



**MARINE
RAIDER**
ASSOCIATION

The Raider Patch

Magazine of the Marine Raider Association

No. 144
3rd Qtr
2019

Saddle up for San Diego! Raider Reunion 2019 14 - 16 November

'Doc' Gleason Essay Contest Deadline 25 October
Remembering Raider Lewis 'Ray' Merrell
MARSOC Mourns Fallen Raider

marineraiderassociation.org



MARINE RAIDER

ASSOCIATION

A National Non-Profit Organization

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The Marine Raider Museum at Raider Hall, Quantico VA

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PHOTO BY LANCE CPL. WILLIAM CHOCKEY FROM DVIDS

A U.S. ARMY SPECIAL OPERATIONS SOLDIER WITH 2ND BATTALION, 7TH SPECIAL FORCES GROUP (AIRBORNE) RIDES HORSEBACK WHILE LEADING A MULE WHILE TRAINING WITH RAIDERS DURING THE SOF HORSEMANSHIP COURSE AT MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER, BRIDGEPORT, CALIF., JUNE 19, 2019. THE PURPOSE OF THE SOF HORSEMANSHIP COURSE IS TO TEACH SOF PERSONNEL THE NECESSARY SKILLS TO ENABLE THEM TO RIDE HORSES, LOAD AND MAINTAIN PACK ANIMALS FOR MILITARY APPLICATIONS IN AUSTERE ENVIRONMENTS.

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

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

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

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

MRA President's Message



Dear Raiders, Families and Friends,

We are in the homestretch now for the 2019 Annual Raider Reunion! The Holiday Inn San Diego - Bayside Inn offers an outstanding venue in one of America's best cities! I'm most excited and appreciative of the prospect of attending the 2019 Marine Corps Ball with 1st Marine Raider Battalion and 1st Marine Raider Support Battalion! Nothing could be more sacred than celebrating the Corps' birthday with active duty Marine, except to celebrate with active duty Marine Raiders alongside WWII and retired Marine Raiders and their families!

I'd like to encourage as many of our membership to attend as possible. We intend to put forward a revised, updated Constitution and By-Laws which will set a course for the modernized Association for a generation. The best way to have an impact on the future of the Association is to participate and to attend the Reunion, most importantly, the general membership meeting on Saturday, November 16th.

Regrettably, we say goodbye to "Joe Marine" – retired LtCol Joe Shusko USMC. This Titan of a Marine and USMRA Board Member cannot be replaced. Joe has retired as the Director of the Marine Corps Martial Arts Program (MCMAP) Center of Excellence (COE), most affectionately known as Raider Hall to our membership. Not only has he retired from his USMC service but he's stepped down as an MRA Board Member. Joe has been an unyielding supporter of the memory and legacy of our WWII Marine Raider forefathers and has single-handedly lead all efforts in preserving this legacy in the displays and living history contained within Raider Hall. Please join me in thanking "Joe Marine" for his efforts in honoring and supporting the Raider Legacy.

Our new Membership Committee has begun updating and modernizing our system. All new members receive a new, updated packet with a new membership card. Otherwise, this will be a short letter for this edition. If you know of anyone who cannot attend the Reunion but who'd like to contribute as a sponsor, please have them contact me. We have several benefactors sponsoring some of the events and additional support will be welcome to make this event more affordable and high quality for the Raiders and attendees.

Thank you all for your continued support and we look forward to seeing you all at the 2019 Reunion in San Diego to enjoy fellowship with each other and the west coast MARSOC Raiders.

Semper Fidelis and Spiritus Invictus!

Craig S. Kozeniesky
President, Marine Raider Association



Editor's Notes



Raiders, Family, and Friends,

Reunion 2019 is right around the corner! Please ensure that you register before the cut off on 15 October.

This issue has all of the information you need to make reservations, register for the reunion activities, and prepare for the Marine Corps Ball. We are fortunate to have the invitation to celebrate with 1st Marine Raider Battalion and 1st Marine Raider Support Battalion. On page 22 you will find some of the history of the birthday ball as well as some info on what to expect if this is your first ball.

I also promised I would reiterate the fact that we need you to ensure your dues are up to date! We are unable to do the work of the association without your support. The mailing label on the back of your Patch displays your membership expiration date.

Finally we continue to receive some great articles from a range of experts related to health and fitness. Chris Halagarda's article on goal setting is especially important as we move closer to the holiday season. Coach Jon Carroll's article on grip strength and Dr. Rita Chorba's advice on dealing with shoulder pain are well worth your time.

Dave Poularis of The Honor Foundation describes how this incredible opportunity can benefit transitioning Raiders. (Page 16).

The Marine Raider Foundation calendar of upcoming events offer plenty of opportunities to get involved (Page 9).

Finally, the cut off for the 2019 Essay contest dedicated to the memory of Doc James Gleason, has been extended to 25 October. Get your submissions in. (Page 23). The \$500.00 prize is being provided by Mr. Norm Bild and the Lunch Bunch.

I look forward to seeing you in San Diego!
Gung Ho,

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Please update your email and mailing address on-line at:

<https://marineraiderassociation.org/raider-association/change-of-email-or-address/>

The Bull Sheet

Pennsylvania High School Football Field Named For Marine Raider:

The below article from Brittney Hates appeared in the WNEP website. a video is available at:

<https://wnep.com/2019/08/30/stroudsburg-high-school-field-rededicated-in-memory-of-wwii-veteran/>

STROUDSBURG, Pa. -- A special reminder on Friday of the World War II hero the field at Stroudsburg High School is named for. The field was rededicated in honor of Sergeant Gordon Giffels. Giffels was the first Stroudsburg graduate to die serving in World War II.

The field has been named in his honor since his death in 1942 but school officials say not many people know about Giffel's sacrifice.

A new plaque will now help to tell his story.



"He did very well and rose to the rank of sergeant and he was a leader of men. In athletics especially we are trying to promote leadership, and he's everything that we really want to instill in our student athletes," said athletic director Sean Richmond.

Giffels' family was on hand for the field rededication at Stroudsburg High School.



The MRA was recently made aware of the passing of 1st Raider Battalion Raider Primo Tanaglia 1922—2018 95, of Rockford, Illinois.

Mr. Tanaglia passed away May 31, 2018.

From Mr Tanaglia's obituary:

He was born July 28, 1922. A wonderful man we were blessed to call Dad passed to his eternal reward. He truly lived a life of service and provided us with examples of kindness and integrity throughout his life. He will be forever missed. He now joins our mother in eternal happiness and joy. No doubt they are dancing already. Dad was a ready volunteer for both Presence St. Anne and the Salvation Army. He never met a stranger and was a great listener. Dad cherished his opportunity to serve his country during World War II. Dad came from Italy with our Grandma Theresa to join our Grandpa Olinto in Valdez, Alaska. They later settled in Rockford to be among family and friends. Dad met our mother, Rose Giorgi when he was 14, and it was love at first sight. They married on September 1, 1946, after his service as a Marine in WWII.



