



# *The Raider Patch*

*Magazine of the Marine Raider Association*

**MARINE  
RAIDER**  
ASSOCIATION

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# MARINE RAIDER ASSOCIATION

A National Non-Profit Organization

Supporting:

The Marine Raider Museum at Raider Hall, Quantico VA

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COVER PHOTO BY HOTO BY STAFF SGT. NICHOLAS PILCH

NATO SPECIAL OPERATIONS COMPONENT COMMAND-AFGHANISTAN

AFGHAN NATIONAL ARMY FROM THE 2/2/207TH KANDAK, ITALIAN ARMY OPERATIONAL MENTORING LIAISON TEAM AND MARINES FROM THE MARINE SPECIAL OPERATION COMMAND CONDUCT A COMBAT RECONNAISSANCE PATROL AROUND THE MOUNTAINS OF BAGWA, FARAH PROVINCE, AFGHANISTAN FEB. 26. DURING THE CRP THE TEAMS WERE LEAD BY THE ANA AND THEY DROPPED OFF SUPPLIES TO A SCHOOL IN DIZAK, CONTINUED ON THROUGH THE MOUNTAINS OF BAGWA CONDUCTING ROUTE RECONNAISSANCE WHILE GETTING EYES ON THE MOUNTAIN TERRAIN AND WHILE CONDUCTING THE ROUTE RECON THE TEAMS RECEIVED SMALL ARMS CONTACT. NO INJURIES OCCURRED DURING THE TWO-DAY CRP.

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# MRA President's Message



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

Merry Christmas, Happy New Year, and Seasons Greetings to you all! I believe that all of us are happy to see 2020 in our rearview mirrors with great hopes for 2021. With that in mind, let us do more than ‘hope’; let’s ‘make’ 2021 a better year for the MRA!

This is my last letter for the Raider Patch as MRA President. It has been a distinct privilege and the honor of a lifetime to not only be a part of the Marine Raider Association, but to also be its President. I’m thankful for the confidence the Association placed in me to help stabilize the organization and enable the team to transition from the ‘Old Breed’ WWII Marine Raiders to the ‘modern day Raiders’ of MARSOC.

In 2003, I was selected to join the ranks of the newly formed USMC Special Operations Command Detachment 1 (Det 1). It was at this time that I met my first WWII Marine Raiders. It became apparent that there would be a connection to the WWII generation, but it was not a priority of Det 1 in the early days of establishing the command. We were laser focused on manning, training, and equipping a world-class special operations force (SOF) contribution that would do the Marine Corps proud and contribute to USSOCOM’s mission in the early days of the Global War on Terrorism. As we prepared for a combat deployment under SEAL Team One, the importance of that combat legacy became clear, and we adopted the moniker of “Task Unit Raider.” While this was a very good step for the Marine Corps in special operations, it was but a small part of the story that led to the distinguished and heroic legacy that has been forged since 2006 by the Marines and Sailors of MARSOC. Why talk about this? It’s been nearly 20 years since I became a member of this storied Association, and I’m proud to report that we remain strong and relevant!

I assumed the position on January 1, 2018 after serving 2 years as a member of the board of directors. There have been many accomplishments in the Association over the past 3 years, and I’d like to thank the other board members and officers who devoted time, energy, and dedication to this cause. These members were instrumental in forming an organized and functional team to achieve meaningful outcomes. Some notable actions since 2018:

- Stabilized the organization with new board members and leveraged the experience of long-standing members
- Developed a new Strategic Plan and rebranding as “MRA”
- Delivered a new and improved website
- Energized a vibrant social media presence that’s reaching a wider audience everyday
- Enabled John Dailey to take the Raider Patch to the next level (It’s better than ever!)
- Updated (revised) the MRA Constitution and By Laws
- Developed a plan and resourced a revitalization of the historical displays in Raider Hall located at Quantico, VA
- Developed strong and meaningful strategic partnerships, most notably with the Marine Raider Foundation
- Formed an outstanding Membership Team that has updated and modernized the membership apparatus of the Association and formed the life blood of the continuity and transition to the next generation
- Developed and strengthened the relationship with MARSOC leadership at all levels

My ultimate goal was to make the MRA important and relevant to those who have served in the Marine Raiders, their supporters, friends, and families. While I feel like I could have personally done more to advance the cause of MRA, we all experienced a terrible and tragic “Black Swan” event with the COVID-19 pandemic crisis. Unfortunately, this forced the cancellation of most of our 2020 events and sidelined many initiatives. In spite of these challenges, we did, in fact, manage to continue to preserve and promote Marine Raider history and traditions; connect Marines, families, partners, and supporters, and mobilize the Marine Raider community to strengthen the Marine Raider spirit and values.

I'm proud and honored to be followed as President by retired Colonel Neil Schuehle, USMC. Neil was instrumental in the formation of the first USMC component in USSOCOM, and served noteworthy tours as the first commander of 1st Marine Raider Battalion (in 2006, known as Marine Special Operations Battalion) and the Marine Raider Training Center (in 2013 known as the Marine Special Operations School). He is a dynamic and energetic warrior-intellectual who will take MRA to new heights. Please congratulate him and give him your full support!

My sincere thanks and admiration go out to all of you. I always felt humbled to have served on active duty in the Marine Corps and to have been assigned to so many special tours of duty, such as Det 1 and MARSOC HQ. As I pass the "gavel" to Neil, I realize that I am even more grateful to have been in an MRA position that allowed me to get to know so many WWII Marine Raiders, their families, and our intrepid MARSOC Raiders. My thanks to the MARSOC commanders – LtGen Jody Ostermann, LtGen Sam Mundy, MajGen (retired) Dan Yoo, and MajGen Jim Glynn for their service and leadership of our Raiders. 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



**A**hoy Raiders!

I hope everyone had a great holiday. As we move forward into the new year I'm sure that everyone will join me in thanking Col Craig Kozeniesky for his service as Association President, and Hélène Kozeniesky for her tireless work as Membership Secretary. Incoming President, Col Neil Schuehle and Membership Secretary, Mike Poggi have some big shoes to fill, but I know they are up to the task.

In the upcoming year I would like to step up our efforts to promote Raider businesses and encourage everyone to support these business to the greatest extent possible. If you are a Raider with a business, please contact me to see how we can help promote and support you.

Because of some confusion, and to provide everyone additional opportunity to participate in the Doc Gleason Essay contest, I have extended the deadline until 28 February. Please get your submissions in.

Until next time,  
Gung Ho!

Raider John Dailey  
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102 Anniston Ct.  
Hubert, NC 28539  
(910) 554-9679



## From the Desk of MajGen Glynn

**H**oliday greetings from Stone Bay, where we hope that you and your extended families remain healthy. It remains a point of pride for us that we are able and willing to exercise discipline in our COVID mitigation measures to remain prevention oriented and response ready. As a result, we continue to reliably provide relevant and impactful capabilities for employment across the globe at a dynamic time in our history.

First, I recognize and thank all that play a hand in compiling The Patch and encourage you to continue to offer written pieces for the rest of us to enjoy. Since the last edition of The Patch we have celebrated the 245th birthday of our Corps, and we were privileged to have Lieutenant General George Smith, Deputy Commandant for Policy, Plans and Operations, as the presiding guest of honor. We were also honored to have in attendance Major (ret.) Jim Capers, who appeared in our Commandant's birthday message this year!

Before the birthday we convened our Commander's semi-annual off-site conference where the focus was on future force requirements and capabilities. You are likely aware of our Commandant's Force Design 2030, and in a synchronized effort we analyzed SOCOM guidance and Theater Special Operations Command assessments. The conference's initial conclusions are summarized as identifying the need to develop what we have identified as Strategic Shaping and Reconnaissance capabilities while sustaining our counter-terrorism and counter-violent extremism skill set.

Lastly, before the next Patch is published, we will mark the 15th anniversary of the official establishment of Marine Forces Special Operations Command. The history and legacy of this great team of course extends well beyond a decade and a half, and I congratulate and thank all who had a hand in making this a meaningful and impactful milestone.

Spiritus Invictus –  
Jim

Major General James F. Glynn, USMC

Photo by Cpl. Jesula Jeanlouis,  
Marine Forces, Special Operations Command  
Reprinted from DVIDS.

Marine Forces Special Operations Command hosted the 245th Marine Corps Birthday cake cutting ceremony at Camp Lejeune, North Carolina, Nov. 6, 2020. Lt. Gen. George W. Smith, Deputy Commandant for Plans, Policies and Operations served as the guest of honor at the celebration intended to reflect on the traditions, history and legacy of the Marine Corps. COVID-19 restrictions have changed the way Marines across the globe are celebrating the Corps' 245th birthday. The annual galas, held to commemorate the founding of Marine Corps, have been scaled back to ensure the health of the force while ensuring the most meaningful aspects of the festivities remain untouched



# Q4 2020 Membership Update

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**G**reetings to all of you from our morphing Membership Committee! As you may recall from our Q3 membership update, recently retired Marine Raider Mike Poggi joined the Membership Committee. I am happy to inform our members of an amazing transition that will occur on January 1, 2021! Having received the approval and backing of the Executive Committee and pending approval from the MRA voting membership at its 2021 Annual Meeting, Mike will assume the role and duties of MRA Membership Secretary. After many years of dedicated service by Honorary members, a Marine Raider will finally be back at the membership helm! Mike will be the driving force behind a strategic membership campaign that is targeted toward modern-day Marine Raiders. He will continue to be mindful of the service, sacrifice, and legacy of the WWII Raiders and the steadfast support of our current membership, while proposing ways to increase the Association's appeal to younger Raiders. It's been a long time coming, and 2021 is the year we've all been waiting for!!

I will continue to assist as a member of the committee as we fully transition the position. I will work together with Jenny Ruffini to continue our committee's efforts to connect with our remaining WWII Raiders. I personally wish to express my appreciation and gratitude to all MRA members, sponsors, partners, and volunteers for being allowed to participate as Secretary and Membership Secretary. It's been an honor and a privilege to be associated with so many incredible individuals!!

As always, your constant support of the Marine Raider Association as an active member is vital to the MRA mission! I know that Mike will receive a warm welcome and your continued support!

Semper Fi and Gung Ho!

Hélène Kozeniesky, Outgoing Membership Secretary

**T**hank you to the MRA board and Outgoing Membership Secretary Hélène Kozeniesky for the honor of allowing me to take this position. Great things are coming in 2021 for the MRA.

The fraternal bonds created between the WWII Raiders over 70 years ago continue today through their descendants and relatives as a way to continue that special bond forged between them in the fire of combat. Now a new generation of Raiders, whose bonds have also been forged in combat, will do the same. The natural progression of the MRA will continue to include more modern raiders in the coming years, reflecting the era of the Global on Terror, while remembering where and how it all started in Southern California seventy eight years ago.

In this vein, it is our shared story of our WWII forefathers and our modern-day Raiders that we will tell now. The names and faces of those who have served alongside us will remain alive in our brotherhood, and when we gather, we will celebrate the good times, remember the tough times, and tell stories of the fallen so they will never fade from memory.

