



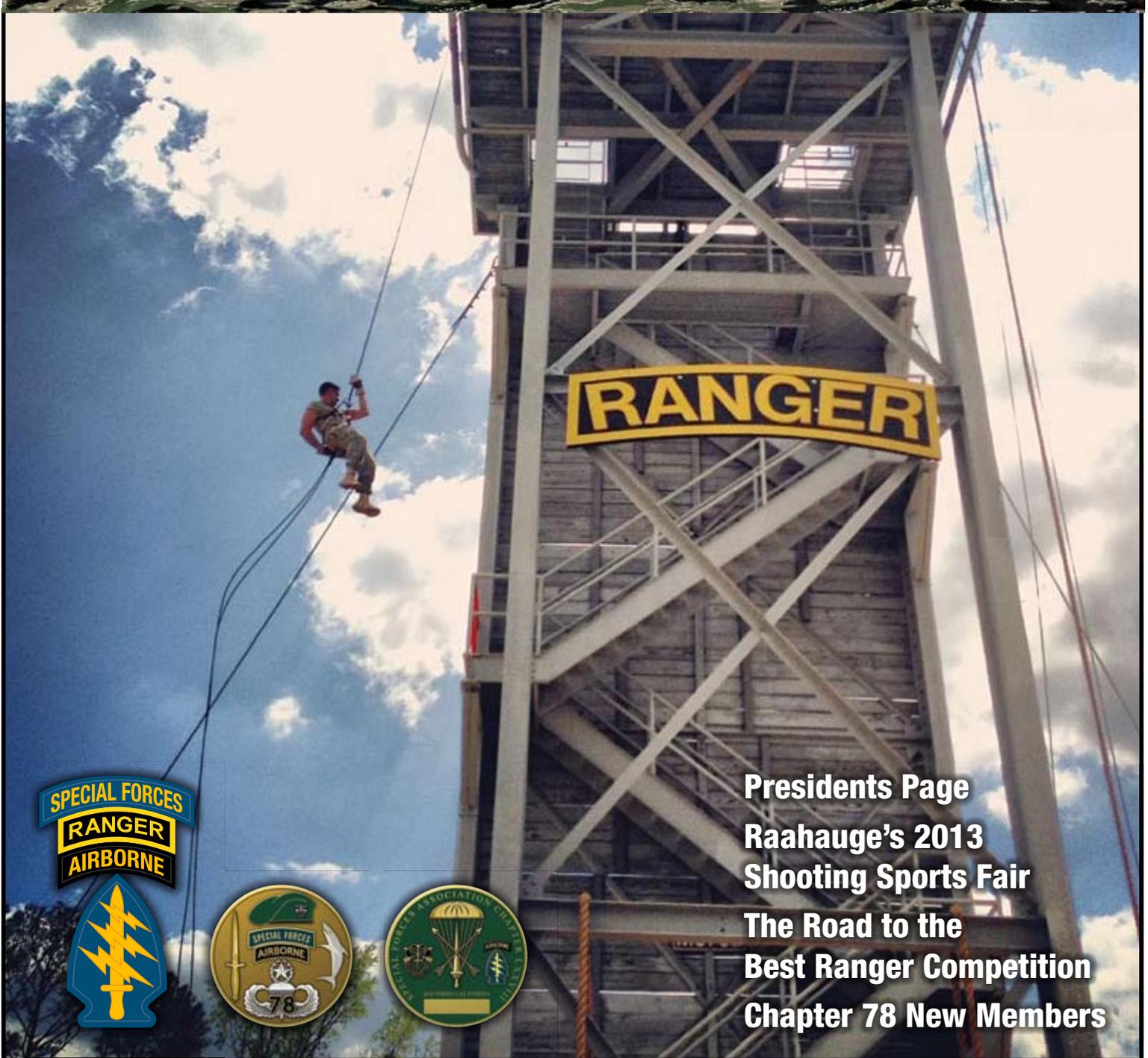
THE SOUTHERN CALIFORNIA SENTINEL

SPECIAL FORCES ASSOCIATION CHAPTER 78
NEWSLETTER OF THE QUIET PROFESSIONALS

THE LTC FRANK J. DALLAS CHAPTER

VOLUME 4 ISSUE 7

JULY 2013



Presidents Page
Raahauge's 2013
Shooting Sports Fair
The Road to the
Best Ranger Competition
Chapter 78 New Members



