service.

-In my view, I hope the MRA is a place where we still live by the motto "always beside you" whether that's now or 50 years from now.

In other membership news...

1. Membership data was missing from the Q2 2020 Patch mailing label. Our apologies for an incomplete label, and our thanks to those who checked with us to validate their membership status! If you have questions about your membership, please call Hélène at 760-213-8684 or email us at [membership@marineraiderassociation.org](mailto:membership@marineraiderassociation.org).
2. The online membership platform is making steady progress towards a roll out by the end of 2020. It is a very time-consuming process because our membership rolls are not static. That’s a great “problem” to have because that means memberships are being initiated, updated, or reinstated on a regular basis.
3. Jenny Ruffini is continuing to contact our WWII Raiders who are active members. She is having some remarkable conversations with these Raiders and their families, and we thank Jenny for her continued efforts!

As always, your continued support of the Marine Raider Association as an active member is vital to the MRA mission! Semper Fi and Gung Ho!

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# The Bull Sheet

*Ed Note: The War Diary of Black Jack Salmon concludes with this issue. I have received a quite a few notes and e-mails praising the previous two installments, so thanks again to son Jeffrey for allowing us to reprint it here. The below is from Emeritus Board member Bob Buerlien:*

1.) The article mentions Major Samuel Griffith, III and that he had just returned from the Commando School in Scotland. He was part of the total of 22 East coast and West coast Raiders who trained there in January 1942. Prior to that "Sammy", as he was known to friends, was a China Marine where he spent much time in the Shanghai Municipal Police Armory, in the 1930s, developing, with Fairbairn and Sykes, the forerunner of the famous Fairbairn-Sykes Fighting Knife of British Commando fame, and what was the prototype for the U.S. Marine Raider Stiletto that used American materials and design.

2.) The article also mentions "an Englishmen" named Martin Clemens. Actually, he was born in Scotland, but Australians seem to claim him as one of their own, as his secret Coast Watcher's organization included many of them, as that was a desirable target for the Japanese. See photo of him with some of his scouts in "Our Kind of War" on p. 68 and p. 224. During the war he organized a number of the Solomon Islanders into his group of Coast Watchers. They reported enemy movements to the Marines on Guadalcanal and were quite valuable to the Raiders. (We usually refer to them as "natives". As it turns out, when we were working on the Raider Memorial on the canal, we found out the term "native" is mildly insulting, and they prefer to be called "Solomon Islanders"). He attended one of the Raider reunions about 25 years ago in D.C.; a fine chap (see attached photo).

3.) Also mentioned in the article, one of the Raider officers was Arthur Haake. Art helped us form the Raider Museum back in the early 1980's. He lived outside of Richmond, Virginia, just far enough away that I didn't get a chance to visit with him very often. He joined the Raiders after graduation from Harvard Law School! He also was a talented poet, and several of his works appear on p. 237 in the Raider book, "Our Kind of War". Attended college courses well into his nineties, driving himself about 25 miles each way to classes near downtown Richmond. He passed away about 2 years ago - at age 104 (as I recall), when he 'graduated' to Raider Valhalla.

Gung Ho!  
Since the last issue of The Patch we mourn the loss of the

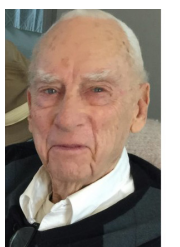
*We mourn the passing of the following WWII Raiders since the last issue of The Patch:*



Alan K. Root 3HQ 1A, 97, passed away on July 12th, 2020. Alan was born on July 9th, 1923, in Burlington, Vermont, to his parents, Henry and Eva Root, and his beloved grandparents, who raised him, Francis and Rose Cherrier of Fairfax, Vermont. In 1942, Alan enlisted in the U.S. Marine Corps willing to fight and defend his beloved America against its enemies. In World War II, he served in the South Pacific where he earned two Purple Hearts. He was a member of the 3rd Raider Battalion, the first Provisional Brigade, and the 6th Division. He participated in action against the enemy in Guam, Bougainville, B.S.I., and the Marianas Islands. When Alan returned from the war, he worked at Uniroyal Tire in Chicopee and was a union steward representing his fellow worker's needs. He later became Manager of St. Patrick's Social Center, South Hadley, for 30 plus years.



John Patrick Minogue 3K, 96, of Corry, Pa., died Monday, July 13, 2020 at the VA Medical Center, Erie, Pa. He was born March 3, 1924 in Brooklyn, N.Y., a son of the late James and Francis Gallager Minogue. John was raised and educated in Brooklyn, N.Y. As a young man, he served with the US Marine Corps Raiders during WWII from 1942 to 1946. He fought in several battles in the Pacific Theater, including Solmon Islands and Upper Solmon Islands, Bismarck Archipelago, Marianas Island and Ryukyu Islands. John was awarded several citations as well as a purple heart. Following his honorable discharge, John began working for the Staten Island Ferry and was a member of Union 333 of New York. He was a radio controller and later retired as a supervisor in the early 1960s after 17 years there.



Harold "Bub" Sheffield 2HQ, 99 passed away August 2, 2020. Bub was born on December 17, 1920 in Bayonne, New Jersey and was the third child to Harold and Esther (Monro) Sheffield. When World War II began Bub, along with his lifelong buddy, Bill Weiland, joined the First to Fight ... U.S. Marine Corp. He served in the South Pacific Theater in America's first true special operations unit, Carlson's Raiders. In the Second Raider Battalion Bub saw action in Guadalcanal, Tulagi, Emireau, Bougainville, and Guam. After 29 months of war, he returned home to Alexandria. He attended Plymouth Teachers College, the University of New Hampshire, and went on to earn a master's degree in forestry at Yale University.  
Loving husband, Dad, Papa, Great-Papa, uncle and friend.

Emmitt Hays, 1HQ3K1&2H&S  
Please see the interview with Raider Hays on page 19.



# A THEORY OF TRANSITION

By Brett Bourne

often consider what it was like for the 2d Raider Battalion on Guadalcanal, outside the wire for a month on “The Long Patrol.” Most of my generation marvel at the commitment required during the Second World War, when Marines deployed “until the war was won.” Like those who went before, modern day Raiders face fierce combat abroad but with two key differences; today’s Raider deploys with a known rotation date home and a legally binding EAS (End of Active Service). Nonetheless, all Raiders share two common experiences – the transition from civilian to Marine, and the return from active duty to society. Becoming a Marine is a convergent process – the transformation leaves little to the desires of the individual. However, transitioning from service is wholly divergent, with the inconsequential and largely ineffective exceptions of a standard transition assistance program and final physical.

When incoming fire impacts near a Raider today, it may feel no different than when Carlson’s patrol engaged and killed 25 Japanese on Mount Austen on 3 December, 1942. In that moment, there is no difference between the generations. Yet, modernity includes numerous “knowns” not available in a time of existential threat, which significantly privilege the modern Raider who wishes to design their future. Plenty of resources address transition issues: checklists, timelines, resume building, interview techniques, and business fashion. Clearly these tools are very important, but they are practical implements that address the what and how of transition. This article endeavors to address the philosophical why.

Every Marine I know balances two polarities: the empowering love for Marines and the oppressive restrictions of being a Marine. All but a few crusty lifers imagine their transition from the Corps as a liberating event. Some see a world without having to hurry up to wait. Others want to grow their hair. Many attach great value to a long list of grievances from check-in-the-box on-line training to the hypocrisy of leadership. Others still imagine setting their own schedule, or pursuing hobbies or becoming insanely wealthy or powerful. Yet the reality is that the world outside of the Corps is full of bad bosses, meaningless endeavors and unfulfilling activity. After four years or three decades, the questions I pose to these Marines considering transition are: Are you designing your life after the Corps to be better or different? What about your time in service do you want to continue? What about your time in uniform do you want to change?

As a 2ndLt, my first real epiphany was that while my love affair for the Corps was in ascendance it was most certainly in decline for the majority of my Marines. I enjoyed the underground tradition of a Marine throwing their boots over a power line as they departed on terminal leave, one final act of defiance. I kept in contact with many of them over the last three decades and concluded that despite the massive amount of time they dedicated to identifying what was wrong with their life in the Corps - there was little correlation between the unplanned transition and greater satisfaction.