I look forward to moving the ball forward with membership modernization, continuing to preserve our heritage, and connecting with each other and our community in the coming years. Thank you.

Semper Fidelis and Always Beside You,  
Michael Poggi, Acting Membership Secretary

# The Bull Sheet

I wanted to write to thank Brett Bourne for his article on things to think about when transitioning. I will be retiring in a few years and his advice hit home for me. I had not thought of viewing priorities in that way but now I will and I know I will be better prepared.

J. Davis

---

Raider Dailey,

I love the job you are doing with the Patch. It seems that each issue just gets better. I especially like the articles about diet and fitness. Those have something for everyone in them. That Rita Chorba and Abby VanLuvanee sure know their stuff. Keep them coming!

---

Edward Earl Proffitt

January 13, 1942: Enlisted in the US Marine Corp in Bristol, Tennessee (at the local high school)

Military Service 1942

April 28th to July 3rd : American Samoa Islands

July 10th to August 7th: Noumea, New Caledonia

August 7th to the 20th : Tulagi

August 20th to October 13th : Guadalcanal

November 20th to November 24th : Noumea, New Caledonia

Military Service 1943

November 29th to January 6th : Wellington, New Zealand

January 10th to May 28th : Noumes, New Caledonia

June 11th to July 3rd: Guadalcanal

July 4th to July 13th : New Georgia

July 20th to October 6th : Noumea, New Caledonia

My father was born in Saltville Virginia in 1919, a small rural town commonly known as the Salt Capitol of the South. He was the only male child who survived from a family of fifteen children. Growing-up my Dad became familiar with the woods and hollows around Saltville and skilled at tracking and hunting deer and other large game for food.

Ed (and his childhood friend, Hardy Roberts) enlisted in the

US Marine Corps at the beginning of World War II and volunteered to become a 1st Marine Raider under Merritt Edson, attached to Charlie Company, First Battalion. He was at Tulagi in the Solomon Islands and Guadalcanal (Lunga Ridge, also known as Edson Ridge or Bloody Ridge) to defend Henderson Field and New Georgia.

On Guadalcanal Ed was wounded for the first time: he was on point and spotted a sniper in a coconut tree; fired at the sniper which alerted the rest of the squad and apparently nearby Japanese and was hit with fragments of a grenade thrown in his direction. All through his life, shreds of shrapnel would emerge its way through his body. The second was on New Georgia where he wounded in the back and lost a kidney. During the night he laid under dead marines for some time and pulled them over him as the Japanese overran their position and were bayonetting men, making sure they were dead. He was later found by members of Charlie Company and taken to the medics.

One of the very few stories he told regarding his experiences has to do with his friend Hardy Roberts. Sometime shortly after the first battle on Edson's Ridge, Roberts was captured by the Japanese. Throughout the night Ed and other men in their foxholes heard Roberts screaming in pain and calling out for help. I will say, this impacted my father with guilt and remorse for the rest of his life. Mr. Roberts body was never found. Ed had tremendous loyal and respect for Merritt Edson. He would say that Edson was like a mole, showing up when you least expect it in the foxholes. Throughout his life he attended many of the Raider's Reunions (overwhelming associating and socializing with the Edson's) and visited the Marine Base at Quantico numerous times. My Dad was always proud to be a Marine and repeatedly said "Once a Marine Always a Marine".

---

Hafa Adai, Chuck M. Sr.

Just wanted to share with you that I met another WW2 Marine Raider named Frank S. Wright. I met Frank last Sunday after contacting him through the Stockton Marine Corps Club. We had a nice visit and I had him sign his book that he wrote. I also had Frank sign my Guam flag.

Talk with you soon,  
Johnny Cepeda Gogo





# A Request From Raider Meacham



## Then and now

Chuck first became involved with the Marine Corps when he volunteered for the Marine Corps in February of 1943 at age 17. After completing boot-camp he volunteered for Raider Training and joined the 3rd Marine Raider Bn while in New Caledonia in August of 1943. Thereafter he spent 24 consecutive months in the South Pacific engaging in combat as a BAR man on Bougainville, Emirau, Guam, and Okinawa. As a Raider he was involved in a number of first wave landings within Japanese held territory, including a rubber boat landing behind enemy lines in Bougainville. At the end of WWII, he used the G.I. Bill to attend college. Chuck is a life member and Past President of the U.S. Marine Raider Association as well as founding member the U.S. Marine Raider Foundation.



**The concept**



**Raider with BAR  
(Browning Automatic Rifle)**

**A**hoy Marine Raider fans. I have an opportunity for you—read on! I’m WWII Marine Raider Chuck Meacham. On my 95th birthday this year, I began walking 95 miles in 95 days to raise \$95,000 for a bronze monument in recognition of my Marine buddies that cannot walk. Of the 8,000 WWII Marine Raiders, 1,000 never made it home and 2,500 were wounded in action. They gave their all. Can you give from your wallet? Let’s remember them in a long-lasting monumental fashion. The bronze monument will memorialize all WWII Marine Raiders, engraving all 8,000 names on the base of the monument. The monument itself will consist of three life-size Marine Raiders (a BAR marine, a code talker, and dog handler with dog). This initiative is anticipated to cost about \$855,000. I’m walking to raise greater than 10% as my contribution.

You can become a part of this historic monument by contributing through my go-fund-me site: Fundraiser by Amanda Hall : 95 Mile Walk in the Name of WWII Raiders (gofundme.com) or by sending a check to the Marine Raider Foundation (a 501(C)(3) nonprofit corporation) noting “Raider Monument” on the subject line.

Marine Raider Foundation  
Box 17454  
Fountain Hills, AZ 85269

More about WWII Marine Raider Chuck Meacham:



**"Hey, Joe, did you print that BAR?"**

By Douglas Charles Granum

**A**ll of my life I have been involved with rifles and pistols. Like most everything in my life, I taught myself. I taught myself to row and understand the sea, to hunt and finally to shoot. Shooting is intuitive when to squeeze. I was a loved feral child. I grew up on a small stump farm, cows, goats, horses, ducks, chickens, many of you know the place or places like it. We lived near the shores of Puget Sound.

When I ventured into the woods I took my rifle or If I was heading out into Puget Sound's salmon filled waters in my 10' wooden skiff, I took my pop gear for trolling.

You see in our house my 22 single shot always stood by our back door and I always had a pocket full of 22 longs; many of them from time to time, much to my mother's horror, went through the washing machine.

I was a child of the second world war. It was all war up until I was 6 -7 years old. Our childhood games were war games our clothes were camouflage colors. I had my first gun given to me when I was five by my uncle Bill who was gassed in France in WWI. It was an old rusted pump shot gun that didn't pump or shoot, it was found on a corner of our acreage stuck barrel first into the ground as a survey marker. Most of my early memories are disparate images of WW-2 vintage. Squadrons of planes overhead; the occasional blimp; war ships out on the sound; soldiers marching down our gravel country road; news headlines with 5 inch font about this battle or that; it was all war, all olive drab. This was all I knew at that age. Guns are a big part of that! What I am saying is that to build a BAR it does help if you love guns, and I did and still do.

The weapons of my youth were varied, they were mostly trades of one sort or another. My first working rifle was that single shot .22 you see there leaning against the back door. My older brother, Harold, who was in the army ACS, Alaskan Communication System, bought it from an Aleut Eskimo up in Unalaska. The stock was gashed and marred where my brother used it to break up a fight between two crazed huskies in bloodied snow in front of a bar. It didn't have a shoulder plate. This rifle was very accurate as long as you aimed slightly to the left and slightly up, never a miss, you had to "feel" the target, tin can or dove.

A few of my other weapons were, in no particular order, a 16 gage browning pump with inlaid roughly carved ivory geese, another gift from my brother from Unalaska bought from an Aleut fisherman, his seal gun, slugs or double o. I had a Remington four-ten single shot, given to me by my grandmother who used it on coyotes in North Dakota, a Winchester 16 gage over and under, a very sweet little side by side 12 gage dove gun with 26 inch barrels. I also had an OLD Belgium 10 gage that we tied to a stump to fire. It had damask barrels. It wasn't safe. I'm not really sure as I think about it, if we even put exactly the right sized shells in that old pipe. I had a British 303, a Japanese Arisaka, which I never could find ammo for, a WW-2 German 8mm Mauser, which was my deer rifle also my favorite. It was highly accurate, so much so that I could take the head off a pigeon perched atop a 100' fir tree. My mother was thankful for these gifts with out lead in the breast. I also had various pistols. My favorite was a 3 1/2 inch barrel 357 Smith and Wesson single action, similar to General Patton's, he, Patton was also my "Son of a Bitch." What a warrior.

I had other weapons but this is supposed to be a story about printing a BAR, though just one other mention. I also had a deadly double action Colt 45 which one fine day I traded for a Leica camera. Good trade that one. It changed my life, but that's another story. As I think about it what I am relaying to you is how to print a BAR with 3-D technology, but also hugely important in the world of art is that other thing called experience. What is that? It is everything I have told you and more- Belief.

I have always loved shooting but how could I have ever known then that one day I would be printing, did I say printing? a WW-2 classic 14 inch BAR rifle.

Conversely if I wanted to make a pistol growing up I carved it out of Ivory soap along with a tooth or two, how times change.

With all of the iron I had growing up, to make a rifle out of plastic was, well, unheard of. Especially so since when I was a kid plastic was essentially worthless. It always broke; you couldn't even glue it, though glue in those days was also pathetic. The only plastics I knew were the glowing ivory colored knobs on the dashboard of my father's old Mercury, yellow and stained as my grandfather's Meerschaum pipe.

Wait a minute though, there was the time I took my whole plastic Revell naval fleet, which I had taken about a year to construct, carriers, battlewagons, cruisers, etc and when our vegetable garden was flooding one grey sodden rainy winter day, I took that whole fleet and set them adrift on the high seas. That is the high seas between last years corn stalks and pea vines.

We, my brother and I, then scurried about seventy-five yards up to our house and into my upstairs bedroom, threw open the window sash and looking down in to the flooded south pacific better known as our garden, we proceeded to sink the fleet. My grandma's house which was about 15 degrees off from the "fleet" looked upon this naval bombardment in the vegetable garden with great distain, and promised to tell my dad about the whole incident when he returned home that night from the shipyard.

All right I have kept you long enough, on to the printing of the BAR. You can see here that printing this BAR is part of a love story of mine, maybe yours too, that is with firearms.

Also it is easy to see experience and contacts are hugely important to the creative process, upper level awareness is needed.

The first thing to know when you enter into the world of 3-D printing is that you enter into the world of computers. The computer is subservient, but essential to achieving your desired goal. Which is this object, what ever it may be, that we want to create, it is here where pure creative thought can happen.

