

**THE NEWSLETTER NOW HAS A MAGAZINE FORMAT
THIS IS PAGE ONE, PAGE TWO IS ON THE BACK OF THIS PAGE**



THE LRRP/RANGERS
OF THE FIRST CAVALRY DIVISION
DURING THE VIETNAM WAR



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THIS NEWSLETTER IS DISTRIBUTED ON JANUARY, MARCH (REUNION INFORMATION ISSUE) AND SEPTEMBER OF EACH CALENDAR YEAR. IT IS FOR THE MEN WHO SERVED IN THE LONG RANGE PATROL UNITS OF THE 1ST CAVALRY DIVISION DURING THE VIET NAM WAR. THESE UNITS ARE: LRRP DET., 191ST MI; HHC (G-2) LRRP; CO. E (LRP), 52ND INF.; CO. H, (RANGER) 75TH INF.; AND DET. 10, (RANGER) HHC, 3RD BGE.

THE NEWSLETTER IS MAILED TO ALL OF THESE MEN FOR WHICH AN ADDRESS IS AVAILABLE. FUNDING FOR THE NEWSLETTER IS BY THE LRRP/RANGER ASSOCIATION OF THE 1ST CAVALRY DIVISION DURING THE VIETNAM WAR.

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**You can generate \$2.00 for
the LRRP/Rangers
association**

The 75th RRA will reimburse
us for each 1st Cav
LRRP/Ranger who joins the

5461

PULLING SLACK

From Bill Carpenter

First let Grandpap gloat a little. The local schools have a Social Science Fair. My 5th grade grandson chose as is topic "The LRRP/Rangers of the first Cavalry Division in the Vietnam War". He took first place in the county. Next is regionals in March.

I finally decided to plug into the VA medical system. I had some eye surgery that shuttled me back and forth between the VA hospital and the university hospital. I was very please with the way I was treated by the staff at the VA hospital and how efficiently paperwork passed between the two bureaucracies.

PHOTOS FOR THE WALL

The Vietnam Veterans Memorial Fund (VVMF) is gathering photos of the 58,261 people whose names are on The Wall for the Education Center at the wall. The Education Center is an underground learning facility being built on the National Mall. It will tell the stories of the people we lost in Vietnam and pay tributes to all who served in all of America's wars.

More information should be available at:
www.buildthecenter.org

WREATHS ACROSS AMERICA

Wreaths Across America is a project to place wreaths on gravesites at all the Veterans Cemeteries across the US. Check out Wreaths Across America <http://wreathscrossamerica.org> and considering honoring our heroes by helping out at a local veterans cemetery.

I will again be helping to escort the trucks to Arlington Cemetery and then place wreaths at a few gravesites.
Sid Marcus

HALLOWE'EN AT THE VOELKELS

Bill Hand and we live only a few hours apart and yet even though we've been in Georgia for nearly three years, Al and Bill haven't visited. Well, Bill and his lovely lady friend Sue came to see us Hallowe'en weekend. Our anniversary is on Hallowe'en and they took us out for a nice dinner "in town," and then we went to a costume party (though I couldn't persuade these two "manly men" to wear costumes). Al and Bill went out for an ATV ride Sunday morning and Bill met a First Cav Vietnam vet who lives down the road. We had a very, very nice visit and I think we will go to see Bill next time. It's a beautiful thing to see how much these two guys love each other!

Karen Gramenz (Voelkel)

GOODBYE FT. DIX

From the Army Times

Fort Dix is being merged with the neighboring McGuire Air Force Base and Lakehurst Naval Air Engineering Station to make the military's first three-branch base, a 65-square-mile behemoth stretching through farmland and forests and given the clunky moniker Joint Base McGuire-Dix-Lakehurst.

And like that, a storied Army spot — current commander Col. Patrick Slowey calls it "one of the big kahunas" — will be a lesser partner in a hyphenated operation.

The merger was a compromise from the 2005 round of military base closures and realignments. The three continue to exist and with essentially the same functions: training and mobilization for the Army, logistics and transport for the Air Force, designing and testing aircraft components for the Navy.

