

Memorial Day: A Day of Reflection and Honor



To the 1/5 Community and Friends,

Memorial Day isn't just a date on the calendar or the start of summer—it is a sacred day of roll call. To me, Memorial Day is much more than a holiday—it is a day of reflection and honor. I reflect on the lives of the Warriors I served with, and I honor the ultimate sacrifice they made to keep the 1/5 legacy alive. It is a day to remember that the freedoms we enjoy were paid for in a currency of courage by the heroes who gave up all of their tomorrows so we could have our today. To me, it means ensuring that their families—our Gold Star families—know that their loved ones' names are still spoken with honor and that their sacrifice will never be met with silence.

To Our 1/5 Community

The “legacy of Geronimo 1/5” is written in the soil of Belleau Wood, Guadalcanal, Hue City, Fallujah, Sangin, and beyond. To our 1/5 community, Memorial Day is about the unbroken. We carry the “*Make Peace or Die*” spirit not just in combat, but in how we live our lives to honor those who didn't come home.

Our mission on this day is twofold:

- **We Remember:** We pause to recognize every Marine and Sailor we lost in the line of duty. They are the bedrock of our history and the standard by which we measure our own character.
- **We Support:** We use this day to strengthen the bonds between those of us still standing. By bringing veterans and families together and supporting those in need, we ensure that the “*Semper Fidelis*” we promised each other remains a living, breathing reality.

Our Promise

We do not just mourn the fallen; we celebrate the fact that such warriors lived. To the world, Memorial Day is a holiday. To the 1/5 Association, it is a lifelong commitment to guard the legacy of the fallen and to remain, forever, *Semper Fidelis*.

Much Love,

Ryan Ackerman

President & Co-Founder

1st Battalion, 5th Marines Association

<https://1stbattalion5thmarinesassociation.org/>

“Our Stories Shall Never Go Untold”



Quarterly Newsletter - 3rd QTR

FROM THE ASSOCIATION LEADERSHIP

“Welcome to Summer 2026. As the school days wind down to summer vacation for some, hopefully all of you will get to take some time for yourselves to refresh, recharge, and reconnect.

This time of year is special for us, as the times of the past give us the never forgotten anniversaries of our brothers and families. That can also come the highs and lows of the associated emotions. Never forget that we have a brotherhood that you can always reach out to during those highs and lows. Reach out to your brothers and their families and check in on them. If we need to help shoulder the load, we CAN!

Together, we can keep each other motivated and dedicated to keep up the fight, whatever it may manifest as. Stay engaged with the brotherhood we have built and there is nothing we can't achieve together! “



Preserving the Legacy – A History of the Battalion

For generations, 1st Battalion, 5th Marines has answered the nation's call with unwavering courage and distinction. From the frozen hills of Korea to the dense jungles of Vietnam, and through the hard-fought battles of Iraq and Afghanistan, the Marines of 1/5 have consistently upheld the highest traditions of the United States Marine Corps. Their legacy is written in sacrifice, brotherhood, and an unbreakable commitment to mission and country.

UPCOMING EVENTS

-2026 Cateran YOMP

-The GySgt Jeffrey E. Bohr Jr. Trophy

-WARFACED Preorder

SPOTLIGHT

-The Invicta Project featuring Wade Spann

-Tactical Spirits of San Clemente

-Honoring the XVII

NEW CHAPTERS

-Project New Day with Jeremy Wilson

Life Ingredients with Robert Irvine

RESOURCES

2026 CATERAN YOMP

Army Benevolent Fund's Cateran YOMP – June 6-7, 2026

[Click here to Donate to the YOMP](#)

The Cateran YOMP is more than a physical challenge through Scotland's breathtaking Cairngorm Mountains—it's a journey of healing, purpose, and connection. Participants push themselves to hike 22, 36, or 54 miles in 24 hours, but the true impact isn't measured in miles. It's measured in the conversations that happen along the way. In the moments when one veteran helps another push forward. In the quiet understanding between strangers who've walked similar paths in service and sacrifice. We are less than a month away from our Brothers embarking on this journey. Click their names for their training videos and support them in this endeavor! We're incredibly grateful for this life-changing opportunity from our amazing family at the Robert Irvine Foundation.