Major Paul Russell Hunter, USMC, retired, 92, of Jensen Beach, Florida, died on February 12, 2019. He was born on February 15, 1926, in West Palm Beach, Florida, to the late David Glenn Hunter and Margaret Hunter, and grew up in Lake Worth, Florida.

At the outbreak of World War II, Paul dropped out of high school and joined the U.S. Marine Raiders. The Raiders were the special forces of their time. In 1944, The Raiders were incorporated into the 6th Marine Division. Paul was wounded in the battles for Guam and Okinawa. He was awarded two Purple Hearts. In 1945, Paul participated in the occupation of Yokosuka at the time of the Japanese surrender.

After the war, Paul left the service to pursue his passion of flying, by using the GI Bill to become a flight instructor. In 1948, Paul re-enlisted in the U.S. Marine Corps and was stationed at Quantico, Virginia, where he met his future wife, Margaret Ellen Krucelyak. He was accepted into the naval aviation training program. Upon completion of his flight training, Paul was commissioned as a Second Lieutenant in the U.S. Marine Corps and married Margaret.

His nineteen years as a commissioned officer included combat in the Korean War and the Vietnam War. During his career he flew several different types of aircraft, but his favorite aircraft was the Chance Vought F8U Crusader. The F8U Crusader was a supersonic single engine jet fighter. He was awarded the Distinguished Flying Cross and several Air Medals.

Reprinted from

<https://reverencemotorcycleassociationinc.org/2019/05/maj-paul-hunter/>



MARSOC Mourns Raider Lost in Training Accident

Staff Sergeant Joshua Braica, 1st Marine Raider Battalion, Marine Raider Regiment, MARSOC, died April 14, 2019 from injuries sustained when his MRZR tactical vehicle experienced a rollover during a training exercise aboard Camp Pendleton, California on April 13, 2019. Staff Sergeant Braica was a critical skills operator with MARSOC and previously served as an intelligence specialist prior to becoming a Marine Raider in 2015.

SSgt Joshua Bracia is survived by his wife and son.



U.S. Marines from 1st Marine Raider Battalion visit Charles J. Kundert, Marine Corps veteran, at The Chateau at Harveston, Temecula, California, June 11, 2019. The visit was organized to recognize Kundert's service as a Marine Raider during World War II. (U.S. Marine Corps photo by Lance Cpl. Melissa I. Ugalde)



MARSOC Mourns Fallen Raider Gunnery Sergeant Scott Koppenhafer

Story by Maj. Kristin Tortorici

Photo by Gunnery Sgt. Lynn Kinney

Reprinted from DVIDS

It is with heavy hearts that Marine Forces Special Operations Command announces the death of a Marine Raider who was supporting Operation Inherent Resolve, August 10, 2019.

Gunnery Sergeant Scott A. Koppenhafer, 35, a critical skills operator with 2nd Marine Raider Battalion, suffered fatal wounds while supporting Iraqi Security Forces. He was originally from Mancos, Colorado.

Koppenhafer, who joined the Marine Corps in 2005, spent the last 10 years as a highly revered MARSOC Critical Skills Operator (CSO). Before joining MARSOC, he served as a machine gunner with 1st Battalion, 5th Marines, and later as a scout sniper, completing deployments with both the 31st and 11th Marine Expeditionary Units. Koppenhafer completed MARSOC's arduous training pipeline as a critical skills operator in 2009, graduating as the Individual Training Course honor graduate. During his first MARSOC deployment to Afghanistan, he was meritoriously promoted to the rank of Staff Sergeant. He completed three additional deployments as a member of 2nd Marine Raider Battalion and was selected as MARSOC's 2018 Critical Skills Operator of the Year. His personal decorations include: two Bronze Star Medals with Combat Distinguishing Device, two Navy and Marine Corps Commendation Medals with Combat Distinguishing Device, one Navy and Marine Corps Commendation Medal, two Navy and Marine Corps Achievement Medals, one Humanitarian Service Medal, two Combat Action Ribbons, four Good Conduct Medals, the National Defense Service Medal, the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, and six Sea Service Deployment Ribbons.

Gunnery Sergeant Koppenhafer was a graduate of the School of Infantry, Mountain Survival Course, Survival, Evasion, Resistance, and Escape (SERE), Scout Sniper Course, MARSOC's Individual Training Course, MARSOB Advanced Sniper Course, Basic Airborne Course, Military Freefall, MARSOB Heliborne Insertion/Extraction Techniques Master, and Military Combatant Diver Course. He graduated from Adams State College in 2005 with a B.S. in Business Marketing.

He is survived by his wife and two children.

Upcoming Raider Foundation Events



*Saturday, Oct. 5, 2019, Valley of the Sun Gala
Phoenix, AZ*

Event website: <https://RaiderAZ.givesmart.com>

*Friday, October 11, 2019, RQ/DPR Construction Marine Raider Foundation Golf Tournament
The Crossings - Carlsbad, CA*

Event website: <https://www.rqconstruction.com/marsoc-golf/>

*Wednesday, October 23, 2019, 1st Annual Marine Raider Foundation Benefit
The Union League of Philadelphia - Philadelphia, PA*

Event website: <https://paraider.givesmart.com/>

*Saturday, October 26, 2019 - Marine Raider Foundation MCM Charity Partner Team Dinner
Hilton Alexandria Old Town - Alexandria, VA*

Event website: <https://www.firstgiving.com/event/marsoc/2019-MCM-10K-Ultra-Charity-Partner-Team>

*Saturday, November 2, 2019 - Ready Logistics Swing Fore Our Heroes Golf Toment
Westin Kierland Resort & Spa - Scottsdale, AZ*

Event website: <https://swing4hero.givesmart.com>

*Friday, November 8, 2019 - Evening with Marine Raider Foundation and Mission2Alpha
hosted by Scottsdale Gun Club - Scottsdale, AZ*

Event website: <https://e.givesmart.com/events/esH/>

*Thursday, November 28, 2019 – Mimosa Bay Turkey Trot
Sneads Ferry, NC*

Event website: <https://racerooster.com/events/2019/22540/2019-mimosa-bay-turkey-trot>





Remembering Raider Sergrant Louis 'Ray' Merrell



Raider Louis Raymond "Ray" Merrell, 96, a longtime Liberty Mosuri resident, passed away peacefully on September 9, 2019, at Liberty Hospital with family at his side. Raider Merrell served with 2nd Raider Battalion, Hotel Company.