## THE TRINITY

Transitioning requires answering three questions – although the answers are not simply independent variables. Each variable is often in dissonance with the other two. They are Location, Compensation, and Occupation. In question form: Where do you want to live after the military? What do you want to do with your time after you leave the uniform? How much additional compensation do you require to have the lifestyle you want to have? Most of us dream of moving to our ideal location with amazing compensation and doing something we absolutely adore. This is as realistic as capturing a unicorn. Most of us can only guarantee a single priority. We can pick where we will live or what we will do or meet a specific monetary goal. With luck, you can nail two of your first picks. For example, for someone pursuing higher education – the what is certain, while the where may be contingent on educational institution admission, while the how much is a compromise. Others may be

dead set on returning to a specific piece of geography – and for them the where is the priority while the what/how much is secondary. Finally, for some (funding kids in college) the priority is in total income (how much), which puts the where/what as secondary concerns. Declaring one as inherently more important than another is as fruitless as comparing high and tights with low regs, as both are expressions of personal preference. But knowing that one can generally only assure one factor, while often compromising on two others enables prioritization and planning toward making a more fulfilling transition and perhaps a richer life. Even if one accepts that only one variable can be fixed, there are many factors that may lead a Marine in transition to work against his or her desired priorities. I call these the pitfalls.



### PITFALL NUMBER 1: The Lily Pad of Uninterrupted Security

Maintaining cash flow comes with many inherent challenges, making it difficult to step from the active duty lily pad to the financially secure future lily pad without getting wet. Terminal Leave plus permissive TAD is a 4 month buffer to look for that next job. For those who prioritize geography, moving and establishing a home in a new location takes much of that buffer. It isn't long before the last active duty paycheck is inbound. You might not even have unpacked your household goods. For those looking to remain in civilian government service, the law induces uncertainty. One isn't allowed to land that government service job while on permissive TAD, and the waiver for seamless transition from active duty to government service inside the DOD has expired – meaning the 180-day waiting period is back in effect. Another unknown is the Veterans Administration process that leaves most applicants uncertain about final benefit determination until well after active duty compensation ends. Although the VA backdates compensation, that doesn't help those looking to step from one lily pad to the next. Job-hunting takes time. Establishing networks takes time. Energy put into networking events can seem utterly fruitless, resumes disappear in byzantine organizational systems, and there is disappointment with unkept promises from both good friends and acquaintances. So, you have had your retirement ceremony, and the unit gave you a magnificent paddle, but you don't feel the weight lifted. You start counting down the days from your detach date to when you have to be employed. But is it really true that you have to work uninterrupted? Or is this an expression of a desire for a sense of security? What quenches a thirst for security: money!

### PITFALL NUMBER 2: Cash Flow Addiction

The two most addictive things in the world are opium, followed very closely by a guaranteed monthly salary. One of the benefits of modern military service is a guaranteed paycheck that gets a bit bigger every two years, even during sequestration and recession. Marines are institutionalized to this throughout their career. Approaching transition, the thought of a dip in monthly income seems untenable. This drives irrational behavior (defined as acting counter to one's stated priorities).

Nearly everyone I know is apprehensive about a dip in monthly income – whether reality requires it or not. The fact is that a Marine sacrifices many priorities during service in return for the promised benefit of an early retirement stipend that provides freedom of choice for the next 30-40 years. Yet, maintaining monthly income is nearly always the deciding factor for the first post-uniform employment even when the enjoyment of the work or the location is stated as a more important factor. After years of discord with ‘Home is where the Marine Corps sends you,’ early retirees can find continued discord based on replacing the orders process with that next lily pad, essentially keeping their life on the same path.

This does not have to be if one builds savings dedicated to transition. Even if you have an IRA and have invested your entire career with TSP, you can’t generally access these until you have been out of service longer than you were in service! You may have other investments oriented toward the long term which are vulnerable to the state of the market at the time of your EAS. I am suggesting something entirely different- a cash liquid account mentally dedicated to monthly expenses between your EAS and your next employment. It is understandable that you don’t want to eat into retirement or long-term investments to support finding the right job. Having an established cash reservoir empowers you with tactical patience in seeking life changing post service employment. Additionally, this extra time offers additional insights to what post-USMC life costs, veterans benefits become a known, and the cost of living in your new environment is better understood. Time doesn’t change the environment, but it offers better insight into what you actually need. Not everyone has the same ability to build a ‘transition savings account, but many do. There are as many strategies as there are individuals in transition! Wait to take on a new car loan, bank an enlistment bonus, or save a moderate amount over a longer period of time. Capital begets capital. Liquid capital can be the difference between making a compromise that negatively affects your transition for years, or having the security to enable tactical patience for strategic (life changing) results.

### **PITFALL NUMBER 3: The Ego**

Luckily, within a year or two of transition, the unknowns of retirement are resolved. Your VA compensation is complete, and your 50% base pay retirement checks routinely hit your bank account. Even though you are maintaining cash flow after the increased tax exposure from having two income streams (retirement plus your first post Marine Corps job), you aren’t any happier. You have put on some weight, and you wished you had your old CO you used to complain about. At least she had integrity. You are on 10 days a year vacation (compared to 30 plus combat leave you got back in the day). Your house is nice, but people have stopped commenting about your in-ground pool on Facebook, and you feel like you had more impact in uniform than out. Without financial insecurities your ego starts talking. Now that you don’t have your essential needs in play, you want some of that old feeling you had when you were the Unit Chief or Commanding Officer. You want to be important. Maintaining your salary isn’t paramount anymore, because it’s solved. But wouldn’t it be nice to be able to update your LinkedIn with a job title that showed everyone that you made it? So, you trade in financial security for financial security AND a nice business card. It is almost like when you were selected for promotion back in the day, and everyone was happy for you. Your network is more robust and opportunities start knocking at your door. And you jump on one. That passed-over-for-general-officer Colonel lands an SES position and can finally get the Gulfstream on trips. A Senior SNCO gets offered a vice president position at a big government contracting agency. Don’t get me wrong, the SES position may fulfill a need to serve and be a great fit for a patriot – or it may mean unwanted changes of station. The new VP of government sales may be a much needed recognition of unrealized talent – or it could be a continuation of an out of whack work-life balance that leads the spouse to reflect on the good-ole days of deployments.

Marines, Marine Raiders in particular, rarely lack self-confidence or swagger. SOF explicitly sets a higher standard and takes pride in doing things a bit better with more precision against greater odds. I am not suggesting doing things differently after transition, but rather inquiring into whether the things you are doing are the right things to meet your self-determined objectives. While on active duty, we rarely define our mission although we always define the degree to which it was accomplished. In transitioning, we have sole agency for what is our mission.

## ASCENDANCE:

Perhaps I am naïve, but I find these three pitfalls neither necessary nor predetermined, yet they are very, very common. Military service asks a lot of its adherents. But it also gives a lot; experience and insight to name just two. Despite these tools, it generally takes three jobs before one finds his/her way. The first employment is the irrational pursuit of uninterrupted maintenance of the status quo. The second employment is the empty pursuit of ego, position or status related to what others think in place of what makes a Marine or his family actually more fulfilled. With the wisdom of the journey, one can find ascendancy to a third alternative, one where a Raider can honor the sacrifices required of their service while exploiting the attributes unique to being a civilian. No two Marines transition in the same context or with the same family requirements, ambitions, or desires. But a little introspection and some planning could mean the difference between more of the same and next-leveling your life while you are still young.

Nobody but you can decide what your priorities are and no one but you can ensure they have the biggest influence over your future. I know General Officers who retired and landed big positions in the defense industry, but were unhappy with the notion that profit trumped supporting the warfighter. I know nose-grinding Colonels who retired and landed lucrative positions with local companies but were unhappy with the level of integrity expected of them in canvassing active duty contacts. I have seen high performing Raiders escape the conforming gravity of the Corps to ascend to prominence as entrepreneurs. Others spend time writing or have prioritized time bolstering multi-generational family businesses. The measure of success, in the end, isn't determined by a board meeting in secret in Quantico, it is determined by the individual in transition.

