



**MARINE  
RAIDER**  
ASSOCIATION

# *The Raider Patch*

*Magazine of the Marine Raider Association*

No. 150  
1st Qtr  
2021

**Doc Gleason Essay Contest Winners**  
**Cognitive Raider Essay Contest Open**  
**The Story of PFC Bruno Oribiletti**

[marineraiderassociation.org](http://marineraiderassociation.org)



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A National Non-Profit Organization

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The Marine Raider Museum at Raider Hall, Quantico VA

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COVER PHOTO BY PHOTO BY SGT JONATHON WIEDERHOLD

INSTRUCTORS FROM MARINE RAIDER TRAINING CENTER FIRE MORTAR ROUNDS DURING SUSTAINMENT TRAINING. MRTC INSTRUCTORS TRAIN THE NEXT GENERATION OF MARINE RAIDERS THROUGH A CURRICULUM RANGING FROM CULTURAL ETHICS AND DIPLOMATIC SPEAKING TO UNIT TACTICS AND WEAPONS SYSTEMS.

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# MRA President's Message



**H**ello and Happy 2021 to all. My sincerest wishes that this new year finds all Raiders, their Families, and all our Friends well and prospering!

First order of business is a HUGE thank you to both Craig Kozeniesky for his stewardship of the Marine Raider Association and to his bride Helene for her tireless efforts to stay on top of literally every aspect of the MRA. Though they have handed the reins of their involvement over to some new faces they are not going anywhere and will continue to be phenomenal support behind the scenes. On behalf of everyone at MRA I cannot possibly thank them both enough.

In his last letter to the Association Craig put forth a list of Association efforts. With slight license, they essentially remain unchanged:

- ~ Stable Association Leadership
- ~ Energized social media and outreach
  - Website
  - Raider Patch
- ~ Membership team
- ~ Strengthen relationship with MARSOC
- ~ Coherent Strategic Plan
- ~ Legacy and history
  - Raider Hall renovations
  - Raider Monument
- ~ Strengthen partnership with Marine Raider Foundation

I cannot say enough about the trajectory this Association is on or those who are leading us there:

~ Kudos to Ranger/Raider Dailey and the Patch: he continues to knock it out of the park!

~ Bravo Zulu to Jack O'Toole and all his efforts on our varying social media platforms ... and all the more so for answering my never-ending stream of Boomer questions and taking the time to walk me through things like "Slack!"

~ Raider Hall: The renovations at Raider Hall are almost complete and look fantastic. If you ever visit the National Museum of the Marine Corps (highly recommended) please make sure you make the 10 minute trek up to The Basic School at Camp Barrett and visit Raider Hall. As a word of caution ... mind the speed limit if you cut through base the back way (ask me how I know!)

~ Raider Monument: Progress continues to be made with site selection, currently focusing on Wilmington NC and it's status as the first "World War II Heritage City." Kudos to Raider Meacham for continue to raise awareness and funding and to Worth Parker and others for picking up the task of finding a home for this vision.

~ Membership efforts. Michael Poggi has taken over this monumental task from Helene but this is easily the biggest "Team" effort within the Association. In many respects this is the proverbial "every member is a recruiter" catchall. If any member of the Association has an idea on how to better reach out to both existing and prospective members, PLEASE chime in. As a card-carrying member of the "Good Idea Club" I love to take credit for other people's brilliance (tongue-in-cheek, as long as Worth Parker or John Daily don't dime me out!). Please do not keep your good ideas to yourself.

~ As Craig before me I have great relationships with the leadership at the Marine Raider Foundation and MARSOC. Through decades old friendships with the Andy and Sarah Christian at the MRF and with MajGen Glynn at MARSOC I look to continue the support and partnerships we have with both of these great organizations.

Hopefully, this has provided everyone a basic "one over the world" of where we are as an Association. I am privileged to be a member, and even more honored to be its steward for a time.

Semper Fidelis ~ Marines are who we are  
Gung Ho and Spiritus Invictus ~ Special operations are what we do

Neil C. Schuehle  
President, Marine Raider Association



# Editor's Notes



**A**hoy Raiders!

It's great to be back with you in 2021. Hopefully we will start to return to normal and will be able to schedule an in-person Raider reunion.

This issue is slammed full of articles I'm really excited about. The winner and runner up of the Doc Gleason Essay contest both take a look at the concept of Gung Ho and it how inspired the WWII Raiders to success on the battlefield and how it still serves as the center of the Raider Ethos.

On that note, we are announcing the 1st Cognitive Raider Essay contest focusing on leveraging frontier technologies to enhance MARSOC's competitive advantage. The MRA is supporting the contest with prize money.

There has been a lot happening around MARSOC and we've tried to capture as much of it as possible.

As always we are thankful to Major General Glynn for providing an update and join him in congratulating MARSOC's annual award winners.

Dr. Rita Chorba is back with some great info and advice on dealing with shin splints, and Registered Dietitian Abby VanLuvanee cautions us to set achievable realistic goals with out fitness and nutrition.

In the last issue the WWII Raider Hero was PFC Bruno Oribilette. In this issue we will dig a little deeper into his story and his nephew Don Bruno's efforts to have his uncle's Navy Cross upgraded to a Medal of Honor.

MARSOC recently graduated the most recent batch of Raiders with ITC Class 20-1. We were honored to have Det-1 alumni MSgt Vinnie Palucci (ret), and MRA supporter Jon Laplume attend the Raider night. Congratulations to the Raiders of ITC Class 20-1!

Until next time,  
Gung Ho!

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# The Bull Sheet

Correction: In the last issue, our Raider profile was Ralph Owen of Southern Cross Outdoor Traditions. I incorrectly listed the teams that Ralph deployed with. It should have read, MSOT 18, 411, 8311, and 8214. - Editor

John –

... I enjoyed reading the letter in this issue where Frank S. Wright is mentioned.

Frank was Executive Secretary of the Raider Association for about 3 years, and that was back about 20+ years ago. If we have a re-union anytime soon please remind me, and I'll write Frank and ask him to attend.

By the way, I was also fascinated by the article about the computer-driven sculpture in three dimensions. That is really amazing!

Many thanks! Gung Ho!  
Bob

Dear Editor,

Thanks for the Honor Foundation article about using Linked in. It was eye opening how a good profile can really help transitioning Raiders.

Dale Thomas

Dear Marine Raider Foundation,

I am a professor in the History Department at the University of Delaware, Newark, DE 19716-2547. As part of my research, I conduct video recorded oral interviews of WWII veterans. I use these in seminars that I teach here entitled "World War II Through Oral Interviews."

I am searching for any veterans of the First and Second Marine Raider Battalions from World War II who might be willing to sit for an interview about their life and experiences. I had the honor of interviewing Mr. James "Horse Collar" Smith at his home in Fairfax, VA last month. I would very much like to interview more veterans from these specialized units.

I would be happy to provide a template letter that I send to prospective interviewees (modified as needed) that explains our project and its goals. If you are interested, please provide the best e-mail address to which I should send it.

Many thanks for any help that you might offer.

Sincerely yours,  
Steven E. Sidebotham  
Professor, History  
University of Delaware  
Newark, DE 19716-2547

This is my dad John E Finelli on the left and his best friend Malhon Day Kenny on the right. Both were members of the Third Raiders. This picture is from 1942. It was taken in North Carolina when they were forming up the Third Division.

Hope you find this of interest.

Sincerely,  
John E Finelli Jr



Dear Marine Raider Association,

I came across a letter from a father of a fallen WW2 Marine Raider that is quite touching and thought you might like to have it for your archives. It was written by Episcopal Dean McAllister of Spokane, Washington to my father, Captain Joel Ferris, stationed in Foggia, Italy with the Army Air Corps. The bravery of his son during the early moments of the invasion of Guam shines well on his character and the character on all Marine Raiders.

Best to you and thank you for your service,  
John

Letter on next page.



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MAIN 2309  
SUMNER AVENUE  
WASHINGTON

## The Cathedral of St. John the Evangelist

VERY REV. CHARLES ELDRIDGE McALLISTER, D. D. LITT. D., DEAN

December 19, 1944.

Capt. Joel E. Ferris, O-562992  
340th Bomb. Sqdn. (H) - 97th Bomb. Group. (H)  
A. P. O. 520 c/o Postmaster  
New York, N. Y.

Dear Joel:

Please forgive me for not answering your kind note of sympathy earlier. It was good of you to think of us and I want you to know how much I appreciate it.

Chuck was a First Lieutenant in the First Marine Raiders. He had been in a number of engagements and after Saipan was in the first assault wave at Guam. He landed his men safely and was in command of a platoon which was spearheading the attack. They were held up by a Japanese machine gun nest which wounded some of his men and pinned the others down. He went back alone under fire to secure reinforcements. On his return it was necessary to charge across an open rice field and he and the Lieutenant of the reinforcing platoon and the platoon Sergeant were all killed by the same burst.

The letters I have had from the men who were with him tell me two things, first that he was more than ordinarily brave and second that he was loved by his men. Naturally, these thoughts are a comfort to me.

Chuck would want us to carry on and we are doing so. God has given us strength to face this loss and we have so much for which to be thankful. May God grant that this awful war will soon end. Perhaps, because of my experience, I will be better able to help others.

May God bless and keep you safe and those who are near and dear to you.

Yours sincerely,

*Chas. E. McAllister*





## From the Desk of MajGen Glynn

Spring seems to finally be upon us at Stone Bay, and we hope this finds Raiders and their families everywhere well. By the time you're reading this, I hope all are vaccinated against COVID as both personal and family safeguards and preventative measure against future strains.

Since the last edition of The Patch, we celebrated the 15th Anniversary of the founding of the modern day MARSOC. Planning, once again, to commemorate this milestone in the month of our founding ran directly into some significant winter weather. Disappointingly our Guest of Honor, the first commander of MARSOC, was unable to escape the Texas freeze to join us as planned, but LtGen (ret.) Hejlik graciously provided prepared comments I was privileged to share with the gathered audience. The ceremony also allowed us to recognize our annual award winners for their exceptional accomplishments!