In the land of computers there is every kind of information and nearly all of it is available, an endless array of purchasable objects. Look around you where you are reading this and most probably it has all been through a computer and more and more likely also through a 3-D printer. The world of 3-D is the computer conduit to heart valves, jewelry, aircraft parts, hip replacement parts, auto parts and, of course, refined details of the BAR, and so much more, endlessly more, frightingly more, you can print a grenade or a peanut butter sandwich.

The process along the way is fascinating. We build the BAR from a cyber block of NOTHING, in goes the visa card and out comes the outside shell image of the BAR as well as its guts, IF you purchased them also, its all for sale.



Remember here though, that data bits arrive after having passed a plethora of permutations. This is to say they, the bits, get beat up and altered along the digital pathway. Transmutation.

My 3-D world is a world of team work without which I would be dead in the water. At Form 3-D foundry where I do my 3-D shaping, discovery and printing there are scanners, finishers, patina experts, hot wax masters and master designers, to name a few, excellence is the name of the game. All of them are committed and conversant with computers, a type of second language. They are also all artists in their own right and excellent at what they do, all having the "eye". There is no room for dead wood in this group, this is poetry, each word must count.

Corbin is one of my most valued partners in our "Foundry" in Portland, Oregon.

Corbin sits all day at his bank of computers with digital brushes, styluses, and cyber pencils, creating the most exacting details and exquisite forms of most anything. In other words Corbin is a master.

For our BAR we take a "stock image", i.e. one we purchased online. We modify this stock design for some days until we reach the perfection that the Browning Arms company, Corbin, and I meant it to have. This means measuring everything. Remember here, we are REPLICATING an object, the BAR, not creating a unique new original creation, so we measure and compare constantly we have, so to speak, a road map, a template.

If we are CREATING an object we most likely wouldn't measure anything, think abstract paintings. Though on another level chaos can be measured.

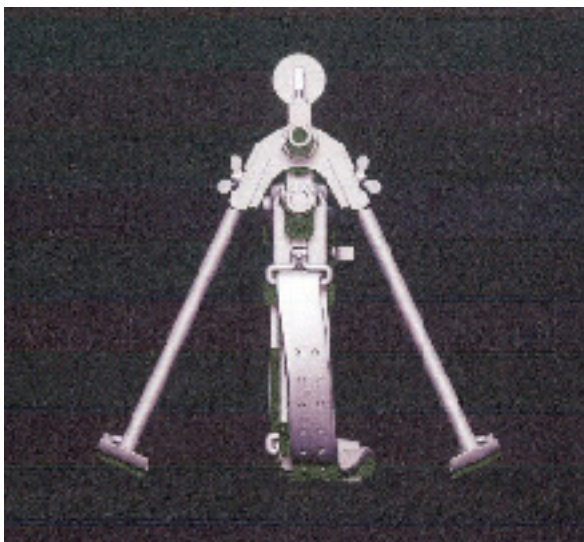
Time has a way of wearing away sharp edges and corners even with data. Just look in the mirror, are we data?

Even in the digital world things get softer, rounder, blurrier. Believe it or not, my astro-biology friend, tells me that even shadows cause wear. Humm? Exfoliation?

Corbin tells me that when he gets many stock images they have shoddy workmanship and it makes him grumpy, since he then has to "clean" them up.

Every creation is an endless chain of decisions, carefully pored over to arrive at what one thinks is his/ her ideal goal. I say 'think' their ideal goal, because the world of distant future thought and image making is always exponentially expanding and the question is always when to stop.

In our case with our BAR we know to stop where the Browning Arms Company stopped. We are not adding parts and gewgaws to our BAR, but trying to achieve the slim and effective perfection that Browning demanded. Although my dear WW-II raider friend told me that when he hit the beaches and jungles of Talagai he modified his BAR by ripping off the tripod and the handle instantly saying they got snagged on every danged thing in the jungle.

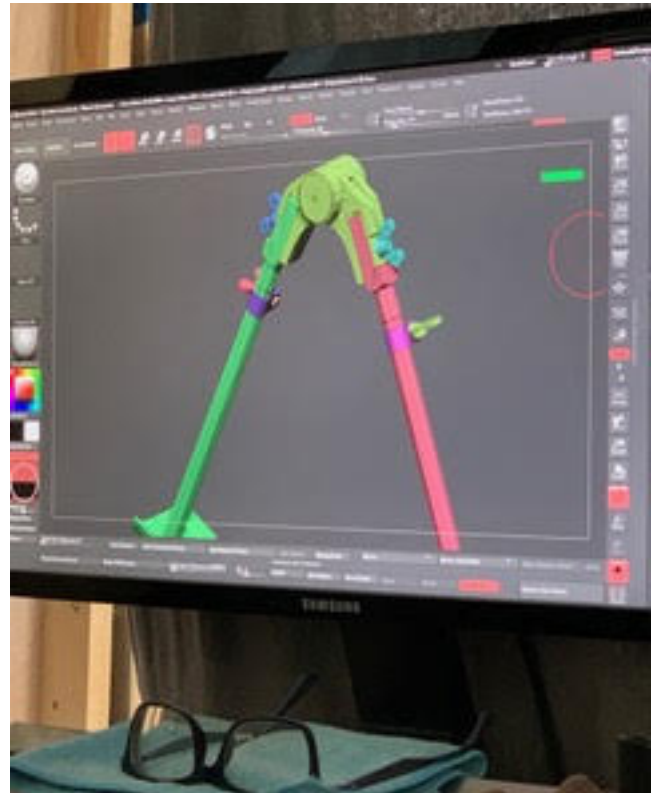


Never do you want perfection more than when you are creating armament.

Creating and printing this rifle I want perfection, exactly what Browning arms manufacturers wanted, demanded and got, no jamming parts.

So many new and unique objects can be created with 3-D. In the past to create some of these objects it would have taken a lifetime of experience to achieve, if ever.

With the right data I can make you that heart valve I talked about, how mysterious. 3-D is getting closer to perfection.



There are many new ways to print besides epoxy, there is gold, silver, many metals and even concrete. Each year, smaller and less costly printers are coming out. With all of this new gear, of course comes many new ideas. The Marines have recently 3D-printed a 30 foot combat foot bridge in one day where-as the old way took five days, 3-D is quick.

Speed, of course, is essential in war.

We can now, with extreme efficiency, print a composite BAR rifle that fires regular ammunition as well as a Klashnikov, or that little snub nosed forty five that I traded for the Leica. The printed Leica and the printed forty-five will actually shoot. I have the feeling we ain't seen nothing yet.

Remember it's nearly ALL on the web somewhere with the rare exception of the most esoteric objects.

3-D technology can take you a long way especially for architectural work, medical work, objects that have already been created, that have a template.

These data bits of information on your favorite subject are for the most part there. Want a lens cap for your 37' Plymouth tail light? Easy. The fun begins when you enter into the ether, i.e. creation. There is no GPS, no up no down, no here, no there no color no sound, a white canvas is at least white, the color of infinity.

Remember our BAR sculpture is from an idea, it is created from data bits and thoughts, we know the language and have a "template," this is huge.

But for the creative art world we still need an original IDEA.

3-D is not cold fusion. We need to start with something. Many people have the misguided idea that with 3-D they can push a button and out will come their dream creation, not so. Though the pathway once identified is a cornucopia of expanding refinements.

Nearby you see images of my "Old Fisherman". This creation at this stage is clay and various other materials, steel, rope, shell, glass, etc. I am constructing this work by hand, using what ever I can find to make a meaningful sculpture, old technology.

The way I am proceeding with this old fisherman is similar to the same way I have been creating most every other sculpture I have created. Indeed the way sculpture has been created for centuries EXCEPT now in this case, I have a computer up my sleeve, with a 3D printer attached, a synthesized old and new.

Once I have this proud old Fisherman created and scanned into my computer, I can shorten him, elongate him, torque him, add to him anything I feel like, give him arthritis, scars, you name it. For this I use digital paintbrushes, and digital pencils which shape pixels. Without the 3-D none of this would basically, be possible.

After this I can cast him in bronze if I choose.

Artists through out eternity have been among the first to embrace new technology so as to create new and unique art.

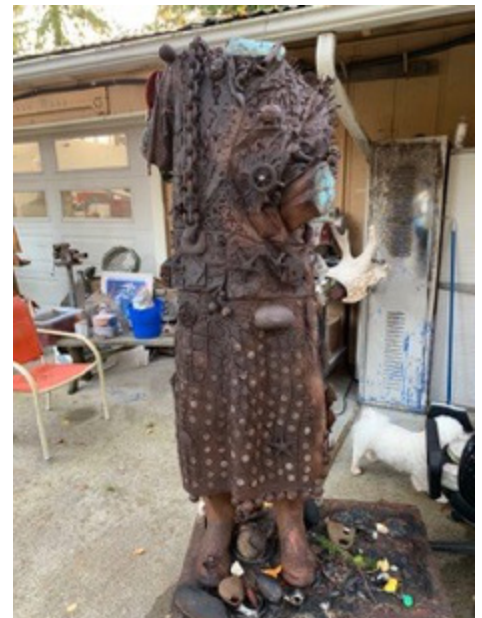
3-D gives us new opportunities, what a marvelous gift. However recall, one has to create something first to have an object to 3-D manipulate and print.

There are a myriad of ways to create. Childish scribbles which can become 30 foot abstracts are still childish scribbles only bigger scribbles. This is to say that the same as with most any tool, one can easily create drivel. It is vital to remember that when first looking at bad art you will know everything about that kind of art in the first few moments. It will never offer more because it doesn't have more.

Great art conversely will continue to reveal its greatness forever, i.e. even with the best of tools we can create junk or genius.

Corbin sits on a high stool with screens around him and his dog at his feet. He has images that we have purchased, as well images of my own and his own making on the screen. On the screen we twist shapes, compare them, meld them, revise, refine them, paint them and constantly with diligence hunt down the perfection we are seeking.

We minimize greatly the size of our purchased stock BAR images on the screen. Corbin does this to get the extreme close up view that is demanded for our detailed inspection. Think of tooling, looking at it through a magnifying glass, every scratch, pit, untoward aspect we can see and constantly correct to perfection. We could fly to the moon on this technology. This attention to detail would also provide



the smooth articulation you would need for a smooth hip joint or?

For instance here is a very close up view of the bi-pod connection on the BAR. Is it half inch or ten feet, it doesn't matter it is all scaled exactly same?

The legs for the bipod on our 14 inch model, to scale, are only 3/16th inch in diameter, and yet in the reduced scale we can still create a tube down the center into which we will insert a stainless steel rod for strength. This is virtually, for the most part, not possible without this technology. We want the strength so that our 14 inch BAR can stand on a desk, hence the stainless steel insert.

From this data I can make a 1" BAR or a 40' BAR or? It's all in the computer and all to scale.