The below is taken from Raider Merrell's *Together We Served* page, and are his own words:

I reported to boot camp in San Diego in December of 1942 and graduated on 20 January 1943, then I was transferred to Camp Elliott and Green's Farm from January through March of 1943. After training I traveled on the USS Mount Vernon from California to New Caledonia during March of 1943, arriving on the 25th. I joined the Marine Raiders on 2 April 1943, they were later disbanded on January 30, 1944. I was then assigned to the Regimental Weapons Company of the 4th Marines, 6th Marine Division. After four invasions, the Occupation of Japan, and 33 months overseas I came home on the USS Calvert. We arrived in San Francisco on Thanksgiving Day 1945 and I finally made it all the way home on 13 December 1945. I had been on 12 different ships and spent a total of 156 days aboard.

I participated in a total of four invasions:

During the Bougainville Invasion from 1 November, 1943 to 12 January, 1944 our CO was Col Shipley who had relieved Colonel Carlson. Lieutenant Skip Daly was our platoon commander, he was one of our 90-day wonders and a really great guy. On November 8, 1944, we relieved the front line. Since it was always raining, when we got into our foxholes the water was up to our shoulders. The Japs were right in front of us firing mortars. When they got really close, we'd just duck under the water until they passed. Of course, we had other duties along the way, one of which was maintaining the wire. With all the rain we constantly had mud up to our knees. We had to carry 80 lb. rolls of barbed wire for the perimeter and it took two men to a stick to carry each roll. One day my buddy and I were the first ones up on top of the hill so we took off and washed ourselves up. We got punished for this by being taken off the front lines and put on KP duty, which probably saved our lives. We had 10 man squads 3 men to a fire team. We had 3 Thompson Machine Guns, 4 M-1's, and 3 BAR's, I carried a BAR. All 10 of us were a pretty tight group.

The Emirau Invasion was from March 17-20, 1944. The Japanese had already left the island, so this was really a picnic! There were no Japs around, and the Seabees were building an airfield, so our life was nice. We stayed on the beach all day and had guard duty at night. I was with the Weapons Company and we manned a 37mm tank gun. The Guam Invasion started on 21 July 1944 and lasted until July 21st. We had trained on Bougainville for the invasion of Guam. We spent 50 days on a ship to get to Guam, and we again had a 37mm tank gun with us. When we reached the shore we had to literally pull the gun to the beach under water because the water was so deep. We were really lucky on Guam. The Japs had tried to pull a surprise "Banzai" attack, but the attempt failed which saved a lot of lives.

The Invasion of Okinawa lasted from 1 April to 6 July 1945. We actually got lucky on Okinawa too. Other Marine units faked an attack on the south end, and we landed in the center. The Japs ambushed us, and the other units shot a smoke screen to get us out. Even though we all managed to get out, my buddy got shot in the toe, leg, and arm. It really was quite the battle. After that we set out for the South end of the island, leaving Sugarloaf Hill to the Army. They did let the Japs dig in, but they also had to do the mop up. My job was to carry 50 - 60 lbs. of explosives used to seal caves that the Japs were in. The highlight of Okinawa was when I got to see my brother who was serving in the Navy. I was in the 6th Division, and he had hitchhiked to see me. He had run into some friends of mine and they had brought him to me. Then, of course, I got to go on a ship with my brother which meant warm chow and a hot shower, it was really great!

After Okinawa, we went back to Guam to rest from Okinawa and train for the Invasion of Japan. We had nice tents, wood floors, and a galley. After a brief stay there we got back aboard ship on the way to Japan when the war ended. During the occupation of Japan, I had MP Duty, the highlight of which was getting to go with Masuda, a very nice Japanese man, to see the Shrines there.

After four invasions, my fondest memory of a duty station would have to be the "Occupation of Japan", landing there August 31st. We didn't even get shot at !!! We went ashore unopposed at Yokosuka Naval Base. We were locked in the base with guards on the gate. Later I met and got acquainted with Y. Masuda, a very nice Japanese man. He wanted to show us Japan. He invited Goebel and me to Kamakura, a city of temples and shrines, and to his home. Then on November 3rd, we left Japan aboard the U.S.S. Calvert, arriving in San Francisco November 22, Thanksgiving Day. On to Chicago on a troop train where I was discharged, on to Marshall on another train arriving at the home I had left three years before. It was a GREAT day!

One night when we were at New Caledonia a group of us made our way to the town and managed to get a 5th of whiskey at the hotel there. While we were there someone kicked it over and broke the bottle, all the whiskey spilled out there on the wooden floor. One of the guys decided to see how good the stuff was and struck a match to it. Well, the waitress there didn't seem to worry about too much, just how much we had paid for the whiskey. Obviously, it wasn't the best stuff around since it didn't cause any fire problems!

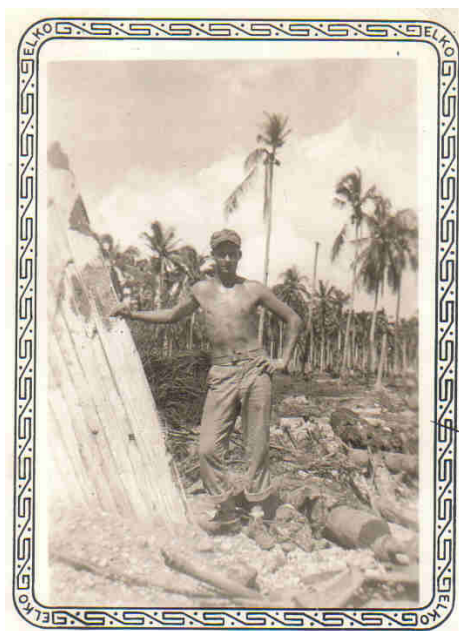
Later on, when we were at Bougainville, we were in a foxhole on a makeshift bench we had. My squad leader, Thor Thorstenson, knelt down and asked me for a drink from my canteen. I told him no problem and handed him my canteen and as he was drinking from it there was an explosion right there in the foxhole! One of the other guys in our squad had been over to the ammo dump and picked up a rifle grenade that he had never seen before. He had brought it back to the foxhole and trying to figure it out. He had unscrewed the cap off of the frag portion of the grenade. It looked like he knew what he was doing so we didn't really pay him any attention but when he poured the powder out and banged on the cap the thing went off. He lost a couple of fingers but the bulk of the blast went into my squad leader who was kneeling down in front of me taking a drink from my canteen. He survived the blast but he had shielded me from the whole thing. From then on, anytime anyone asked me for a drink from my canteen I was sure quick to give it to them! Thor Thorstensen was a big Swede from Minnesota, he was later killed on Iwo Jima.

