

LIMA CO.

3RD BATTALION, 5TH MARINE REGIMENT
1ST MARINE DIVISION



VIETNAM 1966-1971

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Lima Company



NEWSLETTER #149 ❖ SUMMER 2025



LIMA COMPANY

3RD BATTALION 5TH MARINE REGIMENT 1ST MARINE DIVISION

VIETNAM WAR ★ 1966 - 1971



40TH REUNION



MAY 2025 ★ MYRTLE BEACH ★ S. CAROLINA

SEMPER FIDELIS

MYRTLE BEACH 2025 ❖ 40TH REUNION

We had 34 Marines & Corpsmen report to Fire Base Myrtle Beach to celebrate our 40th reunion. We were pleased to have six new attendees! Eight have now attended at least 20 reunions, with Dan Nordmann and Joe Pollicino, each at 25! About 80 people attended the Saturday night banquet. Sadly, five marines had to withdraw from the reunion for medical reasons.

The Friday golf outing was cancelled due to a soggy golf course, but we had an excellent showing for the Friday breakfast at the Veterans Café & Grille! We walked in on the last 15 minutes of a 4-hour talk show; Tony Van Rusen, our college professor, was invited to join the show and informed the listeners about our 40th reunion.

40TH REUNION ATTENDEES

No.	Name	Reunions	MOS	VN	PH	Rank	Home
1	Acton, David	6	0341	69/70	0	Sgt	NY
2	Benton, Terry	15	0311	68	1	Sgt	SC
3	Bergeron, Steve	7	8404	69	0	HN	MT
4	Cantrell, Dan	22	0341	68/69	0	Cpl	WA
5	Carleton, JC	22	0311	69/70	1	Pfc	FL
6	Dean, Kenny	3	0311	67/68	1	L/Cpl	OH
7	Drew, Gerald "Jerry"	9	0311	68/69	2	Cpl	GA
8	Eby, Ronald	FNG 1	0311	69/70	0	Cpl	TX
9	Flayler, Paul	12	0351	70/71	0	L/Cpl	MO
10	Freed, Dennis	24	0311	67-68	1	Cpl	CA
11	French, Larry	3	0311	69/70	1	L/Cpl	CT
12	Garcia, Robert	5	0311	68/69	1	Cpl	TX
13	Handy, Danny	6	0311	70/71	0	L/Cpl	AL
14	Hanratty, Tim	FNG 1	0311	68	1	Pfc	CA
15	Hegland, Duane	FNG 1	8404	70/71	?	HM3	MN
16	Hensdale, Steven	FNG 1	2531	70/71	0	L/Cpl	NC
17	Kabitsch, Carl	16	0311	66/67	0	Cpl	KY
18	Manifold, James	5	0311	69/70	0	L/Cpl	MD
19	McConnell, George	2	8404	67	0	HM3	TN
20	McLaughlin, Joe	20	0369	67/68	0	S/Sgt	VA
21	Nordmann, Dan	25	0331	68	2	L/Cpl	MO
22	Normanly, Pat	20	0301	68/69	1	1st Lt	NC
23	Pollicino, Joe	25	0311	67/68	1	Cpl	NY
24	Prawdzenski, Richard	6	0311	66/67	1	Cpl	OK
25	Richardson, Teddy	7	0311	69/71	1	L/Cpl	TX
26	Shaughnessy, Kevin	23	0311	66/67	1	Cpl	FL
27	Shuler, Connie	14	0311	66/67	0	Cpl	NC
28	Stockham, Bob	10	0331	66/67	0	Sgt	NC
29	Stowell, Roger	FNG 1	0351	68	2	L/Cpl	WI
30	Tantarella, Gary	FNG 1	0311	70/71	0	L/Cpl	MI
31	Taylor, Peter	4	0311	70/71	0	L/Cpl	MI
32	Thomas, Wesley	4	0341	66	0	S/Sgt	PA
33	Van Reusen, Tony	22	0311	67/68	1	Cpl	AZ
34	Wright, James	3	0311	69	1	L/Cpl	FL

MYRTLE BEACH 2025 ❖ 40TH REUNION



SEMPER FI



MYRTLE BEACH 2025 ❖ 40TH REUNION



OORAH

MYRTLE BEACH 2025 ❖ 40TH REUNION



Pat Normanly passed away June 18, after attending his 20th reunion.



PARRIS ISLAND
SAN DIEGO
QUANTICO



MYRTLE BEACH 2025 ❖ 40TH REUNION



MYRTLE BEACH 2025 ❖ 40TH REUNION



VETERANS CAFÉ & GRILLE ★ BREAKFAST



MYRTLE BEACH 2025 ❖ 40TH REUNION



USMC



DEVIL DOGS

MYRTLE BEACH 2025 ❖ 40TH REUNION





LIMA 3/5

COMPANY MEMBERSHIP

LIMA 3/5



ROSTER & SOCIAL MEDIA

Lima 3/5 membership roster has 644 Marines & Corpsmen and 31 relatives & friends.