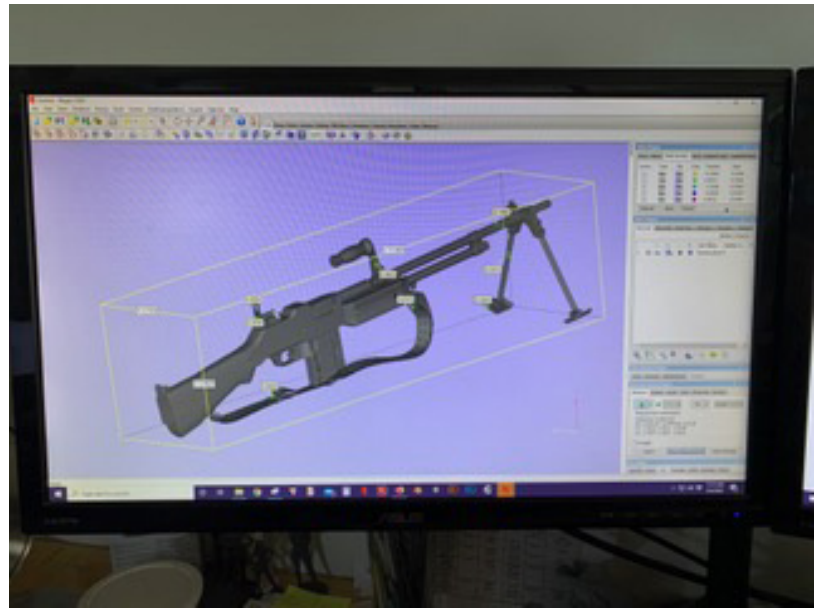
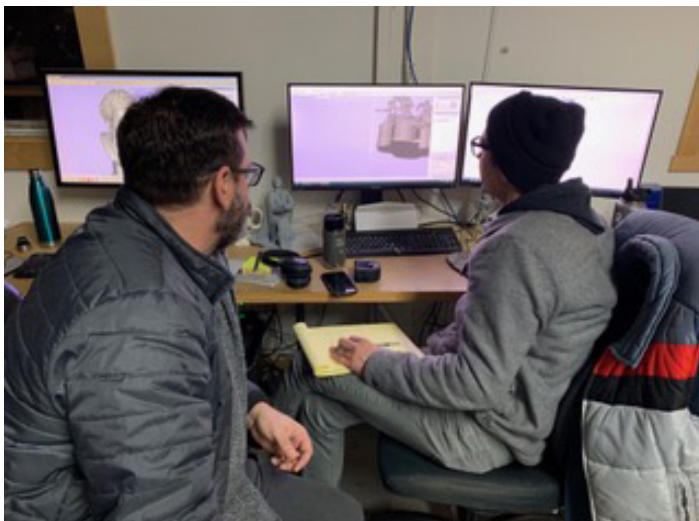
Once we have refined all of the drawings we are ready to move the data to the printer. This is, of course, after paying heed to the carpenter's admonition, check twice, cut once.

It is here that we enter into the most technical aspect of this process. This is an exciting ride.

Form 3-D foundry's go-to 3-D printing technology is an industrial scale binder jet. A binder jet is an additive manufacturing process in which a liquid binding (think glue) agent is selectively deposited to join powder particles. Layer upon acrylic layer of this "glue" and powder are then bonded to form an object. (BAR) The printer is about the size of half a VW bug. It prints by depositing a very thin layer of acrylic powder about the thickness of a cat's hair onto a platform followed by a printhead which precisely deposits microscopic droplets of glue that build the desired object (a BAR in our case) one cross section per layer at a time. For visualization think perhaps, of a stalagmite or an intertwined tree root, equally possible. This is the beauty of the process, all is nearly all possible.

The platform automatically lowers a distance equal to the thickness of the powder layer and repeats the process over and over until it has completed its program, i.e. until our BAR is printed, created in 3-D. Because of the jet's large build envelope, i.e. it is a big machine, it can produce 19000 cubic inches of 3-D parts in the few days it takes to complete 3000 layers of print. That's about 166 layers per vertical inch. The speed, build volume, and comparatively low cost of material makes it ideal for producing large size monumental sculpture or large quantities of highly detailed miniature sized sculpture, i.e. our BARS, or that heart valve, hip joint, aircraft part or name it? My design work and much other creative work is done at my home studio in Southworth, Washington, while my 3-D printing work is done at Form 3-D foundry in Portland, Oregon, some 250 miles south.

My bronze casting and Patina work is done in Enterprise, Oregon, 450 miles to the east of Portland in what is one of God's most beautiful places. This is the home land of the famous warrior chief, Chief Joseph, of the Nez Perce, and the incredible Wallowa valley. Here, nestled into the landscape, is Parks Foundry, where some of the greatest works of classical and abstract art are produced anywhere on the planet. Steve Parks is a classicist and has customers worldwide.



It is here that all the painstaking time we took at the computer comes to be an exacting 3 dimension bronze sculptural object, our BAR.

In some cases when an object is smaller it can be taken directly from the printer and cast in one single pour of bronze. On larger works there are numerous printings and many pours, imagine futuristic potato chips of bronze. The pieces are torqued and twisted, bent and layered, pierced, all tongue and groove; they are perfect and hence sleeved one piece into the next like a Swiss watch.

When raw bronze pieces can be assembled this perfectly they can be welded together perfectly as well. This is all made possible by the master designers at Form 3-D foundry and by 3-0 Technology, and the incredible school of old time hi tech master metal smiths at Parks Bronze.

In the old days a great deal of work getting a sculptural object ready to cast, was done in wax, the French Cire Perdue or lost wax meth-



od. The lost wax method is industrially polluting while by contrast 3-D is very green and by multiples, way more efficient. When the casting and then the welding is complete, the weld is chased, i.e. made smooth then buffed more until we reach the type of surface we are searching for i.e. in the case of our BAR, smooth and no weld seams visible.

This seems a long explanation but this is the path. We now have a complete and exact 14" replica of a full sized BAR. Our completed polymer print is light buff plastic in color. What color is our BAR?

I'm remembering now all of my old guns and they were all different in color, and wear. I would imagine a BAR would be the same. Creating art such as the BAR is all about research. Every aspect must be perfect.

Having said that, this is only when we are trying to perfectly replicate an object, such as the BAR, it hasn't originated with us we are only copying it, did I say only?

It by now should be apparent that when many of us conjured up the idea of 3-D printing technology in the past that we seemed to think it is automatic start to finish. Sort of like push a button in your brain and one on the printer and poof out comes our thought. But as you see it is not automatic, it is all conscious decision. Each step along the way must point to our creative goal. The steps come from everywhere in our own memory and a vast array of experiences and of course all over the web.

After the bronze is cast, it is bright bronze in color, brightness that will not last by the way, It turns dark chocolate after contact with the atmosphere.

Once more our BAR is inspected by the crew. Is it perfect?, yes it is perfect.

Our BAR then goes to Bart the supreme patina master. It is here in Bart's steamy, chemical, acidic, hot torched hut that the surface comes to life. BART and I will study perhaps for days. I will put every color and shadow consideration that I know to the test. There are many tricks to tease the eye. I know that whatever Bart and I come up with Bart will be able to torch it, apply just the right chemicals and carry me to the color palette I am seeking.

Chemicals on metal famously migrate. In some ways however the difference isn't that great, its all color and shadow. Sculpture is all about shadow and color. Finally we will put a water based lacquer on the BAR, put it into a unique and special protective container and it's ready for shipping.

However you can see that the 3-D printing is a small yet important part of the sculpture. At the end of the day you see the hundreds of small and large personal decisions. Maybe you hunted as a kid so you know a little about guns, maybe you were or are in the military so you know a bit more or maybe you are a Raider and then you know a hell of a lot more. If you are military you know how to shoot, but quite likely you don't know how to make a plastic BAR or AR-15, that fires real ammunition.

What is available to the artist/creator is absolutely an open book. Hopefully this article will help you to understand this exciting world. This is harder to explain than I initially thought it would be, primarily because, as is most often the case, it isn't the tool it is, and I hope I have made the case, it's the operator/creator. All of this disparate information, and a lifetime of experience, and a highly talented team, is what it takes to make a BAR with a 3-D printer. What fun!



Douglas Charles Granum  
douglasgranum@hotmail.com



As the New Year begins, the Marine Raider Foundation would like to share how donor dollars have made an impact in 2020, a year that presented all of us with challenges and extraordinary circumstances. These challenges did not stop friends of the Marine Raider Foundation from answering the call to support our mission. Thanks to the generosity of our network of people, companies and organizations who are committed to supporting the Marine Raider community, the Foundation was able to:



- Provide funding for the U.S. Marine Raider Association's Raider Hall Project at Quantico
- Provide funding for medical equipment and travel not covered by insurance for 43 Raiders who are wounded, ill or injured
- Provide travel funding for 3 Marine Raider families who suffered the loss of their Marine in 2020
- Provide travel funding for 20 Marine Raiders to attend memorial and burial services of their fallen Raider brothers
- Provide Transition Assistance Grants for 26 Raiders as they separate from military service and rejoin the civilian sector
- Provide funding for 6 families to reduce out-of-pocket expenses associated with medical treatments of a Raider spouse or child
- Provide funding for 10 professional, personal, and family resiliency events hosted by Marine Corps Forces Special Operations Command (MARSOC)
- Provide funding to add Major Moises Navas, Gunnery Sergeant Diego Pongo & Sergeant Wolfgang Weninger to the Memorial Walls at MARSOC Headquarters and Courthouse Bay



The Marine Raider Foundation remains committed to supporting Marine Raiders and their families, now and always. Please visit our website, <https://www.marineraiderfoundation.org>, to view our latest promotional video, donate, get involved, check out upcoming events, and learn more about how you can make a difference by "Helping those who have sacrificed the most."







## *The Networking Power of LinkedIn By John Logan*



I, like many, will forever look back at the Spring of 2020 as the time the COVID pandemic hit and changed us as a society. I am sure many would agree, it was not the ideal time to be quickly approaching terminal leave, but my 21 years of service in the U.S. Marine Corps was coming to an end. I had no idea what the next chapter in my professional life would bring so I decided to enroll in the The Honor Foundation (THF). Among many other valuable insights for a transitioning veteran to know and learn to apply effectively, over the course of our cohort I had begun to value the power of networking and recognize the strength of a LinkedIn profile. It is an essential tool for any transitioning veteran to have.

Prior to enrolling in THF, I had a LinkedIn profile, but it was bare bones. My profile pic was a selfie I had taken about 10 years prior and my current job title was listed, but that was the extent of my information. I more or less treated it as a professional Facebook account and I was only connected with other Marines and some close friends and family. Little did I know that it would prove so critical to my professional networking and in finding a job after the military.

I never fully realized just how critical LinkedIn had become to both recruiters and job seekers alike since its creation in 2002. In fact, over 20 million employers are on LinkedIn and 87% of recruiters use it to hire new applicants, according to a 2020 report published by Kinsta. But COVID drastically changed the way nearly every business in the private sector operates and communicates. Perhaps the most drastic impact though was on our ability to network in the traditional way of in-person events, such as career fairs and social events. Virtual communications platforms took off like a rocket and social media seemed to have become the preferred means of communication and developing relationships. In light of this, LinkedIn became more critical than ever to building and fostering a professional network and showcasing your personal brand.