Since the beginning of this calendar year, we are conducting a 'Honor Workout' each month that recognizes all that went before us and contributed to the great Raider legacy we are privileged to share in. While you may not be able to join us for the reading of the names followed by the ten-station, high-intensity interval training (HIIT) workout, you could complete the final station at home. That station mandates one burpee (eight-count body builders 'back in the day') in memory of each Raider, which was 37 for March!

The consolidation of all Marine Raider units to Stone Bay is well underway and on target for completion by the end of 2022. Construction of the primary buildings supporting consolidation is nearing completion, personnel moves are ongoing, and equipment adjustments are being implemented. The effort to consolidate is considerable, the impact to families is significant, and our Raiders and their families are executing the mission with the professionalism and precision that our Creed professes.

Despite COVIDs impacts to how we do business, there is very much a strong energy and momentum surrounding what we are doing. We are leveraging today's force and deployed elements to adapt to emerging threats and capabilities, while concurrently dedicating one Team exclusively to experimentation and wargaming. The SOCOM Commander and Senior Enlisted Advisor, and Commandant and Sergeant Major of the Marine Corps, all visited our headquarters in the last month to learn first-hand our force development priorities and future capabilities.

We will have had our Component Sergeant Major relief and appointment ceremony before the next edition is published. Sergeant Major Rafael Rodriguez and his family have been great command partners, friends to all of us and will be missed as they move to Manpower and Reserve Affairs in Quantico, Virginia. We welcome Sergeant Major A.J. Loftus and his family back to MARSOC. With a previous tour as the Sergeant Major of 1st Raider Battalion, he and his family are familiar to many of us, and we are thankful to welcome them back!

Until next time Raiders, peace, grace and good health to you all!

Spiritus Invictus and Semper Fidelis,  
Jim

Major General James F. Glynn, USMC

# PFC Bruno Oribiletti

Editor - I have been in correspondence with Mr. Don Bruno, the nephew, of PFC Bruno Oribiletti. The collection of letters, official reports, and photos he has shared with me tell of a story of incredible heroism. PFC Oribiletti was a veteran of B Co. and HQ Co. of the 1st Raider Bn, and a proud son of Kenosha, WI.

Don Bruno began his search to learn more about his uncle and the more he learned, the more he has become convinced that PFC Oribiletti's action during the battle of Guam should be considered for the Medal of Honor. By any reckoning, the documents point to actions by which PFC Oribiletti "distinguished himself conspicuously by gallantry and intrepidity at the risk of his life above and beyond the call of duty," which is the requirement to be considered for the Medal of Honor .

The testimonials tell of the fierce fighting in the early hours following the landing on Guam:

"The US Marines had not yet had time to land heavy equipment and had only rifles, machine guns and a bazooka or two to continue their advance. A column of advancing enemy tanks leading a column of infantry put our troops in a very dangerous situation."

On the 50th anniversary of the battle, Don had the opportunity to interview famed Raider Mel Heckt. Heckt recounted that he and a partner were manning a machine gun in the early morning darkness when the sounds of engines, clanking tank treads, battle screams and yells from the advancing enemy infantrymen shattered the stillness. Then the silhouettes of four enemy tanks appeared to be headed straight for them.



"We could only fire to their sides to back off the infantry. It was too dark to see where they were, and our guns couldn't do anything to the tanks," Heckt said. Somewhere to his front, Oribiletti was readying a bazooka.

The written history of the 6th Marine Division picks up the account:

"In the uncertain light of flare and gun flash, punctuated by Banzai screams, a bazooka man (Oribiletti) of the 4th Marines rose to his feet. Bruno knocked out the first tank with a perfect shot, then knocked out the second one. With his third shot he knocked the turret off of the third tank and was preparing to take a crack at the fourth when he was hit by its cannon.

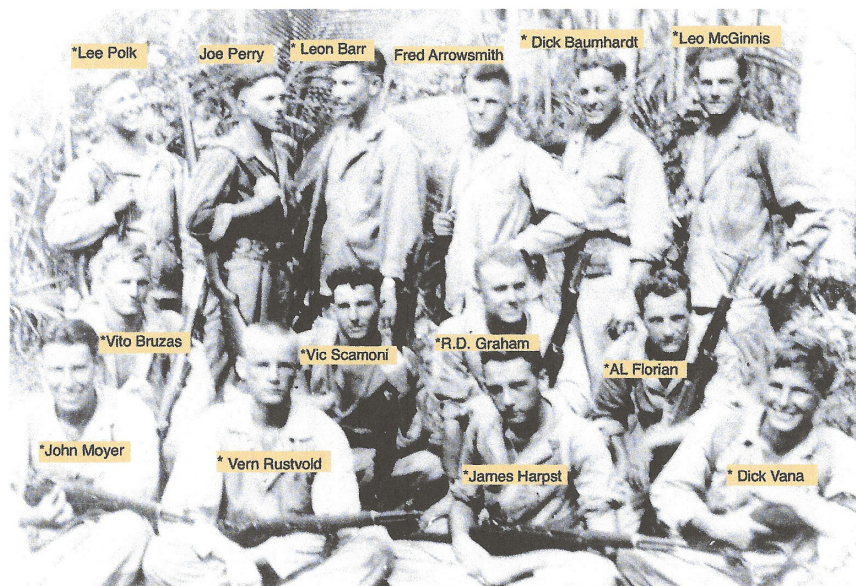
The three disabled tanks blocked out the pass and delayed the Jap advance.

His sacrifice gained enough time for reinforcements to reach the scene. He halted the Jap advance by destroying their armored support so our Marines could Counterattack."

In a personal letter to the family, squad-mate Vern Rustvold wrote,

"I know the heartaches you have suffered through the years, and if it can be any consolation to you the knowledge that Bruno Oribiletti has never been forgotten and lives on in the hearts and minds of all of us that are here today because of him."

\* Designates Those in Bruno's Squad



# The Marine Raider Way

By MGySgt Mark Castille

*MGySgt Mark Castille is the winner of the 2021 Doc Gleason "Gung Ho" Essay Contest*

**M**ARINE RAIDERS COMPRISE TWO WARRIOR FACETS, FIRST IS THE FOUNDATION OF BEING A MARINE AND THE SECOND IS THE LEGACY OF A RAIDER. Distinctively, the strength of a Marine Raider is rooted in Marine tenacity and Marine Corps values, then it is combined with the grit of the Raider ethos and tenets. The entwinement of both a Marine and a Raider embodies the essence of these impactful warriors, from their historic past to their unwritten future. To be a Marine Raider is to exemplify the Marine Corps values of honor, courage, and commitment, as well as the Raider Ethos of Gung-ho and the tenets of trust, excellence, and selflessness.

Their story is as lively as they are, filled with trials, tribulations, successes, disbandment, aspirations, rejuvenation, and above all perseverance. It isn't surprising that the United States military's smallest service, and United States Special Operations Command's (USSOCOM) smallest special operations force (SOF) service component would attract and cultivate a breed of cognitive warriors determined to have impacts beyond their size. The Marine Raider lineage is one for the history books, but the Marine Raider ethos is one for all who strive for purpose beyond self. That ethos is lived today as the Marine Raider Way.

Marine Raider heritage is rooted in the Marine Corps, Marine Raiders, Office of Strategic Services (OSS), USMC Small Wars, Marine Reconnaissance, and Marine Detachment One<sup>1</sup>. This varied past provides the base from which organizational agility is born for the challenges of tomorrow, and it is the strength of Marine Special Operations Command's (MARSOC) cross functional and multi-domain design and approach to global operations. MARSOC, established in 2006, was born of the impactful innovation of the 1942 Marine Raiders, the strategic effects of the OSS, the outsized effects of small distributed Marine advisor detachments during the Small Wars era, the persistent readiness of Marine Reconnaissance, and monumental success of Marine Detachment One<sup>2</sup>. The Marine Raider legacy is cultivated from a diverse and storied past that carved their timeless ethos and bountiful traditions into the extraordinary warriors they are today.

## *The Marine*

The Marine Corps originated in 1775 by the Second Continental Congress to serve aboard Navy ships as protection on the high sea and as an amphibious landing force<sup>3</sup>. Recruited from Tun Tavern, Philadelphia, these gutsy band of men would form the spirit of the Marine Corps through amphibious raids, small wars, and partnered operations<sup>4</sup>. From formation to employment, a culture was born and Marine resolve resonated throughout the world. Marine Corps culture endured through the years to be an unmatched fighting force, formed from those who sought service above self, who are determined to meet the nation's call no matter the challenge, and who desire an unquenched challenge. In the early 1990s the "Core Values" captured and communicated these organizational traits in timeless service common virtues.

All Marines can easily recite the Marine Corps values of honor, courage, and commitment. Upheld through training and traditional embodiment, these values persisted as personified virtues of what it means to be a Marine. The establishment of the Marine Corps values known today came from General Mundy, the 30th Commandant of the Marine Corps, in his white paper titled "30th Commandant's Statement on Core Values of the United States Marines."<sup>5</sup> At the time the values had been a bedrock of the Marine Corps for years, but they hadn't been codified with effective clarity for all to remember at a moment's notice. General Mundy signified the Marine Corps values of honor, courage, and commitment to be the "bedrock" of being a Marine and directed they serve as a daily guide for "performance, behavior, and conduct."<sup>6</sup> Interestingly, General Mundy's son, Lieutenant General Mundy III, served as MARSOC Commanding General from 2016 to 2018.<sup>7</sup>

## *Marine Corps Core Values*

- **Honor-** "The bedrock of our character."<sup>8</sup> Actions that cultivate and ensure ethical accountability up, down, and laterally to guide responsible, dignified, and respectful behavior.
- **Courage-** "The heart of our Core Values."<sup>9</sup> Actions that endure over life's challenges including physical, cognitive, and ethical. The inner strength and drive to move forward.



- **Commitment** – “Determined and dedicated spirit.”<sup>10</sup> A pledge for action to a higher purpose of Country, Corps, Unit, Family, Team, Self. Establishes the Marine as the revered warrior citizen.