It's part of a strategy of reorganizing and standardizing the services. Twenty-six bases around the country are to be merged into 12 new joint bases, a move Defense officials say could save \$2 billion over 20 years.

In New Jersey, it means the Air Force will take responsibility for basics of the operation at the place that began as Camp Dix in 1917 to mobilize soldiers to fight in World War I.

LTC (Ret) William T. Anton
Ranger Hall of Fame
Induction Speech
5 August 2009

Distinguished Guests, Members of the Ranger Hall of Fame, fellow inductees, Rangers, Ranger Moms and Dads, wives, families and friends of Rangers:

As I reflect upon this honor today, I stand before you a very humble man. I never once dreamed I would receive this honor. This honor ranks with the birth of my daughter Susan and my son Michael. I searched my soul to see if I had any regrets in life. I have only one: that my parents who both repose in Arlington National Cemetery are not physically here today to witness this occasion. I feel their presence and they are with me – thanks Mom and Dad. My parents were great examples for me and my two brothers, who are fine men.

I am truly blessed for I've had a great life, and the largest single contributor to this has been that I am a Ranger. I learned that both the strongest and weakest part of the human body is the human mind. When one learns to discipline the mind, all things are possible. In Ranger school I learned much about myself and the art of leading men who are hot or cold, wet, tired, and hungry. I learned about prompt obedience and self-discipline. These lessons served me well in my military career, and in life.

I was the first Second Lieutenant ever assigned to the Patrolling Committee at Camp Darby. I was then assigned to Company O (Arctic Ranger) 75th Infantry (Airborne) as a Patrol Platoon Leader in Alaska and made the historic first tactical parachute jump on the Polar Ice Cap.

I requested combat duty in Vietnam and was assigned to Company H (Ranger) 75th Infantry (Airborne), 1st Cavalry Division. I had the good fortune to serve as both Executive Officer and Commander of this legendary unit.

There were 13 Ranger Companies in Vietnam and Company H was the most decorated unit with 3 Valorous Unit Awards and 4 Vietnamese Crosses of Gallantry. While we were there in combat, our unit had no idea about our battle honors, nor would it have mattered – we accomplished our mission daily and were too busy to think of anything else. I want to thank the 1st Cavalry Division for their outstanding support of our Ranger Unit, as they made the Rangers their first priority.

Company H (Ranger) 75th Infantry (Airborne) was the last Ranger unit in Vietnam, and our colors were formally retired at Fort Hood in the autumn of 1972. In 1974 our unit was reactivated and re-designated 2d Ranger Battalion. Our unit lives through 2d Ranger Battalion, as **WE** are part of their history, and they carry our combat colors and battle honors.

Today I become the second member of our unit so honored in the Ranger Hall of Fame, the other being COL George **Paccerelli**, the first Commander, and currently the Colonel of the Regiment of the 52d Infantry.

I stand here to receive this honor, but I only accept this as a member and representative of my unit, and our 40 KIA and one MIA. We were an invincible **TEAM**. Every soldier, NCO, and Officer assigned with me deserves to stand with me here today. Rangers, it was an honor to share the same battlefield with you. I witnessed intrepid bravery and gallantry in action every day by these men, and they have earned my undying respect and admiration.

I accompanied Ranger teams as a member of the team, whatever job was required: How else could I understand what my men experienced if I was not there to share it with them. When not in the field, I would fly in the extraction helicopter to ensure the safety of my Rangers – their lives meant everything to me.

I was reminded at our last reunion for our Ranger unit in June 2009 that I never had a smile on my face. This was very serious business and I understood the possibility of sending them to their death on a daily basis. I prayed for them every day, as I have every day since then, and I found great solace and strength. The Great Architect of the Universe and the Holy Spirit gave me the strength and wisdom to act correctly.

UPDATE ON SEARCH FOR DEV COCHRANE

July 9, 2009

From Gunner Wagner

To SFC Scott Lyle,

Scotty, I have been there! Hill 717 is plainly marked on the map at the grid mentioned. It is 2.4 KM from O'Rang on a bearing of 135 degrees. O'Rang is very important because during the Cambodian invasion a fire base named David was set up just north of it on the plateau. The 1st Cav choppers used it for over 30 days and it was the last fire base to close out during the withdrawal. It was also attacked and they were all repulsed. I hope you guys can get Cochrane on the "to do" list.

