



The Grunt

Marine Corps League Lakeland Detachment 744

October 2018 NEWSLETTER



Editor: Ken Gysbers 201-895-3358 krgysbers@yahoo.com

Officers 2018

Commandant: Charles Huha

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973-835-2315



Sr Vice Commandant: Mike McNulty

simms156@gmail.com

732-213-5264



Jr Vice Commandant: Kevin O Leary

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201-644-8078



Paymaster/Adjutant: Peter Alvarez

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973-839-5693



Judge Advocate/ Range Officer: Ray Sears

rcsears93@aol.com

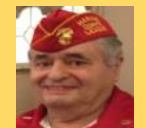
973-694-8457



Sgt at Arms Emeritus: Frank Sanclementi

frankusmc@verizon.net

973-839-1499



Service Officer: Ed Korek

koreke@optonline.net

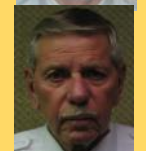
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Chaplain: Les Derbyshire

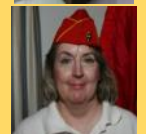
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Secretary: Theresa Muttel

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Quartermaster/Editor "The Grunt": Ken Gysbers krgysbers@yahoo.com

201-895-3358





Marine Corps League Lakeland Detachment--744 COMMANDANT'S CORNER October, 2018

October is here again and its the time for our installation of officers. On behalf of all the officers who have been re-nominated and who will be sworn in this month, I want to express our appreciation for your support this past year as we look forward to the coming 2018-2019 season for Lakeland Detachment 744. As always we've achieved significant accomplishments and we look forward to the same level of achievement for the balance of the year. We are Marines and that's what we do—we ADAPT, IMPROVISE, AND OVER-COME all obstacles to accomplish our goals and our mission.

I personally want to thank our elected officers for the excellent job that they have done. Mike McNulty, Senior Vice Commandant, is always thinking of how we can improve our lot with fund raisers. Mike is a motivating force in our Detachment. He was the past Editor of the The Grunt and did an outstanding job. He is also the coordinator of our Rose Program and the inspiration behind our 3rd Saturday Breakfasts, which have become successful beyond our wildest imagination. Kevin O'Leary, Junior Vice Commandant has been assisting Mike with the Rose Program and has been a vital player in the kitchen during our breakfasts. I'm sure he will continue to be a strong contributing factor in this and other programs. Peter Alvarez, Paymaster, has served this Detachment with distinction and honor and is the first recipient of the Murray J. Sklar Role Model Award presented by the State in June. His records are impeccable and his support with the Color Guard, Breakfasts, Birthday Ball and other activities are most appreciated. Ray Sears, Judge Advocate, keeps our meetings and activities inline in keeping with our Detachment, State and National by-laws. There is no equal in his responsibility as the Range Officer for rifle shoots etc. He keeps us safe while encouraging a good time. Ray is also the Officer in charge of our Rifle Squad at various ceremonies.

In addition our appointed officers have done an outstanding job in their respective responsibilities. Les Derbyshire has done an outstanding job as our Chaplain and is ably assisted by Dave Elshout who provides many inspirational messages in "The Grunt". They both have the heart, sensitivity and compassion needed to make our members who are ill feel that the entire Detachment is there for them, and we are. Les is also instrumental in making our kitchen hum during the breakfasts. Regrettably, our very capable Frank Sanclementi as the Sergeant at Arms who filled that role with dignity and authority passed away this March. A beautiful memorial service for Frank was held on August 24th at the Veterans Cemetery in Sparta. Our Color Guard, Rifle Squad and Bugler were present. The ceremony was conducted by Len Graff and Bill Grotz who did an excellent job. Frank was always willing to assist in any way he can and led our detachment in a rousing chorus of the Marine's Hymn during our meetings. He is very much missed.

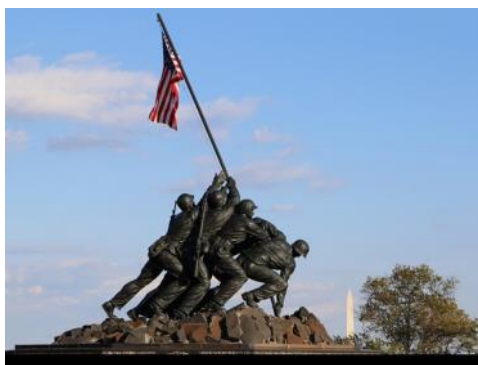
Ed Korek as our Service Officer is tireless in his efforts to support our wounded warriors and to make them feel wanted and cared for. Ed does an outstanding job in coordinating the Bingo Games at Paramus Veterans Home and is the President of our Lakeland Marines Care Fund. He is also the “Voice” of the Detachment in the voice shouts that are needed. John Harris as our Assistant Service Officer fills that role with distinction and a readiness to serve. Both Ed and John are available to anyone who has questions or issues with the Veterans Administration. Our Secretary, Theresa Muttel, keeps scrupulous notes and makes sure all of the i’s are dotted and t’s are crossed in keeping with the requirements of the By-laws. Ken Gysbers, Quartermaster, keeps us well stocked with various items. Ken is a tireless member of our Detachment and willing to do whatever is necessary. He is well assisted by Kelly Cole. In addition, Ken is our Editor of the Grunt and has done a remarkable job of bringing “The Grunt” up to a higher level since taking on that responsibility.