[Cpl Ryan Ackerman](#)



[Capt Edgar Menze](#)



[SSgt Dagan Van Oosten](#)



[SSgt Jason Soucy](#)



[Msgt Jason Black](#)



[LtCol Dave Denial](#)



[Sgt Doug Steinbach](#)

Dagan Van Oosten SSgt USMC 1998-2009



Dagan Van Oosten served with distinction in the United States Marine Corps, building a career defined by operational excellence, leadership, and combat experience. He began his time in elite units with 1st Fleet Anti-Terrorism Security Team (FAST) Company before earning a place in 1st Battalion, 5th Marines Scout Sniper Platoon, where he served as Chief Scout from 2000 to 2003. During this time, he deployed in support of the 2003 invasion of Iraq, contributing to combat operations as part of a highly disciplined and mission-focused sniper element. His performance in combat and ability to lead from the front earned him the respect of both peers and leadership within the battalion.

Following a successful combat deployment, Dagan was selected to serve as an instructor at the Scout Sniper Instructor School in Quantico, Virginia from 2003 to 2007, where he trained the next generation of Marine Corps snipers. He later attended the Basic Amphibious Reconnaissance Course and was assigned to 3rd Reconnaissance Battalion, serving as a Platoon Sergeant in both "green side" and "black side" capacities, further expanding his expertise in reconnaissance and specialized operations. After nearly 12 years of honorable service in the Marine Corps, Dagan transitioned to supporting the intelligence community, deploying globally from 2009 to 2025. Across both military and post-military roles, his career reflects a sustained commitment to high-level performance, leadership, and service in some of the most demanding operational environments.

Army
Benevolent
Fund



SCAN THE QR CODE
TO SUPPORT OUR
1/5 MARINES!



54 MILES. 24 HOURS.
TAKE ON THE BEST. TAKE ON THE YOMP

Saturday 6 June – Sunday 7 June 2026, Blairgowrie.

FOLLOW AND CONNECT WITH US!



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PRO
FILE

The GySgt Jeffrey E. Bohr Jr. Trophy

May 20, 2026

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The Marine Corps Association (MCA), in close coordination with the Deputy Commandant for Plans, Policies, and Operations, is hosting the *2026 Ground Awards Dinner* on *May 20, 2026*. For 22 years, this event has served as the premier stage for recognizing the top-performing leaders in the ground combat community.

This year's dinner holds profound significance for our battalion. We will gather to witness a historic moment in Marine Corps history as we honor the leadership and legacy of our brother, GySgt Jeffrey E. Bohr Jr. In a tribute to his legendary service, an infantry Marine leader (MOS 0369) will be selected to receive the first annual *Outstanding Infantry Leadership Award: The GySgt Jeffrey E. Bohr Trophy*. This is a unique opportunity for our 1/5 family to stand together as we celebrate the excellence of current ground warriors and ensure the name "Bohr" remains synonymous with elite leadership.

At 1/5, we often say that *"Our Stories Shall Never Go Untold"*. Recently, that promise was kept in a profound way. To mark the official announcement of the Gunnery Sergeant Jeffrey E. Bohr, Jr. Trophy for Outstanding Leadership, Capt. Kagan Dunlap hosted a special, high-impact episode of *The Kagan Dunlap Show*. This episode serves as the definitive audio tribute to a Marine who was—and remains—a giant in our community.

The Standard of Excellence

A Silver Star recipient, GySgt Bohr was KIA in northern Baghdad on April 10, 2003, while serving with Alpha Co, 1/5. Known for his bold leadership and a deep, genuine concern for the welfare of his Marines, Gunny Bohr set a standard that few could match. The new trophy, the first of its kind, will be awarded annually to the Marine Corps "most outstanding infantry leaders (MOS 0369)" who embody those exact qualities.