August 28, 2009

From: SSG Mark Vo

To: SFC Scott Lyle

As far as work we've done at JPAC for this guy (Cochrane), we've been to the record loss location three times (1993, 1995 and 2005) and have never located any witnesses or burial sites. This is a ground loss so we really need to find a credible witness to have a shot at finding him. It seems like the best lead we have is to wait for the RIT to locate Vietnamese witnesses/participants in the original incident.

September 5, 2009

From: Gunner Wagner

To: LRRP/Rangers

You may remember I interviewed a guy who was about 9 or 10 at the time (in 1970) and he stated all civilians were not allowed to go southeast of O'Rang or even east of the closest north-south road east of O'Rang. By then it was almost 100% NVA cadre. (No VC cadre about, hence no local witnesses or participants). Plus there have been numerous week-long torrential monsoon rains and forest fires. Plus the Chinese have been reforesting the area for three years now.

Don't look good guys!

I will never quit! Never!

Also a big favor guys, "Ranger" Scotty has done everything he could; above and beyond! There is not much more that can be gleaned from this former JPAC guy and his contacts in JPAC itself. If anything new comes up he will notify me and I will update you all ASAP.

DEV KNOWS WE CARE!!

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SECRETARY'S REPORT

from John LeBrun

Greeting from my winter home at Big White. Early ski season here with over three feet of snow already. Really have nothing new to report other than the membership cards. All membership cards are now being sent out by Keith Phillips. I have sent him the list of members that need cards and you should be receiving yours from him. The names of those members sent to Sam Dixon as well as the names from the last reunion have all been forwarded to him. If you have any questions please direct them to Keith. His email and phone number are on the front cover. Sorry about any inconvenience that this has cause anyone. Other than that I hope everyone has made their reservation for this year's reunion. Rooms fill up fast so don't delay book early you can always cancel. Hope to see you all this summer at the reunion.

John LeBrun

TREASURER'S REPORT

From Bob Carr

12/23/08 acct. opened	\$6,783.71	
		INCOME
Life memberships	\$1,500.00	
Raffle & donations		
from reunion	1,481.00	
donations and merchandise	11,077.73	
		EXPENSES
Shipping, postage, flowers		
And newsletter	[\$3,856.50]	
Balance 11-18-09	\$10,202.23	

Hi, if you get time, send me a check or money order for your membership. We will be sending a big check to the 1st Cav Assn. in December for the scholarships.

You can make out the checks to the LRRP/Rangers Assn. and send them to:

Bob Carr
4256 London Ln.
Colorado Springs, CO 80916

LRRP/RANGER IN NEED

From
Keith Marquardt
23 Cottonwood Dr.
Blue Diamond, NV 89004
702-875-4157 wildman2357@sbcglobal.net

Comment: I'm back & need help!! PTSD taking hold, stress related issues, arrest and mental ward incarceration

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LETTERS HOME

From Doug Parkinson

How about a new category for newsletter. Dig deep past the boonie hat, old larp rations, illegal ordinance you sent home and whatever is dusty and moldy from over forty years ago.

Found my first letter home that had comments that are printable (letter was to my later wife) that were overheard to the stewardess as the great silver bird descended into Saigon at night as the nightly light show was in full force.

"Stewardess I'm really a stowaway and shouldn't be here".

"Is this a round-trip?"

"I thought we were going to Germany?"

"It's all a misunderstanding!"

"Is this only a half hour stop?"

"I wanna go home!"

"What am I doing here!"

It took about five minutes for anybody to move...

OK folks, keep those cards and letters coming and I will print them.

Do you want to go down memory lane with the music from when we were soldiers once, and young?