I’m thankful that all of our elected and appointed officers are remaining and look forward to working with them over the next year. I have asked Bill Grotz if he would be willing to serve as The Sergeant at Arms and he has accepted. Bill is also our Retired Flag Box Officer and has done a great job in that capacity. Thank you, Bill, for your support and participation. A new position was recently created as the Public Relations/ Information Officer which was inspired by Mike Greig, one of our newer members. The description of this position and the role Mike will serve is still being finalized and was presented in the September Commandant’s Corner. I’m excited about this new position as it will definitely bring greater attention to our Detachment and the goods works that we do. Mike is also participating in the Marine Corps Marathon in Washington D.C. and in the Philadelphia Marathon as a fund raiser for the Semper Fi. Fund. We wish Mike much success in this very worthwhile effort and I thank him for presenting this idea and accepting responsibility as the first person to hold that position. Mike and Bill will also become a part of our Executive Board.

I want to thank our Detachment members for all of your support; because, without you we cannot achieve all of our goals, objectives and ultimately our Mission. Please continue to support your Detachment. Without you we are nothing. I look forward to continuing to serve you as your Commandant, especially during our upcoming 28th Anniversary of the forming of our Detachment on December 15, 2015. Thank you.

Semper Fidelis,
Charlie

HONOR---COURAGE---COMMITMENT





Ask Me What I Was

*I'll reply with what I've done.
 Those things others would not do, I did;
 Those rivers others would not swim, I swam;
 Those hills others would not climb, I conquered;
 Those bridges others would not cross, I crossed;
 I have celebrated, I have mourned,
 I have smiled and I have frowned,
 I have seen death and felt its warm breath. I did not faze me.
 For I was different. I was a warrior.
 You ask me what I was? It was my destiny,
 Until my last breath,
 To be a United States Marine.
 And my spirit shall live forever.*

Semper Fidelis
 For I was, am and shall forever be a
“United States Marine”

Service Officer Report



Our Next Bingo at the VA Nursing Home in Paramus will be on Tuesday October 9th. The Bingo starts at 2 PM.

October is going to be a busy month for the detachment. This is the part of the year when we do most of our Fund Raising. One of our most important Missions as Marines and Corpsman in the Marine Corps League is raising funds to help our less fortunate Brothers and Sisters from all Services who need a helping hand.

A sobering thought is that while most of us are in a warm home through the coming Holiday Season, there are many of our less fortunate Brothers and Sisters who may not have a home to go to, or know where their next warm meal will come from. It is a small price to pay for our Members to spend a couple of hours at a Rose Event raising money for our Veterans who are less fortunate.

On October 6th we will be doing a Rose Event on Main Street in Allendale. I don't have an exact address but as always look for the Red Marine Tent, with the Smiling Marines and Corpsmen in front of it. Set up time will be 8AM and the event runs from 10 AM to 4 PM. I would like to add that this Street Fair not only has many Vendors, but it also will be having a Car Show. So, if you come you might see your first car on display. And for some of our older members there might be a horse and buggy there as well.

On the 13th of October we will be doing another Rose Event at the Autumn lights Festival in West Milford. Set up time will be 8 AM. The event runs from 10 AM to 5 PM.

The link below is a map of the location and a list of the Venders for this event. Our spot is #111 on Ridge Rd.

<http://www.autumnlightsfestival.com/vendors.cfm>

As always look for the Red Tent with the Handsome Marines out front. A map which might make it easier to find us is posted below.