Full disclosure. I served in uniform for 30 years before ripping off the cloth in an act of liberation and departing with the false belief that I was smarter than the advice I have written above. I did some things in resonance with my values and prioritized where first, retiring to Sweden in support of my wife's desires to be near her family after 20 years and 11 moves (That is the good news). Whenever deployed, I consistently squirreled away savings dedicated to transition which helped with mitigating the stress of how much. But I struggled with what and, after a year, although I finally felt financially secure I let my ego get the better of me. I awoke one day with three-hours worth of daily commute to a place where I spent less than 10% of my time doing work that brought me joy. I quit and have since focused on endeavors that are more rewarding and provide more freedom even though they are less lucrative. I am much happier, but more importantly I am in a place that I dreamed about for three decades in camouflage.

Nothing can replace the bonds forged by Marines and nothing ever, ever, ever can replicate the bonds forged in combat. But unlike Carlson's long patrol, most of us are in control of exactly when we will be civilians again. The burden for making the most of it lies solely with us.



A woodworking and vintage motorcycle enthusiast, Brett retired after 30 years in uniform to his wife's hometown in Västerås, Sweden where he currently hobbies as an adjunct with the Joint Special Operations University and the Swedish Defence University.

# Raider Awarded Silver Star

Photo by Gunnery Sgt. Lynn Kinney  
Marine Forces, Special Operations Command



A Marine Raider was awarded the Silver Star Medal for heroic actions while deployed to Afghanistan in 2019, at a ceremony aboard Marine Corps Base Camp Lejeune, July 10, 2020. The Master Sergeant and Critical Skills Operator, was serving as a Team Chief with 2nd Marine Raider Battalion in support of Operation Freedom's Sentinel when his team was engaged by enemy combatants. According to the award citation, during a heliborne raid into difficult enemy-controlled terrain in Southern Afghanistan, he led his team of Marine Raiders and partner nation forces in four hours of close combat with more than a dozen Taliban fighters occupying defensive strongholds. The Team Chief exposed himself to enemy fire to lead an assault across 30 meters of open terrain, attacking Taliban fighters entrenched in a bunker with his rifle and hand grenades. While he and his team took accurate enemy fire, the Team Chief again exposed himself by climbing on top a building to employ a roof charge in order to recover a wounded Afghan soldier. With enemy fighters barricaded just a few feet away, he heroically pulled the wounded man to a covered position in a valiant attempt to save his life, while allowing his team to engage the barricaded fighters with fragmentation grenades.

# MARSOC Change of Command

Photo by Lance Cpl. Christian Ayers  
Marine Forces, Special Operations Command

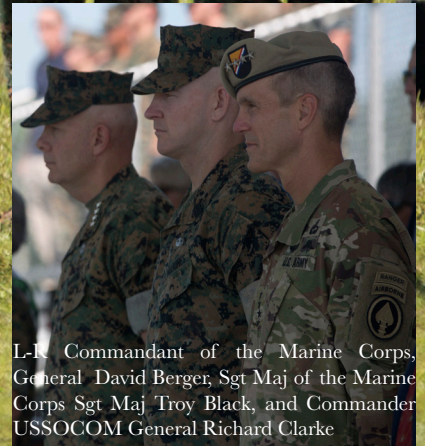
Marine Forces Special Operations Command hosted a change of command ceremony, June 26, 2020, as the Marine Raiders bid farewell to Maj. Gen. Daniel D. Yoo and welcomed Maj. Gen. James F. Glynn.

Glynn returns to MARSOC to serve as its eighth commander, having previously served as the commanding officer of the Marine Raider Training Center. “You don’t get too many opportunities to come back,” said Glynn, “but when you do, you stand among giants... people of character, people of care, people of concern that transcends the operational mission. It is personal.”

Glynn summarized his feelings about taking command in three words. “Pride, at the opportunity to come back to this formation and have the opportunity to stand amongst you. Humility at the opportunity to command in an organization like this. And some would call it a burden of command. It is actually a privilege to have the opportunity to be a part of and to contribute to all the great things that this force and its families do.” As the MARSOC commander, Glynn will be responsible for manning, training and equipping Marine Raider task forces for deployments in support of the theater special operations commands. MARSOC maintains continuous deployed presence in the areas of operations for U.S. Indo-Pacific Command, U.S. Central Command and U.S. Africa Command.



MajGen James Glynn  
COMMARFORSOC



L-R Commandant of the Marine Corps,  
General David Berger, Sgt Maj of the Marine  
Corps Sgt Maj Troy Black, and Commander  
USSOCOM General Richard Clarke

# Black Jack at War:

## John P. Salmon War Diaries

### Conclusion (Part 3)

**W**e returned to New Caledonia to find our new camp partly thrown together. It was a very pretty spot. We were up against the base of a mountain, and two mountain streams ran through the camp. Each company was a unit itself and our tents were scattered around haphazardly so we looked like a summer camp. We were to live here until May 1943.

About all we did was try and get ourselves collected and fix up our camp. An army hospital 23 miles away was a good source of fun and we spent a lot of time there. They threw a party for us and we had several small affairs for them.

Along in November word was passed that we were going to New Zealand for some liberty. 2 weeks. Admiral Turner's flagship the Mac Cawley needed some repairs so the Admiral decided to send us down. I had just been paid \$640 bucks and had sent it all to the bank, so I only had about \$20. My 1st Sgt. however won several hundred in a porker game and I tapped him for what I needed.

To make a long story short, we had a wonderful time in N.Z. The people were very friendly and as we lived in the best hotel it was a soft touch after the islands. A whole book could be written about various doings but "Forever Amber" has already been done. I went around the island a little, saw some horse races and gained 10 lbs.

Due partly to crowded conditions in the only dry dock and largely to the skippers complete enjoyment of himself in Wellington, we lingered and lingered until after New Year. By that time even the skipper could delay no longer so we returned to New Caledonia on about the 10th of January. We landed in the midst of the storm season and were flooded out twice in the next 2 months, by our little mountain brook. Mosquitoes were awful. The worse I had ever seen, but a big Marine Club had been built in our absence, and an Allied Nations Club. Those and renewing our associations with the Army hospital and the 112th Army Cavalry made the time pass soon enough. We got in replacements and started training again. Col. Griffith was at the helm having rejoined us in N.Z. and we soon fell into the old routine.

There were many amusing incidents. Deer slaying in a canal and some rather lively parties, but they are only funny to those who lived them. By this time Guadalcanal was ours. The Japs made the last big attempt in November.

From there on we took the offensive and secured the island. The long struggle was over, but the war had... [sentence ends at end of page 40 and picks up on 41]

The Japs had in the meantime built an airfield on New Georgia 180 miles to the North West. It was located on Munda Point and by ceaseless bombing of same we had kept it inoperative. However, we wanted the field for the intended push north, the large plan being the taking of key points in the Solomon's and the neutralizing of others too strong to take by direct assault.

We were not told until June what our part in the proposed operation would be, but we knew it was something to do with New Georgia. We did a lot of training therefore in Rubber Boats and on APD's. Several new ones had come out and we broke them in. Of our original 4 of Guadal, all had been sunk. Of the original 6 the Stringham and the Manley were still afloat. However, there were plenty of them now. We began to notice the increase in shipping in the harbor. Baby Flatops, new battleships and cruisers. It was very encouraging to us. In late May, 1943 we embarked on the USS President Hays. Once aboard, and this was a really comfortable ship, we lay in Noumea harbor for a week. This time we spent in maneuvers and landings and one last wild-eyed liberty at the Club. 4 officers per stateroom and good food. It was a grand trip with one exception. On our last nite we were alerted for an air raid. 15 or 20 Jap bombers were picked up on our radar, but even though they and their relief kept us up 8 hours they never got in close enough to bomb. Our destroyer escort kept up a stream of AA fire and consequently they concentrated their attention on the cans.

It gave all of us old timers a funny feeling to see Guadalcanal again. It even smelled familiar. We got ashore and pitched our camp on the beach in a fringe of coconut trees. It was a beautiful spot and cooled buy the breezes from the sea. The



old man Sam Griffith laid out an ideal training program. Problems in the jungle in the morning and swimming in the afternoon. As we were only 10 miles from the site of our raid at Tasimbaka, several groups went exploring up there. One group came across a bunch of bones in the bush and a set of dog tags. It was all that was left of our missing man Miller. Later we buried with appropriate ceremonies.