This came from the Donut Dollie web site, go to: www.live365.com. Type in "Radio Vietnam" in the search box

“CHAPLAIN’S BOX”

from Jim Regan

Back ‘round ‘95, we finally had a chance to visit the Kentucky Vietnam Memorial, ‘bout thirty miles from our home. Before I tell you about that... Our first visit to the Vietnam Memorial in D.C. was in 1986. Lois Ann and I had recently returned from Germany and were assigned/living in the National Capitol Region, as they called it. Well...Lois Ann and I decided that it was “time” for me to visit/walk through the Memorial. I prepared, had a list of names that I’d look for on the “WALL!” We did pretty good ‘til I had to “look up” what panel, etc, for the names. We strolled through that “Gap!” The silence almost overwhelmed me. I found the appropriate panel for the first guy, looked at it, and moved to the next guy, looked at it and moved to the third guy! STOP! I can’t do this anymore!

It seemed to me that, as I “saw” the names.” I buried them!!! Could not look for, or seek out anymore names. Lois Ann kinda understood as we walked through the Wall area. I/we visited the “Wall” several times during our tour in the DC area. No, I did not look for or seek out more names on the wall! Strange? Not for me. I want to remember the LRRPs, and Rangers, and indeed some of my comrades from years gone by! You see, there are names on that wall that I know from another life in the Airborne/Infantry, back a decade or so from our time in the ‘Nam!

The Memorial at Frankfort, KY is unique. The first thing I noticed; it’s not a “wall,” you can walk around it and read the names and it’s laid out according to the years of their deaths. 1968-1969 has the most names! Every year, on the anniversary of their death, the shadow passes over their names. Around the base of the memorial are slabs of granite, from North Georgia. As you walk around the tabs/slabs, you read; TO EVERYTHING THERE IS A SEASON, A TIME TO BE BORN, AND A TIME TO DIE. As you continue your walk around the base of the memorial, you read more... A TIME TO LOVE AND A TIME TO HATE; A TIME OF WAR, A TIME OF PEACE.

I looked it up, and most of you may already know. It’s from; ECCLESIASTES, 3:1-8. I’ve “bookmarked that passage in my bible and read it often.

Historically, while driving Vets to the VA for appointments, there was a fellow who introduced me to the Architect for the memorial. Lois Ann and I got a “nickel” tour. Found out that there is, indeed, a catacomb, underneath the slabs with the engravings. There is one slab, in the N.W. corner that has no inscriptions. The Folks at the quarry, and the engraving outfit, wanted their names to be included in the memorial. After much discussion, it was decided, OK! But the names will be engraved on a separate slab and the slab will be placed “UPSIDE DOWN” at the memorial! Everyone was happy!

Just another great example of how some of our fellow Patriots “Remember” us!
Have had several responses from folks from “my era, ‘68-’69, because of the post cards I sent. Perhaps you might think about; dropping a line, make a phone call, or visit our guys in your AO?

Jim RLTW

jregan@insightbb.com

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HISTORICAL OCCURRENCE

THE WRONG AO **FROM Chuck Schwinn**

As my mind sometimes wonders back to yesteryear I think about some of the missions I was on; those that were not so good and some that, after reflection, have a since of comedy to them. Getting out of the situation with no injuries, this one was comical to me. One would have to close their eyes, visualize the picture, and put themselves in it. The chopper came in, hovered, and the team bailed out; over eight foot to the ground.

Why these chopper pilots chose to hover so high I'll never know. The shear impact with all that weight will jar your eye teeth and everything else about you. We're on the ground, grouped up, and heading in an uphill grade to the tree line. Now there is this big mound between us and the tree line. Reminds me now of a bare Indian mound.

As we approach this mound there is this unmistakable sound; thump. There are three sounds that are etched in my mind; the sound of a chopper, an AK-47, and a mortar round being fired. Thump, you could hear the mortar shoot and then the explosion. Oh, oh, the white cloud upon explosion indicates that they are firing WP rounds at us. Luckily someone was very bad at estimating the target range. Now we put it in high gear and head toward the mound to seek some type of cover.

The RTO is feverishly trying to make communication with base camp. There is not supposed to be any friendlies near us. They make corrections and fire again. It's getting closer. We run around the mound; nothing for cover except your own rucksack. Can't hide under it too well. They keep adjusting and we keep running around the mound. Finally we make commo and they are able to find who was firing and got them stopped. Thank goodness.