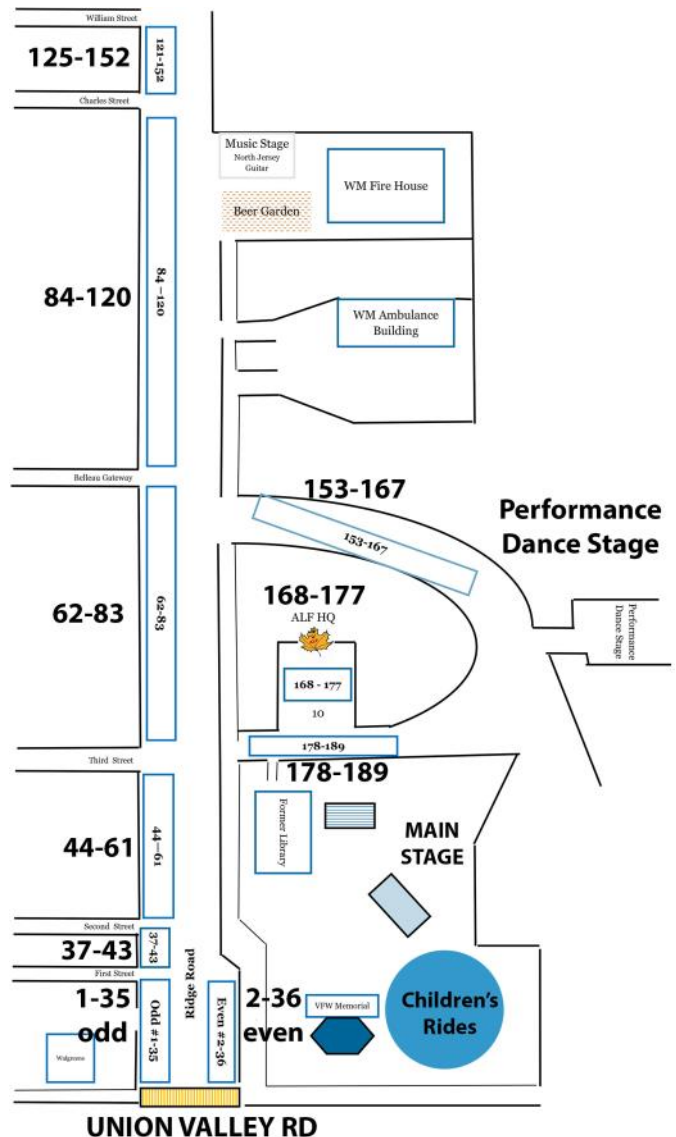
As always, if anyone has questions about what I have shared above or their Veteran Benefits you can call me at any time. My Cell is 1-201-317-1678, my home number is 1-973-835-4388.

Semper Fi,

Ed Korek

201-317-1678 cell

973-835-4388 home





Happy Fall Marines,

Isn't it amazing how fast time flies? Just a short while ago, we were in the midst of one of the wettest summers in history. Reservoirs are filled to capacity for the first time in many years. Hopefully the weather for fall will be nice and autumn like with average temperatures and sunny days. Especially for the Rose Events— please see the schedule on page 14.

In Marine Corps History there were many things that happened including what is arguably the birth of the Corps. We all know that Samuel Nicholas was appointed as the First Commandant of the Marine Corps and Robert Mullen (Owner of Tun Tavern) the first Captain and first recruiter. We celebrate the recognized birthday of the Marine Corps on November 10th. However, when the 2nd Continental Congress authorized the securing of 2 armed ships under the “Continental Riské and Pay” policy on October 5, 1775, it also authorized the “proper encouragement” of Marines and Seamen to serve as crews on both ships. It was the first known recorded mention of Marines in Congress.

The Corps fought in many battles during October including the Meuse-Argonne Offensive of WWI, The Banana Wars in Haiti and Nicaragua between 1910 and 1934, Guadalcanal, the Gilbert and Marshall Islands Campaign, several battles during the Korean War and the Vietnam War. Of important note, is the first use of Vertical Envelopment on Oct 11, 1951 when HMR-161 air-lifted the 3d Battalion, 7th Marines and its equipment, using Sikorsky HRS-1 helicopters during Operation Bumblebee, northeast of Yanggu, Korea to frontline combat positions. While use of the helicopter in this role during the Korean War was rather limited, it laid the ground work for the intense and successful helicopter war in Vietnam.



The successful invasion of Inchon, allowed the recapture and return of Seoul to South Korean control with in 2 weeks. The 8th Army began it's campaign north to eventually link up with the Marines north and east of Seoul. Marines fought with determination in this period and in a 2 week period had 5 Medal of Honor recipients most notably being 1st Lieutenant Baldomero Lopez who was killed on September 15, 1950 by covering a grenade shortly after climbing the seawall during the Inchon invasion (Pic on Page 14).

Historically, and not to be left out, in September of 1942, Marines of the 1st Marine Division continued to fight it out with the Japanese on Guadalcanal. In spite of intense tropical weather, attrition due to combat, disease and fatigue, lack of resupply and re-enforcement, the Marines of the 1st Marine Division, the 1st Raider Battalion, the 1st Parachute Regiment and MAG 23 continued to defy the odds against an enemy that was determined to retake the island.