The military gave me an appreciation for service and for the power of the bond with your fellow service members. I think all boys and girls right out of high school should serve at least two years in service to their country. I grew up in the service and stayed out of trouble because of it.

When asked what advice he would give to a young Marine, Mr. Merrell replied,

Always do the best you can, follow orders to the best of your ability. Be a good Marine.

Rest in Peace Sir, we've got the watch.

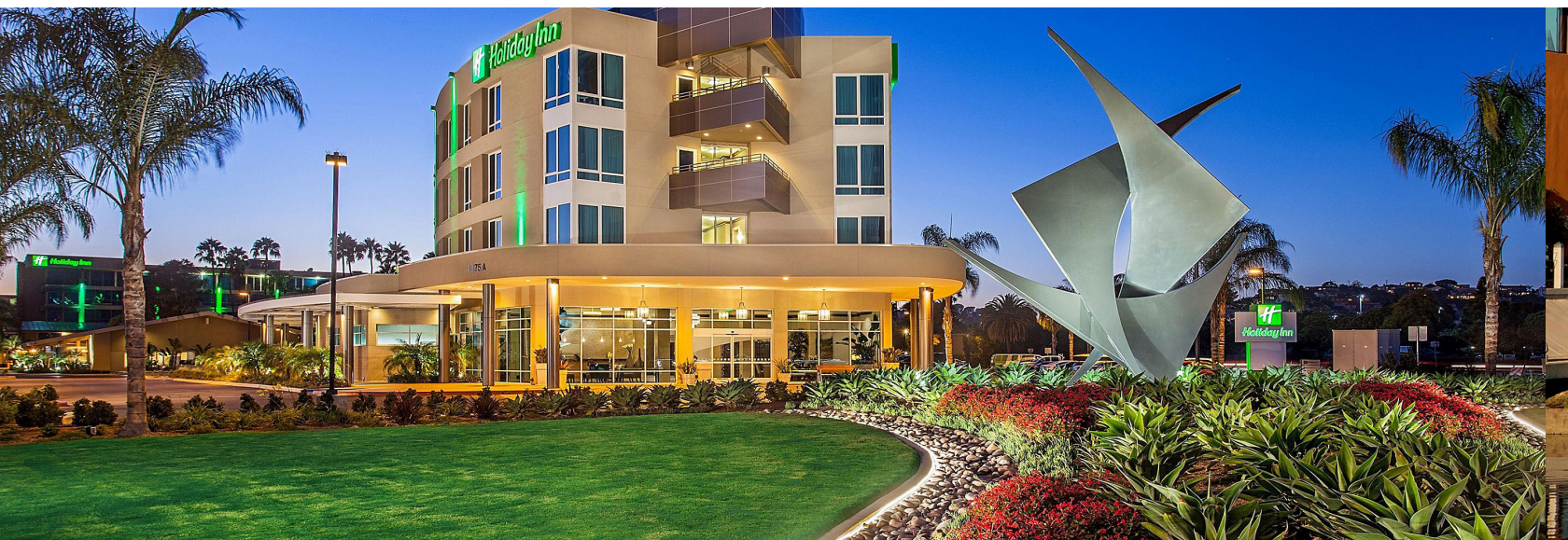


Raider Merrell on Guadalcanal



Raider Merrell on New Caledonia

RAIDER REUNION 2019



The 2019 Reunion will be held in "America's Finest City" at the beautiful Holiday Inn
San Diego Bayside from November 14-16

Reserve your room now with the code **MRR** to get the group rate. The special rate of \$129 per night is available
for three day before and three days after the reunion. The special reate expires on 15 October so reserve now!

Call 1 (619) 224-3621 ask for reservations (ext 701) or call toll free 1 (800) 662-8899

Events to look forward to:

November 14:

Registration/Swag Purchases

"In Honor Of..." Reception

Buffet Dinner/Harold Berg Speaker Forum

November 15:

Hop on/Hop off Trolley Tour of San Diego

Beer/Wine Flight Social

Buffet Dinner/Silent Auction/VIP Recognition

November 16:

Annual Membership Meeting

Annual MRA Memorial Service

244th US Marine Corps Birthday Ball

WWII Raiders Only!!

**For Travel arangments: Contact Sarah Christian, Director of Operations, Marine
Raider Foundation at 951-551-9309 or schristian@marineraiderfoundation.org**

**For Room Reservations and event registration: Contact Sigrid McAllister,
Treasurer, Marine Raider Association at 404-414-0556 or
reunion@marineraiderassociation.org**

SAN DIEGO CALIFORNIA



Registration can be completed online at marineraiderassociation.org or via mail using the registration form located on pages 25-26

There is still time to support!

If you would like to sponsor an event contact Craig Kozeniesky, MRA President at (760)216-3624 or president@marineraiderassociation.org

For more information on things to see and do while in San Diego check out:

<https://www.sandiegomagazine.com/San-Diego-Magazine/San-Diego-Covered/San-Diego-City-Information/>



Setting Goals for Success

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



It's great to have goals, but too often people make goals that are unrealistic, unobtainable, and not specific enough. Goals should be "SMART." This means that they should be Specific, Measurable, Achievable, Relevant and Time-based. For example, a good goal for somebody who is obese may be, "I would like to lose 10 lbs. of body weight in the next four months." Or, "I would like to take two inches off of my waist by in the next two months."

These goals are SPECIFIC to this person's needs to lose weight, specifically around the waist; MEASURABLE by a home floor scale or tape measure; ACHIEVABLE for an obese individual to lose 10 lbs. or two inches waist circumference; RELEVANT to this individual's health and performance needs; and TIME-BASED based on defining their goal being achieved in four or two months, respectively.

So now that we understand how to make SMART goals, I also encourage individuals to create more than just body composition goals. Although a body composition goal may be important, being skinnier or smaller doesn't always translate to being healthier or fitter. Body composition goals also take a long period of time, patience and consistency. There are weeks where the fat feels like it falls off, then there are weeks where the same behaviors see no results. This is why it's so important to focus something other than weight or aesthetics such as behavior and performance. Behaviors and performance goals can also help with motivation by giving you something to "check the box" every day or week. Ultimately, these goals will help with the primary goal of body composition improvement.

See below for some examples:

Body composition

Maintain my current body weight and waist circumferences through 01 January 2020.

- This is a great goal for the holiday season, starting with Halloween.

Decrease 2 lbs. of fat tissue in 1 month from today. ½ lbs of fat per week.