A Brotherhood Reunited

To capture the essence of what made Gunny Bohr a leader of legends, Capt. Dunlap sat down with a group of respected 1/5 warriors who served alongside him during the 2003 invasion:

MajGen Frederick Padilla (Ret): 1/5 Battalion Commander

SgtMaj James Green (Ret): Alpha Co First Sergeant

CWO3 Gunner Aaron Agee: Alpha Co Rifleman

Liam Bonner: Alpha Co Police Sergeant

Through their shared stories, these brave men have built a vital bridge between the battle-hardened legacy of the 2003 deployment and the future leaders of our Corps. Their vulnerability and honesty offer a masterclass in what it means to lead Marines under the most grueling conditions.

A Special Thanks

The 1/5 Association extends its deepest gratitude to Capt. Kagan Dunlap for his vision in spearheading this project, and to MajGen Padilla, SgtMaj Green, CWO3 Agee, and Liam Bonner for their time and dedication.

Because of your commitment to our history, the example set by GySgt Bohr will continue to guide, inspire, and challenge Marines for generations to come.

“Till Valhalla, Gunny! Your standard remains in our hearts forever”

Semper Fi and MPOD

WARFACED.COM Preorder

As we approach Memorial Day, our hearts are with the brave souls who gave everything for our freedom. It means ensuring their families—our Gold Star families—know their sacrifices will never be met with silence. Memorial weekend is a solemn reminder of the price of our way of life and the strength of the amazing battalion we call home.

I want to express my deepest gratitude for the love and support you’ve shown over the years. To honor our history and ensure every member of this community can carry the legacy forward, we are launching an official War Faced Pre-Order Opportunity.

THE DETAILS

Window: May 25th – June 8th

Website: <https://www.warfaced.com>

The Swag: 1/5 designs available, including both Battalion and Company gear.

Delivery: Orders ship via UPS or USPS approximately 5 weeks after the window closes.

THE GERONIMO LEGACY

In addition to our standard gear, the 1/5 Association will have swag available for purchase, featuring a brand-new design specifically honoring our 1/5 Geronimo Legacy. Every cent of the proceeds from these Association items will be donated directly back to the 1/5 Association to fund future endeavors and support our community.

Thank you for showing your continuous love and respect for this brotherhood and powerful community. Let’s honor the past by continuing to support our future.

The INVICTA PROJECT

Resilience and Renewal: Wade Spann's Journey with The Invicta Project

Within the ranks of the 1st Battalion, 5th Marines, we often talk about the bonds forged in battle. For our brother Wade Spann, those bonds—and the grit developed during three intense deployments to Iraq with Weapons Company—have become the foundation for a remarkable story of recovery and continued leadership.

A Warrior's Battle at Home

Like many of us, Wade returned from the battlefield carrying more than just a pack. His service left him navigating the complex realities of Traumatic Brain Injury (TBI) and PTSD. In 2018, the mission became even tougher when he received a diagnosis of Multiple Sclerosis (MS). However, if there is one thing a 1/5 Marine knows, it's how to adapt and overcome. Wade's journey took a transformative turn through his experience with The Invicta Project, an organization dedicated to helping veterans reclaim their lives through community-driven support and innovative wellness paths.

Leading with Purpose

Wade hasn't just "managed" his transition; he has conquered it. His post-service resume reads like a masterclass in resilience:

Academic Excellence: Earned degrees from George Washington University and USC. YouTube interview: <https://youtu.be/...>

Advocacy: Testified before Congress on veteran outreach and suicide prevention.

Entrepreneurship: Successfully launched his own business.

Mentorship: Continues to serve as a guide for fellow veterans navigating their own paths home.

Throughout this journey, Wade hasn't been alone. By his side is his constant companion and source of strength, his service dog, Coco La'Fawnduh Von Heifer ("Coco").

Wade's Path Forward

Wade's story is a powerful testament to the fact that while the scars of war are real, they do not define our ceiling. Through the support of The Invicta Project and his own unwavering spirit, he has shown that healing and growth aren't just possible—they are the next mission.

"Wade's journey is a powerful reminder that healing, growth, and purpose are possible—and that no one has to walk that path alone."