This month, we also remember Sgt John Basilone, WWII MOH and Navy Cross recipient from Rahway, NJ. This year's Basilone Parade, is scheduled for September 23rd at 1300 hours in Rahway. Thousands turned out at the 2017 parade to celebrate the memory of Sgt John Basilone and other veterans.

At a recent meeting there was some discussion about organizing a trip to visit the weekly parade at 8th & I, The National Museum of the Marine Corps and other sites in Washington DC possibly in June or July of 2019. I for one would be interested as the 8th and I Parade is one of my bucket list items. If anyone is interested in organizing it, please discuss with one of the executive board members.

Semper Fi,

Ken Gysbers

Editor



Quartermaster's Report

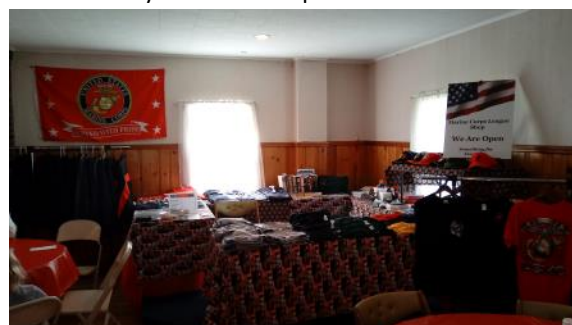
At the August meeting, we had a representative from Aladen Athletic who is the supplier for our red satin jackets. While the number of orders fell short of the dozen of so that we had anticipated, they still had 4 jacket orders by the end of the night. If you weren't at the meeting and want to order a jacket, please contact me as soon as possible. I have a couple of extra order forms and would be willing to serve as the go between. Note to those that did order a jacket, I will be contacting you as I also need to get the large MCL patch in the back as well as the American Flag and MCL patches for your jackets. Any other suggestions for items to carry are appreciated.

Semper Fi,

Ken Gysbers

Quartermaster

3rd Saturday Breakfast Ship's Store



MCL Lakeland Detachment 744

Calendar of Events

October

- 10/06/2018: Rose Event Allendale Day
- 10/09/2018: Bingo at Paramus Veterans Home 1400
- 10/09/2018: Executive Board Meeting 1900
- 10/13/2018: Rose Event "Autumn Lights" West Milford
- 10/20/2018: 3rd Saturday Breakfast 0800-1200
- 10/25/2018: Detachment meeting 1900 Installation of Officers

Reminder: October is Fire Prevention Month

Check the batteries in your smoke and carbon dioxide detectors

Check your fire extinguishers and have them refilled or replaced as appropriate

Visit and take part in community fire prevention activities

Important: Kidde also has a recall on certain Fire Extinguishers

To determine if your extinguisher is affected contact Kidde at 855-271-0773

Or visit their web site at www.kidde.com

Qualified extinguishers will be replaced for free.

FIRE SAFETY ESCAPE PLAN

2.5 Minutes: Average time to escape a house fire after the smoke alarm sounds.

-Maximize that time by planning three steps ahead-

- 1 SOUND THE ALARM**
Illustration: A person in bed with a smoke alarm icon above. Text: "Test your detectors monthly".
- 2 LIGHT THE PATH**
Illustration: A person crawling under a smoke cloud with a "Life-Gear" icon. Text: "Install smoke-alarm activated lights".
- 3 KNOW YOUR WAY OUT**
Illustration: A person running down stairs with a fire icon and the word "EXIT". Text: "Establish and practice your family's escape route".

THE HOME IMPROVEMENT CENTER logo



Reminder

Please get your reservations in for the
MCL Lakeland Detachment 744
243rd Marine Corps Birthday Ball
By Oct 26, 2018

There is a limited number of spots so reserve early to secure a spot.

If you did not receive an invitation,
Please contact Peter and Grace Alvarez





Mariner Corps League
Lakeland Detachment 744
Important Dates for 2018
Executive Board Meetings

7 PM 2nd Tuesday of the month

Tuesday February 13th, March 13th, April 10th, May 8th, June 12, July 10th, August 14th,
September 11th (subject to change), October 9th, November 13th & December 11th

MCL Lakeland Detachment 744

Breakfast Dates

3rd Saturday of every month

0800 to 1200 Hours

**February 17th, March 17th, April 21st,
May 19th, June 16th, July 21st, August 18th,**

September 15th, October 20, November 17th & December 15th

MCL Lakeland Detachment 744

Regular Monthly Meeting

1930 Hours (except for Oct Meeting which is at 1900 hours for installation of officers)

4th Thursday of the month

February 22nd, March 22nd, April 26th, May 24th, June 28th, July 26th, August 23rd,
September 27th, October 25th, November 22nd & December 28th

Please mark your calendars accordingly!



