

3d Battalion, 11th Marines (3/11 Marines) Foundation Newsletter



Volume 2, Issue 2

The 3d Battalion, 11th Marines (3/11 Marines) Foundation is an Internal Revenue Service-recognized 501(c)(3) charity incorporated in the State of Texas. Federal tax ID 46-4240572.

Mission

The mission of the 3d Battalion, 11th Marines (3/11 Marines) Foundation is to aid wounded Marines; to continue to support the Marine Wounded Warrior Detachment at the San Antonio Military Medical Center (SAMMC); and to seek additional opportunities to help wounded Marines of every generation. Marine Wounded Warriors are defined as combat and non-combat wounded, ill, and injured Marines; Sailors attached to Marine units; and their family members.

President's Message

I am honored to serve as the President of the 3/11 Marines Foundation, and I want to thank the Board of Directors and Advisers for their leadership and for the positive steps they have taken to improve the Foundation. We welcomed John Roark and Joe Reyes to the Board as new Directors last year, and we appreciate the expertise they bring to the Board.

As we look ahead to the coming years, we are grateful for the opportunity to strengthen our Foundation and to pursue excellence in everything we do. Last year, our Foundation developed and approved a comprehensive three-year Strategic Plan which includes the budget. It is my hope that, like all great charitable organizations, the 3/11 Marines Foundation will grow and use its resources to support more of our Marine Corps community in need.

To best fulfill our commitment to those we serve and our role in this evolving community, it is our responsibility to raise funds to help the Foundation provide needed services and support to our Marine Wounded Warriors at SAMMC, to our veteran Marines and Corpsmen, and to their families.

I encourage you to explore our website at <https://www.3-11marines.org> to learn more about the Foundation and to read previous Newsletters and the Strategic Plan. We greatly appreciate any comments, suggestions, and, of course, donations. A list of the Board of Directors and Advisers follows. Semper Fidelis!

Woodrow "Woody" Hall

Board of Directors and Advisers

Woodrow Hall	President	hwoodrow@charter.net
Sara Kliever	Director/Treasurer	skliever11@gmail.com
Nanci Visser	Director/Secretary	visser.nanci@gmail.com
Charles Ables	Director/Chair, Website Committee	charleska@sbcglobal.net
Joe Reyes	Director	chitownmarine@yahoo.com
John Roark	Director	john.roark2@va.gov
Barry Wortham, M.D.	Director/Chair, Suicide Awareness & Prevention Committee	worba10@yahoo.com
Dick Popps	Board Adviser	rjpopps@yahoo.com
Eric Visser	Board Adviser	visserepv@aol.com
Pat McConnaughay	Web Master	padruig47@gmail.com
Doug Miller	Board Liaison to the Marine Artillery Association	dwmiller48@gmail.com

Feel free to contact any Board Member with your concerns. Especially, please consider serving on the Board of Directors either as a Director or as an Adviser. Contact President Woody Hall to apply.

Name Change

The Texas Secretary of State officially approved the name change for the Foundation on 1 April 2024. "Marines" has been added to the abbreviated name, so the official name is now the 3d Battalion, 11th Marines (3/11 Marines) Foundation, and the abbreviated name is 3/11 Marines Foundation.

This name change better aligns the Foundation with its domain name 3-11marines.org and lets non-Marines know that 3/11 isn't a date like 9/11 (we have been asked that question!). Note that a "/" cannot be used in a domain name, so the secure link is <https://3-11marines.org>. Please check out our website at the link, and feel free to send any recommendations for improvement to our Web Master, Pat McConnaughay, at padruig47@gmail.com.

The Battery Adjust XVIII Reunion is confirmed for 2024 in Savannah, Georgia

What: Marine Artillery Association Battery Adjust XVIII Reunion

When: Wednesday, September 18 – Sunday, September 22, 2024
Hotel Check-in 4:00PM Hotel Check-out 12:00PM

Where: Hampton Inn & Suites Savannah Historic District
603 West Oglethorpe Avenue
Savannah, GA 31401

How: To make your reservation at the Hampton Inn & Suites, use the following link or call the hotel at 1-800-445-8667: [Marine Artillery Association Booking Link](#) . If you call, be sure to ask for the Marine Artillery Association rate.