I made several trips in a rubber boat up the Burande River. We took TNT along and fished with good results. I also renewed my acquaintance with some of the other spots we had come to know so well. The island was covered with roads and several airstrips were operating. In fact, it was extremely difficult to find our way around. However, in the course of our wandering we connected with some Navy fliers and arranged a trip. We flew a 3 hours patrol and got a magnificent view of the island and of Tulagi. I came down with malaria in the middle of the flight, but it was fun nevertheless.

In the meantime, our patrols were active in New Georgia. Boyd had selected a landing site up the Rice anchorage and arrangements were made to have some of our people in canoes with small lites mark the entrance to the channel. Enogai inlet where the Japs were located was about 8 miles up the coast.

The time past quickly enough on Guadal and on the afternoon of July 4th we went aboard the USS Schley an APD. I was in command and we jammed 240 troops aboard. You couldn't move. Our force consisted of the 1st Raider Bn, 3rd Bn 43 Army infantry and the 3rd Bn 148th Army. We were commanded by Col. Harry Liversedge USMC. He was a huge man and a very nice guy to work for. We took.....

[narrative ends at this point]



# Focus on the Food

## Nutrition and Immune Function

By Abby VanLuvanee, MS, RD, CSSD, LDN  
 Certified Specialist in Sports Dietetics



**W**hile you cannot specifically boost your immune system, we can provide support through a healthy lifestyle. There are a lot of wild claims out there about different supplements or diets that can help ramp up or boost your immune system, however, to date there is no concrete evidence to support these drastic statements. On the other hand, in addition to the basics like managing stress, regular exercise routines, adequate hygiene, and proper sleep, we can support and maintain our proper immune function with certain nutrients and dietary lifestyle factors like keeping our alcohol intake low, maintaining proper body composition, adequate hydration, and consuming a well-rounded diet.

After weeks of quarantine and likely stress or boredom snacking, some people are tempted to start a new diet or take extreme measures to take the weight off that they gained. Putting yourself in a drastic caloric deficit will compromise immunity and therefore this is NOT the time to start any crash or fad diets. If you need guidance on your calorie needs, please contact a Registered Dietitian or health professional.

Nutrients & Sources to Support Basic Immune Function	
Vitamin D	Sardines, mackerel, tuna, fortified dairy
Vitamin C	Citrus fruits, berries, papaya, bell peppers, spinach, tomatoes
Vitamin A	Eggs, fish, carrots, spinach, sweet potatoes, cantaloupe, butternut squash
Vitamin E	Nuts, sunflower seeds
Vitamin B6	Meat, fish, chickpeas
Folate (B9)	Green leafy vegetables, broccoli, potatoes, whole grains, beans, peas
Zinc	Meat, seafood, eggs, whole grains, chickpeas
Iron	Meat, seafood, oysters, beans, kale, broccoli
Selenium	Fish, Brazil nuts, oysters, sardines, sunflower seeds, garlic, barley
Green Tea	Brewed green tea
Turmeric	Curry, turmeric powder

Figure adapted from: Justin Robinson, MA, RD, CSSD, CSCS, TSAC-F

Further, maintaining optimal hydration during this time is important to support immune function. Ensure you take in a minimum of 0.5-1 ounce water or fluid per pound body weight per day. Increase this amount if you have a higher level of activity or time outdoors. Besides water, consuming broths or soups are an easy way to take in fluids. Additionally, increasing your intake of fruits and vegetables with higher water content like melon, citrus fruits, berries, pineapple, kiwi, tomatoes, leafy greens, squash, celery, eggplant, and cucumber can help increase your fluid intake.

If we can maintain a normal diet full of fruits and vegetables, adequate fiber, whole grains, and quality protein sources- we can cover our nutrient bases and support our gut bacteria and overall health. Remember, that our bodies will utilize real food sources more effectively than a supplement. Additionally, before the winter months hit, take advantage of the sunshine to help increase our Vitamin D levels. This figure provides information on high-lighted nutrients and foods that support our immune system and their sources. Just remember, NO nutrient or supplement can BOOST your immunity, they simply provide support to the normal roles they play in our immune system.

## Remembering Raider Emmitt Hays

Raider Emmitt Hays recently passed away. Mr. Hays was a longtime member of the association board and retained the status of Emeritus Board member. The below excerpt is taken from an interview conducted for the book: INTO THE RISING SUN World War II's Pacific Veterans Reveal the Heart of Combat by Patrick K. O'Donnell -EDITOR



### EMMITT HAYS 3RD RAIDER BATTALION AND 4TH MARINE REGIMENT, 1ST PROVISIONAL BRIGADE

On the morning of July 21, 1944, the 1st Provisional Brigade stormed Guam's western beaches. That night, the Japanese counterattacked the 4th Marines. The focal point of the Japanese attack was Hill 40, only three hundred yards from the beach. Here men mainly from K Company repelled several massive banzai attacks, as Emmitt Hays remembers. The war has been difficult for me to forget. I'm going to a reunion in a few weeks. When I go to a reunion, it's to see the guys, and we sit around and talk. Very seldom do we talk about battle. It's like just going to visit brothers. There's a few battles that are re-fought, but most of it is the comical stuff. If we talk about the combat, it reawakens things that have been buried for all these years. I get to a point where I can't even talk if we talk about it in depth. [crying] I'm about the youngest, seventy-five, in the outfit. There are very few of us left. There were a few hundred that I knew by name, and most are all gone now. The ones that I still know are walking with canes. I enlisted just before my sixteenth birthday and had my sixteenth birthday in boot camp. You're supposed to be at least seventeen, but I lied about my age. And I'm glad I did. My mother knew. I talked her into it. I had my seventeenth birthday just before Bougainville. We scrambled down the cargo nets to the boats, where they took us up to the coral reef where we got in the amphibious tractors. We had to jump from the boats over to the amphibious tractors. As we approached the beach, we were getting sporadic machine-gun and sniper fire. The artillery and mortars were directed at the tractors. They knocked out a few while we were going in, but they destroyed a lot of them out in the earlier assault wave. It was a day landing and one of the few times I got ashore without my socks getting wet. At the end of the day [on Guam], we set our defense in some old Japanese trenches. We thought we were going to spend the night, but our company commander, Captain [Stormy] Sexton, he moved us. After a dry creek bed that came out on a forty-five degree angle. We set up. I was a BAR man, and we had an automatic weapon of one kind or another in every foxhole—either a Thompson or a BAR or a .30 caliber machine gun. The Japs pulled an all-night assault. They hit our position hard. I had one and a half units of fire, which would amount to several hundred rounds; I used it up and nearly burned out the barrel on my gun. I couldn't touch it, since it was red hot. We had visible targets for an hour. They were in our faces. They came up that close. I ran out of ammunition, and someone passed machine-gun belts up the line so each BAR man got a machine-gun belt. We transferred those into magazines. I'd find three or four of them together and give them twenty rounds and hope that you hit them. We had flares all night. We could see them moving forward; their helmets would throw a shadow on their faces. But the way the flares were going up, you weren't sure if you hit that group or another group that was moving up. It was nothing personal until the next morning. The next day we went out there. [chokes up] There were hundreds of bodies lying out in front of us. You feel guilty about killing guys that were wounded. I cut a guy's throat with my knife. That hurts. [chokes up] I've never really talked about this to anyone. The only reason that I am now is if someone doesn't relate it the way it actually was instead of the Hollywood version, it's going to be lost. [The wounded man] was an officer. He had a collar insignia and a sword and a pistol. I took both of them. He was helpless but alive. He was not a danger to me; that's why I feel bad about it. If he'd been threatening me and I killed him in self-defense, I wouldn't have felt bad about that at all. But I hated that I killed a helpless man. At the time I felt I needed revenge because several of my close friends had been killed. Bob Swanson and I were tent mates before Bougainville, and he was killed that night.

# Raider EOD Team Takes Home Title

Story by Lance Cpl. Fatima Villatoro  
Reprinted from DVIDS

**G**unnery Sgt. Shaun Reuter, a training staff noncommissioned officer with Explosive Ordnance Disposal (EOD) Company, 8th Engineer Support Battalion, says that the Marines are pushing their bodies to the limit - more than what they usually do, but that's competition.