Desert Storm by Jake Hayes



Marine Hornet Flyover Kuwait



Desert Storm First Offensive Ground Attack



Marine Corps League Lakeland Detachment #744

Invites you to our Third Saturday Monthly Breakfast

At The American Legion Hall

65 Oak Street, Oakland, NJ 07436

SATURDAY October 20th 8AM-12 NOON

Come have an Outstanding Breakfast and a Good Time

*Enjoy Fresh Eggs Made to Order
Eggs Benedict
Omelets; Scrambled Eggs & Sausage Gravy
Pancakes; French Toast & Waffles
Bacon; Sausage; SOS & Corned Beef Hash
Home Fries & Biscuits
Donuts; Bagels & English Muffins
Coffee; Orange Juice & Pastries*

Adults \$12.00, Seniors \$10.00 & children under 5 free

Bring your family and friends

*Most Important Support Lakeland Detachment #744
Be sure to visit our Ship's Store in the back right corner.*



MARINE CORPS LEAGUE
LAKELAND DETACHMENT 744
P.O. Box 8, Pompton Lakes, NJ 07442-0008
Phone (973) 839-5693
www.usmcl744.org



Dear Members:

FRIENDLY REMINDER

IT'S THAT TIME OF THE YEAR

As we have discussed at the Detachments monthly meetings, Marine Corps League National Headquarters has changed: **All Members Yearly Renewal Date "To 31 August" of each calendar year.** By paying on or before 31 August of 2018 members will be due on August First of 2019 and each year thereafter.

Please remit your check for \$50.00, payable to MCL # 744 and mail to MCL P.O. Box 8, Pompton Lakes, NJ 07442-0008.

Please put your six (6) digit ID number on the bottom left side of your check. (Memo Section)

Please take note: Marine Corps League National Headquarters will no longer be sending out annual renewal notices. Said notices will come from the Detachment Paymaster.

Any questions to the above please feel free to call me at 973-839-5693.

IF YOU HAVE NOT PAID YOUR DUES BY AUGUST 31ST, YOU ARE DELINQUENT!

Please pay your dues as soon as possible. Note: If you have a MCL License Plate, you will be required to surrender the plates upon notification from NJDMV if your dues are not paid.

Semper Fidelis

Marine Peter J. Alvarez

MCL Lakeland Detachment 744

Rose Event Schedule

September through November



Oct 6: Allendale Day

Oct 13: Autumn Lights Festival West Milford

Nov 18: Stop & Shop Wyckoff

Many hands make light work!

The Marine Rose

In 1778, during the War of Independence, the Marine Corps Rose was dedicated to those Marines who made the Ultimate Sacrifice for their country. This tradition was continued by the French during World War I when the Marines attacked the Germans in the trenches at Belleau Wood. Roses were planted by the grateful French people at the graves of the Fallen Marines. When and where ever you see Leaguers or Young Marines distributing these remembrances, take and wear one proudly.

THE PROGRAM: Started by Marine Eddie Gallagher from New York, designed to parallel the VFW "Poppy" program to provide funds for detachments to assist veterans and youth and provide other services to the community.

Health and comfort items for hospitalized veterans.

Support programs such as bingo or holiday parties for hospitalized or retired veterans in Retirement homes.

Scholarships - assist youth programs - Humanitarian Aid

HOW THE PROGRAM WORKS - Purchase roses from MCL National Headquarters, Ships Store - coordinate with local businesses or organizations to set-up a table or booth at their location - use a coffee or other type container as a collections can - Advertise what the Marine Rose Program is for and what the donations will be used for. - Conduct each year in conjunction with the Marine Corps Birthday, or whenever you feel it will be most effective. - Funds should not be used for the detachment's "general fund", to fund Detachment parties, cook-outs, Birthday Balls, etc. They should be used for the purposes stated above.

This day in Marine Corps History September

1 October 1997: The first African-American female colonel in the Marine Corps was promoted to that rank during a ceremony at MCAS Cherry Point, North Carolina. Colonel Gilda A. Jackson, a native of Columbus, Ohio, made Marine Corps history when she achieved the rank of colonel. She was serving as Special Projects Officer, 2d Marine Aircraft Wing at the time of her promotion.

5 October 1775: Meeting in Philadelphia, Pennsylvania, the 2d Continental Congress used the word "Marines" on one of the earliest known occasions, when it directed General George Washington to secure two vessels on "Continental risqué and pay", and to give orders for the "proper encouragement to the Marines and Seamen" to serve on the two armed ships.

6 October 1945: Major General Keller E. Rockey, Commanding General, III Amphibious Corps, accepted the surrender of 50,000 Japanese troops in North China on behalf of the Chinese Nationalist government.