Now that it had stopped we needed to get out of the open into the trees. After we got into cover and regained our composure I told the TL that we needed to find out where they had dropped us; we were obviously in the wrong AO. He looked around but couldn't figure it out and asked if I could. I told him I would look around to see if I could. I looked at the map and scanned the area around what should have been our AO and spotted some of the terrain features that we were in and told him I thought we were at that point.

He wanted to know how we could confirm it. Simple I said. Call a fire mission for one round of smoke hanging about 200 meters. If we see the round on explosion we're in luck, if not we look some more. It was set up and made communications with a firing battery. Gave the coordinates; next communications went like this shot, shot out, splash, splash out. Looked up and bingo the cloud of smoke above. Now that we knew where we were we could find a PZ to get extracted.

I, along with others, came to the unit in May of '68. I want to thank all those who were involved at that time in the company training we received; the map reading, communication, calling in artillery, physical, and medical. Starting as a team member, advancing to ATL, and then to a Team Leader, the training gave me the confidence needed to be able to perform our missions.

By Chuck Schwinn

EXTRAORDINARY THINGS **From David Shows**

When I first got back to the unit a couple of years ago, I found myself jabbering to guys about things that I had thought had been forgotten decades ago. They had not been forgotten of course they had just been pushed far from the surface.

One of the thoughts that I expressed was that now I am amazed that I was ever able to participate in some of the "extraordinary" things we did when we were kids in 1967 – 1968. Since that time I've heard almost this exact same sentiment from a number of other guys.

What happened I guess is that for many years there was no one to talk to about some of these things. Not that I didn't have an active support

Social Security Admin will require a valid copy of your DD-214.

All veterans nearing 62 (female) / 65 (male) years of age and who are not in possession of their DD-214 should begin immediately to obtain a copy online at: www.americanwarlibrary.com or email The War Library americanwarlibrary@pacbell.net to request Form SF-180 be emailed to you.

Also, many federal and private agencies circle, it's just that those folks did not have a frame of reference that would allow them to understand, or enable me to explain things that had become a part of me. It would be like speaking English to some one who only knew Chinese.

Thinking about those times now I've come to understand that what astounds me and I think others most is not the "extraordinary" things we did, rather it is the everyday "ordinary" things that we were able to accept as routine and natural parts of our lives.

Many if not most of us at that time didn't have any substantial specialized "training", most of us were not RANGERS, we were fairly average young soldiers (teenagers with automatic weapons and explosives), but much of what LRRPS became we brought with us to the unit, we learned from each other and on the job, and LRRPS was truly greater than the sum of its parts.

The "ordinary" things that we were able to simply accept as normal parts of our life, that is what is truly "extraordinary". These are the things that you cannot explain to others, perhaps not even to yourself all these years later.

Going out long distances in a hostile land where any one who saw you would be totally committed to killing you, a thousand and one natural hazards awaited you, and where you pretty well knew your ability to communicate with any support unit would at best be somewhat unpredictable.

Knowing that the "support" units whose radio frequencies and call signs you had memorized were probably more theoretical than real. If things really went south, you knew that "help" would be too far distant to do you any good. Your only real help was yourself, three other American boys, and two young Montagnard. That was the big "ordinary" thing, and for us it seemed very natural and right at the time.

That is not to say of course that support units did not save our bacon any number of times, or that they did not do extraordinary things themselves in order to do so, just that the odds of their being able to do what they did repeatedly for us, were realistically very slim.

We were not braver than other soldiers, nor were we dumber, this was just the way it was and we accepted it as "ordinary".

I think of the tremendous loads of ammunition we carried, for what? In any sort of battle it's extremely unlikely that we would have lived long enough to run out of ammo

Jumping from unreasonable heights with impossible loads onto unknown grounds.

Leaving the landing area into dense cover where there would be no place for the theoretical help located miles away to even land within hundreds of meters of you.

Laboriously and silently picking your way through what you would consider impenetrable bush if you were rabbit or quail hunting, sometimes taking hours to move a few meters.

Just living outside in the heat, humidity, and rain day and night for a week or more with only your shirt and flop hat for shelter.