"A competition is not supposed to be easy, it's mentally and physically demanding, you can see it in their faces" said Reuter. "The biggest challenge for the Marines is being able to overcome all challenges."

Marines from various units participated in the second-annual EOD Team of the Year Competition at Camp Lejeune, North Carolina, July 20 – 25, 2020.

The EOD teams, composed of two to three Marines representing various East Coast commands, put their skills to the test through a rigorous series of events hoping to be the winning team.

Competitors accumulated points by participating in events such as a chemical, biological, radiological, and nuclear (CBRN) scenario, weapons of mass destruction identification, removal of lodged 155mm/105mm projectiles, and a culminating eight-mile "ruck run" to a small arms live-fire range.

One of the highlights was the relay event where Marines donned the new EOD Advanced Bomb Suit. According to Marine Corps Systems Command, this suit protects against severe injuries caused by blast overpressure, shrapnel, heat and impacts. It also comprises an elaborate integrated ventilation system to reduce heat stress and improve breathing.

The Marine Corps EOD mission is to support the Marine air ground task force, supporting establishment, homeland defense, special operations forces, and other government agencies by detecting and locating, accessing, diagnosing, rendering safe and neutralizing, recovering, exploiting and disposing of hazards from foreign and domestic, unexploded explosive ordnance, improvised explosive device, and weapons of mass destruction that present a threat to operations, installations, personnel, or material, according to the EOD Program order.

"This competition is a great way to ensure that the Marines who participate are being trained to the standards needed in order to be an EOD technician," said Sgt. Kenneth Bourgeois, an EOD technician with 8th Engineer Support Battalion. "Being able to evaluate the Marines on their proficiencies also allows me to see how I would operate if I was in the same scenario as they are."

Although winning was the ultimate goal for all, for one team it was also an opportunity to reconnect and build upon their bond. Sgt. Philip Gilbert and Sgt. John McNamara, the 8th ESB team, met approximately three years ago while attending their military occupation specialty school at Eglin Air Force Base, Florida.

"This is actually the first time that we have been able to do something like this together," said Gilbert. "We get to learn how to operate as a team, keep each other sane, and he helps me guarantee that we have the best tactics and approaches to each scenario."

The team competed in weather conditions notoriously known in North Carolina: humidity and heat reaching the high 90's. They continued to work through the heat, allowing them to stay in the competition and building up their camaraderie and confidence in one another. Being able to understand each other's limitations was a key takeaway for them.

“After working with each other for a few days, you’re able to read each other and notice if we’re not performing to the best of our abilities or if something is wrong. It comes down to looking out for one another,” said McNamara.

At the end, the Marine Corps Special Operations Command team took home the title by beating the other five teams and accumulating an overall score of 933 points - 17 points over the runner up team. All teams finished the competition in the time allotted, some faster than others, but the driving force among the EOD community was the competitive spirit and the thirst for knowledge.

“Ultimately, the Marines from each EOD command are learning different methods of approach and tactics from each other, all the while maintaining that fighting spirit,” said Capt. James Otto, officer in charge of Marine Corps Base Quantico EOD. “They came here to win! But, if they walk away having learned something new, that is an opportunity to teach to the new generation of EOD technicians.”





THE HONOR FOUNDATION

## Transition: The Next Ridgeline

*A quarterly series featuring alumni from The Honor Foundation*

### Networking Virtually *By Jason Hadaway*



**A**s I approached a decade of military service, I had questions about my calling and purpose after the military. What could I possibly be good at besides shooting straight and running fast? When you're a Marine there's a singular focus: How do we get ready for deployment? The Honor Foundation (THF) helped me sift through these questions as I listened to countless success stories of others. From director level management to Wall Street banking investors, prior Special Operations veterans were out there making big names for themselves. THF is a professional development organization designed to assist Special Operators in their transition after military service. They exposed me to numerous corporate professionals, authors, and entrepreneurs through shared experiences.

THF is directly responsible for the experiences and success I have had while transitioning from active duty to civilian life. The most important thing gained from THF was the ability to network through their 50 Cups of Coffee initiative. It helped me understand the difference between conversation and networking. I learned how to impactfully and truly brand myself with a *Why Statement*.

While in the cohort every individual is challenged to achieve the goal of completing 50 new connections (i.e. conversations) that aid in your pursuit of growth. After figuring out your why, choosing what motivates you, and picking a career you'll have the most fulfillment, you begin to recognize the first round of exploratory conversations, coupled with the curriculum, prepare you to be able to effectively target the correct growth of your network. I took the methodology to heart, and immersed myself in THF's curriculum. Driven by the clarity of success I got into an MBA program. Through networking events THF recommended, I met my partner and started an advertisement company Base Space Ads. Guided by the THF staff, I found and completed a certification for Project Management. Most importantly, by effectively utilizing THF's 50 Cups of Coffee technique I was able to land an amazing job with a company whose culture and drive perfectly match my own. Eight months ago I was a Staff Sergeant in Marine Special Operations Command, and today I am The General Manager of National Speed's performance automotive shop in Richmond, Virginia. This company among many others I crossed paths with, prides itself on being veteran friendly. This veteran friendly culture is a recognition of the leadership and drive veterans bring to their company.

I am honored to be associated with such an amazing organization and staff. I hope my achievements will inspire those who come after me to learn more about The Honor Foundation.

Networking is truly a contact sport as you will learn from THF, and there are a few tools I'll highlight to aid in the next veteran's successful transition.

***Stay Hungry-*** Don't let one or two unsuccessful meetings or interviews intimidate you. The experience is invaluable.

***Stay Organized-*** Utilize reminders and live off a calendar/schedule.

***Stay Humble-*** The world is full of people who can and WANT to help you.

***Stay Grateful-*** Your network is not a one way stream; always look for ways to give back.

I am honored for the opportunity to show my gratitude to such an amazing organization. Semper Fi!

***If you'd like to be part of the THF mission of "serving others with honor for life, so their next mission is clear and continues to impact the world," please consider choosing them as your charity of choice for the CFC campaign, #75702 or visit honor.org for more details.***

# From The War Diary of Raider W. J. Mulhall, J.R.

Editor's note: Recently Raider Warren Mulhall was good enough to send a scanned copy of the journal he kept beginning with an entry made on July 6th 1942 from Parris Island, South Carolina. The below pages document the Raiders going ashore on the Island of Bairoko.

1970 620607 1300  
 Fri July 16, 1943  
 Awoke 0600, we are leaving Sat. to go to New Georgia and finish off the Jap occupied Bairoko.  
 Sat July 17,  
 Awoke 0530  
 Packed up and went aboard APD McKean at 1300 shoved off at 1430  
 Sun. 18  
 Awoke 0100 came ashore at 0400, slept for a while in foxhole moved into defensive position at 1500. 1st Raiders lost 50 men dead and 125 wounded. There are dead Japs all around us

**Fri. July 16, 1943**

Awoke 0600, we are leaving Sat. to go to New Georgia and finish off the Jap occupied Bairoko

**Sat 17th,**

Awoke 0530

Packed up and went aboard APD McKean at 1300 shoved off at 1430.

**Sun 18th**

Awoke 0100 came ashore at 0400, slept for a while in foxhole moved into defensive position at 1500. 1st Raiders lost 50 men dead and 125 wounded. There are dead Japs all around us. They smell awful.

**Mon Jul 19th**

Awoke 0800 put our packs and shelter halves in a group we leave tomorrow for Bairoko with

two days food. At 1500 our planes bombed the objective. They are to bomb again tomorrow morning. We were bombed and strafed continuously all night I was never so scared in all my life. In same foxhole as Moody (Jake) and I could feel him shaking every time one would dive to bomb. I would swear it was coming at me. The strafing seems the same way. Some of the bombs landed much too close. I could hear them woosh down then explode with an ear-splitting roar. The whole deck would shake. One bomb landed on a first Raider. He was never found.