8 October 1899: A force of 375 Marines under command of future Commandant George F. Elliott, attacked and captured the insurgent town of Novaleta, Luzon, Philippine Islands, and linked up with U.S. Army troops. There were 11 Marine casualties.

9 October 1917: The 8th Marines was activated at Quantico, Virginia. Although the regiment would not see combat in Europe during World War I, the officers and enlisted men of the 8th Marines participated in operations against dissidents in Haiti for over five years during the 1920s. During World War II, the regiment was assigned to the 2d Marine Division and participated in combat operations on Guadalcanal, Tarawa, Saipan, Tinian, and Okinawa, and earned three Presidential Unit Citations.

11 October 1951: A Marine battalion was flown by transport helicopters to a frontline combat position for the first time, when HMR-161 lifted the 3d Battalion, 7th Marines, and its equipment, during Operation Bumblebee, northeast of Yanggu, Korea.

19 October 1968: Operation Maui Peak, a combined regimental-sized operation which began on 6 October, ended 11 miles northwest of An Hoa, Vietnam. More than 300 enemy were killed in the 13-day operation.

23 October 1983: At 0622 an explosive-laden truck slammed into the BLT headquarters building in Beirut, Lebanon, where more than 300 men were billeted. The massive explosion collapsed the building in seconds, and took the lives of 241 Americans--including 220 Marines. This was the highest loss of life in a single day for Marines since D-Day on Iwo Jima in 1945.

28 October 1962: An 11,000-man 5th Marine Expeditionary Brigade left Camp Pendleton by sea for the Caribbean during the Cuban Missile Crisis. One week earlier, the entire 189,000-man Marine Corps had been put on alert and elements of the 1st and 2d Marine Divisions were sent to Guantanamo Bay to reinforce the defenders of the U.S. Naval Base. Other 2d Division units and squadrons from five Marine Aircraft Groups were deployed at Key West, Florida, or in Caribbean waters during the Cuban crisis.

31 October 1919: A patrol of Marines and gendarmes, led by Sergeant Herman H. Hanneken, disguised themselves as Cacos and entered the headquarters of the Haitian Caco Leader, Charlemagne Peralte, killing the bandit chief, and dispersing his followers. Sergeant Hanneken and Corporal William R. Button were each awarded the Medal of Honor.



Chesty Puller during the Banana Wars



Beirut Lebanon Bombing 23 Oct 1983



Operation Bumblebee

11 Oct 1951

North of Yanggu Korea



Operation Maui Peak, 19 Oct 1968, An Hoa, Vietnam

COMMANDANT'S CLUB WINNERS FOR 2018

PRIZE #	AMOUNT	WINNING #	WINNER'S NAME	SOLD BY
1	50	255	G. W. Vankat	George Vankat
2	50	231	Al Steele	Grace Alvarez
3	50	201	Arthur Morris	Dick Wedemeyer
4	60	127	Jim Miller	Dick Wedemeyer
5	60	121	Richard Doyle	Charlie Huha
6	70	287	Robert Ranzinger	Robert Ranzinger
7	80	212	Ted Wurster	Grace Alvarez
8	90	49	Arnold Shurkin, Esq.	Theresa Muttel
9	90	63	Judy Gaines	Jimmy Gaines
10	100	225	Jason Kimmel	Grace Alvarez
11	100	262	Frank Baldino	George Vankat
12	100	242	William Houston	Grace Alvarez
13	100	259	John A. Baker	George Vankat
14	100	203	William Shannon	Dick Wedemeyer
15	100	202	William Shannon	Dick Wedemeyer
16	150	298	Aniceto Rivera	Dick Wedemeyer
17	150	100	Nancy Russell	Charlie Huha
18	200	71	Dick Berrian	Dick Berrian
19	300	112	August Dalan	Charlie Huha
20	1000	26	Dorothy Fackina	Grace Alvarez
	3000			

Congratulations to all of the winners



The Marine Corps League
Lakeland Detachment #744

Invites you to its:

THIRTIETH ANNUAL RIFLE SHOOT

PLACE: CHERRY RIDGE RIFLE RANGE

DATE: SATURDAY, OCTOBER 13, 2018

TIME: 0800 HRS. TILL: 1200 HRS.

**COST: \$35.00 Per Person Includes: Coffee, Donuts,
Ammo and Lunch.**

Please mail checks made payable to:

"MCL Lakeland Detachment 744"

MARINE CORPS LEAGUE

P.O. BOX 8

POMPTON LAKES, NJ 07442-0008



MARINES
THE FEW. THE PROUD.