### *Motto*

- Semper Fidelis “Always Faithful” – Adopted by the Marine Corps in 1883, Semper Fidelis, or Semper Fi for short, has come to resonate the lasting commitment Marines have to the Corps and the commitment the Corps has to people of the United States.<sup>11</sup>

### *Axiom or Saying*

- “No Better Friend, No Worse Enemy!” -General James Mattis (USMC). Mattis derived his version of the quote from the Roman general and politician Lucius Cornelius Sulla (138-78 BC) that “no friend ever served me, and no enemy ever wronged me, whom I have not repaid in full.”<sup>12</sup> This saying exemplifies the Marine legacy as in service to and for the people. Marine roots are celebrated in wars of the people, today called irregular warfare, more so than that of amphibious warfare. This axiom exemplifies the national needs for the Marine Corps to serve as the nations engaged force for persistent global readiness.<sup>13</sup>

### *The Marine Raider*

Marine Raiders were created in February 1942, with the support of President Franklin Delano Roosevelt (FDR), as a result of a concept originating from then Lieutenant Colonel Evans Carlson, which was then crafted into a letter by USMC Captain James “Jimmie” Roosevelt, the President’s son.<sup>14</sup> Captain Roosevelt sent that letter to the Commandant of the Marine Corps, Major General Holcomb, recommending the creation of “a unit for purposes similar to the British Commandos and the Chinese Guerrillas” which the commandant approved with four Marine Raider Battalions in February 1942.<sup>15</sup> Concurrently, General William S. Donovan, then in charge of the Office of Coordination of Information (COI) had requested the creation of a similar unconventional outfit in December 1941 to form a guerrilla force to infiltrate occupied territory and assist resistance groups.<sup>16</sup> Donovan would subsequently form the OSS in June 1942 as the unconventional organization he envisioned, which would serve as the predecessor to the Central Intelligence Agency (CIA) and USSOCOM.<sup>17</sup> Of which many Marine’s would join, producing a game changing array of strategic impacts that turned the tides of World War 2.

Brigadier General Evans Carlson, who as a Lieutenant Colonel was the 2nd Marine Raider Battalion’s commander, set forth a cultural foundation that has come to last through turbulent times. The Marine Raider ethos originated from Carlson after the time he spent in China observing the powerful effects of harmonious efforts toward a common goal. He went on to cultivate this culture in one of America’s foundational special operations units the Marine Raiders. He identified the key to ensure harmony and combined effort was to “ethically indoctrinate” the team towards a unity of purpose. The purpose he referred to was a higher calling to a cause larger than any one person the essence captured in the four freedoms, as set forth by President Roosevelt, freedom of speech, freedom of worship, freedom, from want, and freedom from fear as well as to enjoy life, liberty, and the pursuit of happiness.<sup>19</sup>

Carlson’s “ethical indoctrination” compares to the “Why” behind the need for Marine Raiders to fight for America with partners and allies. Simon Sinek describes the “Why” as the emotional conviction to a belief and purpose that inspires people and groups to achieve their potential.<sup>20</sup> This higher understanding placed the burden of the world on the shoulders of the Marine Raiders and became the foundation for binding the Gung-ho spirit of “work together.” For as their purpose was greater than themselves, then their collective actions were the way they would ensure success for the fate of the world. Gung-ho is the ethos of a Marine Raider and the tenets that ensure Gung-Ho are trust, excellence, and selflessness.

Although the Marine Raider ethos of “Gung-ho” has become a well-known phrase, it has been misconstrued throughout the years to



LtCol Evans Carlson, USMC (left) and Maj James Roosevelt, USMC, receive the congratulations of BGen H.K. Pickett, USMC (right) on their return from the Makin Island raid. - National Archives photo

be understood as “motivated” rather than the meaning Carlson intended in the Americanized version of the word Gung-ho for “work together” or “work in harmony.”<sup>21</sup>



### *Marine Raider Ethos*

- Gung-Ho- “Work together” Carlson defined these as Gung, meaning ‘work;’ Ho, meaning ‘harmony’ which became the Americanized term known round the world.

o The original Chinese is gōng yè hé zuò shè, which means "industrial cooperative" gōng yè meaning "industry", and hé zuò shè meaning "cooperative" which was often shortened to gōng hé. “Industrial Cooperative” was the name for an organization, but were translated individually as 'work' and 'together.' The characters in Chinese don't join together to form a phrase, so Gung-Ho is an Americanized version that has since been adopted around the world and even in China.

### *Marine Raider Tenets*

- Trust – “Trust is freedom action.” Actions that demonstrate reliable follow through of stated or expected behaviors. Trust is a like fine china, it can be shattered in an instant, and it takes an eternity to build back. To cultivate trust is to build bridges of connection for consistently doing right actions at right moments. Living with authenticity cultivates bonds of trust, which serve as the foundation for harmonious relationships.
- Excellence – “Excellence is a journey toward greatness.” The application of disciplined thought and disciplined action to consistently do what it takes to prevail against the odds of adversity. The New Zealand All Blacks, the most winning rugby team in the world, seek to have marginal gains in striving to do 100 things 1% better. Ruthless pursuit of excellence requires one to always challenge the status quo, as comfort and good enough are the enemies of greatness.
- Selflessness – “You are last.” Everyday actions that foster a commitment to the nation, the team, and family above yourself. As the Marine Raider Creed states “I will always go a little farther and carry more than my share.”

#### *Motto*

- Spiritus Invictus “Unconquerable Spirit” – Marine Raiders never quit, never surrender, and always prevail against the odds of adversity.

#### *Axiom*

- Every Action for Strategic Effect – A phrase derived from the MARSOF 2030 vision and how the smallest service and smallest SOF service component can sustain outsized effects for achieving national objectives.





***The Patch is Greater Than Any One of Us*** How is it that the smallest Service and the smallest SOF service component can create outsized effects for the nation? When you work with a Marine Raider, you become part of their team and they become part of yours. The Marine Raiders create a team with anyone and everyone they work with from the personnel in the formation (Critical Skills Operators (CSOs), Special Operations Officers (SOOs), Special Operations Capability Specialists (SOCS), combat service support (CSS)), to their fellow Marines, joint services, interagency, and partners and allies. The Marine Raider patch symbolizes the team and their unwritten potential, it is held above any one person. For the patch is a symbol that all must work toward achieving Gung-Ho “Work together,” for greatness can’t be achieved alone.

MARSOF 2030 outlines the teamwork with “MARSOF as a Connector” as one of the four major pathways of the vision for MARSOC. Today the word is riddled with silos and stovepipes, leading to resource strain and slow progress on shared objectives. The Marine Raider breaks down walls with persistence and patience, with understanding and influence, for the best person to have on any team

is a Marine Raider. Team is not relegated to the Marine Special Operations Team (MSOT), no this is much bigger, the team is a global network yearning to be connected with the larger-than-life Marine Raiders.

The pinnacle of Gung-Ho is a shared purpose of ensuring the team achieves its potential, and the patch is a constant reminder to the Marine Raider that they were meant for more, their purpose is a higher calling, and the struggles of the past give the “team” life for the future. We all stand on the shoulders of those who have gone before, and to move forward with the purpose to seize the potential in every opportunity, to challenge teammates to be better every day, and to know that everyone is a Marine Raider teammate, most just don’t know it yet. Unrealized and wasted potential is energy lost, which becomes the adversary’s competitive advantage. The Marine Raider patch symbolizes the profound influence the quiet professionals of MARSOC bring to any situation, and anyone that holds a patch over their heart is reminded they must earn it every day. Selected or not, badged or not, everyday is selection!

### ***Sustaining the Gung-Ho Legacy***

The Marine Raiders of 1942 are survived today by a legacy imbued in the Marine Raider ethos and tenets, which serve as the guides for Marine Raiders choosing the calling of this arduous and rewarding journey. Less than 1% of the nation feel the calling of military service to the nation, and approximately 5% of that 1% of the nation volunteer again to pursue special operations. Special operations personnel are assessed and selected for attributes critical to navigate an austere world of unknowns to do what most have never considered for the nation. Today, the ethos and tenets of Carlson’s Raiders have been revived from his writings and teachings, and they are imbued to the new generation of Raiders wading into a world of increasing complexity and constant change.

Marine Raiders such as Evans Carlson and James “Doc” Gleason exemplified the essence of the Marine Raider ethos and tenets, and serve as leaders for up-and-coming Raiders to emulate. The irony of Gung-Ho derived from a Chinese term meaning something else provides an intriguing beginning to storied history. The outcome is that Marine Raiders changed the term Gung-Ho to cultivate a following behind a phrase and global recognition of a new definition (even in China). These are the outsized effects Marine Raiders make every day, and their potential is only now just being realized. Gung-Ho forged the way, and it will be the rock for charting the future over the next ridgeline.

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# Gung Ho: Evans F. Carlson.

## The Grandfather of U.S. Commando Methods and Morale

By: Cody Lefever

*This essay was Cody's submission for the Doc Gleason Essay Contest. He received honorable mention.*

The sources of common phrases are rarely known by their speakers. Indeed, many speak naturally using verbiage that communicates indistinctly. Obfuscation increases whenever an American uses foreign terms, that is, unless they studied abroad, living, working, and learning about the culture from which they derive eloquence. Such a man coined the term “Gung-Ho,” a phrase now recognized and used around the world. While Shakespeare created many English words, U.S. Marine Evans F. Carlson borrowed from the Chinese a term meaning “work together” or “industrial cooperative.”<sup>1,2,3</sup> Carlson’s laconic style made it shorter, sharper, and more effective in the theater of combat – as became his Raiders and the Corps everlasting. This essay covers facts of his service, start to finish, proving once more that Evans F. Carlson is a Marine characterized by excellence, selflessness, and trust – truly gung-ho.

