

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



31 July 2026

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 with Federal tax ID 46-4240572. There is no paid staff and an all-volunteer Board of Directors.

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 San Antonio; 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.

If you have a need or know of a Marine with a need that falls under our mission, please let one of the Directors or Advisers on page 2 know.

President's Message: SHOULD WE CARE?!

Caring for veterans is essential because they willingly make significant sacrifices—including prolonged time away from families, exposure to high-stress environments, and physical risks—to protect and defend the Nation. This service frequently results in unique, life-long physical and mental health challenges, and hardships.

President Abraham Lincoln is famously tied to veterans' care through his 1865 Second Inaugural Address, when he stated: *“With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation’s wounds; to care for him who shall have borne the battle, and for his widow, and his orphan.”*

Lincoln never fully defined what it meant to care for those who had borne the battle. Every generation since has been left to answer that question for itself. I personally think he meant a collaborated obligation between the Federal Government (Veterans Administration), Charitable Organizations, and Individual effort to accomplish the task.

As America continues to celebrate its 250th anniversary, the obligation remains unchanged, the promise remains unfinished, and the responsibility continues to compel us to do more.

WE CARE

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WE CARE

Woodrow “Woody” Hall
President

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
Barry Wortham, M.D.	Director/Suicide Awareness & Prevention Committee	worba10@yahoo.com
Dick Popps	Board Adviser	rjpopps@yahoo.com
Jennie Vallance	Board Adviser	jjvallance@verizon.net
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

Contact any Board Member with your concerns by emailing them directly, or use info@3-11marines.org.

There is currently a vacancy on the Board after Director John Roark resigned in June 2026. His term would have expired in September 2026, so a new Director will be elected to serve a 3-year term at the Annual Meeting on Friday, September 25, 2026, at 5:00 PM PDT in Seattle. We appreciate John's service on the Board and dedication to the Foundation.

If you are interested in serving on the Board as a Director, please contact Board President Woody Hall via his personal email address in the box above or by phone at 931-242-8432.



Suicide Awareness & Prevention (by Barry Wortham, M.D.)

Postvention: Healing After Suicide Loss

The loss of a Marine, veteran, family member, or friend to suicide leaves a profound and lasting impact. Research suggests that each suicide deeply affects approximately **135 people**, including family members, friends, fellow service members, coworkers, healthcare providers, and others connected to the individual. For many survivors, the grief is uniquely complex, often accompanied by shock, guilt, anger, unanswered questions, and feelings of isolation.

Postvention refers to the coordinated support and care provided to survivors after a death by suicide. It is more than simply responding to a tragedy, it is an essential part of suicide prevention. Survivors of suicide loss are themselves at increased risk for depression, prolonged grief, post-traumatic stress, and suicidal thoughts. By offering timely emotional support, connecting survivors with counseling and peer support, and fostering compassionate communities, postvention helps reduce these risks while promoting healing, resilience, and hope.

Finding Support After Suicide Loss

No one should have to navigate the grief of losing someone to suicide alone. Organizations dedicated to suicide-loss survivors provide compassionate support, practical resources, and hope during an incredibly difficult time.

Local Outreach to Suicide Survivors (LOSS) teams are made up of trained volunteers, many of whom have experienced a suicide loss themselves, who provide immediate outreach, emotional support, and connections to local counseling and community resources. Their peer-to-peer approach helps survivors know they are not alone and that healing is possible.

To locate a LOSS Team in your community or learn more about their services, visit www.lossteam.com . If there is not a team in your area, the website can also help connect you with other suicide loss support resources.

The **Tragedy Assistance Program for Survivors (TAPS)** offers comprehensive support to anyone grieving the death of a military service member or veteran, including those lost to suicide. TAPS provides peer mentors, grief seminars, support groups, youth programs, casework assistance, and resources specifically designed to help military families and survivors find hope and healing.

Military survivors can contact TAPS 24 hours a day by calling **800-959-TAPS (8277)** or by visiting <https://www.taps.org> to connect with peer support, request assistance, or learn more about available programs.

Whether support comes from family, friends, faith communities, counselors, fellow Marines, or organizations like LOSS and TAPS, reaching out is an important first step. Asking for support is not a sign of weakness, it reflects the same courage and commitment that define military service. Healing after suicide loss takes time, but with compassionate support, survivors can find strength, connection, and hope for the future.



Call to Action

If you are a Marine veteran living with symptoms of PTSD—or if you recognize these signs in a fellow Marine or in a Marine spouse or other family member—take the next step. Reach out to a trusted peer, a veteran service organization, or a mental health professional who understands military culture. The VA and community-based providers offer effective, evidence-based treatments, and many services are available regardless of when or where you served.