- This is a great goal for any time of year. Injured periods make this one tougher.

Increase ½ -1 lbs. of lean mass in 1 month from today.

- Good hard gainer goal.

Decrease ½-2 inches off my waist circumference in 2 months from today.

Behavioral

Consume 20+ grams of protein at breakfast 4+ days per week.

Go grocery shopping 1 time per week to ensure full stock of fresh foods.

Increase sleep (time in bed for sleep) by 1 hour per night.

- Aim for 8 hours in bed with the lights out.

Eat 5+ servings of vegetables most days of the week.

- A serving of vegetables is ½ Cup cooked vegetables or 1 Cup of leafy vegetables.

Performance

Exercise 150 minutes per week.

Improve 3-mile run time 1 minute in the next month.

Increase pull-ups by 5 pull-ups in 3 months.

While rehabilitating from shoulder surgery, I will perform 30 minutes of physical therapy, 5 days per week.

Performance goals will typically be accompanied by a behavior goal. For example, to improve your 3-mile run time, your "behavior" goal may be to "add 1-2 lactate threshold runs per week" or to add 5 pull-ups in the next 3 months, you may "train with MARSOC Strength and Conditioning 4-5 days per week."

The Benefits of Grip Training

By Jon Carroll MA, CSCS, USAW

When designing workout programs, often times we tend to overlook the importance of incorporating grip training into our routines. To start, grip strength makes a great first impression. When shaking hands, if you can look someone in the eyes and let them know that you can crush their hand if you so choose. You will immediately have that person's respect and attention. The other 3 core benefits to a stronger grip are injury prevention, overall strength, and shooting accuracy. In order to obtain these benefits from our training, we must first understand the different types of grip strength.

- The “crushing” grip refers to a handshake type grip where your 4 fingers are providing the power and the object being gripped rests against the palm. Examples of this are shaking hands or closing a gripper.



- The “pinch” grip is when the thumb is providing the power and typically the object being gripped is not in the palm of the hand. We use this grip when lifting a weight plate or a piece of plywood.



- A “support” grip typically involves holding onto a handle or handle-like object for an extended period of time where the muscular endurance comes into play.



Hand position also plays a significant role in grip training. It is important to train both open (lifting with a thick bar or pinching a thick object like a blob) and closed (closing a gripper or pinching a thin plate) hand positions. We must also keep in mind the intensity of the effort in our training. It is highly beneficial to train a 1-rep max where we are lifting the heaviest weight possible as well as endurance where we are training our grip for time or maximum repetitions.

The greatest benefit to a stronger grip is injury prevention. This type of training can help prevent ailments such as golfer or tennis elbow. Not to mention that stronger musculature, connective tissues, and bone density will come in “handy” when performing grip related activities such as fast roping, caving ladders, carrying gear and maneuvering over obstacles. A stronger grip will result in stronger pulling movements where grip is typically the first to fatigue. This will in turn lead to stronger pushing movements as well, and a bigger bench press is always better. There have been studies that show that a stronger grip (especially in one's off hand) directly correlates with shooting accuracy. Lastly, it is important to note that studies have shown that grip strength is a long term predictor of mortality from all causes, especially cardiovascular disease and cancer in men. So to live a stronger, longer life, make sure that we incorporate grip training into our daily routines.

STAY IN THE FIGHT

Tips & Tactics for Physical Durability
Dr. Rita Chorba, DPT, ATC, CSCS

Why Does My Shoulder Feel Like It's Burning!

Why does my shoulder feel like it's burning, and what can I do about it?

"I didn't do anything to cause this!" Sound familiar? You may not have done anything today that would cause a shoulder problem. But that smoldering shoulder could have been caused by something you did yesterday.

Here is a possible scenario: you notice a burning sensation start to develop in your right shoulder (you're right-handed) while driving into work. The pain is worse when you have to turn the steering wheel sharply or reach into the back seat. You can't think of anything that you did this morning that would have flared up your shoulder.

What about yesterday? Nope, nothing comes to mind, except that your kid's tree house was damaged in a storm and you spent most of the morning repairing it. Next, you finished painting a spare room in record time for an upcoming visit from the in-laws. You also just switched up your workouts. Yesterday's assignment? A max set of pull-ups. No problem, except that the last time you've done any pull-ups was roughly three (or more) paychecks ago.

This story is a classic example of an overuse injury, where the demands of the job (or three) exceeded the current capacity of the body part. Burning pain usually means chemical inflammation is present, which can take 12-24 hours to arrive at the scene. So, what you did yesterday may not cause any symptoms until today.

The tricky thing in this situation is that a burning shoulder isn't always a shoulder problem. Usually, the pain occurs because of inflamed tendons (tendinitis) or other nearby struc-

tures in the shoulder. Other times, this same pain is caused by an issue upstream in the neck, where the nerves that control the shoulder reside. If your activities required you to look upward for long periods, the pain you feel in the shoulder could be coming from pressure on a nerve in the neck.

Chemical inflammation and swelling from overuse can take several days to resolve. The usual treatments of rest, ice, and anti-inflammatory medications can all help relieve the pain and irritation. Another important thing you can do is to reduce the pressure caused by swelling. Only a qualified healthcare provider can determine where the problem resides (the neck or shoulder). But, you can reduce the stress at both sites by using a simple exercise.

Try This: Use the T-Roll exercise to decompress the neck and shoulder at the same time. Roll up a thin blanket and place it on the floor. Lie down longways on the roll so that your entire spine - from your head to your tail-bone - is supported. Bend your knees, so both feet rest flat on the floor. In this position, the blanket roll should elevate your torso about four inches off the floor.



www.alphapnr.com

Extend your arms out to the side at or below shoulder height with your palms facing upward. Adjust your arms until you feel a slight stretch in your chest (Figure A). Lower your arms slightly if you feel tingling sensations. Pull your shoulder blades together so they “pinch” the roll, and tuck your chin down to lengthen the back of your neck. Relax into the stretch here for at least five minutes.



An effective routine involves repeating this exercise at least three times per day, looking for relief of your shoulder pain following each session. Continue this routine over the first week following injury even if symptoms are resolving, to maintain clear passages in the neck and shoulder. If your symptoms remain after a week or the exercise makes your pain worse, stop and see a healthcare provider trained in evaluating injuries of the neck and shoulder. Remember, shoulder pain may not be a shoulder problem at all. An accurate diagnosis will give you the best chance to resolve the issue quickly if treatment is needed.