To Wade: The 1/5 family is incredibly proud of the leader you continue to be. Semper Fi, Brother, and thank you for showing us the way forward for others.

About The Invicta Project

Please take a moment to learn about how The Invicta Project is specifically designed for military veterans and first responders who are experiencing signs and symptoms of traumatic brain injury.

Our mission is to provide access to less invasive treatment options and cutting-edge technology while delivering unwavering support to those who selflessly serve our nation and community.

Learn more at: <https://invictaproject.org>

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Interview



HONORING THE XVII



On April 24, 2026—a date etched into the history of the 1/5—the Tulsa community and the Marine Corps brotherhood gathered at the historic Circle Cinema to honor the legacy of the "XVII" and the men who dedicated years to telling their story: Manny Marquez and Anthony Marquez.

A Date of Solemn Significance

The timing of this ceremony was no coincidence. April 24th marked the 15th anniversary of the passing of LCpl. Joe M. Jackson, who was killed in action in Sangin, Afghanistan, in 2011. Joe was the first of the seventeen brothers we lost during that deployment. It was in his memory, and the memory of all the XVII, that this night was dedicated.

From the "Okie Wall of Pride" to a Surprise Commendation

The evening began with a celebration of the award-winning documentary, *Make Peace or Die: Honor the Fallen*. After winning Best Documentary at the Circle Cinema Film Festival in 2024, the film's poster was officially added to the Okie Wall of Film Pride, cementing its place in Oklahoma history.

However, the night held a profound surprise for the film's director, Manny Marquez. What Manny thought was a simple poster signing turned into a life-changing moment of recognition.

The Meritorious Public Service Award

Inside the theater, instead of a standard film trailer, Manny was met with a video montage of messages from Gold Star Families, fellow Marines, and filmmakers. In a moment of overwhelming emotion, Lt. Col. Alex Lim appeared at the podium to read a formal proclamation, and Mr. Gailey—a Gold Star Father of Army Sergeant Christopher D. Gailey—pinned the Meritorious Public Service Award to Manny's chest.

This prestigious award recognizes Manny's tireless work in protecting and honoring our Gold Star Families and ensuring the 1/5 legacy remains unbroken.

"I broke down in tears... I dedicate this award to the memory of LCpl. Joe M. Jackson, and to all those men that died on that deployment to Sangin. I thank our Gold Star Families for letting me tell their stories." — Manny Marquez

Protecting the Legacy

The 1/5 Association extends our deepest congratulations to Manny and Anthony. Their work on *Make Peace or Die* is more than just filmmaking; it is a sacred act of remembrance. By capturing the stories of the XVII with such "upmost care and respect," they have provided a bridge for healing for families and veterans alike.

We also wish to thank Lt. Col. Lim, Major General Thomas Savage, and the Circle Cinema for recognizing that the stories of our warriors deserve to be told with excellence and heart.

For more information on the film and the mission to honor the fallen, visit

[MAKE PEACE OR DIE FILM](#)

TACTICAL SPIRITS - San Clemente, CA



Crafted for Warriors: The Story of Tactical Spirits Forged by MSgt Eric Franklin

In the 1st Battalion, 5th Marines, we know that the finest things are forged under pressure. Whether it's the bonds built during a grueling training or the grit required to hold the line, the qualities that define a great Marine—strength, consistency, and loyalty—are the same qualities that define a truly great whiskey.

A Mission in Every Bottle

Founded by a 1/5 Marine, Tactical Spirits was born from a singular goal: to create a premium line of spirits that honors the warrior spirit. This isn't just about what's inside the bottle; it's about the history etched into the labels and the memories stirred with every pour. Every detail, from the tactical-inspired silhouettes to the bold, balanced flavor profiles, is designed to transport you back to the defining moments of your service. It's a tribute to the long nights in the field, the shared triumphs of combat, and the unwavering camaraderie of life in the fleet.

The Tactical Spirits Difference

Veteran-Owned & Operated: Built by a Marine with an uncompromising commitment to purpose and discipline.