We have another fun-filled reunion scheduled for this year including trolley tours of Savannah and the graduation of Mike Company, 3d Recruit Training Battalion (3d RTB) at MCRD Parris Island (see detailed schedule below).

You should have received the Registration Form as an attachment to an email Ed Peterson sent on 10 June. The Registration Form can also be found on the Marine Artillery Association Facebook page. If you have any questions, please let us know. We look forward to seeing you in Savannah! Semper Fi!

Brian Seals, President, Marine Artillery Association bseals2013@gmail.com

Cell (765) 580-2734 (please call during evening hours)

Ed Peterson, Treasurer, Marine Artillery Association ed66451@aol.com

Battery Adjust XVIII Reunion Schedule

Tuesday, September 17, 2024

Golf – TBD

Wednesday, September 18, 2024

1200 Reunion check-in begins in the foyer of Salon BC

1200 Hospitality room opens in Salon BC/Hospitality room closes at 2200

Thursday, September 19, 2024

0945 Tour trolley will stage at the Hampton Inn & Suites

1000 Savannah historic overview tour begins

1130 Tour trolley returns to the Hampton Inn & Suites

1200 Hospitality room opens in Salon BC

1845 Tour trolley will stage at the Hampton Inn & Suites

1900 "Grave Encounters" ghost tour begins

2030 Tour trolley returns to the Hampton Inn & Suites

2200 Hospitality room closes

Friday, September 20, 2024

0545 Bus will stage at the Hampton Inn & Suites (* [See important note below.](#))

0600 First bus departs for MCRD Parris Island for Morning Colors

0645 Buses will stage at the Hampton Inn & Suites
0700 Buses will depart for MCRD Parris Island for graduation
1345 Buses will stage at MCRD
1400 Buses depart for the Hampton Inn & Suites
1600 Hospitality room opens
1600 3d Battalion, 11th Marines Foundation Annual Meeting in Salon A
2200 Hospitality room closes

*You will have two choices as to when you depart for MCRD. If you would like to attend morning colors and the graduation, you will board the bus at 0545. If you would just like to attend the graduation, you will board the bus at 0645. The highlight of this trip will be attending the graduation ceremony of Mike Company, 3d RTB. After the graduation ceremony, there will be time to explore the base. A tour of the depot may also be included if there are enough personnel to accommodate that for us. Lunch will be on your own.

Note: If we do not have enough participation for morning colors, then all buses will be boarded at 0645 at the hotel. If we do not have enough participation for just graduation, all buses will be boarded at 0545.

Saturday, September 21, 2024

0900 Annual Business Meeting in Salon A
1700 Battery Pictures begin at Oglethorpe Ballroom
1800 Banquet begins in Oglethorpe Ballroom

Sunday, September 22, 2024

Check out by 1200 – Have a safe trip home!

See y'all in Savannah! <https://visitsavannah.com>

LtCol Tom Pace, USMC (Ret.), was the first President of the 3d Battalion, 11th Marines Foundation and then President Emeritus. Our thoughts and prayers are with his bride of 62 years, Hazel, and the entire Pace Family.

Obituary: Ray Thomas “Tom” Pace (1937 – 2024)

LtCol Ray T. Pace, USMC, Retired, known to his family and friends as Tom, was born on December 8, 1937, in Los Angeles County, California. He got to Texas as quickly as he could and was raised in Amarillo, TX, where he graduated from Amarillo High School. He died on February 11, 2024, in Nederland, TX, surrounded by his three children and his wife of 62 years, Hazel Mae (Tripp) Pace.

Tom played football for Texas Tech where he met the love of his life, Hazel, and they were married on March 31st, 1961. He graduated from Texas Tech with a Bachelor's degree in finance and began a 23-year career with the United States Marine Corps, serving his country proudly in Vietnam and at home. He received many medals for his service including a Purple Heart and a Bronze Star. He achieved a Master's Degree in Education from Pepperdine University, as well. Upon retiring from the Marine Corps as a Lieutenant Colonel, he worked with a fellow Marine restoring homes in Old Town, Alexandria, Virginia, for a couple of years before deciding to return to his roots, moving to Odessa to serve Ector County as its Fiscal Services Director for over 20 years.