It is a critical tool to leverage so you can grow a professional network outside of the military community and foster new relationships with individuals in industries, roles, and organizations of interest to you. And I am sure many reading this will agree, one of the amazing aspects of our military community is the connectedness we share to each other. LinkedIn has proven that in a virtual environment, we can remain connected. There are countless veterans' organizations on LinkedIn which offer a great way to build new relationships with like-minded individuals. In addition, they can help find veteran-friendly employers.

With a great deal of help from THF, I was able to quickly build my LinkedIn profile to include a professional headshot, an impactful executive summary, an impressive list of my key strengths and offerings for all to understand. In addition to a professional resume and other critical bits of personal and professional highlights, I was able to define my brand. I learned how to communicate effectively on the platform and increase my presence. Another thing I learned is that veterans are eligible for a one year free subscription to LinkedIn Premium, which provides access to thousands of educational programs and opportunities offered by LinkedIn, InMail credits, insight into who viewed your profile, and additional job information. This benefit greatly enhanced my experience using the site as a networking tool and applying for job opportunities.

As I am writing this, I have been officially retired from the Marines for two months. Nearly all of my networking is conducted on LinkedIn and I have connected with many successful business leaders who sincerely want to help transitioning veterans. In staying connected with former colleagues and fellow Marines, I have gained access to their networks and joined various veterans organizations. However, the most valuable takeaway here is that I now have an opportunity to give back and help other veterans, all thanks to the networking power of LinkedIn.

Helpful things to consider as you develop your profile:

- 1- Open a LinkedIn Premium account at least 12 months prior to separating. It is free for all active duty servicemembers and a **MUST HAVE**.
- 2- Have multiple professional, high resolution profile pictures available to select from. Attire should be business casual or greater against a neutral background.
- 3- Your larger profile banner should be creative. Avoid the generic designs and choose from hundreds of free designs available at [canva.com](https://www.canva.com).
- 4- The **About** section is your introduction to the reader, therefore it must be compelling for them to click to learn more about you.
- 5- Even if you don't want to be active just yet, begin following companies and groups in areas of interest to you outside of the military communities.

# Want to Reform Special Operations? First, Seek to Understand the Mindset

By Aaron Bazin and Karla Mastracchio

This article previously appeared in the *Small Wars Journal*. Reprinted with permission from the authors.

**F**ROM THE RAID on Osama bin Laden's compound to operations surrounding the death of Iranian General Qasem Soleimani earlier this year, special operations often grab the headlines. In recent years, some of these headlines have been salacious: Murder Trials. War Crimes. Drug Crimes., Marine Raiders and Navy Corpsman charged with Manslaughter, and Inquiry Finds Soldiers Unprepared in Niger. This has brought attention to the activities of members of this community and begged some difficult-to-answer questions in many minds. Some analysts argue that American policymakers default to the use of special forces too often and without adequate consideration for the second- and third-order effects.

Here, American policymakers must weigh many risks in the development, oversight, and use special operations to protect and advance the nation's interests. If they hope to do so from an informed position, they must understand what makes special operators tick — their mindset. In this article, we present original research into the creeds the special operations community uses during selection and training as an indicator of their inherent mindset. The purpose of doing so is to provide new insight into how special operations approach some of today's most wicked military problems.

## Creeds of the Special Operations Community: The DNA of Mindset

The military has no shortage of creeds and oaths. Once a person enters U.S. military service, they take the oath of office promising to support and defend the constitution. Then, usually in their initial training, they learn one or more creeds or oaths that vary based on their chosen service branch. From there, if the service member decides to join the Special Operations community, there are more oaths and creeds they learn to shape their behavior. In some circumstances, trainers ask the aspiring special operator to repeat the creeds multiple times or memorize them word-for-word. However, these creeds do much more than help communicate what to do. They convey important messages about the mindset the organization expects them to display throughout their career as members of a tight-knit and elite community.

Overall, special operations selection processes seek to identify those who display the critical traits operators need, such as the ability to operate as team members, individuals, and leaders, all without close supervision. For some sub-communities within special operations, this includes an appraisal of the individual's aptitude and motivation to work by, with, and through indigenous forces and populations. Following selection, specialized training provides these service members additional knowledge, skills, and abilities they require to perform their missions. Finally, once a qualified member of the community enters the force, their unit plays a tremendous role in the formation of their mindset and subsequent behavior as a special operator.

The rhetorician, Kenneth Burke asserted that all humans are “symbol-using (symbol-making, symbol-misusing) animals.” To put it simply, it means that language and our ability to understand and use (or misinterpret) language, signs and symbols are what set humans apart and what best defines what it means to be human. What happens when we understand the SOF creeds as symbolic texts? It is through symbolic texts like the SOF creeds that SOF culture is grounded.

While creeds and oaths give us insight into the normative behaviors and expectations of SOF, it also gives us an insight into one of the ways the SOF culture and SOF identity are created. To understand mindset means also to first understand the language that helps create the SOF identity and significantly influence how operators see the world and the choices they may make.

**To understand mindset means also to first understand the language that helps create the SOF identity and significantly influence how operators see the world and the choices they may make.**

Communication and cultural studies have produced research for decades unpacking the power of language, narrative and rituals as being essential to creating culture. Researchers have long argued that the narratives that exist in a society shape reality for that population and influence how they understand the world. Naming is important. That is, what something is called and the importance it is given dictates how people act and rules and policies they make toward them. Those that study language call this “the politics of naming.” Because words matter, there are real world consequences and brick-and-mortar effects resulting from linguistic choices. How we talk about someone dictates how we treat them. Because the words we use have consequences, there are real world and tangible effects resulting from rhetorical choices, something that rhetoric and communication scholars call the “the materiality of language.”

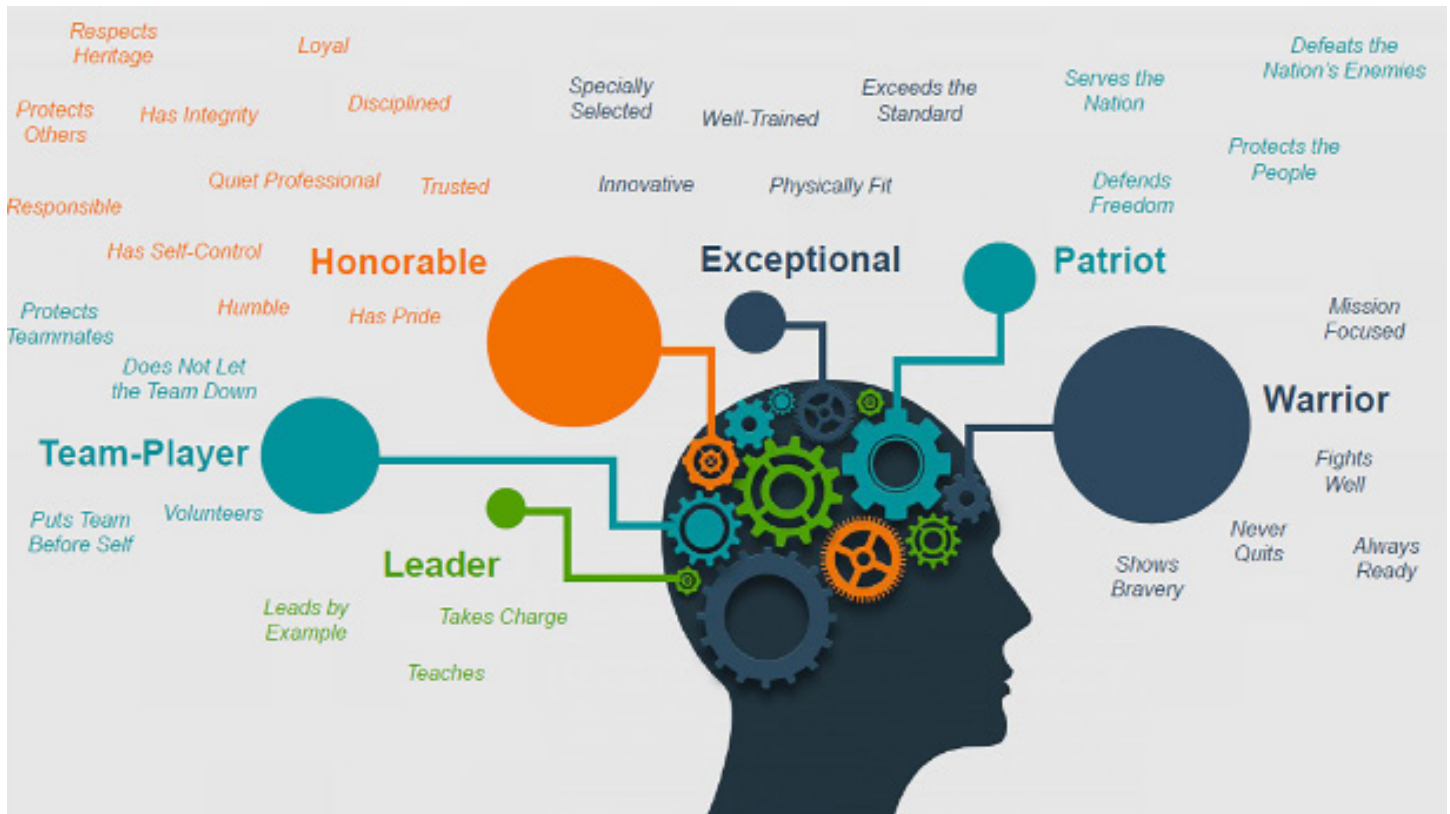


Figure – U.S. Special Operations Mindset Model (Source: Authors)

Next, the analysis then expanded upon this by developing an operational definition using the thematic areas this research identified as its components as follows (in the first person): I am an honorable and exceptional warrior—one who is a consummate team player, an effective leader, and a patriot. As a further description, the following definitions emerged as descriptions of each thematic area in the first person as self-affirming statements:

- Warrior – I successfully engage in hostile armed conflict.
- Honorable – I maintain a superior professional reputation.
- Team Player – I work well with others and put my team before myself.
- Exceptional – I display excellence, both physically and mentally.
- Patriot – I am committed to serving the nation.
- Leader – I create the conditions necessary for others to follow.

Overall, we cannot say that the many different individuals and communities that constitute the U.S. special operations community share one unified mindset. However, we can say that the creeds that aspiring members often memorize and repeat daily during selection and training indicate certain unique aspects of mindset. They may have a deeper meaning when one digs beneath the surface.

#### Key Findings: With Great Power Comes Great Responsibility

Overall, our research indicates that the creeds that U.S. special operations community uses during selection and training create a mindset that emphasizes honor, exceptional performance, and being a team player, leader, and a patriot. All of these traits are vital to success on the battlefield. It makes sense, that this is the reason why selection and assessment programs reinforce these traits.