Simply lying down on the wet ground to sleep, with all the bugs, mosquitoes, and leaches not to mention the occasional truly dangerous wild animal, knowing that if you were discovered it would almost certainly be by an overwhelmingly superior force, and actually sleeping.

Regularly living on one dehydrated meal a day, going out for a week or more with enough water for three days.

Gratefully drinking water with little green things swimming in it, mixing instant coffee, and chocolate in it so that you didn't have to see the little green things.

Six guys huddled closely together in the pouring rain sharing one non filtered cigarette.

Those and a thousand other ordinary things.

The purpose of fighting is to Win. There is no possible victory in defense. The sword is more important than the shield, and skill is more important than either. The final weapon is the brain. All else is supplemental.

HISTORICAL OCCURRENCES

LOACH EXTRACTION

From Bill Walton
D Troop 229th Aviation

ED: the following is a story submitted through our webpage from a door gunner with D-229. He sent along four pictures that are on the webpage. I like his comment about us "flying good" because we knew to keep away from the rotors.

In late '71 we inserted an LRRP team with a Kit Carson scout out of Bear Cat. We put them in on a trail by a river. They were to collect intel on sampans running supplies down the river at night.

We had to come back that night because they blew a bush on what they thought was a single sampan but turned out to be a whole company. They had a running gunfight for a while before the holed up next to the river. We were only a single ship with no cover birds. The problem was the cover was too thick so we couldn't drop our ropes to McGuire them out and the cover extended too far over the river. I even tried shooting some of the limbs down with my 60, but no use.

We finally got a loach on scene. He dropped his gunner off up river in a clearing. We set down and picked the gunner up. The loach was small enough to get under the overhangs and picked up three of the LRRPs. The loach went back to the same clearing and dropped off the three LRRPs, we set down and picked them up. The loach went back to the PZ and went under the overhangs again and picked up the remaining 2 LRRPs. We then RTB'd.

Not one round was fired at us during the whole operation. Wild night.

All of these were done in III Corps area mid to late 71 and I was based out of Bear Cat. I'm sorry I can't give you more info but my memory, like my hair line is somewhat faded. I do remember the wooden nickels you guys had and I remember the flak about your sign because a picture of it made the Paris peace talks.

Comment from Tim Bebee

That sounds like a mission that Terry **Wanish** led. I was on leave at the time.

Comment from Mike Blymyer

Wasn't there for that one but Tim **Greenly** and I got extracted in a LOH that maneuvered between the trees 'till it got to a small river and was able to gain altitude. Must say I was really, really uncomfortable during that opportunity.

And Walton's reply

I'm sorry I didn't get any names of the team members, but these guys were not the name tag wearing types. We very seldom flew the same teams and most often, we would not be the ones to extract the same ones we inserted and visa verse.

I had a lot more respect for them than I had for the green beanies. They would most often carry AK's only and they would strap on Ho Chi Mien sandals on the bottom of their boots in order to make their trails blend in with the ones they were hunting. I did see a couple of them carrying Swedish K's once and one of them let me fire one once on the green line at Bear Cat. Once I saw one of them carrying a suppressed 22 semi-auto handgun. I guess he had something in mind with that. Don't ask, Don't tell.

They flew good, meaning I never had to tell them where or how to sit, or how to handle their weapons on my bird. They inserted well and extracted well, in other words I didn't have to tell them how to exit or enter without reminding them on loading or about either the main rotor or the tail rotor. I think they even told their Kit Carson scouts, when they were with them, not to approach the bird first in a hot PZ. That eliminated a possible serious accident, especially at night.

We flew them only for a couple of months, but with them, there was no such thing as a dry run. If we went to do an extraction, we could tell if there was going to be trouble because they always talked on the radio barely above a whisper. When they were yelling, we knew it was going to be interesting.

The four pictures I sent, I hope, were they only ones I took involving them, but I do have a lot of pictures concerning my unit and some of the places I was at: Dau Tieng, Song Be, Quan Loi, and the Bear Cat.

Bill Walton
D troop 229th AHB Smiling Tigers.
Glad you made it home.