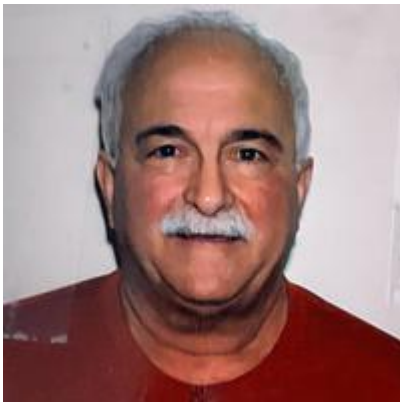
Lima 3/5 Website: <https://limathreefive.org>

Lima Facebook (private group, must apply to join):
<https://www.facebook.com/groups/149906508829193>

Active	359
Lost Contact	51
Died	231
Do Not Contact (DNC)	3
Relative/Friend (R/F)	31



TAPS



THOMAS P DESIMONE

Died: June 15, 2025

Lima Co: '69 - '70
 Rank: L/CPL
 MOS: 0311
 WIA: No
 Reunions: 0



PAT NORMANLY

Died: June 18, 2025

Lima Co: '68 - '69
 Rank: 1st LT
 1st PLT CO
 MOS: 0301
 WIA: 7-Jun-69
 Reunions: 20

[Mothers Day Massacre](#)



LIMA 3/5

COMPANY STORIES

LIMA 3/5



Captain “Skipper” Tom Williams

Lima 3/5 Commanding Officer

Aug ‘69 - Feb ‘70

*This article is an email exchange between Capt. Tom Williams and myself (David Acton).
Capt. Williams was the company Skipper when I arrived at Lima Co. in September ‘69.*

Skipper,

Dan Cantrell just sent me your new email address, which I’ve added to the Master Roster.

I joined Lima in September ‘69, transferring over from the 3rd Marine Division, which was being withdrawn from Vietnam. I was an 0341 – mortarman; upon my arrival to the 60’s, the squad leader, a sergeant, I think, said “How would you like to run the radio?” Was he asking a question or giving me an order? The regular RO had just gone on R&R, so I said “Okay,” ‘cause it would only be for a week, except the RO got a job in the rear when he returned from R&R. So, I stayed on as the 60’s radioman and eventually became Capt. MacNamee’s RO (your replacement).

I **CLEARLY** remember you talking to a bunch of us one day, when we had a little down time, while in the bush. You were more “laid-back” compared to MacNamee; I liked both of you—good men.

Do you have any stories about your time with Lima or the Marine Corps that you care to share?

David Acton

Lima 3/5 Newsletter Editor & Roster Manger

RVN ‘69 – ‘70 0341 - mortars

Good to hear from you! I’ll gather some thoughts and memories and get them to you this week-end. Were you with mortars in the Arizona?

Tom

Skipper (I can’t call you Tom... only Skipper or Sir),

The roster says you were with Lima 3/5 in August ‘69 and I arrived in mid-Sept ‘69, so yes, I was in the Arizona Territory.

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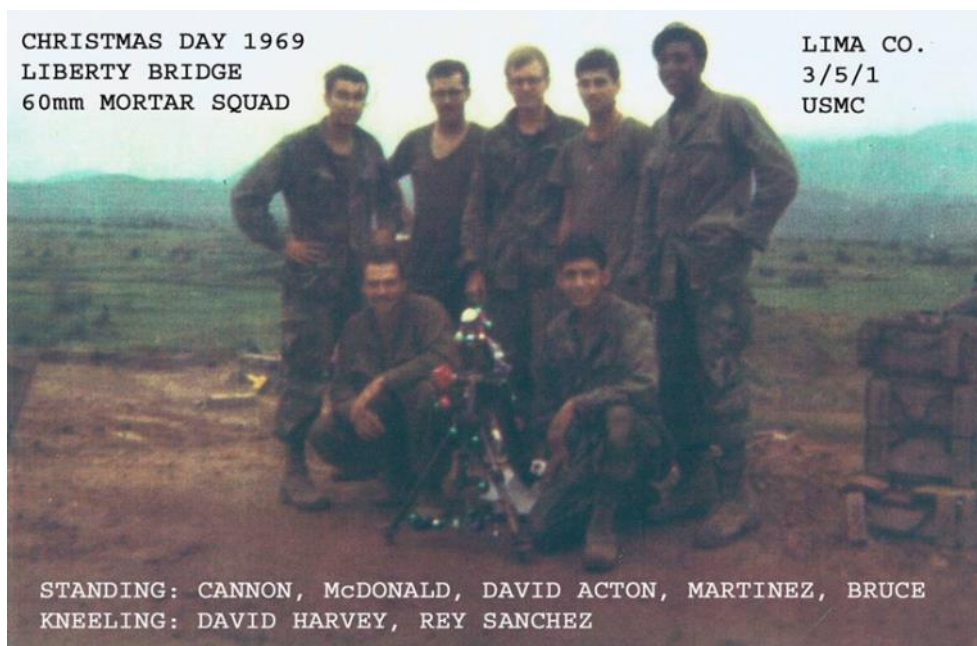
LIMA 3/5

COMPANY STORIES

LIMA 3/5



A picture is worth a thousand words...