Mindset matters. Fundamentally, if senior leaders can better understand the way U.S. special operators approach the world, if they are to apply these forces appropriately. By selecting special people, giving them special training, and providing them with special technology, special operations forces can accomplish incredible things, even under extraordinarily dangerous and challenging circumstances. Nevertheless, when the best of the best fall short, it is for the special operations community to stop and reflect. As a precursor to action, understanding what influences and shapes U.S. special operations plays a central role in the exercising due diligence in application.

Arguably, most American policymakers hold the special operations community in high regard. Right or wrong, today's policymakers have come to rely heavily on the unique capabilities the special operations community provides. However, as much of what these forces do happens in the shadows, the community must continually learn, hold itself accountable, and get better. Understanding the special operations mindset is vital for policymakers if they are to apply this powerful tool prudently. However, in doing so, senior leaders and the special operations community must also never lose sight that with this great power comes an even greater responsibility to do what is right.

**Aaron A. Bazin**

**Dr. Aaron A. Bazin is currently the Managing Director of the Donovan Strategy and Innovation Group, U.S. Special Operations Command.**

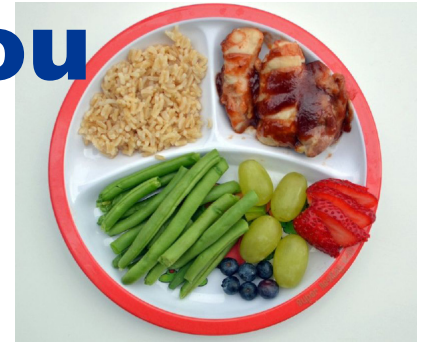
**Karla Mastracchio**

**Dr. Karla Mastracchio is senior faculty and director of strategic communication at Joint Special Operations University.**

# New Year, Better You

**By Christopher Halagarda, MS, RD, CSSD, CSCS**  
**Certified Specialist in Sports Dietetics**

Reprinted from 4th Qtr 2019



**N**OW THAT THE OVERINDULGENCES of the holiday season are over, don't "bite off more than you can chew"! Too many people try to start eating like a professional bodybuilder and training like an Ironman. Unfortunately, most of these people fail at any attempt to improve their health, performance or body composition. Worse off, many of these people end up injured, frustrated and less healthy than when they began their challenge. Does sound familiar? Have you made this same resolution and not succeeded? What went wrong? In my experience many of these people "bit off more than you can chew". Their goals were not possible and if they did achieve the goal, it was short lived because their methods to achieve the goal were unsustainable. Maybe the goal was to go vegan or to never eat carbohydrates again or that they would go to the gym every day or they would never eat sweets again. These goals are fixed to fail. Goals need to be specific and sustainable! Examples of attainable goals that are more likely to promote consistency are, "I will only put one teaspoon of sugar in my coffee instead of four teaspoons" or "I will bring my lunch from home at least three days per week instead of eating fast-food every day of the week". For more on goal setting, look up SMART goals or read the September issue of the Patch.

This year, try to make very small changes to your life that are proven to work and will make you feel better. Eventually you'll start to look better too. You can get started today by adding one or two of these ideas to your life. Keeping in mind that these goals will be goals that you'll still be doing in January 2021, because the people who succeed at improving are the ones who stay the most consistent.

1. Add vegetables to your protein- Promise yourself you will eat 3+ servings of vegetables at least four days each week. By eating all the fiber and water in vegetables, you will decrease your appetite the rest of the day and maybe lose some fat. The protein is also responsible for satiety (making you feel full), plus it repairs those aching muscles.

2. Drink tea- Green tea, black tea, herbal tea... whatever tea you like. Regular or decaf...just drink a cup of tea or two. Teas are loaded with antioxidants, flavanoids, vitamins and minerals to help with disease prevention and performance recovery!

3. Spice it up- Don't let a meal go by without sprinkling some type of herb or spice on it. Try a new spice and recipe every month! Spices add a ton of flavor without calories and they are loaded with all types of recovery promoting antioxidants. Some spices even decrease pain!

- Ground ginger into your tea.
- Dash some cinnamon onto your oatmeal.
- Sprinkle dill weed into your tuna salad.
- Add thyme or oregano to your chicken breast.
- Cayenne, cumin, coriander, onion, pepper into ground meats or chili.
- Put onions, garlic, scallions, leeks into everything you eat, eggs, tuna, ground meats, salads, vegetables.

4. Drink more water- Drink about 1/2 your body weight in fluid ounces each day. Most people are hypo-hydrated (or chronically dehydrated), even in the winter because the air is so dry. You may need much more than this if you are very active and sweating a lot. Just starting your day with 16 ounces of water can make a big difference in how you feel.

5. Move more and pick up heavy things! Humans were made to move but technology and our "busy" lifestyles have made us more sedentary than ever! A great goal to set for yourself is to do cardiovascular exercise (walking fast, running, cycling, elliptical training, super pump class) at least two times per week and to do resistance training (lift weights, body weight, kettlebells) at least two times per week. Maybe you combine your lifting day and cardiovascular day and train 2-3 times per week. This is a great change that will provide amazing results in a few short months. You'll feel stronger, move better and look healthier with better posture and some extra muscle.

# Stay in the Fight

Dr Rita Chorba, DPT, ATC, SCS, CSCS  
Performance Physical Therapist

## Want to crush your New Year's fitness resolutions? Try a past year review instead.

Guest Author: Dave Chorba, MS Ed, ATC, CSCS - Strength Coach



**W**ELL, IT'S ALMOST THAT TIME AGAIN for New Year's resolutions. What's yours? Get stronger? Run a marathon? Look great naked?

Stats on New Year's resolutions - especially those that involve fitness - are quite abysmal. According to studies, while 60 percent of us will make New Year's resolutions, only 8 percent of us will achieve them. You've probably seen it first hand: gyms that are packed on January 2 are ghost towns by March.

So, if you've got a fitness resolution - or one on repeat from years past - how can you follow through and crush it this year?

Inspired by a practice by entrepreneur Tim Ferriss, try a past year review first. By identifying what worked and what didn't over the past 365 days, you'll be able to make well-informed, actionable plans that get 'er done in the year to come.

Here's how to conduct a Past Year Fitness Review step by step. Set aside 30-60 minutes, find something to write on, and grab some strong coffee. Here's what to do:

1. On your paper or whiteboard, create two columns: Positive and Negative.
2. Starting with January of the past year, look back through your calendar or fitness tracker going week by week.
3. For each week, write down any activities, competitions, events, or injuries that had a positive or negative outcome on your fitness for that month. Whether personal or professional, anything that evokes a strong memory or response counts. Jot them down in their respective columns.
4. Once you've gone through the past year, look at your lists and ask yourself, "What 20% of events in each column produced the most reliable or powerful positive or negative peaks?" Place an asterisk next to or highlight these.
5. Take your top 20% Positive Leaders events and schedule more of them in the next year. These are things that make you happy, give you energy, and make workouts feel like just a regular part of your lifestyle.
  - Book these events now! Reach out to friends and family, buy any equipment, sign-up for events, or book travel that you'll need. You haven't committed until there's a little skin in the game.
6. Now for the top 20% Negative Leaders: put them on a "NOT-TO-DO LIST" list. These are the things that put you in a bad mood, make you feel guilty, or drain your energy for workouts.
  - Post a list of your Negative Leaders somewhere you can see them each morning for the first few weeks of next year, so you're more likely to avoid habits.

Why does the Past Year Review work? The idea is simple: people like to do things that make them feel good. By filling your calendar with Positive Leaders - and the people and events that go along with them - you automatically make less room for Negative Leaders to hijack your life.

Give the Past Year Fitness Review a try - write it out, make an effort, and keep showing up every day.

# Let's Move in(to) the New Year!

Chip Morton, Strength & Conditioning Coach  
MARSOC Human Performance

**W**HEN YOU RECEIVE this issue of The Raider Patch, the page will have turned on 2020, and with it, comes the opportunity to debrief, take stock, and set the course for a productive new year, ready with potential for growth. The title of this article is not merely meant to herald the arrival of a new calendar year, but to encourage us to add more movement into our daily lives. Movement builds our bodies, excites and soothes our minds, brings forth and settles our thoughts and emotions, and connects us with others and the world around us. Moving our body “nourishes” us right down to the cellular level. In essence, movement on all levels, no matter how great or limited (right now), helps us to thrive, to fulfill and express all the unique and wonderful qualities knit into each one of us.

Before proceeding with any discussion of movement and its relationship to our well-being, it may be necessary to untether from some of our views regarding “exercise” and the opinions and emotions we may have formed over the years regarding how it fits into our lives. Physical training is of great value, and a high level of strength and stamina allows us to meet and exceed the demands of our day to day lives and our vocation, but what we’re discussing here is a more focused view of movement as seen through the lens of our divine design.

Performing optimally on the job or in life requires a healthy nervous system, one that allows the body to anticipate, prepare for, and respond to life before and as it happens. This is called reflexive strength and it is the foundation for all our performance needs and desires. Reflexive strength comes from having a healthy nervous system and a healthy nervous system is built through movement, not through traditional exercise.

Our output, how we are able to engage in life, is largely determined by the input we receive. More specifically, how we perform is determined by the information that is both received and generated by our nervous system. The efficient and accurate transmission of intel from the body about what it’s doing and what needs to be done allows the brain to send appropriate commands to the body so that it can perform its functions and tasks. Let’s take a closer look at our design and explore how this works. As living beings called “Humans”, we generate thoughts, emotions, and actions. This is all information that “feeds” our nervous system. This information is used to determine the quality of our expression (our movements, thoughts, and emotions). It’s a cycle... All of that to say, a nervous system is made healthy through receiving quality information.

It can often be difficult to generate quality information from our thoughts and emotions, even for the best of us. But all of us can generate quality information and therefore create quality output by moving. Movement, especially our original design for movement, is the fastest and easiest way to supply the brain with optimal information. And because we are completely whole and connected, moving well improves everything about us. How we move affects our thoughts and emotions. If we move well, we generally think better and feel well, thus greatly improving all the information we generate and send to be processed by our brain.

What is our original design for movement? There are really three “pillars” of human movement:

- 1) Breathe properly with the diaphragm, filling the lungs up from the bottom to the top.
- 2) Activate the vestibular system through mastering eye and head control.
- 3) Engaging in the gait pattern (rolling, crawling, walking, marching, or running)

If we do these three things, we will be moving optimally, building a healthy nervous system with which we can thrive.