CHAPTER OFFICERS

President

Louis (Lonny) Holmes
D-6067

Vice President

Steve Cowan
M-12798

Secretary

Tom Redfern
D-7907

Director at Large

Brad Welker
M-2319

Director at Large

John Joyce
M-11877

Director at Large

John "Tilt" Stryker Meyer
D-238

Treasurer

Richard Simonian
D-7920

Sergeant At Arms/ Quartermaster

Mark Miller
D-8296

Director of the Green Beret Shooters Cup

Steve Cowan
M-12798

Coordinator of ROTC Program

Ed Barrett
M-11188

Chaplain

Richard Simonian
D-7920

Immediate Past President

Terry Cagnolatti
M-9747

IN THIS ISSUE:

Presidents Page	1
Raahauge's 2013 Shooting Sports Fair	3
The Road to the Best Ranger Competition	5
Chapter 78 New Members	6

COVER PHOTO: Provided by 1LT Zackary Hartley, rappelling during Competitor Week at the Best Ranger Competition.

Funding for publication and printing
of the Special Forces 78 Sentinel
is provided by



**VETERANS AFFORDABLE
HOUSING PROGRAM**

888-923-VETS (8387)

VeteransAffordableHousing.org



THE PRESIDENTS PAGE

PRESIDENTS COLUMN JULY 2013



Lonny Holmes
President SFA 78

Raahauges Shooting Sports Fair was a huge success for Chapter 78. This was the third year we had a chapter booth to raise funds for the Green Beret Shooters Cup and generate awareness of Green Berets. Our chapter sold raffle tickets for three Glock 17's, and a ticket was drawn each day at 4pm for three consecutive days for the winners. Friday was essentially a half a day and we still generated

good ticket sales. Notice the picture of our banker, **Mike Keele** and "The Judge" **Thad Gembacz** who both worked very hard. Kendra, a friend of a ticket purchaser, in conjunction with **Brad Welker** had the duty of drawing the tickets on Friday. **Cameron Webber** had the lucky first ticket and when Mike Keele called him Mr. Webber picked up the phone on the first ring. Later on Friday, Mike met Mr. Webber at Ammo Brother's store to begin the CA transfer papers.

The majority of the members of our chapter participated in working the booth and to kick off the event Fridays staff was Brad Welker, Thad Gembacz, **Bruce Long**, Mike Keele, **Lee Martin**, **Sal Sanders** and **Lonny Holmes**. Lucky for this crew the day was fairly cool and overcast.

Saturday, **John Joyce** arrived early and set up for business anticipating a big day in sales and his prediction became true with the most funds generated in a single day by Chapter 78. Late arrivals at 11am were four beautiful models John hired for to help pass out our brochures and attract customers. Check out their photographs in this issue. Members staffing on Saturday included **Ed Barrett**, who ran the cash drawer, **Jim Duffy**, **Mark Miller**, Bruce Long, and Lonny Holmes. The second winner was Eddie Dunga of Ki International whose company had a booth adjacent to ours.

The final days ticket sales nearly equaled Saturdays. Despite a short staff and no beautiful models the guys worked hard and the weekends total was our best ever. Green Beret Shooters Cup Director **Steve Cowan** led Sundays crew; **Terry Cagnolatti** and his wife Juliette, **Kenn Miller** and John Joyce. Sundays Glock winner was Troung Nguyen, also from Ki International. Please note that members of Ki International staff bought several hundred dollars of tickets for the three days. Again Mike Keele helped the winners with the DOJ paper work at Ammo Brothers where we purchased the prizes.