Next, while maintaining a long spine and arms wide, cross your right leg over your left, and send both knees to the left, without allowing your right arm to lift off the ground (Figure B). You should feel a helpful stretch in your right shoulder and chest. Take several slow breaths then return your legs to the starting position. Repeat for ten repetitions to the left, then switch legs and perform ten repetitions with knees traveling to the right (Figure C). Check-in with your shoulder blade and neck posture periodically and reset them as needed.



Elite Program for an Elite Community

By: Dave Pouleris

The anxiety of leaving active duty is real, even within the most elite ranks of our nation's military. It is unfortunate that this stress can prevent Special Operations Forces (SOF) from immediately finding purpose and direction when they are finished serving. It can be surprising to some -- that a 30-year Master Gunnery Sergeant was intimidated to leave active duty, or that a 24-year Lieutenant Colonel had anxiety in the face of retirement. But what may be most startling is that these two individuals are both Marine Raiders.

As The Honor Foundation's (THF) Director of Programs for the Camp Lejeune campus, I've witnessed this reaction from guests in our classroom first hand. During a panel discussion with Human Resource professionals, one member, a Director of Talent for a nationwide bank, asked the class "what is your biggest challenge in transition?" The Lieutenant Colonel said, "it is fear of the unknown." The panel member said, "I never thought I'd hear a Marine say he was scared of anything."

In response the Lieutenant Colonel explained that, "for 24 years I have been ultimately confident in my training and that of my Marines. I knew the mission, terrain, and enemy. I knew that my team and I could overcome any obstacle or challenge that we were presented. Now I have no understanding of my new mission, the terrain it will be in, or how to engage the challenges that are before me. I don't know how to translate the skills I have mastered over my military career and apply them to a non-military occupation, and I still have a mortgage, car payment, and family who want to maintain their current standard of living. So yeah, I have a bit of anxiety."

THF, a non-profit organization, is an elite transition program designed for an elite community, tailored to help ease the anxiety that the Lieutenant Colonel described. Through an executive-education style transition curriculum that

combines one-on-one coaching, industry mentoring, three months of class instruction, and access to an elite nationwide network, individuals participating in THF's program will be much better equipped for life after military service. This comes at no cost to its Fellows – only their time and commitment are required.

The mission of THF is simple: "To serve others with honor for life, so that their next mission is clear and continues to impact the world."

When Joe Musselman, Founder of THF, began building the organization five years ago, he surveyed the SOF community about their transition experience. Here's what he found:

- ***Only 13% of transitioning Special Operators had a job the day they exited active duty service***
- ***97% were unable to translate their skills effectively***
- ***94% stated that there was no effective "Alumni" network available***
- ***99% stated that there was no tailored transition program meeting the needs of the SOF Community***
- ***91% felt that transition was more difficult than deployment***

He surmised that, "this elite community needs an elite transition program." That is exactly what THF provides -- just ask one of the many Raider THF Alumni. You can also read the recent article that Oscar Contreras wrote entitled "The Honor Foundation by Oscar Contreras" The Raider Patch No.142 1st Qtr 2019 pg.12.

THF's program consists of three months of executive/ MBA level education, available at three physical locations in San Diego, CA, Virginia Beach, VA, Camp Lejeune, NC and a virtual campus (THFv). The classes are held in the evenings twice a week and the optimal time to attend is approximately 12-24 months prior to one's transition. The program culminates with two "Trek" visits to several major companies in different geographic locations that bring a new understanding of corporate culture – a significant reason why many veterans leave the first job they have after active duty.

Another recent article in The Raider Patch has reinforced the need for the solution The Honor Foundation provides. In issue no. 143 2nd Qtr 2019 pg. 28 entitled "Raider Profile," Nick Kefalides was asked, "What do you wish you would have known before leaving the Marine Corps?" He replied, "I wish I was given more info on transition assistance and job placement when I got out."

The Honor Foundation exists to assist the Special Operations Service Member with their transition into the civilian sector at a time of their choosing. This is an important distinction to make for those who may think that this Program is compelling service members to leave active duty. Actually, the opposite is true. For example, more than one alumni, once gaining clarity and defining his/her purpose, have decided to remain on active duty because it matched his/her purpose. One recent Marine Raider was selected for promotion and continued with the Program even though he was going to accept the promotion and remain on active duty. THF does NOT attempt to convince SOF to leave active duty, nor does it guarantee employment after graduation from the Program. The Honor Foundation provides free MBA level instruction designed to refocus mindset, refine skill-set, and provide necessary toolsets that can be applied at the right opportunity in order create a unique experience.

THF CEO Matt Stevens agrees, "As a graduate of THF's program myself, I can assure you that it will help any member of the Special Operations community get their mindset right for their transition journey. It will boost their confidence, increase their competence, and set them up for success in whatever they choose to do. In many cases, this will be the first time in decades that these extraordinary men and women actually take time to think about themselves. It can be daunting, but that's exactly why we exist: To serve this community FOR LIFE."

Alumni are always welcome to take advantage of any class at any campus, participate in any corporate visit, or tap back into our network of professionals. Therefore, if the first or-

ganization is not the right fit for the individual THF will continue to help them find the right fit. Further, the skills learned through THF can be applied to any, and every experience in life even if the next step is outside of the corporate/private sector.

From my experience, when you decide to leave active duty, no matter rank or position, you are alone. The Marine Corps will drive on; as it should. Your impact to the team or mission no longer exists. From this point forward you, the individual, must find out how to reach the levels of fulfillment that the past has provided. The MGySgt that I mentioned at the beginning of the article put it the best. He said, "For the past 30 years what I have done has given me 100 %. I will never get 100% again, but now I have to find something that gets me as close as I can get to that 100%." He went on to say, "Transition is a lonely process. The majority of our career was with a team. THF provides that necessary team structure to help us through transition into our future endeavors. The true value of THF is helping us determine our real value and giving a look 'behind the curtain' into corporate life."

With the support of The Marine Raider Foundation, the Navy SEAL Foundation, Wounded Warrior Project, and other organizations, The Honor Foundation is dedicated to serving those leaving active duty. No matter the SOF organization or unit, nobody would deploy without the proper "work up." THF provides the best "work up" for deployment into your next mission in life.

THF Camp Lejeune campus is currently located at the Alston W. Burke Center at Surf City, 621 NC Hwy. 210 E. Hampstead, NC 28443. For feedback or questions on this article please contact Dave Pouleris at david@honor.org





Raider Profile

Oscar Contreras

Editor's note: Oscar Contreras has recently joined the Marine Raider Association Board of Directors.

1. What was your ITC class / Proctor?

I didn't need to go to ITC since I was with MARSOC at its inception in 2006.