We were securing Phu loc 6, which had been dismantled and waiting for the engineers to blow up the ammo bunker and I joined you (mortars) in firing up 60 ammo for fun...

Years later I visited Gunny Cosper (Ed: Jul '69 – Feb '70; died 2009) in Tipton, Georgia and we tried to call each other "Tom" and "Earl," but then Gunny pulled out a bottle of good whiskey, which he had saved for the last man alive from Able Company in Korea ... all that did was to make us laugh, and we went back to Skipper and Gunny. We talked on Thanksgiving Day for several years.

My dad was a reserve officer, a lieutenant, and was called up to Camp Elliot (before Pendleton) north of San Diego in 1940. He was deployed when I was born, June 1941. Marines were being deployed early 1941, top secret in those days...he was in Iceland, others in Guam, Wake and Midway. The Marines made a SRB (Ed: service record book) for me!

I went to the Naval Academy and became a Marine officer. My first FMF assignment was as a platoon leader in India Company 3/5... in about a year I was transferred to 7th Marines, Headquarters Company, as their embark officer. Under cover, at night, we loaded up and headed to Okinawa and then Chu Lai for an administrative landing. Three days later we re-embarked on operation Starlite, 1965. I was liaison to 57th ARVN Rangers, which was so fun!

(continued)



LIMA 3/5

COMPANY STORIES

LIMA 3/5



I returned to “the world” for various posts and stations, returning to Vietnam in ‘69. My orders were changed from the Third MarDiv to III MAF G2, then back to 3/5—that’s when I was told the Third Division was leaving. I got to Lima Company, August ‘69.

My next duty was at OCS and back to Annapolis as Combative Instructor.

More later...

Tom

After Lima I was sent to OCS at Quantico, where I had several assignments. Then Lt., now Captain, Mike Maehl, Lima 2 or Lima Heavy (Ed: Sep ‘69 – Mar ‘70), was playing football with the Quantico Marines. I was then ordered to the Navel Academy to be a combatives instructor, and after two years, I left the Marines, divorced, and went to graduate school in Denver. While there I saw the movie “The Deer Hunter,” and it tore me up... when it was over I was hoping some pimply-faced usher would tell me that I couldn’t leave through the side door, so I could punch him, but that didn’t happen; I just went to my car and started crying... saying “those poor fucking guys” ...the Russian roulette scenes reminded me of my men walking through the rice paddies and jungle, being shot or killed by mines, booby traps, ambush, etc... all surprise events. The killing of Junga (Ed: [Sgt Harold Junga; Nov 17 ‘69](#)) and others after the Marine Corps birthday in An Hoa, has never left me.

I decided to write a paper on the psychological impact of combat for a class. Three days later, on the front page of the Sunday Denver Post, was an article about a psychology Professor from Cleveland State, who lectured at the local medical school about an outreach program by the DAV, that was starting up in Denver to help with delayed stress syndrome. I started working with them and became a consultant and trainer.



PTSD was just being talked about by the American Psychiatric Association being led by a Shore Party Marine, Charles Figley, who was in Operation Starlite as I was in ‘65. I edited a book on PTSD. DAV published it and sent thousands out to VA hospitals and medical schools. I lectured in almost every state for DAV as they opened up 64 outreach facilities, which eventually became the VA’s Vet Center program, which continues today.

When I applied to the VA for PTSD, I submitted that photo of me sitting on the MSR with my radio operator guarding me—it was approved.



(continued)



LIMA 3/5

COMPANY STORIES

LIMA 3/5



Skipper,

Thanks for this info and for the many pictures. With your permission, I'll work this into a short write-up for a future Lima Newsletter, for you to approve, before going to print.

Perhaps nine months ago, maybe more, Art Schade (Lima '66 - '67) submitted his story about PTSD-- "Deamons of War Are Persistent"--which is now on the Lima 3/5 website: <https://limathreefive.org/stories/>. You might be interested or maybe it's overload.

So, I found it interesting that you got into motorcycles post-USMC. Every Thursday morning, I join Vietnam vets (10 - 20) for breakfast; a half-dozen ride and are members of a local Combat Vets MC. Is riding a therapy to buffer PTSD symptoms?

David

I think riding with same minded men gives a taste of comradery that we have experienced... and it's dangerous! My greatest trip was from Denver to the reunion in Daytona Beach... then on to Key West... and then visited friends in the South. I was solo... on the road for a month. I still belong to American Legion Riders, but now on a Ural w/ sidecar. I'm 84.

SF, Skipper



LIMA SKIPPERS

CAPT. TOM WILLIAMS (left) (Aug 69—Feb 70)

CAPT. JOHN MACNAMEE (right) (Feb—Jul 70)

APRIL 2025—PHOTO BY DAN CANTRELL



LIMA 3/5

REUNION 2026

LIMA 3/5



NEW ORLEANS

JUNE 17 ↔ 22, 2026