At the June meeting Brad Welker introduced **Charley Gage** a former 91B4S (18D) medic who also previously attended the Annual Chapter Day at the Range and BBQ where he met some of our members

and expressed a desire to join our chapter. Subsequently, Charley transferred his membership to Chapter 78 and was presented a Chapter Challenge Coin by Brad. **Fritz Saalman** who is well know to us having attended previous meetings and our Christmas Dinner was reintroduced by Bruce Long. Bruce presented Fritz a Chapter 78 "Coin" and Fritz has since transferred his membership to Chapter 78. Fritz is the JROTC Instructor a Sonora High School and his cadets presented the "Colors" at the Second Annual Green Beret Shooters Cup. Mark Miller formally introduced **Don Maloof** and made a motion to make Don an "Honorary Chapter 78 Member." He was voted in by all members present. Don was a "Huey" gunship pilot in Vietnam.

In this issue of the Sentinel we have an article on the Annual Ranger Competition written by **1LT Zack Hartley** who competed on Ranger Team Number 20. It is an "honor" to compete in this 60 hour non-stop competition. Fifty, two man teams were chosen out of 550,000 active duty members of the U.S. Army; that says a lot. Zack has written for the Sentinel in the past, first as a Cadet Battalion Commander at California State University Fullerton, then as a platoon leader on active duty. Zack continues to lead in "Army Tradition" by setting the example. A "Tip of the Beret" to Zack and we wish him the best in his career.

As July approaches we have three months to the Third Annual Green Beret Shooters Cup. Director Steve Cowan leads the way coordinating with **Joel Adams** our Chief Range Master and designer of the five scenarios, Terry Cagnolatti Teams Coordinator and Raahauges Range. The next business meeting for the GBSC will be on Friday July 12, 2013, at John Joyce's office located at: 1352 Irvine Blvd. Suite 213, Tustin, CA 92780. The Third Annual "Cup" will be the best yet. **Jack Tobin**, SFA National President, has assured me that he will attend this years event. Jack Tobin is also communicating with SF Command at Fort Bragg and the 10th Special Forces Group Commander in an effort to register a SF team. Due to ill health **Colonel Roger Donlon** will be unable to attend. Our prayers to Colonel Donlon. ❖

Lonny Holmes
President
C-78

UPCOMING EVENTS

Chapter Meeting

Saturday, July 13, 2013

American Legion Post 295, Cypress, CA



RAAHAUGE'S 2013 SHOOTING SPORTS FAIR



Banker Mike Keele and Judge Thad Gembacz working hard.



Kyla drawing the winning ticket for a Glock 17 on Friday.



Thad Gembacz and Brad Welker



John Joyce, Jim Duffy, Bruce Long and Ed Barrett working the C-78 booth.



John Joyce with the sales ladies he contracted for C-78



Ed Barrett supervising the chapter's sales staff



Saturdays winner of a Glock 17



Saturday's and Sunday's Glock 17 winners, Mr. Nguyen and Mr. Spry.



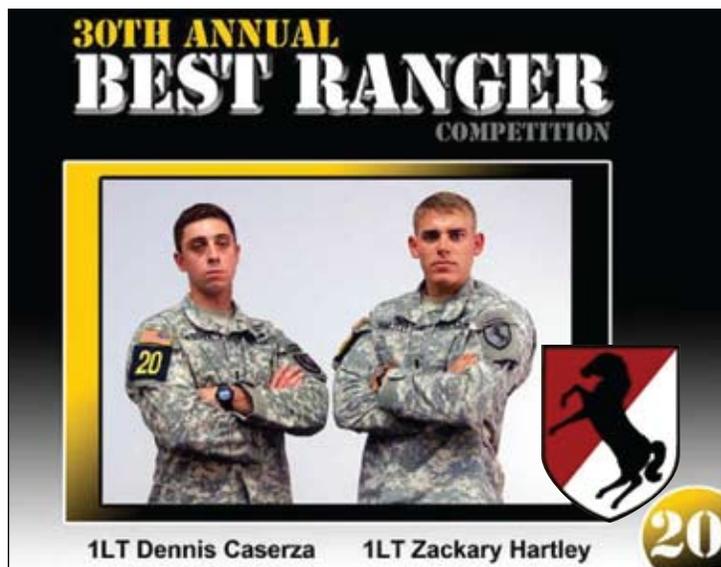
Kenn Miller and Juliette Cagnolatti with Third Annual Green Beret Shooters Cup brochure.