Carlson enlisted in the Army in 1912 and was stationed in the Pacific islands of the Philippines and Hawaii.<sup>4</sup> He was only sixteen years old. After a brief discharge in 1915 he was recalled to active service in 1916, then a master sergeant.<sup>5</sup> Carlson commissioned as an artillery officer the next year and deployed to France where he served on the staff of General John J. Pershing. There he received a personal citation awarded by General Pershing, including other French and Italian decorations.<sup>6</sup> Discharged from the army as a twenty-three year old captain, Carlson enlisted a second time two years later in 1922 with the U.S. Marines, once again a private.<sup>7</sup> He earned his Marine commission the following year<sup>8</sup>. Modern Marines should reflect on this: Carlson enlisted and commissioned multiple times – each for combat service. This formative decade and those that followed brought him distinction as a trustworthy Marine and dedicated scholar of warfighting.

Carlson began studying the Chinese military in 1927.<sup>9</sup> Immersing himself in their waighting culture for more than a decade he would later write, “Even trained foreign observers have been contemptuous of the value of lessons to be learned from this struggle.”<sup>10</sup> Carlson studied the Chinese warriors closely for he was a warrior himself. Carlson’s vision penetrated the fog of war, seeing those conflicts on the horizon and learning how to fight and win before they came. “Superior mobility – the ability to march 60 miles a day – gives the power to outwit and outmaneuver the Japanese...”<sup>11</sup> His selfless study of Asian combat, both the men and material, later proved him a visionary; producing victories against Japan where he employed tactics learned from the Chinese.

Returning from China in 1929, Carlson deployed to Nicaragua where he served for three years (1930-33) as an adviser.<sup>12</sup> In Nicaragua he would earn the Navy Cross for leading a patrol of a dozen men against a force approximately eight times larger.<sup>13</sup> The Marines sustained zero losses while repelling Nicaraguan rebels using innovative night-fighting tactics. It was here that Carlson led a band of primordial commandos and “experienced guerilla warfare for the first time.”<sup>14</sup> While in Nicaragua, Carlson’s service extended beyond combat by acting as a judge for the local people; and when an earthquake shattered the city of Managua, he also became the chief of police.<sup>15</sup> Such service earned Carlson the Nicaraguan Presidential Medal of Merit, being credited with fighting corruption in the city.<sup>16</sup> These pseudo military actions predate modern counter-insurgency doctrine, a derivative of Carlson’s foresight about how wars are fought and won. Not merely with overwhelming fires, but also by earning the trust of those who Marines are told they are fighting for. Hearts and minds cannot be won without tenets espoused by Carlson nearly 90 years ago. Proof of his enduring warfighting excellence.

By March of 1933 Carlson was back in China serving as a Military Intelligence Officer.<sup>17</sup> For two years he reduced altercations between Marines and townspeople by teaching classes to hundreds of guards, familiarizing them with the culture “to make them see the Chinese as human beings, different but real.”<sup>18</sup> Carlson would later write “Strategy of the Sino-Japanese War” and describe the need of this relationship:

Mutual confidence must be established among all concerned; especially it is necessary that confidence prevail between the civil and military components of the population. This is secured through a high quality of leadership.<sup>19</sup>

His own commentary demonstrates the undying excellence of Carlson’s selfless study of combat and his elemental presence within modern counter-insurgency doctrine, born from his astute knowledge of Chinese culture; in due course advantaging the United States.

Returning stateside in 1935 Carlson was promoted to captain and assigned to the Marine Guard in Warm Springs, Georgia.<sup>20</sup> There he worked for President Franklin D. Roosevelt, with whom he developed a friendship.<sup>21</sup> It was at this time that Carlson attended George Washington University for international law, despite lacking a high school diploma.<sup>22</sup> Carlson's efforts on battlefields, and in classrooms both at home and abroad, earned him great trust. Within two years the President sent Carlson back to China where he made his way to the front to write reports for the Commander in Chief. These were requested by the President himself says Carlson in a letter dated 14 August 1937: "As you know, he asked me to write."<sup>23</sup> Carlson was a sharp thinker and capable writer, one dedicated to both understanding combat and leading the charge. His own words to the President are the best argument for his excellence, selflessness, and trust.

Carlson learned during his service the importance of soldiers knowing the "why" of the fight, this he called "ethical indoctrination."<sup>24</sup> He determined that genuine patriotism and successful warfighting came both from disciplined subordinates and their buying in to the cause; only then do soldiers willingly give the hard effort victory demands. Today his practice is seen in teaching commander's intent and leading by example. This Carlson experienced firsthand in China while serving as a military observer for the President. Writing of an encounter with the embodiment of gung-ho, Carlson recalls the efforts of a vehicle commander who rallied a village to free his truck from the rutted and muddied road:

In the meantime the soldier in charge of our guide truck came back to inspect our situation. He was a short wiry individual, the type that you know at a glance is loyal to the bone. Presently he disappeared, and I saw him walking on a narrow path between rice paddies towards a small village some five hundred yards away. In twenty minutes he returned followed by at least fifty of the villagers, each carrying two bundles of straw. The straw was placed in the ruts which were responsible for our predicament. Then the men took hold of the car and practically lifted it on the straw filled ruts, and we went on our way.<sup>25</sup>

That Chinese soldier achieved what Carlson alone could not: getting free of the quagmire. Not for lack of trying on his part: "A shovel was needed and I endeavored to find one, to no avail," wrote Carlson.<sup>26</sup> What was needed more than a shovel was "industrial cooperative" – or "gung-ho" as Carlson learned. Witnessing the soldier assemble a hasty force capable of continuing the mission was an experience worthy of writing about to President Roosevelt.

Carlson's tenacity bolstered his battlefield excellence, in combination earning him great trust but also disdain from those lacking the same moral and physical courage. In 1937 Carlson became the first foreign military observer of the Chinese Communist Eight Route Army. He wrote favorably of the Chinese soldier: "The spirit of the people is really marvelous."<sup>27</sup> Because of his honesty about the communist warfighter, learned by direct observation in combat, Senator Joseph McCarthy labeled him the "Red General."<sup>28</sup> An excerpt from Carlson's diary proves his dedication to country. Writing in 1938, due to frustrations with his own leadership and politics at home, Carlson's selflessness is humbling: "I am tired of attempting to adjust my action to the arbitrary whims of a superior officer."<sup>29</sup> Integrity forced him to request resignation and it was granted in 1939, just one year before retirement eligibility.<sup>30</sup>

Resigning allowed Carlson's study of Chinese communist militarism to be uninterrupted by politics. After leaving the Corps he would write articles and two books about early communist China.<sup>31</sup> His observations proved to be an invaluable weapon for the U.S. in the war to come. Ultimately, Carlson served a pivotal role in Japan's defeat in WWII. At that time Carlson recommissioned, then formed and led the 2nd Raider battalion. His executive officer was none other than President Roosevelt's son, Major James Roosevelt.<sup>32</sup> Another proof of the trust rested in Carlson's selfless leadership and warfighting excellence.

Together, Carlson and his Raiders would fight the Japanese in daring skirmishes, two of renown are Makin Island and Guadalcanal.<sup>33, 34</sup> Marines perished in the surf and in firefights, and unfortunately too because of lacking communication and mission oversights at Makin. But Carlson's Raiders conducted warfare like no other, killing multiples more everywhere he and his men fought; in the end changing warfighting forever. The Marine Raiders mounted attacks against the Japanese that heralded modern special operations, proving the worth of unconventional tactics by boldly winning against disproportionately larger forces. Makin included the first use of camouflage uniforms and mission specific knives.<sup>35, 36</sup> There, Raiders deployed from a submarine to conduct an amphibious assault in rubber boats. Combat effectiveness can be summarized by Guadalcanal, where Raiders killed roughly 500 enemy while losing 16 Marines.<sup>37</sup> Sadly, the Marine Raiders would not outlast the war, though their legend is the lifeblood of today's special operations capable Marines – called Raiders once more.

Carlson retired in 1946, then disabled from being shot while rescuing a gravely wounded enlisted man at Saipan.<sup>38</sup> He sought senatorial election in California but died 27 May 1947, before that too would be achieved.<sup>39</sup> A controversial figure of his time, today Carlson is recognized as a thoroughbred Marine. As much a leader as a scholar, he forever changed warfighting methods by adopting foreign tactics and morale by adopting foreign language. Carlson is the epitome of gung-ho; a phrase and spirit he came to know when observing the Sino-Japanese War. Gung-Ho, an ethereal force the world learned only because of Carlson's academic excellence, selflessness in combat, and trust earned from his leaders and subordinates alike. Evans F. Carlson, evoking the linguistic intelligence of Shakespeare, embodies gung-ho and continues to rally Marines to this day.

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**The author thanks Kirsten S. Carter at the FDR Library for quickly providing 237 pages of correspondence and cross references upon request. Without her efforts I could not read the firsthand account of the primigenial U.S. Marine commando, Evans F. Carlson, in such laconic eloquence and detail as only he was capable.**





The Marine Raider Foundation is honored to share with our community how your support has impacted Marine Raiders and their families this past year. Thanks to your generosity, the Foundation provided over \$500,000 in assistance to the Marine Raider community. We just could not have done this without you! 2020 donations were used to fund our four programs - Raider Support, Family Resiliency, Tragedy Assistance and Survivor Support, and Raider Legacy Preservation. Specifically, donor dollars helped fund:

- 26 Transition Assistance Grants for Marine Raiders to offset out-of-pocket expenses associated with separating from military service and re-entering the civilian sector
- Medical equipment, treatments and travel for 43 wounded, ill and injured Marine Raiders to offset items and services not covered by insurance
- Travel for the families of Staff Sergeant Ellecer “Nate” Cortes Peck, Major Moises Navas, Gunnery Sergeant Diego Pongo, and Sergeant Wolfgang “Kyle” Weninger to attend commemorative events honoring these MARSOC heroes
- Travel for 20 active-duty Marine Raiders to attend the commemorative events of their fallen comrades
- Medical equipment, treatments and travel for 4 Raider families battling the illness of a spouse or child
- 10 personal, professional and family resiliency events hosted by MARSOC Headquarters, Battalions and Companies
- The engraving of the names of Major Moises Navas, Gunnery Sergeant Diego Pongo and Sergeant Wolfgang “Kyle” Weninger onto the MARSOC Memorial Wall at MARSOC Headquarters and the memorial at Courthouse Bay
- The Marine Raider Association’s Raider Hall Project at Marine Corps Base Quantico Virginia