Commandant's Professional Reading List for Enlisted (Published May 2017)



Entry Level Enlisted: (Poolee, Recruit)

- "Battle Cry" L. Uris
- "Corps Values" Z. Miller
- "The Red Badge of Courage" S. Crane
- "Gates of Fire" S. Pressfield
- "Starship Troopers" R. Heinlein

Primary Level Enlisted (Pvt, LCpl)

- "Enders Game" O. Card
- "Rifleman Dodd" C. Forester
- "The Last Stand of Fox Company" B. Drury and T. Clavin
- "The Marines of Montford Point" M. Mclaurin
- "Chesty" J. Hoffman
- "The Warrior Ethos" S. Pressfield
- "On Call in Hell" R. Jadick
- "Ready Player One" E. Cline

Career Level Enlisted (Cpl, Sgt)

- "Resilience" E. Greitens
- "Outliers" M. Gladwell
- "The Defense of Duffers Drift" E. Swinton
- "The Killer Angels" M. Shaara
- "With The Old Breed: At Peleliu and Okinawa" E. Sledge
- "Battle Leadership" A. Von Schell
- "Ghost Fleet" P. Singer and A. Cole
- "We Were Soldiers Once... and Young" H. Moore and J. Galloway
- "On Killing" D. Grossman
- "Left of Bang" P. Van Horne and J. Riley
- "The Revenge of Geography: What the Map Tells Us About Coming Conflicts and the Battle Against Fate" R. Kaplan

Intermediate Level Enlisted (SSgt, GySgt)

- "All Quiet On The Western Front" E. Remarque
- "American Spartans" J. Warren
- "The Changing Face of War" M. Van Creveld
- "This Kind of War" T. Fehrenbach

Intermediate Enlisted (SSgt, GySgt) Continued

- "Fields of Fire" J. Webb
- "Leading Change" J. Kotter
- "My Men Are My Heroes" N. Helms
- "Thinking Fast and Slow" D. Kahneman
- "Leading Up" M. Useem
- "Once an Eagle" A. Myrer
- "The Innovators: How a Group of Hackers, Geniuses and Geeks Created the Digital Revolution" W. Isaacson

Senior Level Enlisted (MSgt, 1stSgt, MGySgt, SgtMaj)

- "Achilles in Vietnam" J. Shay
- "Command Culture" J. Muth
- "Forgotten Warriors" T. Hammes
- "Just and Unjust Wars" M. Walzer
- "No Bended Knee" M. Twining
- "The Face of Battle" J. Keegan
- "Team of Teams" S. McChrystal
- "Start with Why" S. Sinek
- "On Combat" D. Grossman
- "Guns of August" B. Tuchman
- "The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future" K. Kelly
- "The Innovators Dilemma: When New Technologies Cause Great Firms to Fail" C. Christensen
- "The Singularity is Near: When Humans Transcend Biology" R. Kurzweil

Note: This list is of recommended reading for all enlisted Marines. In order to fill the reading requirement, Marines must read at least 5 of the titles on the list in their particular grade every year. Once a title is complete, a record of completion is entered into the Marine's fitness report/record and/or part of their individual Proficiency and Conduct Marks. How a Marine demonstrates the completion of the requirement is at the discrepancy of the commanding officer. Marines may read titles from this list or the Commandant's Choice list with the long term goal of completing the entire list over time.



1-855-838-8255
Vets4Warriors.com

24/7 peer support for Service members and their families



Call Toll-Free at 855-838-8255,
visit Vets4Warriors.com, or email: Info@Vets4Warriors.com



- Vets4Warriors provides Active Duty, National Guard, and Reserve Service members and their families worldwide with peer-to-peer support.
- The Vets4Warriors peers are Veterans who have been there and understand the problems unique to military life and know your challenges.
- Vets4Warriors will assist you in setting a plan to overcome adversity, manage stress, and build resilience.
- Vets4Warriors provides peer support and follow up for those with ongoing concerns. For those in crisis we will connect you to the Military Crisis Line.



- Peer-to-peer support is available 24/7, and it is toll-free throughout the U.S.
- Your call is confidential. Vets4Warriors does not discuss your call with anyone and, if callers choose, they can remain anonymous.
- The Vets4Warriors call center is staffed with Veterans and family members representing all branches of the Service.
- The call center's Veterans provide information and referrals as needed.



- Vets4Warriors is available via telephone, on-line chat, or e-mail.
- For more information visit www.vets4warriors.com.

Set your course with a military connection



855-838-8255 vets4warriors.com
Info@vets4warriors.com



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Breast Cancer Awareness

Not Just For Women

By Trudi Derbyshire



"Even if the percentage of men diagnosed with male breast cancer is small, it is often more fatal for a large percentage of the men diagnosed. Since most men don't know to look for it, the disease is usually found after it has progressed to a more dangerous level."

Though the causes of breast cancer in men is still not totally understood, there are several factors researchers have found that may increase the risk of getting it.