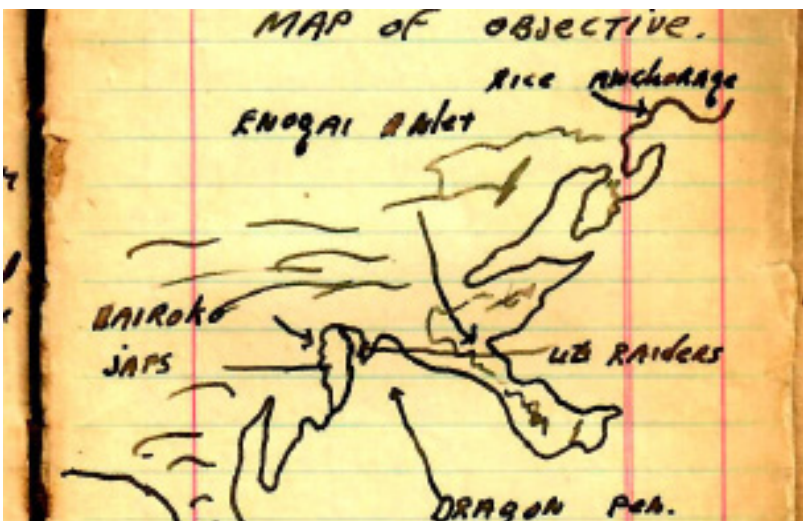
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Tues. July 20  
 We didn't get a minute's sleep last night and today we are to go into Bairoko. We pushed into the jungle at dawn and our planes bombed them at 0900. We walked about a mile and hit their outpost at 1000. We wiped it out and deployed.

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**Tue July 20th**

We didn't get a minute's sleep last night and today we are to go into Bairoko. We pushed into the jungle at dawn and our planes bombed them at 0900. We walked about a mile and hit their outpost at 1000. We wiped it out and deployed. 'P' Co. leading the attack with the other companies on either side of us plus two Cos from First Raiders. When our line was formed someone yelled "OK, let's go get em."



Everyone started yelling and shooting. We had all the (?) that we ever needed. We pushed them back to within 300 yards of the beach then we set up our mortar and fired 20 rounds and moved forward. 'M' Co shot a lot of 'P' Cos men with their machine gun. We pushed them back another 100 yards then snipers were taking a terrific amount with their shooting. So far God has been with me. We got orders to dig in. I started digging behind a tree. There were two snipers in the two trees in front of me. One had a machine gun he wasn't a very good shot. He tried four times to get me but missed every time. The other took a few shots at me, a few of them hit about two feet above my head. At 1700 we started to move backwards. I have an awful feeling in my stomach. I haven't been scared during the battle but I am now...



## A Serious Setback

University of Houston defensive lineman Sedrick Williams, a JUCO All-American and conference MVP, tested positive for COVID-19 in July of 2020. Soon after, he began suffering from heart problems and could not continue practicing. Later, he announced he was opting-out of the football season due to ongoing viral complications.

Williams made his decision after learning the fate of pro basketball player Michael Ojo. While practicing with his team, Ojo had also tested positive for coronavirus in July. Ojo recovered and resumed practice, but then suffered an apparent heart attack during a training session and died. "I've had my mind made up," Williams said, "but hearing this story made it even easier."

## The Rules Have Changed

As an athletic trainer, I learned the "neck rule" of return to play when one of my athletes felt sick. If they had a head cold (think runny nose), low-key workouts were acceptable. Research suggests that light exercise can help keep airways healthy and shorten the duration of some viral illnesses.

If my athlete had symptoms below the neck, such as coughing, body aches, or fever/elevated body temperature, we went into illness recovery mode. Sleep, fluids, rest, and de-stress protocols took top priority. After these symptoms subsided, a gradual increase in exercise followed - business as usual.

The rules have changed in the wake of the coronavirus pandemic. While the common complaints of COVID-19 infection include below the neck symptoms - cough, fever, and breathing difficulties - this novel virus makes its entrance with a wide variety of other indicators. Some patients with COVID-19 report the typical symptoms of colds and flu. Others have no symptoms at all.

## A Hidden Killer

It needs to be made clear that a lack of symptoms does not mean a lack of effects on the body. A person can rapidly deteriorate days or weeks after infection, and the consequences can be unusually severe. Viruses, in particular, can exhibit numerous post-viral effects.

In the era of COVID-19, it is myocarditis - a rare inflammatory heart condition associated with some viral illnesses - that has garnered the most attention. Indeed, its occurrence is particularly striking because it is more common in younger, healthier Americans (e.g., less than 50 years old) once stricken with the coronavirus. Left unchecked, myocarditis can lead to permanent heart damage, stroke, or sudden cardiac death. Of particular importance is the fact that myocarditis is not generally obvious, and if there are no alerting symptoms, must be detected through electrophysiologic or echocardiographic testing.

Because the risk of myocarditis was deemed significant, the 2020 fall college athletic season was largely suspended. Several conferences, including the Big 10, PAC-12, and MAC, postponed their 2020 college football programs because of this risk. Over the summer, the NCAA had documented double-digit numbers of players diagnosed with myocarditis. Several professional sports organizations had announced cases in their athletes as well.

## COVID-19 and You



In light of this new virus, poorly understood in even the most closely-monitored athletes, how can you "return to play" after being infected by COVID-19? Here are a few of the most frequently asked questions that have generated some consensus, based on the available medical information:

### **Who is most likely to struggle with workouts after a bout of COVID-19?**

People of any age with underlying conditions are most at risk of complications and delayed recovery. These conditions include diabetes (Types 1 and 2), cancer, obesity, asthma, and heart or lung problems.

New evidence is emerging that people who smoke, are pregnant, or have a traumatic brain injury (TBI) are more likely to experience prolonged physical impairments. What's more, there is now evidence that the virus can cross the blood-brain barrier and cause an encephalitis (brain infection). This encephalitis can manifest as anything from headaches to full neurologic deficits (like in a stroke).

### **When can I start working out again after COVID-19 infection?**

The general guideline seems to be 2 weeks after a positive test result. Keep in mind, this only applies if you have been resting during that time, have no symptoms, and no other health factors.

In the Big 10 and other conferences, athletes without any symptoms are held from workouts for at least 14 days after a positive test result. They also receive additional medical workup during that time. If athletes begin to experience any symptoms - such as shortness of breath or increased fatigue - they are shut down from workouts to refocus on illness recovery. You should, too.

### **How should I get started?**

Begin with low impact exercise for 20 minutes per day over at least the first 7 days after a positive test. If you have experienced COVID-19 symptoms, begin two days after your symptoms have entirely resolved.

Sample exercises that are appropriate for your first week back include walking, cycling, and swimming. These exercises promote immune system health and maintain steady oxygen levels while avoiding unnecessary inflammation. While rowing technically fits in this category, consider the other options if they are available to you. The posture of rowing creates chest restriction, which could interfere with optimal lung recovery.

### **But I feel great, why should I go slow?**

Because the possibility of serious complications, including myocarditis, are still unknown with this virus. The greatest risks are for someone who develops myocarditis and doesn't know it, especially

if they perform strenuous activity.

The risk of developing heart problems after more common viral respiratory infections is about 1 in 100 people. Researchers have indicated that the risk for people infected with COVID-19 could be as high as 20%. Still, it could take several more years of study to understand more precisely the relative risk. By then, thousands of athletes could have sustained hidden heart damage, and have suffered complications.

### **Play the Long Game**

Sedrick Williams, a once healthy and fit college athlete, is now cautiously dealing with heart complications resulting from COVID-19. In addition to daily monitoring by family, coaches, and trainers, he will likely undergo extensive medical testing to check for structural changes to his heart. His recovery plan could take months - or longer - until he is safe to return to the field.

If you have been infected by COVID-19, consider the hidden effects of inflammation that this virus can cause. It wouldn't be unreasonable to double the amount of time you expect you'll need to regain your fitness. Any attempts to make up for lost time could cost you down the road.

Think of it this way - exercise is a form of stress to the body. When done right and in the appropriate amount, it can make you stronger. But when your body is dealing with managing basic systems, the extra workload is not welcome. It can weaken your system far beyond its original state.

When it comes to getting back into workouts after COVID-19, play the long game.