Tactical-Inspired Design: Every element of the bottle honors the grit of training and the reality of life in the field.

Premium Small-Batch Quality: Crafted in limited runs to ensure unwavering consistency—because a Marine knows that “good enough” never is.

Honoring the Quiet Professionals

Among their distinguished line is a whiskey that holds a special place for many in the community: a tribute to the “Quiet Professionals” like Master Sergeant Franklin. It honors those who kept the signal alive and held the line without the need for applause, proving that true strength isn't always loud—but it is always felt.

Raise a Glass to the Brotherhood

Tactical Spirits is more than a brand; it's a tribute to every Marine, Soldier, Sailor, Airman, and Guardian. It was created so that when you sit down with your brothers and sisters, you can raise a glass to where you've been, the challenges you've overcome, and the stories still ahead.

Whether you are remembering a specific deployment or simply celebrating, ***We ask that ALL drink responsibly***, and with the pride of having served with the 1/5, Tactical Spirits is ready for the toast.

Explore the line and find your bottle of “Make Peace or Rye” at:

<https://tacticalspirits.com/>

PROJECT NEW DAY

Scaling the Mission

At Project New Day, we have been deliberate from the beginning. Our mission has not simply been to help a small number of veterans, but to build a model that can reach thousands, and to do so in a way that is practical, effective, and sustainable.

Over the past several years, we have focused on three distinct phases.

First: We designed and built the model itself. This included developing a structured life-improvement coaching program, along with the supporting curriculum, training systems, and website needed to deliver it consistently and at scale. That foundational work is now complete.

Second: We proved the model. Through direct work with combat veterans, we have seen exceptional outcomes. Veterans are not only stabilizing, but moving forward with greater clarity, emotional strength, and purpose. The approach is working, and working in a way that participants recognize as practical, respectful, and meaningful.

Third: In 2026, we are carrying out the third phase: scaling.

The need is significant. Of the roughly 6 to 7 million combat veterans in the United States, an estimated 40 percent report lasting impacts to their mental health. That represents millions who could benefit from the kind of structured, skill-based support this program provides. Even reaching one percent of that population would mean tens of thousands of lives meaningfully improved.

By the time you read this, we will have trained dozens of committed life coaches who are prepared to guide combat veterans and their spouses through this program at no cost to them. These coaches work independently, supported by our growing system designed to maintain quality while expanding reach.

Our focus now is on connection. We are ramping up outreach to bring in veterans who are ready for the next mission, and building a network of funding partners who can help make this work sustainable by supporting the coaches delivering it.

This is how we scale impact: not by changing the mission, but by building the structure to carry it forward.

If you are a combat veteran, spouse, or know one who may be ready, we invite you to contact us. And if you are part of an organization that wants to help expand this effort, we welcome that partnership.



Jeremy Wilson

Executive Director

jeremywilson@projectnewday.foundation

[PROJECT NEW DAY](#)

LIFE INGREDIENTS with Robert Irvine

[Issue #32](#)

[Issue #33](#)

[Issue #34](#)

[Workouts, Recipes, and Motivation](#)





GORDON DILLOW: 1951 to 2025

To majority of the world, Gordon Dillow was a columnist. To Alpha Co 1/5, he was just 'Gordy—the guy in the back of the AAV who chose to be there. He didn't just observe our war; he lived it in the dust and the heat, right beside us. We honor the life and legacy of Gordon Dillow, a journalist who defined 'embedded' reporting through his unwavering commitment to the 1st Battalion, 5th Marines. From the 2003 invasion to the security operations of Al Anbar in 2004, Gordon provided a window into the soul of the American infantrymen.

He understood the weight of our losses, with the reverence of someone who felt the sting himself. He spoke our language because he had worn the uniform, and he told our story with a 'grunt reality' that no one else could capture. Gordon, you said covering us was your greatest honor, but having you there to tell the world what we did was ours. He leaves behind a legacy of integrity, bravery, and a profound respect for those who serve in the shadows of combat.

Rest easy, Brother. We'll take the watch from here.

Till Valhalla,