Comment from Pete Dencker

I was the CO at the time - for a period of time the Company actually resided at Bear Cat rather than Bien Hoa with the rest of the Cav. This might have been one of **Faulkner's missions** - I remember they engaged about 50+ right on a river and wound up with about that many enemy KIA's, of course when we went back in the next day most of the bodies had been removed, but it was clear they took a huge hit - I just don't remember the extraction going this way - although it may have. I have a whole series of summaries of team missions/contacts from that time frame and see what I can dig up.

My plan over the next few years is to write a book using these summaries as a basis to provide an in depth picture of what H Company accomplished during my time there (I was with H Co from the end of 70 to about spring of 72.)

RLTW - Pete Dencker

VETERANS AFFAIRS

LIVING HEALTHIER AND LONGER

From John Simones

I'll start off with a disclaimer: I am not a doctor, nutritionist, or any other "ist". I just glean articles from health magazines, medical journals and the like. I preface everything with, "talk to your primary care doctor" first.

Eat like a Greek- Meats and sweets, less often. Poultry and eggs, weekly. Fish and other seafoods, at least two times a week. Fruits, veggies, grains, (whole), olive oil, beans, nuts, legumes (base meals on these foods. BE PHYSICALLY active. Alcohol, in moderation, Water? (Some Greek philosopher once said, "The first of things is water.")

A Danish study found in a 12 1/2 year study of 2800 men think increased heart risk comes from lack of muscle mass. Thighs less than 24 inches around seemed to put these men at risk. So, when someone calls you "Thunder thighs" you can feel good about your self.

I'm on a regimen of two hours a week in the pool, (I use the YMCA) because of peripheral neuropathy. Great exercise, no impact!!

THAT'S ALL FOLKS!

John

This is a website that just might benefit all of us. Maybe you could pass it on to other vets.
www.veteranservices.com

TOGETHER WE WERVED

"Together We Serve" is a website to post memorials for veterans. They are very helpful. You just have to get them the DD 214 info,

<http://army.togetherweserved.com/army/servlet/tws>

"You have the rest of your life to solve your problems. How long you live depends on how well you do it."

DD-214 NOW AVAILABLE ON LINE

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214's online:

<http://vetrecs.archives.gov/>

This may be particularly helpful when a veteran needs a copy of his/her DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.

Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents.

Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the online web site.

Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized.

The new web-based application was designed to provide better service on these requests by eliminating the records centers mailroom and processing time.

Billy W. Wright

Beneficiaries Outreach & Disabled Veterans

ALL VETERANS NEARING RETIREMENT AGE

If you include your years spent on military duty in your Social Security benefits and payments package the

5472

provide additional benefits for veterans who are recipients of certain awards (medals, badges, honors). It is important that you also ensure you have documentation on all of your military awards... Award information is available at www.amervets.com/201a

The contact Person for this posting is:

Roger Simpson, PIO

Public Information Office:

16907 Brighton Avenue

Gardena CA 90247-5420

Phone / Fax: 1-310-532-0634

<http://www.amervets.com/>

INTERESTING STATISTICS

In case you haven't been paying attention these past few decades after you returned from Vietnam, the clock has been ticking. The following are some statistics that are at once depressing yet, in a larger sense, should give one a sense of pride.

"Of the 2,709,918 Americans who served in Vietnam; less than 850,000 are estimated to be alive today, with the youngest American Vietnam veteran's age approximated to be 54 years old."

So, if you're alive and reading this, how does it feel to be among the last 1/3rd of all the U.S. Vets who served in Vietnam? Don't know about you, but kinda gives me the chills, considering this is the kind of information we are used to reading about WWII and Korean War vets. So the last 14 years we are dying too fast, only a few will survive by 2015...if any.

During the 2000 Census count, the number of Americans falsely claiming to have served in-country is: 13,853,027. By this census, FOUR OUT OF FIVE WHO CLAIM TO BE Vietnam vets are not.

If true, 390 VN vets die a day. So in 2190 days from today you're lucky to be a Vietnam veteran alive..... in only 6 years...

These statistics were taken from a variety of sources to include: The VFW Magazine, the Public Information Office, and the HQ CP Forward Observer

25% (648,500) of total forces in country were draftees. (66% of U.S. armed forces members were drafted during WWII).