Ageing - Men with breast cancer, on average, are about 72 years old when they are diagnosed.

Family History - If other family members have or have had breast cancer the risk increases. About 1 out of 5 men diagnosed with breast cancer have a close, male or female, blood relation with the disease.

Liver Disease - Balancing levels of sex hormones is an important role of the liver. When the liver is not working well the hormone levels are uneven causing a higher risk of developing breast cancer.

Alcohol - The risk of breast cancer increases with heavy drinking.

Obesity - Fat cells in the body convert male hormones (androgens) into female hormones (estrogens) thereby increasing the risk of breast cancer.

Possible symptoms of breast cancer to watch for include:

- A lump or swelling, which is often (but not always) painless
- Skin dimpling or puckering
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple

Changes aren't always caused by cancer, but see a healthcare professional if you notice any breast changes

For more information and instructions on how to perform a male self breast exam go to:

www.hisbreastcancer.org or www.cancer.org/cancer/breast-cancer-in-men

IMPORTANT: Make sure you discuss any issues with your Doctor at your annual physical!



UNITED STATES DEPARTMENT OF VETERANS AFFAIRS

Important Numbers and Websites

	Phone Number
Health Care Benefits:	1-877-222-8388
Bereavement Counseling	1-202-461-6530
Children of Women Vietnam Veterans	1877-345-8179 (or) 1-888-820-1756
Civilian Health and Medical Program (CHAMPVA)	1-800-733-8387
Dept Management Center (Collection of Non-Medical Depts)	1-800-857-0648
Dept of Veterans Affairs (VA) National Call Center for Homeless Veterans	1-877-424-3838
Psychological Health Outreach Program Fort Devens, MA MFR-PHOP .North	east@serco-na.com
eBenefits (General Questions & Technical Issues)	1-800-983-0937
Education (GI Bill)	1-888-442-4551
Federal Recovery Coordination Program	1-877-732-4456
Foreign Medical Program	1-888-820-1756
Gulf War Veterans Hotline	1-800-749-8387
Homeless Veterans	1-877-222-8387
Income Verification and Means Testing	1-800-929-8387
Life Insurance	1-800-669-8477
Meds by Mail	1-888-385-0235 (or) 1-866-229-7389
National Call Center for Homeless Veterans	1-877-424-3838
National Cemetery Scheduling Office	1-800-535-1117
National Personnel Records Center	1-314-801-0800
National Resource Directory	https://www.nrd.gov/
Pension Management Center	1-877-294-6380
Presidential Memorial Certificate Program	1-202-565-4964
Service-Disabled Veteran-Owned or Veteran-Owned Small Business	1-202-303-3260
Special Health Issues	1-800-749-8387
Spina Bifida/Children of Women Vietnam Veterans	1-888-820-1756
Status of Headstones and Markers	1-800-697-6947
Telecommunications Device for the Deaf (TDD)	1-800-829-4833
VA Caregiver Support Line	1-855-260-3274
VA for Vets	1-855-824-8387
VA Inspector General	1-800-488-8244
VA Office of Public and Intergovernmental Affairs	1-202-461-7600
Veteran's ID Theft Hotline	1-800-333-4636
Veteran's Employment and Training Service (VETS)	1-866-487-2365
Women Veterans	1-202-461-1070
Wounded Warrior Resource Center	1-800-342-9647

Veterans
Information

Ed Korek
Lakeland Detachment 744
Marine Corps League
Veterans Service Officer
1-201-317-1678

Veterans Administration
Department of Veterans Affairs
20 Washington Place
Newark, NJ 07102-3174
Phone: 1-800-827-1000

Veterans Campus Lyons
151 Knollcroft Road
Lyons, NJ 07939
Phone: 908-647-0180
Fax: 908-647-3452

Veterans Service Officer
Vietnam Veterans of America
Margaret Wojciechowicz
Phone: 973-297-3227

Passaic
Veterans Service Office
930 Riverview Drive, Suite 200
Totowa, NJ 07512
Phone: 973-569-4090
John Harris/Richard Mannes VSO

Bergen
Division of Veterans Services
One Bergen County Plaza 2nd Flr
Hackensack, NJ 07601
201-336-6325,6328,6329,6326 &
7406 - Richard Paul, Director

Marine Corps League
Information

**Marine Corps League
National Website**

<http://www.mclnational.org/>

**Marine Corps League
NJ State Website**

<http://www.njmcl.org>

744 Website Address

<Http://www.usmcl744.org>

744 Facebook Page Address

[Https://www.gacebook.com/pages/
Marine-Corps-League-Lakeland-
Detachment-
744/165447603504657](Https://www.gacebook.com/pages/Marine-Corps-League-Lakeland-Detachment-744/165447603504657)