***Breathe, Relax, Aim...***

Let’s start with diaphragmatic breathing. This term has received a lot of attention recently, and there are many “systems” and methods using various time intervals for inhaling and exhaling. When we entered this world, our arrival was accompanied by a big diaphragmatic breath, typically followed by beautiful wailing; music to the ears of your loved ones! We were born breathing through our nose, filling our lungs from the bottom to the top. In our first months we had millions of repetitions breathing properly in this way. This is where we began to get strong! The diaphragm, our breathing muscle, also stabilizes the spine. Together with the pelvic floor, transverse abdominus, the multifidi, the psoas, and the quadratus lumborum, the diaphragm forms the Inner Core Unit, strengthening us from the inside-out. Breathing with the diaphragm, not only helps protect our low back, it also soothes the nervous system. You may have heard of the

Sympathetic Nervous system, known by its ability to rev us up into “Fight or Flight” mode. Its job is vigilance, action, and speed; it’s wide open and it helps keep us safe. The body’s balance to this is the Parasympathetic Nervous system, known as the calming “Rest and Digest” component. This is where cognition is high, learning occurs, and decisions are made. It’s also where we were designed to live for health and wellness. Diaphragmatic breathing keeps us there, calm and functioning efficiently, letting our nervous system know everything is “good to go”. The diaphragm is connected to the vagus nerve which is involved with parasympathetic control of the heart, lungs and digestive tract. The job of the vagus nerve is to exert a calming action, helping the nervous system transition from “fight or flight” mode to “rest and digest”. Breathing properly with the diaphragm, increases vagal “tone”, thus facilitating the body’s ability to recover, increasing our ability to adapt and thrive.

Let’s define what is meant here by breathing “properly”:

- Keep your tongue rested on the roof of your mouth
- Keep your lips closed, but relaxed
- Breathe in and out through your nose
- Fill your lungs from the bottom to the top, pulling air down into the pelvis, and filling until the lower ribs expand
- Breathe deeply but relaxed

Breathing this way is part of our original “operating system”; how we were designed to do it. As part of our resolution to move more this year, let’s “take a deep breath”, so to speak, and practice breathing properly with the diaphragm and build strength from the inside out!

Norman Vincent Peale was quoted as saying, “Repetition of the same physical action develops into a habit, which, repeated frequently enough, becomes an automatic reflex.” Building resilience is only a breath away.

Every day, practice breathing deep into your belly with your tongue on the roof of your mouth for 5 minutes, 2 or 3 times per day. This can be done standing, sitting, or lying.

### ***Control the Head, Control the Body...***

In her book, *The Well-Balanced Child*, child development specialist, Sally Goddard Blythe asserts that “Mastering head control is fundamental to having balance, posture and coordination.” This means having head control is foundational to having strength and health. The biggest reason head control is so essential is because the head is home to the vestibular system, our balance and motion detection system. The vestibular system resides in the head behind the ears. One of its main functions is to help us maintain balance; it acts as our “internal gyroscope”. It is also crucial for detecting movement and maintaining a “level” awareness of the horizon. You’ve often heard that the body follows the head. This is true. In fact, all the muscles in the body have a connection to the vestibular system, especially the anterior and posterior muscles of the center of the body. These are the muscles that help us maintain optimal posture.

The vestibular system is also the sensory information collection center. All sensory information is routed and filtered through the vestibular system before it enters the brain. Remember, the information going to the brain determines the output coming from the brain. This is why a healthy vestibular system is crucial to our health, strength, and resilience.

For the vestibular system to remain healthy, it needs to be used. Since its main purpose is to detect motion of the head, to honor our design we need to move our eyes and head. We can therefore, add another layer to our movement plan by practicing head nods and head rotations for 2 minutes a day (1minute for head nods, 1 minute for head rotations, 2 to 3 times per day. These can also be performed standing, sitting, or in a lying position.

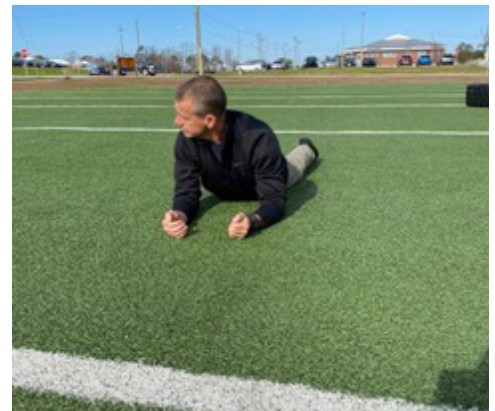


Head Nods checklist:

- Place your tongue on the roof of your mouth and close your lips.
- Look down at the floor and tuck your chin to your chest.
- Look up at the ceiling and raise your head as far as your neck will allow you to move.
- Lead the movement with the eyes.
- Do not move into pain or dizziness.
- Keep breathing through your nose.

Head Turns:

- Place your tongue on the roof of your mouth and close your lips
- Rotate your head left and right as if you are trying to look in your back pockets
- Lead the movement with your eyes
- Look over your shoulders; do not drop your head
- Keep breathing through your nose





## *The Journey of a Thousand Miles Begins with a Single Step*

Our bodies are an “X.” Draw an imaginary line from the left shoulder to the right hip and another from the right shoulder to the left hip and you’ll see the “X” in our design. At the center of that X is the connection where forces are transferred from one side of the body to the other. Our nervous systems are also designed in an “X” fashion. The right half of the brain controls the left side of the body and the left half of the brain controls our right side of the body. It’s an interesting design, if not ingenious.

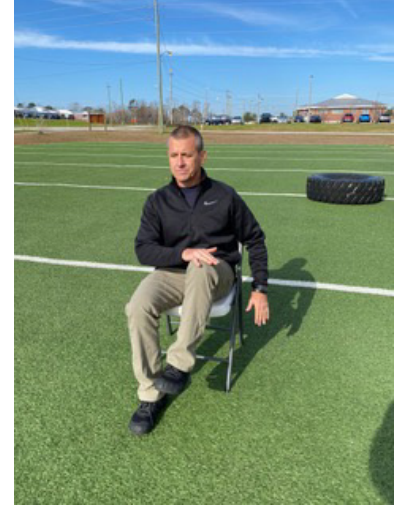
You see, we were created to walk using contra-lateral movement. Even though we walk on two legs, human locomotion is driven by all four limbs. We are to walk using the coordinated, rhythmic movement of our opposing limbs - the right arm swings in unison with the left leg and the left arm should swing in unison with the right leg. Moving contra-laterally, engaging in the gait pattern, strengthens our center AND deepens the neural connection between the two halves of our brain. It develops the body and the mind.

Engaging in any stage or style of the gait pattern strengthens the body and the nervous system. Whether we are crawling, walking, marching, skipping, running, or performing the cross-crawl, these movements solidify the center of our bodies and they make our brain healthy and efficient.

One very simple thing you can do in your day to keep your brain and body healthy is to perform the Cross-Crawl.

Here’s how to Cross-Crawl:

- Keep your eyes looking forward
- Touch your hand, forearm, or elbow to the opposite knee or thigh
- Keep the movement rhythmic and work the motion from side to side
- Cross-Crawls can be performed standing, sitting, or in a lying position
- Cross-Crawls are a fantastic way to march



## *Moving Forward*

The three pillars of human movement are foundational to all movement and they serve as a bedrock to any movement program. It is worth including these movements into your daily life as they optimize all movement expression as well as serving to focus the mind and calm the emotions.

Here are some simple ideas:

- Take 10 minutes in the morning to breathe, move your eyes and head and perform cross-crawl touches.
- You can also take movement breaks at work from sitting at your desk. Stand and perform head nods and head turns.
- Do you have an important presentation causing concern? Before you step to the podium, take a few easy diaphragmatic breaths in the belly.
- Before your workout, take a few minutes to focus your mind and stay “in the moment” by diaphragmatically breathing for 2 to three minutes; cross-crawl march between sets of bilateral leg exercises (i.e., squats and deadlifts).
- Before bed, add these to your sleep routine, but in reverse...seated cross-crawl, prone head nods and turns, and supine breathing.

If your goals this year include feeling better, learning new things, performing better in life - if your goal is to thrive - then add these simple movements into your day. The hundreds and thousands of repetitions will add up, nourishing your nervous system and body, and they will make a profound impact on your quality of life.

Further Reading:

“Original Strength Performance: The Next Level”, Tim Anderson, Chip Morton, and Mark Shropshire; OS Press, 2018

“Pressing Reset: Original Strength Reloaded”, Tim Anderson and Geoff Neupert; FontLife Publications, 2015

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

The 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 essay's 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 Sunday 28 February 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- Ralph Owen



**1. When did you get to MARSOC?** I attended and was selected at the Marine Special Operations Command Assessment and Selection Class 006, 5 May 2008. Graduating from the Marine Special Operations Advisor's Course (Standards And Training Pipeline, 8 August 2008.

**2. What MARSOC units/teams were you with?** 3rd Marine Raider Bn and 2nd Marine Raider Bn. I deployed with MSOT 18, 411, 3221 and 8214 and was a SR/DA instructor with 3rd MRB Training Cell.

During my time with MARSOC I deployed in support of Operation Enduring Freedom-Philippines and Operation Inherent Resolve.

**3. When did you retire?** I retired on 1 July 2020 with 16 years of service

**4. What do you wish you had known before you made the decision to get out?** I wish I would have taken advantage of tuition assistance while on active duty.

**5. Were there any resources that you discovered or found to be especially useful as you transitioned?**

I highly recommend that everyone attend the Intrepid Spirit program. Being a Marine was always a physically demanding job however, becoming a Raider was a greater challenge keeping up with operational tempo and training you never really take a knee and drink water for yourself. The amount of attention that was offered to us at the Intrepid spirit changed my mind on how a Raider should operate and care for himself. Also take advantage of your care coalition partners in the death star when things seemed to get thrown off course for me they always seemed to be able to help me find my way again.

**6. What advice would you give transitioning Raiders?**

I would absolutely say we have an advantage over your normal run of the mill Marine. As Raiders we always strive and look for our next fight. Training for every scenario imaginable. Once you have made your decision to get out. TAKE TIME OFF! I have talked to several other Raiders or Marines in general and they all say they regret not taking that vacation time. You deserve it and more importantly your family does too. If you stay in the local area, leave and explore civilian life outside of the greater Sneads Ferry area prior to taking that contracting job at MRTC or enter the Unit name that needs you. I myself left and never looked back. No it wasn't easy but everyone asked me what I was going to do when I retired. My answer was simple. I AM GOING TO BE RETIRED.

**7. What do you do now?** Now that I have been retired for a few months I finally started my dream job. I own and operate Southern Cross Outdoor Traditions.

As for now SCOT is an outdoor entertainment company that can be found on YouTube as Southern Cross Outdoor Traditions. Where I share my knowledge and experiences of the outdoors through video logs whether it be on tips and tactic on hunting or fishing or how the outdoors has helped me cope with my day to day stressors throughout life. Not to mention we have our own apparel line. So do not forget to check it out and subscribe to the channel and like the videos. This is only the beginning for SCOT.

As any other send off: Spiritus Invictus and GET OUTDOORS.