Tom was appointed by then-Governor George W. Bush to serve as one of the first commissioners on the newly formed Texas State Board of Risk Management. He served on the Ector County School Board and was the president of that organization during part of his tenure. He was incredibly proud to receive the Heritage of Odessa Foundation Award for Excellence in Community Service in the government category in 1989. He was a member of the First Christian Church of Odessa and acted as an elder and deacon for many years. Tom was described by the people who knew him as a truly gentle giant who cared for his family, friends, and his community in whatever capacity that was needed.

Tom was preceded in death by his parents, Jimmie and Dick Smotherman, and Ray and Ethel Pace, and his sister, Linda Sanders. He is survived by his wife Hazel Mae (Tripp) Pace, his children Ray T. Pace, II of Port Neches, TX; Barbara Suzanne and Stephen Hirst of Odessa, TX; and Deborah Kathleen & Matthew Tokheim of Nederland, TX; his grandchildren, Kevin Tokheim of Portland, OR; Jonathan and Jessica Hirst of Midland, TX; Nathan and McKenzie Tokheim of Johnson City, TN; Christopher Tokheim of Dallas, TX; Kaitlin Mae Hirst and Zachary Marshall Hirst of Odessa, TX; his sister, Sara Ann Ramsey of Amarillo, TX; and his sister in law, Barbie Olson of Flower Mound, TX. In addition, he is survived by three great granddaughters who entertained him with their antics, Olivia Mae and Amelia Jade Hirst, and Rosalind Paige Hicks. He is also survived by many nieces and nephews whom he loved dearly.

Suicide Awareness & Prevention

Summer Heat Waves Pose a Deadly Threat to People with Mental Illness

This is an excerpt from “Summer Heat Waves Pose a Deadly Threat to Patients with Mental Illness” by Robert Feder, M.D. which appeared first on MedPage Today.

Summer heat waves continue to get hotter and longer as global warming remains largely unimpeded by current efforts. Summer temperatures for 2024 are forecast to be the highest on record. These unprecedented temperatures will bring particular risks to the 20% of Americans who live with some type of mental illness.

People dealing with depression or substance use disorders make up the vast majority of those with mental illness. Emergency department visits related to depression rise in a dramatic and linear fashion as the ambient temperature rises above 70° F. Suicide rates in the U.S. similarly rise by 0.7% for each 1.8-degree rise in ambient Fahrenheit temperature. Persons with depression are also at increased risk of heat stroke as newer antidepressant medications (SSRIs and SNRIs) increase sweating, which can lead to dehydration, while older antidepressant medications (TCAs) decrease sweating, leading to higher body temperatures.

Persons with substance use disorders have numerous factors leading to increased health risks during heat waves. The euphoria associated with most substances of abuse can cause reduced perception of overheating, leading to dangerously increased body temperature. In fact, 18% of all heat-related deaths involve some type of alcohol poisoning or drug overdose. Alcohol increases dehydration, while stimulants and MDMA (Ecstasy) can directly interfere with hypothalamic temperature control. The poverty and homelessness that, in many cases, accompany severe substance use disorders lead to a lack of air conditioning and lack of access to liquids for these individuals.

Although they represent only a small percentage of those experiencing mental illness, persons with schizophrenia have the highest risk of any group. The risk of death in a heat wave for people with schizophrenia is window for people with any other chronic medical illness, including heart, lung, and kidney disease. Schizophrenia affects only 1% of the total population but was associated with 8% of all heat-related deaths during a particular heat wave.

There are numerous reasons for these striking statistics. One factor may be that persons suffering from schizophrenia may have bizarre thoughts related to heat and assistance-seeking. Furthermore, the homelessness and poverty associated with schizophrenia can lead to lack of access to air conditioning and fluids.