If you're struggling right now, confidential support is available 24/7 through the Veterans Crisis Line at 988 (Press 1) or by texting 838255. Asking for help is not giving up—it's taking back control.

REMEMBER:

1. Suicide is not about wanting to die. It's about wanting to end pain -- whether it's physical, emotional, or spiritual. It's the end result when a person's coping mechanisms for dealing with pain are overwhelmed.
2. The Veterans Crisis Line is available 24/7/365 by dialing **988** then press 1, texting 838255, or chatting online.
3. The Veterans' Comprehensive Prevention, Access to Care, and Treatment (COMPACT) Act of 2020 provides free emergency suicide care to eligible veterans at any VA or non-VA health care facility. Benefits: Inpatient or crisis residential care for up to 30 days, Outpatient care for up to 90 days, transportation costs, and follow-up care. **Veterans do not need to be enrolled in the VA system to use this benefit.**
4. Firearms contribute to most veteran suicides. Properly securing weapons and removing lethal means is vital to addressing this problem.
5. In spite of the VA and DoD being funded millions of dollars for suicide prevention programs and the recruitment of more mental health providers, veteran suicides remain virtually unchanged in number. Each of us can potentially make a difference with this problem by supporting our fellow veterans who are stressed; by reassuring them that they are not alone in their struggles, that we care about their well-being; and by helping them to seek mental health treatment. Be that friend ... "NO ONE BETTER FOR A MARINE TO TURN TO THAN ANOTHER MARINE."

SUICIDE PREVENTION GUIDELINES

- 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 or
- DIAL 988 – the hotline for confidential help 24/7.

- Veteran Crisis Website:

<https://www.veteranscrisisline.net/#Bethere#NSPW>.

- 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>.



Marine Wounded Warrior Detachment San Antonio (based on previous article written by Mr. Juan Ortegon; edited by Nanci Visser)

Currently supporting 11 recovering service members, the Marine Wounded Warrior Detachment San Antonio offers a structured environment to aid Marine Wounded Warriors in their journey through recovery from injuries and illnesses, including cancer and the aftermath of training accidents.

The mission of the Detachment extends beyond physical healing. It emphasizes mental resilience, professional development, and the restoration of purpose. By providing tailored care and resources, the Detachment ensures that all Marine Wounded Warriors have the tools to overcome adversity and to transition into the next chapter of their lives, whether returning to duty or pursuing civilian opportunities. With unwavering dedication, the Marine Wounded Warrior Detachment San Antonio exemplifies the Marine Corps’ commitment to leaving no Marine behind, honoring the sacrifices of its warriors, and supporting their recovery with dignity and strength.

Upcoming Marine Artillery Association (MAA) “Battery Adjust XX” Reunion (and Annual Meeting of the 3/11 Marines Foundation)

WHO: All Marine Artillery Association (MAA) Members, Family, and Friends — anyone who served or is currently serving with any USMC artillery unit.

WHAT: Battery Adjust XX Reunion and Annual Meeting of the 3/11 Marines Foundation.

WHEN: Wednesday, September 23, to Sunday, September 27, 2026. The Annual Meeting of the 3/11 Marines Foundation will take place in the Vashon Boardroom of the hotel at 5 PM on Friday, September 25.

WHERE: Seattle, Washington, at the **DoubleTree Suites by Hilton Hotel Seattle Airport – Southcenter** (Tukwila).

HOW: The MAA Board is offering rooms for \$169 per night (plus fees, taxes, etc.). **Click on the link below, or call the hotel directly at 800-222-8733, and mention you are with the Marine Artillery Association to get your group rate: Group Code is MAA. The block of rooms expires on August 31, 2026.**
<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=SEASPDT&arrivalDate=2026-09-21&departureDate=2026-09-28&groupCode=>

ALL OTHER DETAILS for the reunion were emailed to MAA members on May 7, 2026, along with the Registration Form. The Registration Form can also be found under the “Featured” tab on the Marine Artillery Association Facebook page.

If you have any questions about Battery Adjust XX, please let Brian or Ed know:

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

We look forward to seeing you in Seattle. Semper Fi!

In case you missed last year’s reunion, here is a link to view ALL photos taken by Ben Vallance at the Battery Adjust XIX Reunion in Dallas/Fort Worth:
<https://starlightstories.pic-time.com/-usmcreunion2025/gallery> .

THE OLD GUNNY SAYS: LISTEN UP!



The phrase "*Semper Fidelis*" isn't unique to the Marine Corps. Variations have been found in old Latin manuscripts and religious writings, often referring to faithfulness to God.

Colonel Charles G. McCawley, who was the Commandant of the Marine Corps in 1883, may have been the one who chose "*Semper Fidelis*" as the service's new motto, but this isn't verified as McCawley kept little documentation, according to the National Museum of the Marine Corps.

