

A native of Derby, CT and proud 184th Eagle Scout from Troop 3, Commander Rak credits his involvement in the Boys Scouts of America for setting him on a path of service and commitment to his country.

Commander Rak is a 1997 graduate of the U.S. Merchant Marine Academy, where he received a Bachelor of Science in Marine Transportation, and a United States Coast Guard Third Mates License. He earned a master’s degree in National Security Affairs from the Naval Postgraduate School in 2003 and completed Joint Professional Military Education Phase I. In 2008, Commander Rak attended the Joint Forces Staff College, completing Phase II of his Joint Professional Military Education.

His operational assignments include division officer tours as Electrical Officer and First Lieutenant onboard Guided Missile Cruiser USS Cape St. George (CG 71), and Navigator on Guided Missile Frigate USS Elrod (FFG 55). He served consecutive Department Head tours as Chief Engineer on Guided Missile Destroyer USS Mustin (DDG 89) and Guide Missile Cruiser USS San (juh-SIN-to) Jacinto (CG 56). Commander Rak completed a tour as Executive Officer, before promoting to Commanding Officer of Guided Missile Destroyer USS Milius (DDG 69). While in Command he led the ship through a 9 month deployment to the Western Pacific and Middle East, and the ship earned the Battle Efficiency Award.

Commander Rak completed a tour at U.S. Joint Forces Command in the Resources, Requirements, and Analysis Directorate. He served as Aide to Commander, Naval Surface Forces Atlantic and also as Deputy Director of the Vice Admiral Stockdale Center for Ethical Leadership at United States Naval Academy. He is currently serving in the Material Readiness directorate at Surface Warfare Officers School Command.

His personal awards include the Defense Meritorious Service Medal, Meritorious Service Medal (2), the Navy and Marine Corps Commendation Medal (4), the Navy and Marine Corps Achievement Medal (2), and various other unit and campaign awards to include five Battle Efficiency Awards. He was a 1999 recipient of the Atlantic Fleet Junior Officer Ship Handling Award.

As a Scout, he earned his Eagle rank in 1990, traveled as an exchange scout to Limerick Ireland, attended the 1989 National Jamboree, and went on a backpacking trip to Philmont Scout Reservation.  He also was on the Strang Scout Reservation staff for 3 years.

He and his wife Claire currently live in Portsmouth Rhode Island, with their two children, Tommy and Elizabeth.

The Housatonic Council recognizes our 5th National Outstanding Eagle Scout Award recipient as Commander Michael J. Rak, United States Navy.