Antipsychotic medications impair hypothalamic heat-regulating systems. Anticholinergic medications that are also often taken by persons with schizophrenia reduce sweating and increase body temperature. The illness of schizophrenia itself, aside from any medication effects, also appears to directly impair hypothalamic heat-regulating systems.

Persons with bipolar disorder are often prescribed antipsychotic medication, which reduces their hypothalamic heat-regulating systems. Additionally, these patients often produce more internal heat when in manic states with increased motor activity.

Persons with attention deficit-hyperactivity disorder (ADHD) also tend to have increased activity levels and increased internal heat production. Stimulant medications increase health risks in persons with

ADHD through three different mechanisms: impaired hypothalamic heat regulation, reduced sweating, and reduced unpleasant sensations of overheating.

Patients with dementia living in an assisted care facility should, in general, be protected during heat waves as these facilities are usually air-conditioned, and the staff should be trained in guiding the patients in heat-reducing measures. However, persons with dementia living at home may be at increased risk due to several factors. Patients with dementia have decreased awareness of heat and are often confused about what to do when they do feel uncomfortable. Dementia also impairs hypothalamic heat-regulating mechanisms. People with dementia living at home may also have income limitations that restrict their access to air conditioning and adequate fluids.

These individuals experiencing mental health challenges should be advised to be cautious of high summer temperatures and should be informed of the protective measures they can take to stay cool. These include lowering shades, wearing loose clothing, cooling with cold showers or towels, staying hydrated, and staying in air-conditioned environments. For additional resources, the Climate Psychiatry Alliance has heat wave [handouts and posters](#).

SUICIDE PREVENTION GUIDELINES

DO NOT COUNSEL THE PERSON YOURSELF; LEAD THEM TO SEEK PROFESSIONAL HELP:

- If you are struggling or know someone who is, hope is a reality, and help is available. CALL 1-800-273-8255 and PRESS 1 for toll-free, confidential help 24/7.
- DIAL 988 – the hotline for confidential help 24/7.
- Veterans Crisis Website: <https://www.veteranscrisisline.net>.
- If you are a veteran or family member who is struggling, you are not alone. Go to Focus Marines Foundation (FOCUS) at <https://focusmarines.org>.
- “BE THE ONE TO STOP ONE” FROM COMMITTING SUICIDE. Find out how here: <https://stopone.info/home>.

Look for signs.

Empathize.

Ask questions.

Remove from danger.

Next steps for more care.



3/11 Marines Foundation Received a Certificate of Appreciation from Wounded Warrior Battalion East



THE OLD BATTERY GUNNY SAYS: LISTEN UP, WARRIORS!

“Wake up!” Don’t leave your loved ones holding the bag and not knowing what to do or how to handle your departure. It is a subject you must address while you are still on Active Life Status.

You should help prepare for your transfer to inactive life status by:

1. Legal Documents. Last Will and Testament.
2. Power of Attorney. (Note: Powers of Attorney are normally null and void upon death of the originator).
3. Insurance Policies.
4. DD-214 (Report of Separation) or Retirement Orders (Retirement Letter or Documentation). Plus, old Service Number, if applicable.
5. Birth Certificate.
6. Marriage Certificates – all marriages.
7. Divorce Decrees – all divorces.
8. Social Security Number/Card.
9. Listing of financial:
 - a. Accounts, stocks, bonds, and investments and their location.
 - b. Real estate deeds and automobile titles and locations.
 - c. Copy of Income Tax Returns for past five years.
 - d. Last Retiree Account Statement or Earnings Statement.
10. Location of Medical and Dental Records.
11. Veterans Administration papers/letters and “Claim Number.”
12. Phone number list of agencies and friends to be notified upon your passing.

Not always a pleasant nor easy subject to talk about with your spouse/family, but it must be done to help relieve some of the burden.

NOW, GET WITH IT. THAT IS AN ORDER!