With 2 ½ months completed for 2021, the Foundation has already provided over \$38,000 in support to Marine Raiders and their families. Recent support includes:

- Innovative medical treatments not covered by military health insurance for 2 active-duty Raiders dealing with chronic illness or injuries
- Travel for the families of 4 active-duty Raiders battling chronic illness or injuries
- Medical equipment for 6 active-duty Raiders to enhance their recovery from wounds sustained during combat and training exercises
- Travel support and innovative treatment for 2 Raider spouses diagnosed with serious illnesses
- Funding to support Individual Training Course (ITC) awards and reception
- Funding for a Gold Star Marine Raider spouse to receive innovative medical treatments
- Funding for travel for Gold Star Family members to attend the Foundation’s Resiliency and Remembrance Event this June in North Carolina
- Transition Assistance Grants for 5 Marine Raiders separating from military service
- Funding for the framing of the Raider 7 Portrait displayed at MARSOC Headquarters

If you are looking for ways to get involved and help fund the Foundation’s four mission programs, please consider:

- Registering for the Marine Raider Foundation’s Race to the Base Challenge. There is no cost to sign up, and you can earn some awesome swag through fundraising, including an Under Armour Custom T-Shirt honoring MARSOC’s fallen heroes, Oakley sunglasses, and much more! <https://runsignup.com/Race/AZ/Scottsdale/2021MarineRaiderFoundationRacetothBase>
- Supporting Rucking for Raiders as they honor MARSOC’s fallen heroes on their journey from Auburn, Alabama to Navarre, Florida. You can donate and purchase apparel by visiting <https://www.facebook.com/rucking4raiders>
- Visiting our website and check out our Get Involved and Events pages - <https://marineraiderfoundation.org/> where you can host an event, donate, learn more about our Ambassador program, and participate in an existing event, including:
  - o Rooster Tavern Salute to Heroes – April 24th – Scottsdale, AZ - <https://roosters.givesmart.com>
  - o Philly Salute to Raiders Event – May 2nd – Philadelphia, PA - <http://e.givesmart.com/events/kNc>
  - o Raider Golf Tournament – June 18th – Newport Beach, CA – Details coming soon!
  - o Seaside Semper Five 5K – September 25th – Seaside Heights, NJ - <https://seasidesemperfive.org/>
  - o Hudson Farm Event – September 28th – Andover, NJ – Details coming soon!
- Sharing our social media pages with family and friends
- Reading and sharing our blog - <https://marineraiderfoundation.org/blog/>
- Viewing the videos on the Foundation’s YouTube channel and sharing with family and friends - [https://www.youtube.com/channel/UC19SELWck\\_tbhSQ6FUg1G3g](https://www.youtube.com/channel/UC19SELWck_tbhSQ6FUg1G3g)



THE HONOR FOUNDATION

## Transition: The Next Ridgeline

*A quarterly series featuring alumni from The Honor Foundation*

### *The Power of Purposeful Stories By Benjamin Manibog*



It's true what they say, "it's not about what you know, but who you know." Every single person can remember a time in their life where they had to step outside their comfort zone and meet someone they felt intimidated by. Or, if you ever went to a networking event, and instead of going around meeting people, you just stood there awkwardly until you found someone you knew. Opportunities can slip by us in an instant when we're afraid to connect with others because we don't know what to say or how to say it.

Networking is so important during transition from the military and embracing the power of purposeful storytelling has helped me establish a multitude of meaningful relationships during that time.

The Honor Foundation emphasizes the power of stories in all three phases of the program. From uncovering your motivators, skills, and interests with a Gallup and Career Leader Assessment, to creating your WHY statement from Simon Sinek in Phase 1. Moving into Phase 2, I was able to effectively thread my natural talents and experiences into my personal brand narrative. I had an increase in confidence while designing my pitch and telling my personal stories to people in a way that made them remember my name. Telling the right story has opened so many doors for me and helped me build connections with people I never thought I'd meet. From CEOs and other C-suite level executives, to actors, and musicians, you never know who your story is going to impact. Your stories are your product differentiation. You have the power to captivate the audience.

I have always considered myself comfortable with storytelling; however, at The Honor Foundation I learned that there were several things in my life that were extremely difficult to talk about. For many SOF operators, we bury some of our emotions and do not talk about many things that happened to us in our careers or in our past; we bury them because perhaps we are afraid we will be judged as weak. I had a very tough time talking about certain things without getting too emotional. This was especially true when talking about challenges during my youth that I never brought up for several decades. But as I moved through the Start with WHY process and embraced the safe environment provided to me for self-reflection and journaling, I learned not only how to be comfortable with telling these stories, but how to leverage these stories to my advantage in the right setting. Stories about overcoming extremely difficult situations or personal challenges can be such a powerful tool, especially in sales.

Telling the right story has opened so many doors for me and helped me build connections with people I never thought I'd meet.

Every person is in sales, whether they know it or not. If you're not inspiring the sale of a product, you're inspiring someone to be in your life. Storytelling is the most effective way to transform someone into a believer in whatever you're selling. I'm an entrepreneur and I constantly use storytelling to connect with people, so they feel inspired and motivated to buy something or work with me. Whether I'm selling my skateboards for my company Thrash N Raid, commercial real estate properties, or pitching my non-profit to a donor, I'm using storytelling to turn them into a believer. I want people to feel inspired and be emotionally attached to my brand. My WHY is to illuminate the hearts of others, so they may rise above their barriers and summit the highest peaks. One of the greatest ways to illuminate someone's heart is with a powerful story.

# Stay in the Fight

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

## Why do I keep getting shin splints when running? Three causes that you can fix.

**S**HIN SPLINTS ON DAY 3...WITH 50 DAYS TO GO.

In her quest to race the Appalachian Trail, ultra-distance runner Liz "Mercury" Anjos took a hard-and-fast approach right from the start. "I know 69 miles [the first day] sounds crazy, but I promise it was part of the strategy. ...why not put in some big miles while I'm fresh, right off the bat?" Anjos said.

While she accomplished her goal, achieving the fastest time ever by a woman on the northbound route, a nasty bout of shin splints nearly derailed her race by day three. A quick pivot in strategy to lower daily mileage goals enabled her to continue racing and finish the 2,190-mile course without shin pain.



Anjos' experience highlights a common cause of shin splints in runners: too many miles, too early on. When the volume of work exceeds the legs' ability to adapt to the new challenge, pain shows up. Although Anjos's base fitness and quick strategy change saved her on the Trail, I think there was a hefty dose of luck there as well. Few runners I've known can outrun a bad case of shin splints.

Mileage volume is just one of three key factors that can leave even the most experienced runner clutching their legs as they hobble off the trail in pain. In this article, we'll cover three significant causes of shin splints that you can fix; no specialized training is required.

**1. Volume** - Given enough time and the right environment, the body will adapt to increased training stress. This includes the bones, muscles, and tendons of the shin and ankle. A proper balance of stressors is key to improving capacity while preventing injury.

Too much too soon, though, can overload your legs. Your shins - the force conductor between your foot and thigh muscles - usually bear the brunt of training-related insults. While there is no one best method of increasing mileage, the well-established "10 Percent Rule" still works quite well for most runners.

Using the Rule, take your weekly mileage goal, calculate what 10% of that number is, then increase your mileage each week by that amount (or less). For example, if you currently run 15 miles per week, increase your total weekly mileage by no more than 1.5 miles. If you run 3 miles per week - such as a mile or two as a warm-up before lifting workouts - that means you can only increase your total mileage by 0.3 miles (seriously!).



Unfortunately, the flip side of too few miles can also cause shin splints. Run (or hop, or jump) too little, and you'll likely end up with Weekend Warrior Syndrome - cramming a week's worth of impact forces into a single session based on your schedule, not your legs' current ability.

Splitting up your weekly miles into 3 runs per week may reduce your risk of impact-related injuries such as shin splints. For example, suppose you did a medium tempo run on Monday (e.g., 30 minutes), a set of intervals (like quarter mile repeats) on Wednesday, and a longer easy run on the weekend. This schedule would allow you to train at various speeds and impact loads to help your shins adapt.

What if you can't get 3 runs in during the week? Schedule in some other type of impact exercise. For example, you could do a quick 15-minute workout alternating jump roping intervals with push-ups, pull-ups, or core work. This mini-session will ensure your shins get the regular impact exposure they need to stay strong.

**2. Cadence** - Cadence is the total number of steps taken each minute of running. While everybody is different, efficient runners tend to run at a tempo of around 180 steps per minute (3 steps per second). If your steps per minute are below 170, a low cadence is probably causing some component of your shin trouble. The fewer steps you take, the longer your foot is in contact with the ground and absorbing impact forces.