#### **Disclaimer:**

*Good judgment is your responsibility. No article can replace a healthcare professional's advice who has examined you and knows your history and situation. Consider this information as a general overview of current evidence for informational purposes only. Consult your doctor if you think you've been infected with the COVID-19 virus.*

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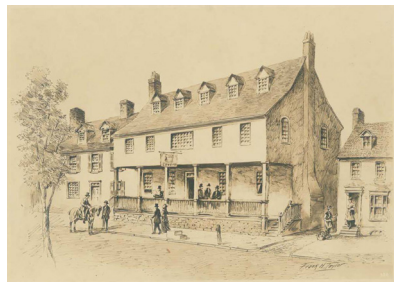
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# Peggy Mullan's Red Hot Beef Steak Club

By Kacy Tellessen



Ask any Marine where the Marine Corps came alive, and the Marine will proudly reply "November 10th, 1775 at Tun Tavern." This statement might be followed by a guttural grunt or further tirades on the mighty achievements of the United States Marine Corps. But the conversation will almost certainly leave out Peggy Mullan's Red Hot Beef Steaks. Though Red Hot Beef Steaks may sound like a pornographic sub-genre, the truth behind Peggy Mullan's Red Hot Beef Steaks and the world famous Tun Tavern tells the story of the birth of not only the Marine Corps, but the United States of America.

Tun Tavern started life as a humble beer hall in 1685 Philadelphia. Located next to the waterfront on the corner of Water Street and Tun Alley, sailors and merchants came from far and wide to try the tavern's soon to be famous beer. The "Tun" name comes from the Old English lexicon, which means a keg or cask of beer. So being that the bar intended to serve mass quantities of beer, and sat on Tun Alley, the name came easily. If the depictions of the structure can be believed, Tun Tavern looked more like a large farmhouse than a rowdy waterfront roadhouse.

Tun Tavern's first brush with history came roughly fifty years after the doors first opened. The beer hall would be the first meeting place of the St. John Masonic Lodge, which would subsequently be the first Masonic Lodge in the free world. Though this matter might seem trivial, the Freemasons played a crucial role in the creation of the United States. Of the fifty-six signers of the Declaration of Independence, thirteen called themselves Freemasons. John Hancock, and everyone's favorite founding father Benjamin Franklin, counted themselves among the thirteen. Ben Franklin's personal history seems firmly tied to the hallowed beer-soaked halls of Tun Tavern. Our nudist forefather became the third Grandmaster of the St. John Masonic Lodge, and counted himself as a regular.

In the early 1740s the new proprietors of Tun Tavern, Thomas and Margaret "Peggy" Mullan, decided that the tavern needed some re-branding. After some careful consideration, and the sheer tastiness of Peggy's culinary treats, the couple decided to rename the tavern Peggy's Red Hot Beef Steak Club at Tun Tavern. The new name didn't dissuade Ben Franklin from frequenting the establishment, for Franklin decided to raise a militia in the tavern to defend Pennsylvania from the Native American tribes that harassed the British and local settlements. Seeing the British as incompetent, Franklin took the task of defending Pennsylvania upon himself and raised a militia to support the embattled settlements that sat in hostile territory. Ben Franklin was now known as Colonel Ben Franklin as his troops rode out to reinforce the settlements. With the small forts resupplied, and because of some political infighting, Franklin stepped down as Colonel and decided to aid the newly forming country with his pen instead of a gun. But Franklin's membership in the Red Hot Beef Club would only intensify in the coming years.

George Washington, Thomas Jefferson, Ben Franklin, and the rest of the continental congress would drink beer and eat Peggy's nearly famous beef steaks when deciding the various courses of actions for the newly budding United States. Though the Beef Club was one of many meeting places, the tavern still stood as a refuge for the patriots that would determine the fate of America.

As the inevitable war between the British and the United States drew near, George Washington realized that the American military would need guns and ammo to fight the war. With no way of manufacturing the needed equipment, Washington decided that America needed a band of pirates to raid British supply ships. Realizing that a navy was not sufficient to raid shorelines and take over enemy ships, Washington tasked John Adams with raising a force capable of undergoing such tasks: The Continental Marines.

John Adams decreed that the tavern keeper, Samuel Nicholas, would be the first commissioned officer of the Continental Marines, and gave the newly commissioned captain the task of recruiting two battalions of Marines to fight in the coming war for independence. Captain Nicholas took to the task, turning Peggy Mullan's Red Hot Beef Club at Tun Tavern into the first Marine Corps recruiting station. Selected for their superior marksmanship ability, the first Marines were tasked as sharpshooters on Navy vessels where the mystique of Marine Corps marksman would grow into outright legend. To this day, the Marine Corps takes pride in having the highest military standards for marksmanship in the United States Military. This standard would one day cause the famous Army General John "Black Jack" Pershing in WWI to state, "The deadliest thing in the world is a Marine and his rifle."

The fight for independence raged on, and thankfully America found herself the victor. The Continental Marines would soon be transformed into the United States Marine Corps, and the beginning of one of the most illustrious and storied military organizations in human history began. Though few reference Peggy Mullan's Red Hot Beef Steaks, the seared bovine delicacies aided greatly in the formation of not just the Marine Corps, but the beautiful human experiment in democracy known as the United States of America.



Kacy Tellessen served as a machine gunner with Second Battalion, Third Marines from 2005 to 2009. He lives in Spangle, WA, with his wife and two children.

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# The 2020 James 'Doc' Gleason Gung Ho Essay Contest

**T**he Marine Raider Association is pleased to announce the 2020 Essay Contest dedicated to the memory of Raider James 'Doc' Gleason. We invite essays that examine the spirit of Gung Ho that Doc Gleason was known for. James Gleason served as a Corpsman with the 1st Marine Raider Regiment. He is believed to have been the youngest Raider Corpsman to see combat at the age of seventeen. Later in WWII he served on independent duty aboard a Navy Destroyer and a minesweeper in the Pacific theatre of war. He was recalled to active duty to serve during the Korean War. Following his military career, James served as the Director of Resort Development for three multi-national firms, was a book shop owner, and teacher at the College of William and Mary. He was a devoted member of the Marine Raider Association and served as Secretary, Vice President, and Director. He wrote numerous articles for the Marine Corps League Magazine and The Raider Patch. Raider Gleason passed away on 22 April 2016.

### **Background:**

One grand prize of \$500.00 will be awarded for first place, and the winner will have their essay featured in "The Raider Patch". The 2nd and 3rd place essays will also be featured, as well as any essays judged by the Association staff to be worthy of publication in future issues of "The Raider Patch." The winning essay will be announced at in the 1st Qtr 2021 Raider Patch.

The prize is funded by friends of Doc with a generous donation from last years winner, Mr. Paul Barret.

### **Instructions:**

- Essays should examine the meaning of *Gung Ho* characterized by the tenets of *excellence, selflessness, and trust*.
- Entries must be received no later than Thursday, 31 December at midnight EST.
- Manuscripts should be typewritten, double spaced, and range in length from 1,500-2,500 words.
- The text should be in Microsoft Word format in a 12 point font and include a cover page with the title of the essay, author's name, mailing address, and identification of the essay as a Doc Gleason Contest Entry.
- The author's name should not appear anywhere but on that cover page, but repeat the title on the first page of the essay.
- Multiple entries are allowed; however, only one entry will receive an award.
- Members of the USMRA board of directors will select the winning essays.

Entries may be submitted via e-mail to [patch.editor@marineraiderassociation.org](mailto:patch.editor@marineraiderassociation.org)

Hard copies should be mailed to:

Raider Patch Editor

Essay contest

102 Anniston Court

Hubert NC 28539



# Raider Profile

## Garret Harrell

**1. What was your A&S class. ITC class / Proctor?** I did not attend A&S or ITC. I was assigned to FMTU in 2006 and grandfathered in.

**2. What MARSOC units/teams were you with?** FMTU ultimately became 3D MSOB (later 3D MRB) to which I was assigned between December 2006 to January 2013 and again from May 2016 to October 2018. During those assignments I deployed with MSOT 3 (Mauritania, 2008), MSOT 9 (Kenya, 2008 and 2009), MSOT 8322 (Pakistan, 2011), MSOT 8313 (Afghanistan 2012), and the AFRICOM Engagement Section (AES) Mali 2016 and 2018).

I was also assigned to MSOS from January 2013 to May 2016 and MRR from October 2018 to September 2020.

**3. When did you retire?** I retired September 30, 2020.

**4. What do you wish you had known before you made the decision to get out?** I wish I would have paid better attention to the retirement checklist the Career Planner gives you as well as asked more questions with regards to that document, and I wish I had a better idea of what I wanted to do in the “next life.” I finally discovered it, but later than I’d hoped for.