2. What MARSOC units (deployments if you like) were you with?

I spent the majority of my MARSOC career with 1st Marine Raider Battalion or 1st Marine Special Operations Battalion as it was known in the beginning. I deployed twice with Alpha Company in support of Operation Enduring Freedom (OEF) in 2007 and 2009. I did another OEF deployment in 2011 with Bravo Company. My last deployment was to PACOM in 2013 with Charlie Company. So I almost did the "round the battalion" tour but unfortunately didn't get a deployment in with Delta Company.

My final tour of duty was at Marine Raider Training Center (MRTC) from 2015 to 2019 where I served as an Irregular Warfare Instructor with SOTC-4. After two years with SOTC-4 I went on to become the Chief Instructor of the Marine Raider Training Center Instructor Qualification Course.

3. When did you get out/retire?

I officially retired at the end of July 2019 but took 61 days of Terminal Leave in order to move my family back out to California and get life situated.

4. What do you wish you had known before you made the decision to get out?

That is a very good question and honestly there was two things I wish I had known. The first one is that it is okay to ask for help during the transition. Guys in our community spent a majority of their career getting the job done with little to no guidance. Although the transition is different for each and every person, there are a lot of processes that are similar that others before us have already experienced. All we have to do is reach out to our brothers that are transitioning or have already transitioned out to the civilian world.

The second thing I wish I had known was how hard it was going to be to let go of the daily work flow and focus on retirement and all that comes with it. That last year in the Marine Corps came fast and flew by. Finding that balance between work and preparing for the future is really important. Both the Marine and his command need to have an equal understanding of the importance of time management for that Marine and his family in preparation to transition.

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

The biggest and most important resource is going to be family. Family has just as much stake in the game as you do so including them in your transition is very important. For most of us after we “hang up the jersey” the people who will be there day in and day out will be our family.

Another huge resource during my retirement was The Honor Foundation. I wrote an article about them in one of the previous editions of The Patch, so go check it out. In all seriousness, The Honor Foundation is an organization I will always recommend to anyone that is preparing to transition out of the military. I learned a tremendous amount from The Honor Foundation program but the two biggest takeaways were that there isn’t a job in the world that we as Marine Raiders could not succeed at. The second takeaway was the importance of establish and growing your network. There are plenty of job sites and on line programs to upload a resume to but the power of your network and “who you know” is what will get your foot in the door.

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

I will keep it short and simple on this one. Just remember you are not alone, even if at times it may feel that way, you always can reach out to a brother, friend, or family for some help. It won’t be easy as you loosen those pack straps but it is very important to give yourself and your family enough time to prepare for the new chapter in your lives.

7. *What do you do now?*

I currently work at 1st Marine Raider Battalion as the Unmanned Aircraft Systems Instructor / Evaluator. I got this position by utilizing the “who you know” as I mentioned earlier and I couldn’t be happier here as I still get to be around my old brothers and also see familiar faces of students I had during my time at MRTC.



New Raider Association Challenge Coins are available at:

https://marineraiderassociation.org/store/?fbclid=IwAR032gGQAd_faZI4D7Ibqw5_W2Lla1D2mAtPntBF2UUx-dAroyRYIHwyZe4



What You Need to Know About the Marine Corps Birthday Ball

Members of the Association have received quite a few inquiries regarding to preparing for and etiquette at the Marine Corps Ball. The Raider reunion has not coincided with the Ball in as long as I can remember and for many, this may be either your first Marine Corps Ball, or at least a first in some time. But, no matter how many Marine Corps Birthday Balls you have attended, it is always an honor and privilege to have the opportunity to celebrate the birth of America's premier force in readiness.

What is the Ball?

The annual Marine Corps Birthday Ball is a celebration of Marine Corps history and traditions. It represents where the Marine Corps started and where it is now; while giving us a glimpse of the past, present, and future.

Throughout the world on 10 November, Marines celebrate the birth of their Corps -- the most loyal, feared, revered, and professional fighting force the world has ever known.

In 1921, the 13th Commandant, Gen. John A. Lejeune, issued Marine Corps Order No. 47, Series 1921. Gen. Lejeune's order summarized the history, mission, and tradition of the Corps. It further directed that the order be read to all Marines each year on 10 November to honor the founding of the Marine Corps.

The first "formal" Birthday Ball took place in Philadelphia in 1925. Guests included the Commandant, the Secretary of War (known today as the Secretary of Defense), and a

host of statesmen and elected officials. Prior to the Ball, Gen. Lejeune unveiled a memorial plaque at Tun Tavern, the birthplace of the Marine Corps. Then the entourage headed for the Benjamin Franklin Hotel for an evening of celebration.

What should I wear?

Do wear something appropriate for the occasion. As Marines will be wearing their Dress Blues, female guests should select a floor length gown to match the formality of the dress uniform. Male guests should wear a suit and tie or tuxedo.

What happens at the Ball?

There will be a cocktail hour prior to the beginning of the ceremony. This is a great time to find your seat. There will be assistance available if required. Just prior to the ceremony there will be an announcement to take seats. The ceremony includes: Marching on of the Colors, cake cutting ceremony recognizing the oldest and youngest Marine present, and guest speaker remarks. Dinner will be served following the ceremony, with dancing to follow.

Adapted from <https://usmc-mccs.org/articles/happy-birthday-marine-history-of-the-marine-corps-ball/>

The James 'Doc' Gleason Essay Contest Deadline 25 October!

The Marine Raider Association is pleased to announce the 2019 Essay Contest. This year's contest is dedicated to the memory of Raider James 'Doc' Gleason. We invite essays that examine the spirit of selfless service 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 the 2019 Marine Raider Association reunion in November.

The prize is funded by friends of Doc.

Instructions:

- Essay's should examine the meaning of selfless service.
- Entries must be received no later than Friday, 25 October 2019 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

Hard copies should be mailed to:

Raider Patch Editor

Essay contest

102 Anniston Court

Hubert NC 28539

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 membership@marineraiderassociation.org for more information.			

Opt-Out: ☐ Check this box if you DO NOT want your name and membership category published in *The Raider Patch*.