Subscribe to the Souther Cross Outdoor Traditions YouTube Channel at:  
<https://www.youtube.com/channel/UC4sW1xLzAEAMSG7J-RhSXPw>

Follow on Instagram at [southerncross\\_outdoortradition](https://www.instagram.com/southerncross_outdoortradition)

# Raider Heroes

## Navy Cross Citation

Private First Class, Bruno Oribiletti

Company B, 1st Battalion, 4th Marines (Rein.), 1st Provisional Marine Brigade

Date of Action: July 22, 1944



The Navy Cross is presented to Bruno Oribiletti, Private First Class, U.S. Marine Corps, for extraordinary heroism as a member of a Rocket Launcher Team serving with Company B, 1st Battalion, First Battalion, Fourth Marines (Reinforced), First Provisional Marine Brigade, in action against enemy Japanese forces on Guam, Marianas Islands, 22 July 1944. Upon hearing enemy tanks rumbling down the road toward his company's position, Private First Class Oribiletti, with his rocket launcher loader, immediately knelt in the ditch alongside the road and, as the hostile infantry got off the tanks and laid down a withering protecting fire for the vehicles, calmly waited until the first tank was within fifteen yards of his position before he opened fire and stopped it. After directing another accurate round which struck the second tank and forced one of the occupants out, he was preparing to fire again when a hit by the tank's cannon killed him instantly. Private First Class Oribiletti's splendid initiative, inspiring valor and tenacious devotion to duty under extremely perilous conditions contributed materially to the successful repulsion of the enemy attack and were in keeping with the highest traditions of the United States Naval Service. He gallantly gave his life for his country.

## Navy Cross Citation

Hospital Corpsman 1st Class Justin A. Wilson

1st Marine Special Operations Battalion

United States Marine Corps



The President of the United States of America, authorized by Act of Congress July 9, 1918, takes pleasure in presenting the Navy Cross to Hospital Corpsman First Class Justin A. Wilson, United States Navy, for extraordinary heroism while serving as Special Amphibious Reconnaissance Corpsman, U.S. Marine Corps Forces, Special Operations Command in support of Operation ENDURING FREEDOM. On 28 September 2011 while on a mounted patrol, Petty Officer Wilson volunteered to accompany the team's Explosive Ordnance Disposal (EOD) Technician to clear an improvised explosive device (IED) from an Afghan Local Police checkpoint. As the EOD Tech entered the checkpoint's barriers to inspect the IED, there was a large explosion. Despite being disoriented by the dust and overpressure from the blast, and knowing the enemy's tactic of emplacing multiple IEDs in proximity, Petty Officer Wilson immediately left the safety of his position and searched the checkpoint until he located the severely wounded EOD Tech. Two other team members arrived and were helping move the casualty when a second device exploded, severely wounding Petty Officer Wilson and mortally wounding the others. Ignoring the pain of his own injuries, Petty Officer Wilson focused solely on treating his fellow team members. He dragged one outside the checkpoint and rendered aid until he succumbed, and then searched for the other casualties, who had been blown over the barriers by the second blast. Only after confirming they were already dead did he allow treatment of his own wounds. By his decisive actions, bold initiative, and complete dedication to duty, Petty Officer Wilson reflected great credit upon himself and upheld the highest traditions 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 Eszterichsky, Membership Secretary, 288 Shadow Wood Dr., Argyle, TX 76226



**MARINE RAIDERS**  
SPIRITUS INVICTUS



# THE OFFICIAL PRESENTATION MARINE RAIDER STILETTO

As Designed and Commissioned by Headquarters, Marine Raiders, Camp Lejeune.  
*Exclusive Announcement to Marine Raiders and The Raider Community.*



Shows 70% of Actual Size.

**T**he U.S. Marine Raiders' commando/jungle warfare called for a quiet, deadly weapon to help them strike when their missions required silence, or if enemy forces suddenly overran your position, or your weapon jammed, or all your ammo was spent.

The Raiders needed a specially designed *fighting knife* to round out their enhanced repertoire of weapons.

Enter the U.S. *Marine Raider Stiletto*. This was the *first* fighting knife designed especially *for Marines, by a Marine*.

So distinctive to the Marine Raiders, their famous *Marine Raider Stiletto* is today the centerpiece of their respected *Marine Special Operations Command Symbol* (see photo, above).

Now, nearly 80 years after the

original issuance of this fighting knife, the Raiders' Commanding Officer, in 2019, called for and specified a *special* version of the *Raider Stiletto* to be commissioned of *bulletworthy* quality, but combined with the beauty and distinctiveness of a *Presentation-Grade Trophy Piece*. We made this, and he presented Serial No. 001 to the Commandant, at which time it rightfully earned the title the *Official Presentation Marine Raider Stiletto*.

**W**ar-time *Raider Stiletto*s are quite rare. For instance, 50 times more of the U.S. Army's M3 Trench Knives were made. Exacerbating this rarity, the *Raider Stiletto* hilt was cast of an experimental alloy that, in most cases over time, cracked and crumbled; then they got put aside and finally lost to time. (Note: I received from General Skusey the original 1942 *Raider Stiletto* prototype; the hilt had crumbled, and it ended up in his

fishing tackle box!) Only a relative few really good ones exist today, and, if ever available, they bring multiple thousands of dollars.

This special *Marine Raider Presentation-Grade Stiletto* is now being made available privately to World War II and present-day *Marine Raiders*, to *Marine Raider "insiders"*, including *Marine Raider Association Members* and family and friends of the *Raider Community*.

*Fundraiser:* In conjunction with your order, a portion of the proceeds is donated to the *Marine Raider Association*, to advance its worthy causes.

This is a limited edition of 400 *Stiletto*s. However, the *Marine Raider Special Operations Commandant* has reserved 50 *Stiletto*s for their *Official Presentations*, including Serial No. 001, which they have presented to the

Commandant. So only 350 beyond those are available.

Back is guaranteed to be a beautiful Presentation-Grade, yet Battle-Worthy specimen. So, satisfaction is guaranteed, or return in 60 days for a full refund, including shipping charges both ways. As it is said, "No risk to order." Place your reservation with a deposit of only \$49, or make full payment of \$249.

- 1.) **Serial No. 001:** Presented, in 2019, by the Marine Raider Commanding Officer to the Commandant of the Marine Corps.
- 2.) **Edition Limit:** Limited to a total of only 400, each serially numbered, with 50 allocated to Raider HQ for their official presentations, so, beyond these, only 350 available.
- 3.) **The Blade:**
  - Made in Sheffield, England, famous for fine-quality knife making for centuries.
  - Custom made of Sheffield Stainless Steel; hardened (to Rc57) and tempered, sharpened, and beautifully mirror polished; strong and battleworthy.
  - Museum quality, yet combat ready to defend your nation, family or home.
- 4.) **Richting:** Included (from left to right): as specified in 2019 by Marine Raiders' Commanding Officer:
  - Marine "Special Ops" "Spearhead" symbol.
  - Regiment Name: Marine Raiders.

- Regimental Motto: "Spiculus Invictus" (Invincible Spirit).
- The Raiders' "Death's Head" patch.

5.) On reverse, etched name and trademark of maker, H.G. Long & Co., established in 1847, and its dual nationality of England and the U.S.A., as well as its Limited Edition Serial Number.

- The Hilt is solid Pewter, cast integral on to the blade tang; one piece including crossguard, so permanent mount and no rattle. Finely detailed engraved checkered grip with lateral gripping grooves. Hilt Finish: Looks identical to World War II specimens.
- Provides good heft and feels aggressive; the quick handling of a proper military fighting knife. Balances hilt-heavy so falls into your hand, not out of it.

**Maker:** H.G. Long & Co., established, 1847, Sheffield, England, and 1984, Richmond, Va., U.S.A.

**Certificate:** Confirms Serial No.; Edition Limit; Official Presentation to the Commandant; authorization of the Marine Raider Association; and issuance by H.G. Long & Co. and Historical Associates.

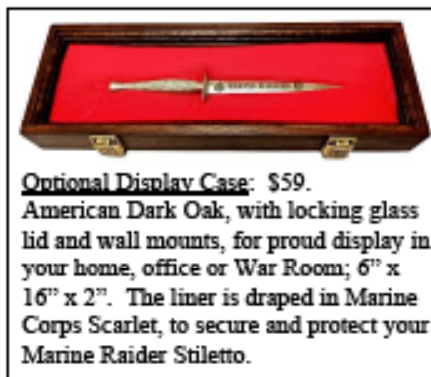
**Payment:** Reserve with a deposit of only \$49 – or payment in full of \$249, plus shipping.

**Shipping:** UPS (at cost); please add: UPS within CONUS/48 – \$15. Shipping for Display Case (if ordered) – add \$5. APO if deployed/in theater – \$10. Outside CONUS/48, by Post Office – \$50. For Deliveries within Virginia (only), please add 5.3% sales tax.

**Guarantee:** Satisfaction Guaranteed or return in 60 days for a full refund, including shipping, both ways, so no risk.

#### How to Order:

- Email: [1776@historicalassociates.com](mailto:1776@historicalassociates.com)
- Phone: 804-257-7144
- Website: Credit Cards or PayPal: <http://www.historicalassociates.com/Knives.htm#section7>
- Mail: Check or Money Order: Historical Associates, 6767 Forest Hill Avenue, Suite 315, Richmond, VA 23225.



**Optional Display Case:** \$59. American Dark Oak, with locking glass lid and wall mounts, for proud display in your home, office or War Room; 6" x 16" x 2". The liner is draped in Marine Corps Scarlet, to secure and protect your Marine Raider Stiletto.

## RESERVATION

### Order:

By Phone: 804-257-7144

By Mail: Historical Associates, 6767 Forest Hill Avenue, Suite 315; Richmond, VA; 23225

On Website: (Credit cards or PayPal); [www.HistoricalAssociates.com](http://www.HistoricalAssociates.com)



### ALL KEPT CONFIDENTIAL

- Please reserve with a deposit (refundable) of \$49. Invoice balance due prior to delivery.
- I wish to pay in full:  Knife, \$249;  Display Case, \$59.
- Delivery:  In CONUS/48 States, \$15;  Outside CONUS/48 States, \$30;  Add Display Case Delivery, \$5.
- Deliveries within Virginia (only), please add 5.3% sales tax.
- Total: \$ \_\_\_\_\_  Amount to charge/pay now: \$ \_\_\_\_\_
- PayPal  Visa  MC  Discover  AmEx  Check or M.O. (To: "Historical Associates")
- Name \_\_\_\_\_ Daytime Phone (\_\_\_\_) \_\_\_\_\_
- Street Address \_\_\_\_\_
- City/State \_\_\_\_\_ Zip \_\_\_\_\_
- Card No. \_\_\_\_\_ Sec. Code \_\_\_\_\_ Exp. Date \_\_\_\_\_
- Email \_\_\_\_\_

UNITED STATES MARINE RAIDER ASSOCIATION

102 ANNISTON COURT

HUBERT, NC 28539

CHANGE SERVICE REQUESTED



**Check your label**

Raider's Unit or other Membership type	000	2Bn	2020	Membership expiration date Year: Dues paid until Dec 31st of year indicated
USMRA ID#	<b>SAMPLE</b>			Last issue - Dues
	USPS Delivery Point Barcode			Special Info for this address only

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

Please send address corrections to your membership secretary