**5. Were there any resources that you discovered or found to be especially useful as you transitioned?** There are a ton of resources out there. There are almost too many and researching them can be overwhelming. Be deliberate in your search.

Resources that assisted me were: The Honor Foundation (THF, the absolute best starting point I had), Elite Meet (networking community dedicated to special operations personnel), The COMMIT Foundation (validated/refined the lessons I learned though THF), Onward to Opportunity (professional certification options), Marine Corps Credentialing Opportunities Online (MC COOL, no-cost certification), and the SOF Care Coalition (participated in a five-month internship at a large bank in Wilmington).

**6. What advice would you give transitioning Raiders?** Start early (24 months out) and build your exit plan (time lines shrink when you incorporate internships/fellowships into them), ask questions (to others in the process, to recent retirees, to those who have been out for a few years), and take advantage of all the opportunities and resources you can (see above).

The two most important pieces of advice I can give you are:

First, actually think about yourself and your family as you plan this process. Too often Marines will “stay in the fight” until the very last minute which is always too late when it comes to your transition.

Second, the world is yours, but you have to be proactive in getting it. You can actually do something beyond “running and gunning” and be very satisfied and purposeful in it. Explore unknown industries and career fields. Understand your worth to an organization are all the soft skills you bring with your experience. Hard skills can be learned. - You can always call on me and I will be there to help where I can.

**7. What do you do now? Use this as a place to pitch your business, give website link etc.** After much deliberation and confusion, I decided to make my own way and founded Harrell Squared Consulting LLC in May 2020. My wife and I have two businesses under our company name: Southern Cross Leadership Solutions and Hampstead Handmade. You can find out more about us under these names on Facebook, Instagram and LinkedIn.

I am the President and Principal Consultant of Southern Cross Leadership Solutions. At Southern Cross Leadership, we help organizations develop high-performance work teams through a patented, published leadership development model navigated with my 18 years of applied leadership as a Marine (I was a Sailor for three years in another life). Our training is research-backed and gimmick-free. If you have a company or organization that could use a boost in engagement, productivity, communication, or any number of issues which affect you, please reach out to us for a free consult at – [www.southerncrosscrew.com](http://www.southerncrosscrew.com)

I also serve as the Director of Recruiting for Elite Meet, a 100% voluntary position. This is my opportunity to help others in the SOF-enterprise learn about, navigate, and capitalize on a networking community that exists solely for them.

*"No one is useless in this world who lightens the burdens of another." - Charles Dickens*

# Raider Heroes

## Navy Cross Citation

Private First Class, William Barnes  
Company C, 1st Marine Raider Battalion,  
Date of Action: September 13 - 14, 1942



The Navy Cross is presented to William Barnes, Private First Class, U.S. Marine Corps, for extraordinary heroism while serving with the First Marine Raider Battalion during combat actions against enemy Japanese forces on Lunga Ridge, Guadalcanal, Solomon Islands, on the night of September 13 - 14, 1942. While the battalion was being subjected to ferocious assaults by the enemy and in spite of a change in position, Private First Class Barnes, serving as gunner in a mortar section, kept up an accurate and almost continuous fire against the advancing Japanese. With utter disregard for his own personal safety, he courageously assisted in the evacuation of the wounded and the carrying of ammunition to the front line units. In the closing hours of the battle he voluntarily joined these units and ably assisted them in attempting the assaults until injured by enemy grenades. His cool courage, devotion to duty, and indomitable fighting spirit were in keeping with the highest traditions of the United States Naval Service.

## Navy Cross Citation

Staff Sergeant John S. Mosser  
2nd Marine Special Operations Battalion  
United States Marine Corps



The President of the United States of America takes pleasure in presenting the Navy Cross to Staff Sergeant John S. Mosser, United States Marine Corps, for extraordinary heroism in connection with combat operations against the enemy while serving as Team Sergeant, Marine Special Operations Company H, Second Marine Special Operations Battalion, U.S. Marine Corps Forces, Special Operations Command, in support of Operation ENDURING FREEDOM on 26 June 2008. While maneuvering through restrictive terrain to prosecute a time-sensitive High Value Target, dismounted patrol members were engaged with heavy volumes of high-angle automatic and sniper fire. Within seconds, two Marines lay wounded in the kill zone unable to seek cover. With disregard for his own safety, Staff Sergeant Mosser maintained keen situational awareness and calm under fire as he rushed to the aid of the nearest Marines. He single-handedly dragged the wounded Marine over 35 feet to a covered position and administered first aid. With the entire patrol desperately pinned down, one Marine killed, and five more severely wounded, Staff Sergeant Mosser devised a plan to break contact and extract his team. While adjusting close air support, he personally shielded and moved the wounded Marine through the kill zone a second time to safety. He then ordered the extraction of the remaining 22 members trapped in the ambush. As he instructed the team to move, Staff Sergeant Mosser exposed himself repeatedly to enemy fire and engaged the enemy until all members were safe. By his courageous actions, bold initiative, and total devotion to duty, Staff Sergeant Mosser reflected great credit upon himself and upheld the highest traditions of the Marine Corps and of the United States Naval Service.



# Marine Raider Association Membership Application

**Application Type:**

- Initial Application       Reinstatement/Dues Payment       Change of Address

**Membership Category:**

- Marine Raider     Honorary     Associate     Associate/Military     Gold Star Family

Last Name:		First Name:		Middle Initial:
Address:		City:	State:	Zip Code:
Telephone:		Cell Phone:		
Email:			Member Number:	
Complementary Life Memberships are granted to: (1) WWII Raiders (2) Spouses/Widows of WWII Raiders and (3) Gold Star Spouses and/or Gold Star Parents. Please contact our Membership Secretary at <a href="mailto:membership@marineraidersassociation.org">membership@marineraidersassociation.org</a> for more information.				

**Membership Category Descriptions:**

**Marine Raider:** Any person assigned to one or more of the following: (Please check the appropriate box)

- One of the four (4) WWII Marine Raider Battalions or two (2) Marine Raider Regiments
- Marine Corps Special Operations Command Detachment One
- Marine Corps Forces Special Operations Command

Unit(s): \_\_\_\_\_ Date(s): \_\_\_\_\_

Please list the names of two (2) MRA members who can vouch for you:

(1) \_\_\_\_\_ (2) \_\_\_\_\_

**DUES:**  \$25/1 year     \$60/3 years     \$375/Life

**Honorary:** The spouse/descendant/relative of a Marine Raider, or someone who has been nominated for Honorary Membership by an Active Member and approved by the Board of Directors and Membership at the Annual Meetings.

Please list the name of your Marine Raider, your Raider's unit, and indicate your relationship (spouse, child, sibling, etc.):

Raider Name: \_\_\_\_\_ Unit: \_\_\_\_\_ Relationship: \_\_\_\_\_

**DUES:**  \$35/1 year     \$90/3 years     \$500/Life     Life (over age 50) \$400 Age: \_\_\_\_\_

**Associate:** Any person who is historically interested in the Marine Raiders. Such members are invited to all Association functions and meetings and shall have the right to vote but may not hold office.

**DUES:**  \$35/1 year     \$90/3 years     \$500/Life     Life (over age 50) \$400 Age: \_\_\_\_\_

**Associate/Military:** Any retired or active military other than above.

**DUES:**  \$30/1 year     \$75/3 years     \$400/Life

Unit(s): \_\_\_\_\_ Date(s): \_\_\_\_\_

**\*\*Dues rates approved November 16, 2019\*\***



Membership questions should be directed to the Membership Committee at [membership@marineraidersassociation.org](mailto:membership@marineraidersassociation.org) or (760) 213-8584.

Checks for dues should be made payable to US Marine Raider Association and mailed to:

U.S. Marine Raider Association, ATTN: Helene Kozonicki, Membership Secretary, 2882 Shadow Wood Dr., Argyle, TX 76226

UNITED STATES MARINE RAIDER ASSOCIATION

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HUBERT, NC 28539

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USPS Delivery Point Barcode				

Please send address corrections to your membership secretary

**Important:**  
If there is no barcode, your address is not correct according to the USPS. Contact your post