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
☐ U.S. 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 ☐ \$75/5 years (\$25/year x 3 years) ☐ \$375/Life (\$100/year for years 1, 2, and 3 +\$75 for year 4)

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, etc.):

Raider Name: _____ Unit: _____ Relationship: _____

DUES: ☐ \$35/1 year ☐ \$90/3 years ☐ \$125/5 years (\$25/year x 5 years) ☐ \$500/Life (\$100/year for 5 years) ☐ Life (over age 50) \$400 (\$100/year x 4 years) 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 ☐ \$125/5 years (\$25/year x 5 years) ☐ \$500/Life (\$100/year for 5 years) ☐ Life (over age 50) \$400 (\$100/year x 4 years) Age: _____

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

DUES: ☐ \$30/1 year ☐ \$100/5 years (\$20/year x 5 years) ☐ \$400/Life (\$100/year for 4 years)

Unit(s): _____ Date(s): _____

****Dues rates approved August 29, 2015****

Questions relating to membership should be directed to the Membership Secretary.
Checks for dues should be made payable to US Marine Raider Association and mailed to:
Helene Kozeniesky, Acting Membership Secretary, U.S. Marine Raider Association, 13230 W Saddlebow Dr, Reno, NV 89511
Email: membership@marineraiderassociation.org Phone: (760) 213-8684

U.S. Marine Raider Reunion 2019 – San Diego, CA
Reunion Registration Form - Deadline September 30, 2019

Complete both pages, attach check payable to USMRA, and mail to:

Sigrid Klock McAllister

1855 Kanawha Trail

Stone Mountain, Georgia 30087

For registration questions contact Sigrid at

reunion@marineraiderassociation.org or (770) 939-3692

Dues must be paid through December 31, 2019 for all attending MRA Members!

Registration available online: <https://marineraiderassociation.org/events/reunion/>

WWII Raiders—Contact Sigrid directly to make your registration arrangements!

Check one: ☐ Raider ☐ Honorary ☐ Associate ☐ Other

Name: _____ Unit: _____

Email: _____

Home Phone: _____ Cell: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Your party's information:

Total number in party, including member, spouse/guests: _____

Spouse's name: _____

Example: John Doe/ Son _____

Guest's name/relationship to member: _____

Guest's name/relationship to member: _____

Guest's name/relationship to member: _____

Guest's name/relationship to member: _____

****Do you or any member of your party require special assistance such as a walker, crutches or wheelchair access, meal accommodations, etc.? If so, please describe:**

****See Page 2 for Registration Fees / Events and Activity Fees****

Are you interested in sponsoring an event? Contact:

Craig Kozeniesky, MRA President (760) 216-3624;

president@marineraiderassociation.org

U.S. Marine Raider Reunion 2019 – San Diego, CA
Reunion Registration Form - Deadline September 30, 2019

REGISTRATION FEES		
Registration Per Person	Number Attending	Total Fees
\$10.00		
Total Registration Fees		\$

EVENTS AND ACTIVITIES					
Date	Event	No. of Attendees	Cost Per Person: now-through 31 August 2019	Cost Per Person: 1 September- 30 September 2019	Total Cost for Entire Party
Nov 14	DAY 1 Package: <ul style="list-style-type: none"> • “In Honor Of...” Reception (12:30-3:00) • 244th US Marine Corps Birthday Ball w/transportation (5:00-11:00) 		\$100.00	\$120.00 (Ball ticket price increases on 1 September!)	
Nov 15	DAY 2 Package: <ul style="list-style-type: none"> • Continental Breakfast (8:00-9:30) • Beer/Wine Flight Social/Harold Berg Speaker Forum (4:00-6:30) • Buffet Dinner/Silent Auction (6:30-9:00) 		\$80.00	\$90.00	
Nov 15	Hop on/Hop off Trolley Tour of San Diego (9:30-4:00)		\$55.00	\$60.00	
Nov 16	DAY 3 Package: <ul style="list-style-type: none"> • Bayside Breakfast (7:30-9:00) • Annual Membership Meeting (9:00-10:00) • Annual Memorial Service (10:00-11:00) • Poolside Social (2:30-5:00) • Buffet Dinner/Volunteer/Sponsor Recognition (5:00-7:30) 		\$110.00	\$120.00	
		Total for Events and Activities			\$_____
		Total for Registration Fees			\$_____
		Additional Donation or Contribution to USMRA, [501(c)4] EIN: 36-6097127			\$_____
		Total for 2019 Reunion Charges			\$_____



Raider Heroes

Navy Cross Citation

Private First Class John C. Broderick
2nd Marine Raider Battalion,
Date of Action: November 1, 1943



The Navy Cross is presented to John C. Broderick, Private First Class, U.S. Marine Corps (Reserve), for extraordinary heroism while serving with Company C, Second Marine Raider Battalion during the landing attack in the Cape Torokina area, Bougainville Island, British Solomon Islands, on 1 November 1943. Observing that a strongly fortified enemy position was retarding the advance of his platoon, Private First Class Broderick fired his weapon with grim determination, killing two Japanese ammunition carriers serving a machine gun, then fearlessly rushing forward, hurled a hand grenade into the enemy emplacement and killed several more hostile soldiers. Although suffering from wounds in the leg, he courageously assisted his comrades in destroying the machine gun, clearing the way for the advance of his platoon. Private First Class Broderick's outstanding initiative and heroic devotion to duty were in keeping with the highest traditions of the United States Naval Service.

Navy Cross Citation

Sergeant Charles I. Cartwright
1st Marine Special Operations Battalion
United States Marine Corps



The President of the United States of America takes pride in presenting the Silver Star (Posthumously) to Sergeant Charles I. Cartwright, United States Marine Corps, for conspicuous gallantry and intrepidity in connection with military operations against the enemy while serving as Assistant Element Leader, Marine Special Operations Team 3, Marine Special Operations Company A, First Marine Special Operations Battalion, U.S. Marine Corps Forces, Special Operations Command, in support of Operation ENDURING FREEDOM on 5 September 2009. While on a combat reconnaissance patrol in central Farah Province, Team 3 came under heavy enemy mortar, rocket propelled grenade and automatic weapons fire. Sergeant Cartwright immediately dismounted, oriented the element's partner nation force and assaulted to within 75 meters of the attacking enemy. While maneuvering, he killed two combatants and was wounded in the upper chest from intense enemy fire. He continued leading the partner nation force under volumes of enemy rocket-propelled grenade and automatic weapons fire until the element became pinned down and a severely wounded Afghan soldier was separated from the dismounted element. With total disregard for personal safety and under accurate enemy fire, Sergeant Cartwright moved to the casualty's side. Pulling him to cover, he rendered first aid, treating multiple injuries with ad hoc pressure dressings and tourniquets. Still under fire, Sergeant Cartwright kept his friendly position to orient organic and supporting arms. Sergeant Cartwright refused treatment until the enemy threat was neutralized and the Afghan casualty was safely treated by the team medic. Sergeant Cartwright's relentless courage, initiative and indomitable fighting spirit reflected great credit upon him and were in keeping with the highest traditions of the Marine Corps and the United States Naval Service.

UNITED STATES MARINE RAIDER ASSOCIATION

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HUBERT, NC 28539

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