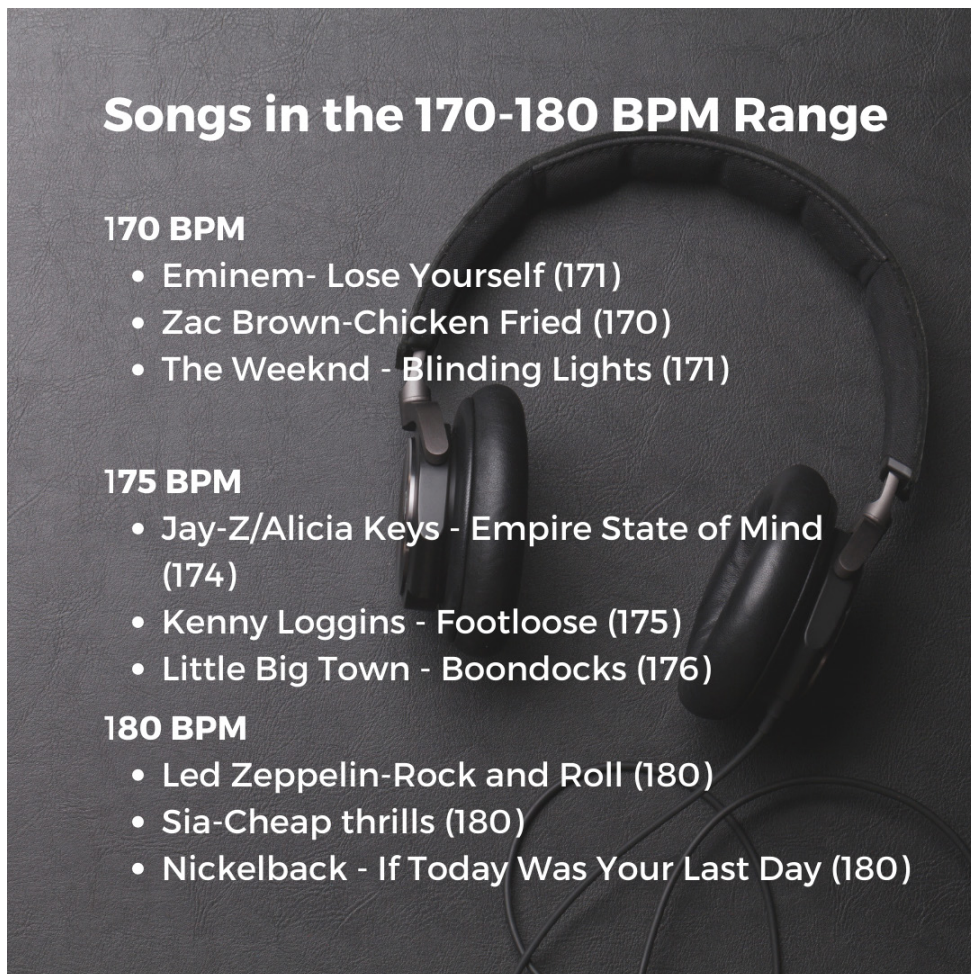
In my experience, a cadence that falls in the 155-165 range is common amongst tactical athletes who develop shin splints. This cadence is often adopted by the group on formation runs. Running in boots instead of lightweight running shoes further compounds the problem.

In runners who develop shin or knee pain, increasing cadence as little as 5% (usually 5-10 steps per minute) has been shown to relieve pain and improve running efficiency. It's easiest to adjust cadence as a byproduct of better running mechanics, e.g., lighter shoes, improved strength, or improved running technique. However, suppose time or circumstances dictate that you must run a certain way and in specific footwear. In that case, you can consciously increase your cadence until other training methods are more feasible.

To consciously increase cadence, practice by running in place or jumping rope to a metronome music device set to 170 beats per minute or more. Or, practice running to the beat with one of the songs below. The idea is to "step it out," not "stride it out," particularly when you start to get tired.

**3. Ankle Mobility** - When you run, your ankles work like pistons, transferring forces back and forth from your legs and the ground. When an ankle doesn't move as it should, its ability to absorb shock and produce power is compromised. As a result, other structures up the chain (like shins) experience more stress than they should.

Your ankles should bend enough that, in a kneeling position, your knee tracks forward beyond the tips of your toes while you keep your heel planted firmly to the floor. This motion is called ankle dorsiflexion. For most people, the ankle should dorsiflex enough that the knee advances beyond the toes by four inches or about the width of one's palm on both legs.



## Songs in the 170-180 BPM Range

### 170 BPM

- Eminem- Lose Yourself (171)
- Zac Brown-Chicken Fried (170)
- The Weeknd - Blinding Lights (171)

### 175 BPM

- Jay-Z/Alicia Keys - Empire State of Mind (174)
- Kenny Loggins - Footloose (175)
- Little Big Town - Boondocks (176)

### 180 BPM

- Led Zeppelin-Rock and Roll (180)
- Sia-Cheap thrills (180)
- Nickelback - If Today Was Your Last Day (180)

To measure your own ankle motion, review the steps in the article, A Fix for Stiff Ankles - Your Knees Will Thank You!, in the Raider Patch 4th Quarter 2019 issue. You can also access the article here: <https://ritapt.com/articles/ankle-stretching-knee-pain/>

Flexible ankles may not solve all of your shin problems, but they will alleviate unnecessary stresses that contribute to shin splints. Increased ankle mobility can also have powerful effects on reducing knee, hip, and low back pain.

But I still have shin splints...what now?

If you correct volume, cadence, and ankle mobility but still have shin splints, it's now time to get a professional assessment. This can identify hidden causes, such as muscle imbalances, scar tissue, or bony stress fractures. As pain is present, you'll need a sports medicine pro to tease out the root cause. A running coach or running shoe provider would not be the best choice at this stage because any deviation one might see in your running pattern is likely to result from pain or injury, not be the cause of it.

If you don't have access to a sports physical therapist or athletic trainer who regularly works with runners, ask for recommendations from local high schools or running clubs. These organizations work with hundreds of runners yearly and often have trusted medical support staff in their networks.

### Summary

Shin splints can be incredibly painful and discouraging for both novice and advanced level runners. While they can be tricky to eliminate, it absolutely can be done. The vast majority of runners just haven't taken enough off the table worth investigating or have devoted too little time spent testing new strategies.

Take a look at your training volume, cadence, and ankle mobility. Apply some corrective work and see if that reduces your shin pain. If not, seek out a professional assessment to help you stay up and running!

### REFERENCES

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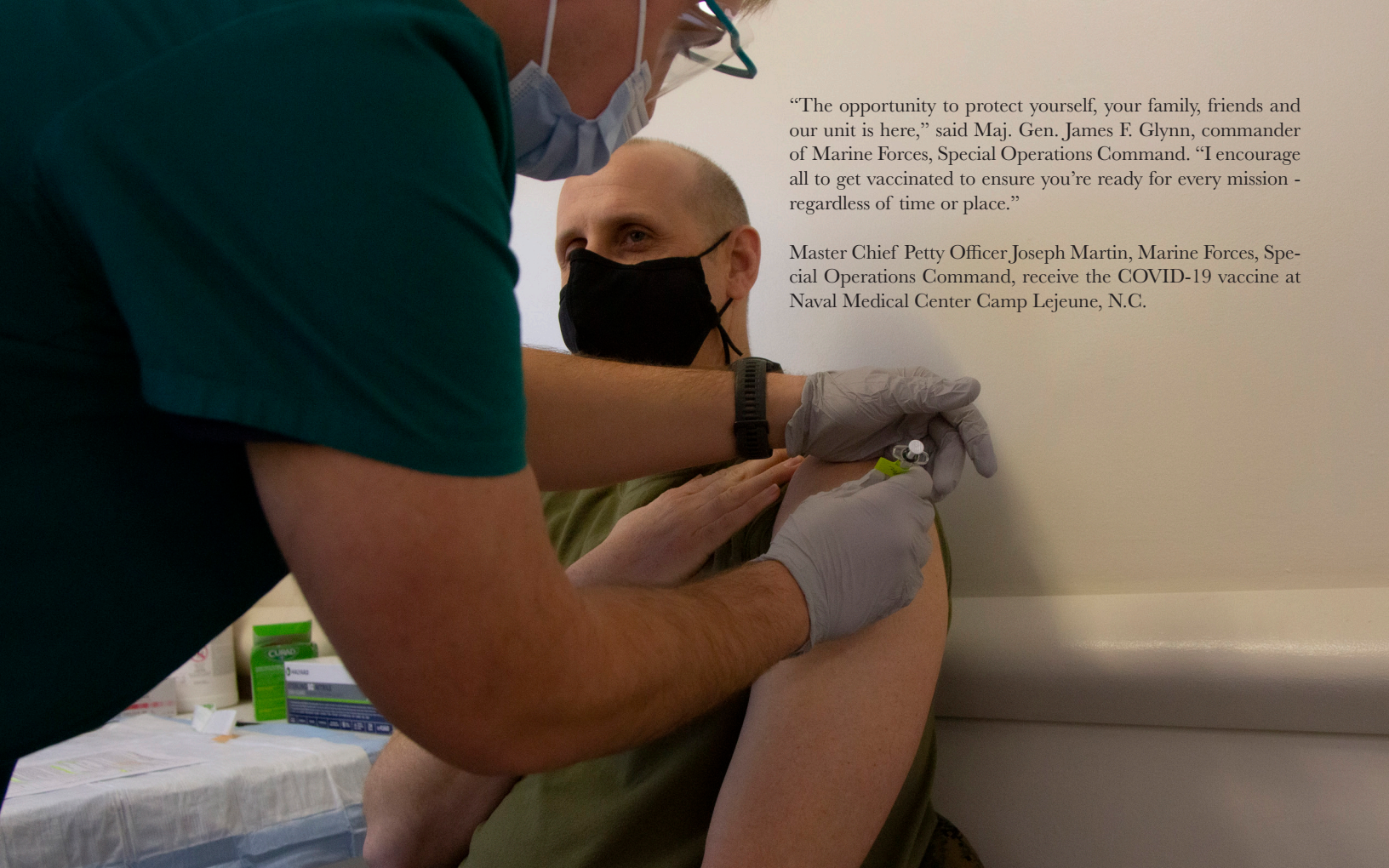
A fix for stiff ankles – your knees will thank you! RitaPT.com. <https://ritapt.com/articles/ankle-stretching-knee-pain/>. Published February 4, 2020.

# Around MARSOC



A Marine Raider writes down vitals for an Afghan National Army soldier that was injured during operations in Bala Baluk District, Farah province, Afghanistan, May 9, 2010. (Photo by Staff Sgt. Nicholas Pilch, USAF)





“The opportunity to protect yourself, your family, friends and our unit is here,” said Maj. Gen. James F. Glynn, commander of Marine Forces, Special Operations Command. “I encourage all to get vaccinated to ensure you’re ready for every mission - regardless of time or place.”

Master Chief Petty Officer Joseph Martin, Marine Forces, Special Operations Command, receive the COVID-19 vaccine at Naval Medical Center Camp Lejeune, N.C.