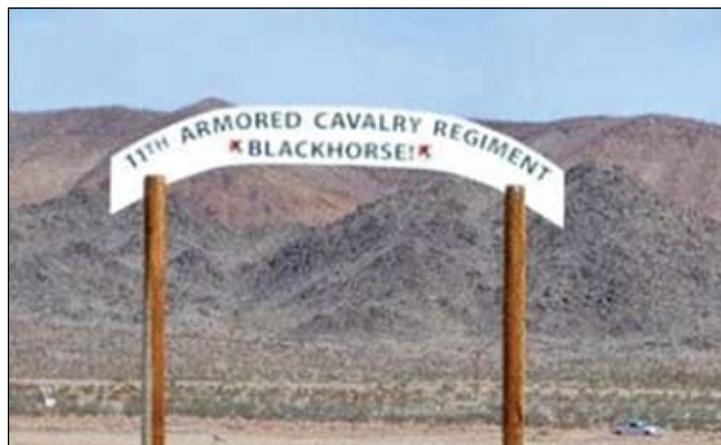
Steve Cowan with Sunday's Glock 17 winner Trong Nguyen and Juliette Cagnolatti and Allison Joyce.



THE ROAD TO THE BEST RANGER COMPETITION



Team 20 Team Photo



1Lt Hartley's Unit at Ft. Irwin, CA



Team 20 during Foot Movement #1.

By 1LT Zackary Hartley

The Best Ranger Competition is a grueling 62-hour event that pushes every competitor to his limits. Described as a three-day Ranger School, The Best Ranger Competition (BRC) tests 50 2-man buddy teams on road marching, running, shooting, land navigation, multiple obstacle courses, and parachuting skills, all with no scheduled rest periods. 2013 marked 30 years of the Competition, which started as a Ranger Training Brigade (RTB) only event, but has exploded to include every unit in the Army.

Ever since I watched a video on the Competition in 2005 when I was 16, I knew I wanted to do it. After arriving to the 11th ACR, I asked my Command if they would let me do it and they were very supportive. I asked a good friend of mine, 1LT Dennis Caserza, if he would compete with me and he was more than willing to do it. Motivated and determined, we set off to begin training.

Enlisting the help of our coach, 1SG Taylor Tahbo, who was a Ranger Instructor at 4th RTB and ran the BRC for 3 years, he guided us on Ranger Stakes (radios, weapons, land navigation), different intense workout sessions, obstacle course iterations, and dieting. We trained eight hours a day, working on swimming, biking, running, road marching 20+ miles with a 75 lb. rucksack, circuit weight training, and Olympic lifting. We worked to get our bodies as sore as possible, then worked to past it since we knew we would be sore during the Competition. We were also able to participate in two airborne jumps with the help from the NTC Operations Group – Tarantula Team. *(Continued on next page)*



Team 20 gets ready for the Darby Queen Obstacle Course



As the weeks counted down, we worked as hard as we could with the time we had. Most teams who compete in the Competition are released from their normal jobs to focus solely on train up. Dennis and I were both Platoon Leaders, so we could not do that. We had a duty and an obligation to our Soldiers and we would not leave them. We had to train on our own time, waking up early before work and training late into the night. We would go on one to two week field problems, which cut into training, but would instead road march in the field and work out where we could.