Agencies Providing Aid and Assistance to Surviving Spouses:

Arlington National Cemetery: 703-607-8000

Military Funeral Honors: 866-826-3628 or 703-432-9524

Gold Star Wives of America: 888-751-6350, <https://www.goldstarwives.org>

Navy-Marine Corps Relief Society: 703-696-4904, <https://www.nmcrrs.org>

National Military Families Association: 800-260-0218, <https://www.militaryfamily.org>

Society of Military Widows: 800-842-3451, www.militarywidows.org/home.aspx

Tragedy Assistance Program for Survivors (TAPS): 800-959-8277, <https://www.taps.org>

Update on Marine Wounded Warrior, Christopher Bryde, Selected to Represent the USMC at 2025 Invictus Games – a Success Story

Chris Bryde was blown out of a HUMVEE that hit an IED in Afghanistan in October 2008. He lost one leg immediately, was medevaced, and spent four years attached to the Marine Wounded Warrior Detachment at SAMMC while recovering at Brooke Army Medical Center. He eventually lost his other leg and now walks on blades. Chris recently traveled from England (where he is pursuing his Ph.D. at St. Mary's University) to Florida to be classified by the Marine Corps to compete in the 2025 Invictus Games in Vancouver (Whistler), Canada, in February 2025. The Marine Corps has not yet told him in which sports he will compete, but he is training for swimming, rowing, wheelchair rugby, Biathlon, and Nordic skiing.

The following description was copied from the Invictus Games website: “The Invictus Games Vancouver Whistler 2025 is an international adaptive sporting competition for wounded, injured, and sick service members and Veterans. Taking place from February 8th – 16th 2025, the seventh Invictus Games will bring together up to 550 competitors from up to 25 nations to British Columbia, Canada. Through the power of sport, the Games will inspire recovery, support rehabilitation, and generate a wider understanding and respect for those who have served their country.”

Chris previously won medals at the 2023 Marine Corps Trials in Archery (Gold medal for Recurve/Seated); Breaststroke (Silver medal for Men's 50-meter); Backstroke (Bronze medal for Men's 50-meter); Rowing (Bronze medal for 4-minute sprint); and Wheelchair Rugby (Bronze medal – scored six tries). We will be rooting for him February 8 to 16, 2025, as he competes in Canada.

Chris has come a long way since he left the Marine Wounded Warrior Detachment at SAMMC and was medically discharged in 2012. He is an inspiration to all. Please see photos below.



Chris Bryde in 2012 at the Marine Wounded Warrior Detachment, San Antonio, with the late Ed Kliever, Founder of the 3/11 Marines Foundation, and Ed's bride, Sara, Foundation Treasurer.



Chris Bryde won five medals in the 2023 Marine Corps Trials at Camp Pendleton, CA. We wish him success in Vancouver, Canada, in February 2025 at the Invictus Games.

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**You may think we have forgotten to put something in this space. Au contraire! We are saving this space for your business card or advertisement in the next Newsletter! If you would like to advertise your business or add a photo, please email Nanci Visser, 3/11 Marines Foundation Secretary, at [visser.nanci@gmail.com](mailto:visser.nanci@gmail.com).**

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The 3d Battalion, 11th Marines (3/11 Marines) Foundation is Your Foundation

TIMELY WAYS TO GIVE

Donations have been way down so far in 2024. Even though most people no longer itemize and take the standard deduction because of the change in the tax code, it is still important to give. No matter how you give, every gift supports the mission of helping Marine Wounded Warriors of every generation.

~ **Online.** If you like the convenience of just a few clicks to make it happen, go to the Donate page of the website <https://3-11marines.org/index.php/donate/>, and click on the yellow Donate button.

~ **By check.** If you're a traditionalist and like good, solid paper that gets the job done, the Federal Tax ID is **46-4240572**, mail your gift to:

**3/11 Marines Foundation
106 Wellesley Wood
San Antonio, TX 78231**

~ **Donor-Advised Funds.** Do you have a donor-advised fund? Now is the perfect time to put those philanthropic dollars to on behalf of the 3d Battalion, 11th Marines (3/11 Marines) Foundation. Contact your financial institution or manager.

~ **IRA Distribution.** If you have an IRA and are over 70 ½, you can make your tax-free, qualified charitable distribution (QCD) while supporting our mission. Visit <https://3-11marines.org/index.php/donate/> to read more by scrolling to the bottom of that page.

Thank you. Semper Fidelis!