U.S. Army National Guard Soldiers with Det. 1 Company B, 238th General Support Aviation Battalion, South Carolina National Guard, support a Marine Forces Special Operations Command (MARSOC) training exercise, with a CH-47F Chinook helicopter in vicinity of Greenwood, South Carolina, Feb. 1, 2021. The multi-day exercise was part of the MARSOC qualification process and included a variety of simulated-scenario events and role-playing, opposing, teams. (U.S. Army National Guard photo Sgt. 1st Class Roby Di Giovine, South Carolina National Guard)



Maj. Gen. James Glynn, Marine Corps Special Operations Command commander, presents a command coin to Sarah Glover, a data scientist with Health Support Services, for her work supporting the Preservation Of The Force And Family initiative during the COVID-19 vaccination implementation process at Camp Lejeune, N.C., Feb. 1, 2021. Miss Glover's initiative, performance and attention to detail were instrumental in MARSOC's ability to respond to the COVID-19 vaccination mission. (U.S. Marine Corps photo by Sgt. Jesula Jeanlouis)







Marines attending the Special Operations Forces Fundamentals course participate in a Spear Ceremony beginning their journey to become a Special Operations Capabilities Specialist. The Spear Ceremony gives incoming Marines the chance to meet with experienced SOCS and gain perspective on the community, job field and journey they are about to begin. SOCS are assigned to billets at the team, company, and battalion levels to provide combat support expertise in intelligence, fire support, communications and canine operations. ( U.S. Marine Corps photo by Cpl. Ethan Green)





Major General James Glynn, commander, Marine Forces Special Operations Command, met with Brigadier General Joshua Rudd, commander, Special Operations Command Pacific at Camp Lejeune, N.C., Jan. 25, 2021. The two commanders discussed special operations forces capabilities and how to best support a free and open Indo-Pacific. (Photo by Charles R. Cothran)

Lt. Gen. Lori E. Reynolds, deputy commandant for information, visits Marine Corps Special Operations Command at Camp Lejeune, N.C., Feb. 2, 2021. Reynolds met with Maj. Gen. James F. Glynn, MARSOC commander, to discuss how MARSOC is implementing information as a warfighting function. (U.S. Marine Corps photo by Sgt. Jesula Jeanlouis)



U.S. Marine Corps Sgt. Connor Sturgis, armory chief with 1st Marine Raider Battalion, Marine Forces Special Operations Command performs a quality control check on an M110 semi-automatic sniper system at Marine Corps Base Camp Pendleton, Calif., Dec. 11, 2020. MARSOC trains and equips qualified Marine forces, to include operational logistics, intelligence, multipurpose canines, joint terminal attack controllers and communications support, in order to sustain worldwide special operations missions. The integration of organic capabilities provides cohesion and task familiarity between operators and SOF-specific capability specialists that infuses every Marine Raider formation with durability, flexibility, and capability. (U.S. Marine Corps photo by Lance Cpl. Kerstin Roberts)





**MARINE  
RAIDER  
ASSOCIATION**

# **Raider Innovation**

## **Essay Contest**

**Do you have ideas about how Frontier Technologies can be leveraged by MARSOF to increase our competitive advantage? Do you know how to write? Do you like cash?**  
**If so, this essay contest is for you!**

The term frontier technology generally refers to the next evolution in modern technology such as automation, artificial intelligence, advanced manufacturing, bio-technology, quantum computing, 5G communications, and next generation hardware and robotics. Frontier Technologies present both opportunities and challenges for MARSOC elements in the current and future operating environment. Opportunities and challenges could be a specific technology of the future, a mindset towards friendly or adversary technology, or a new tactic, technique, or procedure using existing technologies.

Innovative frontier technology ideas and solutions can help MARSOC meet the challenges of tomorrow and capitalize on opportunities to prepare our organization for the future operating environment.

### **Instructions: (Open to ALL Uniform and Civilian personnel)**

- Essays should present an innovative solution applying **Frontier Technologies** within MARSOC. This could include:
  - A specific future technology idea that could be used in MARSOC.
  - Insight into friendly or adversary use of technology in the future and how it will impact MARSOC.
  - How technology could change a tactic, technique, or procedure at MARSOC.
- Length: **1500-2500 words**.
- Due Date: No later than COB Friday, **30 April 2021**.
- Format: Microsoft Word document, 12 point font, and include a cover page with the title of the essay, author's name, and identification as a Frontier Technology Essay Entry
- Email your essay to the Cognitive Raider Team at :  
**MARSOC.COGNITIVE.RAIDER.SYMPOSIUM.SHDMBX@socom.mil**

**Raider Association sponsored:**

**\$500 for 1st; \$250 for 2nd; and \$100 for 3rd**

# Focus on the Food

## 5 Habits of a Successful Eater

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



**A**t this time of year, a lot of people have started to fall off their new years resolutions. If your resolutions (like most others) revolve around nutrition or overall health, it can be rather tricky to jump right into a drastic lifestyle change! No matter what your goals are, whether you're trying to lose body fat, gain muscle, or simply perform optimally, they all boil down to one common factor: successful eating.

So how do you eat successfully? The answer will be different for every person; however adapting some of these habits can help you to become the most successful eater you can be:

**Identifying what is sustainable:** Taking time to identify areas in your life that may present challenges to your eating as well as knowing feasible options for you is a very important aspect of successful nutrition practices. Oftentimes we tend to fall for fad diets or trending nutrition crazes that can show results... but for how long? You need to ask yourself what is sustainable for YOUR life! A good rule to follow, if you can't see yourself doing it in ten years, it is time to re-evaluate and choose a different method!

**Exploring your motivators:** A lot of people have no problem starting a lifestyle change towards successful eating; however being able to maintain it typically becomes the problem once the initial spark and excitement fades. Being able to identify what motivates you will help you to stay focused on your goals and drive you through any challenges you may face along the way!

**Planning ahead:** "Failing to plan is planning to fail"- although common advice, actually taking that thought and putting it into action makes the world of difference when it comes to successful eating. Look ahead at your week's schedule and identify events/busy times that could present nutritional challenges. From there, take the appropriate steps such as meal prepping or throwing a slow cooker meal on in the morning. These are easy habits to keep your nutrition on track when life gets crazy.

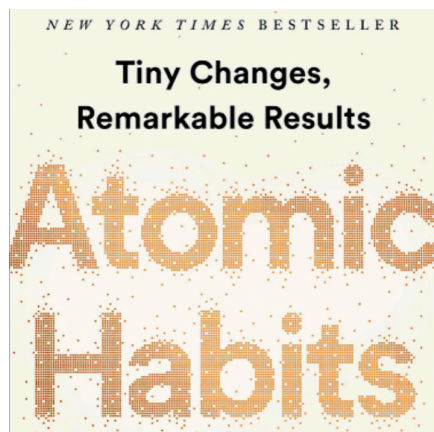
**Changing your mindset:** Rethinking the way we look at food can be a useful habit for successful eating. A lot of us just look at food as pleasure, and while we absolutely get joy from eating, food also serves an important purpose- as fuel. You wouldn't put the wrong kind of gas in your vehicle; we should think the same about our bodies- we cannot operate at our full potential without eating the right foods.

**Educating yourself:** One of the most common challenges people run into when trying to achieve their nutrition goals is eating appropriate portion sizes. While this doesn't sound difficult, most people tend to over or under estimate the amount of food they are eating. This in turn either slows or completely stops progress towards their goals. Taking time to learn the portion sizes will take your nutrition game to the next level!

Remember, there is no "one size fits all" approach when it comes to successful eating and good nutrition. Try incorporating these habits into your life and see if they work for you!



# Book Review with Michael Halterman



I enlisted in the Marine Corp in 1998 as an Anti-Tank Assault man (nerds with rockets) and retired as a Critical Skills Operator in 2018. Along the way, I deployed eight times with deployments to Kosovo, the invasion of Iraq, 3 Afghanistan's, and a few other places. I also got to experience 3 JCETs and a CNT in PACOM. Way more lumpia and Red Horse Litros were consumed than I'm proud to admit. In 2016 I knew I had only 24 months left in service, and I started my career transition process. I attended The Honor Foundation Group 15 San Diego cohort, and it was nothing short of life changing. I had no idea then I would have the privilege to work at THF full time.



Throughout my career, I was not what you would call a "reader." Sure, I knocked down a few must read books as a young Marine from the Commandant's Reading List. Mainly after my squad leader or team leader told me I couldn't get promoted without it. Later in my career, in SOF, on a "super action-packed" PACOM deployment, I found myself with endless time to read. With a total lack of

enthusiasm, I looked through the PACOM Commander's recommended reading list. I found a Pulitzer Prize winning book, *In Our Image: America's Empire in the Philippines* by Stanley Karnow. Like a typical SOF guy, I went from not reading much to tackling a serious piece of acclaimed literature.

After about a month of struggle, I finished the book and promptly found myself in a meeting planning the next 3 - 5 years of operations. 15 minutes into the discussion, I realized I had more historical and contextual understanding of the environment than I ever received from any intelligence briefs. I understood the who, what, when, where, and why behind the country's major issues. The tribalism, the reason for the construct of the current National Government Systems, the socio-economic issues that divided the country, and the list went on. I was able to actively engage in the conversation at every level and help shape the outcomes. For the first time, I understood the phrase, 'knowledge IS power.' I was hooked. I would read everything about the Philippines I could get my hands on during that deployment.

At this point, I still couldn't read with proficiency. My reading was equivalent to doing the fighting while wounded drill with the pistol, using the weak hand. It was clunky and slow. I endured through those early reads about the Philippines, not because I was told it was good for me. "You should read more, Marine!" "Gee, thanks, Lt Dan." I continued reading because I had a "why," a purpose with tangible outcomes I could see and quantify. I was becoming a bibliophile.

Since 2016 I have averaged reading/listening to 30 books a year. I leverage audio books during long drives, commutes, and daily workouts heavily. In 2021 I plan to read/listen to 52 books. That is, one book a week for each week of the year. Subjects I'm going to tackle in 2021 are business, racism, mindset, psychology, equity and diversity, cognition, career transition, and anything else that makes me grow personally and professionally.