Upon arriving to Fort Benning, GA, Dennis and I received our team number (Team 20) and participated in Competitor Week. This included training on FRIES (Fast Rope Insertion/Extraction System), The Prusik Climb/Rappelling, weapons familiarization with M9, M4, M240B, M249, M14, and AK-47, Basic Airborne Refresher with airborne operations from a UH-60 Blackhawk helicopter with MC-6 parachute, demolitions training, and orientation on the Darby Queen Obstacle Course. There were multiple layouts and the training days would go late into the night. We were informed by the Ranger Training Brigade Command Sergeant Major that only 24 teams would move on to Day Two, which put even more pressure on everyone. We all knew we had to make Day One count.

At the Opening Ceremony, Dennis and I were nervous but ready. We were anxious to get going and we knew there would be surprise events along the way. We bowed to pray for a fun and safe Competition, knowing that we were blessed to be there. There was a countdown and the gun went off. The 2013 Best Ranger Competition was under way and I was living my dream. What an honor it was to be there.

The Competition started with Foot Movement #1 — a 3 mile buddy run in uniform and boots, equipment, and weapon straight into a 15.5 mile road march to Camp Darby with a 65 lb. rucksack. While we were approaching Camp Darby, the Ranger Instructors gave us a map and protractor, telling us to move from checkpoint to checkpoint. We took off into the woods, conducting land navigation to Camp Darby. Once at Camp Darby, we conducted the Darby Queen Obstacle Course, a 30-question Demolition test, and were then

trucked to Fryar Drop Zone for the spot jump. We had 30 minutes to rig out equipment, we were inspected by a Jumpmaster for deficiencies, then moved to the UH-60 Blackhawk. We jumped onto Fryar Drop Zone, moved to the circle, loaded our equipment on a stretcher, and ran 800 meters to the finish line. Then it was time for the night road march.

The unknown distance night road march is considered the separator of all events in the Best Ranger Competition. If you make it past that event, you will most likely finish the Competition. Only 24 teams were going to move on, so everyone knew they had to move fast to make up points, or keep their spot in the top 24. The second road march of the day started at 2100 (9pm) and all the Rangers were giving it everything they had. Every few miles, they picked up MRE boxes, MK-19 ammo cans, water jugs, and sandbags. We carried them for miles on end. Feet, ankles, knees, backs, and shoulders were screaming. Every step was torture. At 0400, after seven hours of road marching, the time was called. Team 20 did not make the top 24, and therefore were cut on Day One with over half the field.

The rest of the field finished the last two days with Stress Shoots, Prusik Climb, Weapons Assembly, Malvesti Obstacle Course, Water Confidence Course, and the Final Buddy Run to Freedom Hall. Despite being cut, Dennis and I were in high spirits. We brought our families out to see the rest of the events and cheer on the competitors. We felt that we could still help these Rangers participating by showing them we were there for them. We had gone out and competed in the prestigious Best Ranger Competition. We competed with some of the best Soldiers (and one Marine team) in our Military today. We wanted to motivate the Soldiers in our unit and instill pride in our organization. We wanted to go against the best (Ranger Training Brigade, 75th Ranger Regiment, and United States Army Special Operations Command) and we did. This competition truly did demonstrate that Rangers “move further, faster, and fight harder than any other Soldier.” Rangers Lead the Way! ♦



Team 20 negotiates the Weaver during the Darby Queen Event.



First place team 2013 Ranger Competition



CHAPTER 78 NEW MEMBERS

Chapter 78 welcomes new members
Charley Gage, Don Maloof and Fritz Saalman.



Brad Welker presenting Charley Gage a C-78 Challenge Coin. Charley was a 91B4S (18D) and transferred into our chapter



Mark Miller presenting Don Maloof a Chapter 78 Challenge Coin. Don was voted a Honorary member of C-78.



Bruce Long presenting new Chapter 78 member Fritz Saalman with C-78 Challenge Coin.