The Marine Corps is built on three core values: honor, courage and commitment. These principles are meant to shape every Marine's character and actions.

- **Honor:** Marines are held to the highest ethical standards. They are expected to show integrity and respect in all they do. "*Semper Fi*" represents being faithful to this value.
- **Courage:** Whether in battle or in life, Marines face challenges head-on. The motto is a reminder to stay strong, no matter the circumstances.
- **Commitment:** Loyalty to fellow Marines, the mission, and the Nation is at the heart of the Corps. "*Semper Fi*" signifies that this dedication never fades.

In combat, "*Semper Fi*" is more than a phrase. It becomes a mindset. Because Marines rely on each other so heavily, the motto serves as a reminder of their unbreakable bond. In ceremonies and traditions, everything from boot camp graduations to retirement ceremonies, "*Semper Fi*" is spoken as a symbol of pride and loyalty.

This doesn't mean "*Semper Fi*" is used only in formal settings or times of crisis. It can be an everyday greeting or farewell. When one Marine says "*Semper Fi*" to another, it's a recognition of shared hardships, victories, and a connection that transcends time.

The 3d Battalion, 11th Marines (3/11 Marines) Foundation is Your Foundation with no paid staff and an all-volunteer Board of Directors.

TIMELY WAYS TO GIVE

Even though most people no longer itemize and take the standard deduction because of the change in the tax code a few years ago, it is still important to give. No matter how you give, every gift supports the mission of helping Marine Wounded Warriors of every generation. **The Federal Tax ID is 46-4240572.**

~ **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. Apple Pay coming soon!

~ **By check.** If you're a traditionalist and like good, solid paper that gets the job done, mail your check to our Treasurer:

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

~ **Donor-Advised Funds.** Do you have a donor-advised fund? Please put those philanthropic dollars to good use in 2026 on behalf of the 3d Battalion, 11th Marines (3/11 Marines) Foundation. Contact your financial institution or manager.

~ **IRA Distribution.** If you have a traditional IRA and are 73 or older this year, 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 the page.

Thank you. Semper Fidelis!

In case you are not subscribed to the VA newsletter, check out the one below from April 1, 2026, that provides ways to maximize your VA benefits. Click on the links, and subscribe at the bottom of the newsletter if you are interested.



VETRESOURCES

[#VetResources](#) is a weekly newsletter for Veterans, their families, caregivers, and survivors. [Connect with Secretary Collins on X](#)



VA RESOURCES



UPCOMING VA EVENTS



JOBS FOR VETERANS

MAXIMIZE YOUR G.I. BILL BENEFITS

Recent court rulings may allow millions of Veterans to get up to 48 months of benefits. VA is automatically assessing eligibility—no action needed. Learn how these changes could help you.

[Learn more](#)

VA BENEFITS & HEALTH APP

The VA Health and Benefits app enables Veterans to access prescriptions, appointments, secure messages, claims, payments, and important VA letters from a phone or tablet.

[Watch](#)



VA RESOURCES

- For any questions or requests, [1-800-MyVA411 \(1-800-698-2411\)](#) is always the right number.
- [Veterans Crisis Line: 988](#) and press 1, [Chat](#), or Text [838255](#)
- [Vet Centers: 1-877-927-8387](#)
- [Homeless Veteran Resources: 1-877-424-3838](#) or [Chat](#)
- [Ask VA](#)
- [Schedule a 1-on-1 Appointment with a VA Benefits Expert](#)
- [Find a VA facility near you](#)

For non-urgent questions, you can reach VA using the [VA Health & Benefits App](#) or [MyHealtheVet](#) secure messaging to schedule an appointment, refill prescriptions, and access your medical records.

VA HOME LOAN REFINANCE

Some Veterans use VA Cash-Out Refinance to tap into their home equity – this video breaks it down.

[Watch](#)



FIND THE RIGHT PTSD TREATMENT

VA's free **PTSD Treatment Decision Aid** helps you explore and compare therapy and medication options. It guides you to understand your choices and prepare to discuss the best plan with your clinician. Take control of your recovery today.

[Learn more](#)



EXCLUSIVE DISCOUNTS FOR VETERANS

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CARE



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EMPLOYMENT



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DISABILITY



PENSION



BURIALS AND
MEMORIALS



EDUCATION AND
TRAINING



HOUSING
ASSISTANCE



RECORDS



DISCLAIMER: THE SHARING OF ANY NON-VA INFORMATION DOES NOT CONSTITUTE AN ENDORSEMENT OF PRODUCTS OR SERVICES ON THE PART OF THE VA.

If you are having thoughts of suicide, **call 988, then PRESS 1** or visit <http://www.veteranscrisisline.net/>.

Please remember the only secure way to ask personal questions is at VA.gov/contact-us/.

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