In the follow on volumes of *The Raider Patch*, I will review some books I have already read and some I am reading. I want to share the value of what I'm learning and hopefully be the spark that helps you find your "why."

If you find this idea relevant and valuable, please engage with me through Linked In.

All the best,  
~Halty~

**Book: Atomic Habits By James Clear**

**Category: Self Improvement, Self Development.**

Quote: "Goals are good for setting a direction, but systems are best for making progress."

In the book *Atomic Habits* by James Clear, learn how to; get rid of bad habits and create habits that make you just 1% better every day. It isn't that you are a bad person or can't break a bad habit. It is that you have the wrong systems in place.

Our parent's advice about being better at something by creating a goal is only partially true. We must develop systems that enable us to achieve the endstate. The author James Clear lays out a very straightforward and simple approach to build better habits that lead to better outcomes.

Along with a pragmatic approach, there are some inspiring stories to keep you entertained.

The skill of habit building can be applied broadly in your life to learning new skills, enhancing your relationships, and being a better parent. Teams can also use it to create excellent results.

If those New Years' resolutions aren't going so hot, you have nothing to lose by reading this book and taking action.

# Raider Profile- Benjamin Manibog



**1. What was your ITC class?** - ITC Class 2-12. GySgt Brett Hayes was the Proctor

**2. What MARSOC units/teams were you with?**

I spent my entire career on the West Coast at 1st Marine Raider Battalion. As a Raider, I started out as an Element Member in MSOT 8142, and did a three JCETs to Indonesia. Later, I served in the Maritime Special Operations Foreign Liaison Element and deployed to the Philippines as part of U.S. Special Operations Command – Pacific, Pacific Augmentation Team. I then served as Operations Chief in MSOT 8144, and deployed to the Arabian Peninsula in support of counter terrorism operations in Yemen. I spent the remainder of my career in support of the battalion's sensitive activities section.

**3. When did you get retire?**

I officially retired in February 2021; however, I was extremely fortunate to be able to participate in a corporate fellowship program for over six-months with a Commercial Real Estate company. It was an amazing opportunity, which allowed me to learn the skills required to be successful as a Commercial Real Estate broker, while still transitioning from the military. So it felt like I was already retired since the Summer of 2020.

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

I wish I would have known how hard it was to slow down. I was fortunate to have a very long transition period, which provided the opportunity to gradually come out of that “always forward” mindset. However, so many SOF veterans don't have that opportunity and come straight off deployment to working a position in corporate a few months later. I had a lot of extra time, since I wasn't focused on going on another deployment and was provided the opportunity to truly focus on my transition. At first, instead of balancing that time between work, school, and family, I did exactly what I was used to and focused completely on work and school. My wife and kids were so relieved to hear that Dad was going to be home for good when I decided to get out, but I let them down instantly when I filled my time with everything but them. A few months went by and my wife said, “you might as well be deployed because we never see you. You're constantly doing something for work or school.” She was right and it was exactly what I needed to hear. I now plan my work around my life, instead of planning my life around my work. I wish I would have done that sooner.

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

There are two amazing resources that were life changing for me. The first one is the Honor Foundation (THF). This organization helped change the course of my life in such a positive way. I thought I was sure about what I wanted to do when I got out of the military, until going through the first phase at THF, where you do a real deep dive about who you are, what your interests and skills are, and most importantly, discovering your “why.” My why is, “to illuminate the hearts of others, so they may rise above their barriers and summit the highest peaks.” I apply my why to everything in my life, not only on what career path I decided to go for. It gave me purpose and direction during a scary time when I, like most SOF service members transitioning, feel like our best days are behind us. What can top being a special operator and provide as much purpose and meaning as doing the missions and building the relationships we had with our fellow teammates? Finding purpose and belonging is something we all seek, and THF truly helped me find it.

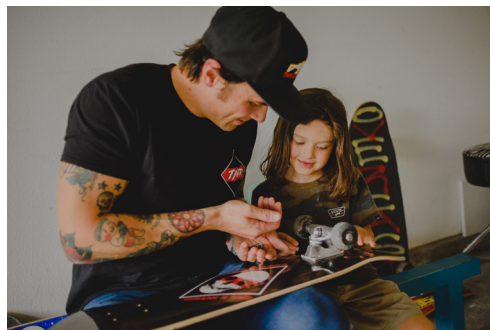


Second, the Master of Business for Veterans (MBV) program at University of Southern California (USC), was another amazing resource during my transition. USC is an extremely reputable school with an unmatched alumni network. As an MBV student, the entire Trojan network and all of USC's resources are available to you. The program allows leverages the leadership skills and experience we gained in the military and teaches you all the business fundamentals to be a successful leader in the business world. I loved how the program is very entrepreneurial in spirit and gives veterans the confidence to pursue their passions and start their own business. One of the best things about this program is it's only one year long and it's a very flexible schedule, which will allow you to obtain a Masters degree while working full time.



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

Don't settle. Many folks think that tactics and warfighting are the only "skills" they know. They look for careers in law enforcement, contracting, and three-letter agencies only. These aren't bad career choices by any means; however, when I've talked to many SOF veterans in those fields, a lot of them say they're burnt out and it's just like how it was in the military. That is exactly what I was planning on doing. I was hired by Border Patrol prior to attending the Honor Foundation, but ended up canceling my academy seat to pursue something else. I'm so grateful I did, because now I'm my own boss, and I truly feel like I'm doing something that makes me happy.



## 7. What do you do now?

I probably spend most of my time skateboarding and spending time with my family more than anything else. I'm the owner of a super rad skateboard company, Thrash N Raid. Our mission is to get people outside and skateboarding, so they may rise above their barriers and maintain a positive mental attitude. Skateboarding has made such a positive impact in my life and in the lives of so many others. I'm so grateful to have the opportunity to share my passion and help people overcome challenges and stay positive. Check us out at [thrashnraid.com](http://thrashnraid.com) and follow us on social media [@thrash\\_n\\_raid](https://twitter.com/thrash_n_raid)

In addition, I'm a commercial real estate broker in Southern California, which has really leveraged my strengths as a strong communicator and relationship builder. Likewise, it is a career that gives me the ultimate freedom to plan work around my life and not the other way around. It's 100% commission only, so you have to get out there and make the deals happen, but you're rewarded extremely well for the work you put in.



I'm also the CEO of a non-profit organization, MBV Foundation, which connects and supports veteran students and alumni from USC's MBV program. I'm also an ambassador of the Honor Foundation and a volunteer mentor for Boys to Men, which mentors at-risk youth in Southern California.



# Raider Heroes

## Navy Cross Citation

Captain Oscar F. Peatross USMCR

2d Marine Raider Battalion,

Date of Action: August 17, 1942



The Navy Cross is presented to Oscar F. Peatross, Captain, U.S. Marine Corps (Reserve), for extraordinary heroism and conspicuous devotion to duty as a member of the Second Marine Raider Battalion against enemy Japanese armed forces on Makin Island, August 17, 1942. When extremely rough seas forced his separation from the rest of the raiding party, Captain Peatross boldly landed his men behind the enemy lines and attacked a superior enemy force. Continuing to harass the enemy's rear, thereby creating confusion in their ranks, Captain Peatross's daring tactics caused one of the enemy's aerial bombing formations to bomb its own troops. In this forceful and courageous engagement he and his group killed or wounded fifteen Japanese. His resourcefulness, leadership and personal valor were in keeping with the highest traditions of the United States Naval Service.

## Silver Star Citation

Sergeant William E. Burch

2nd Marine Special Operations Battalion

United States Marine Corps



The President of the United States of America takes pleasure in presenting the Silver Star to Sergeant William E. Burch, United States Marine Corps, for conspicuous gallantry and intrepidity in action against the enemy while serving as an Element Member, Marine Special Operations Company G, Special Operations Task Force 81, in support of Operation ENDURING FREEDOM on 6 April 2010. During a combat reconnaissance patrol, Sergeant Burch's element came under heavy enemy contact from an insurgent-held compound. While attempting to assault the building, Sergeant Burch was wounded when an enemy rocket propelled grenade exploded within feet of him, lodging shrapnel into his left leg. After administering self aid, he continued to engage the enemy positions as well as direct Afghan National Army Commandos to sustain fire on the enemy positions. Sergeant Burch continued to clear compound with the Commandos while several engagements were taking place in close quarters, requiring the use of fragmentation grenades. Later in the fight, Sergeant Burch volunteered to reinforce a support by fire position on an exposed hillside that had taken several friendly casualties. He sprinted up the hill with enemy fire impacting around him. He manned a machine gun position and immediately began providing effective fire on the enemy positions. When given the word to withdraw, Sergeant Burch continued to suppress the enemy positions until all friendly forces were off the hill. His actions throughout the 10-hour firefight facilitated the destruction of dozens of enemy fighters and saved the lives of his fellow Marines, U.S. Soldiers, and Afghan National Army Commandos. By his bold initiative, undaunted courage, and complete dedication to duty, Sergeant Burch reflected great credit upon himself and upheld the highest traditions of the Marine Corps and of the United States Naval Service.



## Marine Raider Association Membership Application

### Application Type:

☐ Initial Application      ☐ Reinstatement/Dues Payment      ☐ Change of Address

### Membership Category:

☐ Marine Raider      ☐ Honorary      ☐ Associate      ☐ Associate/Military      ☐ Gold Star Family

Last Name:	First Name:	Middle Initial:
Address:	City:	State:
Telephone:	Cell Phone:	Zip Code:
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 Kozmickiy, Membership Secretary, 288 Shadow Wood Dr., Apple, IL 62226



**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.*



Shown 70% of Actual Size.

The 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 *battleworthy* 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*.

Wartime Raider Stilettoes 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 Shuey 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 Stilettoes. However, the *Marine Raider Special Operations Command* has reserved 50 Stilettoes for their Official Presentations, including Serial No. 001, which they have presented to the



Commandant. So only 350 beyond those are available.

Each 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.) Etchings: 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: "Spiritus 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 empaneled 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.

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