Draftees accounted for 30.4% (17,725) of combat deaths in Vietnam.

Vietnam veterans have a lower unemployment rate than the same non-vet age groups.

Vietnam veterans' personal income exceeds that of our non-veteran age group by more than 18 percent.

76% of the men sent to Vietnam were from lower middle/working class backgrounds.

Three-fourths had family incomes above the poverty level; 50% were from middle income backgrounds.

Some 23% of Vietnam vets had fathers with professional, managerial or technical occupations.

79% of the men who served in Vietnam had a high school education or better when they entered the military service. 63% of Korean War vets and only 45% of WWII vets had completed high school upon separation.

Leaving THE JOB and Being a Veteran

When a Veteran leaves the 'job' and retires to another life, many are jealous, some are pleased, and others, who may have already retired, wonder if he knows what he is leaving behind, because we already know.

1. We know, for example, that after a lifetime of camaraderie that few experience, it will remain as a longing for those past times.

2. We know in the Military life there is a fellowship which lasts long after the uniforms are hung up in the back of the closet.

3. We know even if he throws them away, they will be on him with every step and breath that remains in his life. We also know how the very bearing of the man speaks of what he was and in his heart still is.

Veterans Day 2009 at The Wall
Washington, D.C.
By Ken White

Wednesday, November 11th

I was unable to attend the Veterans Day Observance at The Wall in person this year because I was out of the country visiting Taipei, Taiwan, but thanks to modern technology, I was able to watch it in real-time on the Internet, at 2:00am Thursday, Taipei time (13 hour time difference). My lady friend was attending a Chinese gourmet cooking class in Taipei and I just couldn't resist the opportunity to tag along and visit Taipei again. I was there in July 1967 on R&R, some 40-plus years ago. I did, however, have the opportunity to talk with Terry Smith, Springfield, Virginia ('70-71) who called from the 1st Cav hospitality suite at the Crystal City Hilton at National Airport after the observance, so I'm happy to report that our unit was again well represented on Veterans Day in the nation's capital.

The weather in Washington, DC for the observance was cold and windy with moderate-to-heavy rain. The size of the crowd at The Wall, as you might expect, was small. The ceremony was hosted by Jan C. Scruggs, founder and president of the Vietnam Veterans Memorial Fund, the group that hosts the annual observance at The Wall together with the National Park Service. Scruggs started things off by noting that the National Park Service recently completed several badly needed maintenance projects on the 13-acre site occupied by The Wall within the Constitution Gardens area of The National Mall. This included rebuilding the 25-year old irrigation system and re-seeding the grass. Thirty million people visit The Wall annually, so you can just imagine what the grass looks like with all these people walking on it.

The U.S. Armed Forces Color Guard – Military District of Washington, DC, did the Presentation and Retiring of the Colors, and yes, the 1st Cav Color Guard and 82nd Airborne Division Color Guard were in attendance. Interestingly, the U.S. Armed Forces Color Guard, which is actually part of the U.S. 3rd Infantry Regiment (i.e., "The Old Guard"), consists of eight members – one for each branch of the military, whereas the 1st Cav and 82nd Airborne Color Guards consist of only five members each.

The day's first guest speaker was Secretary of Interior Ken Salazar, a fifth generation Coloradan, who was only recently appointed by President Obama and confirmed by the U.S. Senate as the 50th Secretary of the Department of the Interior. Salazar's appearance at The Wall marks only the third time in the 25-plus year history of The Wall that the secretary of interior, who is also responsible for the National Park Service, has participated in either a Veterans Day or Memorial Day observance at The Wall. Prior to his confirmation, Salazar served as U.S. senator from Colorado.

Peter M. Holt, owner of the San Antonio Spurs NBA basketball team and chairman of the campaign to build the Education Center at The Wall, next introduced Mark H. Ayers, president of the Building and Construction Trades Department, AFL-CIO. Ayers has appeared before Congress numerous times promoting his ideas on a system to provide universal access to affordable, quality health care for all citizens of this country. Ayers is a Vietnam era U.S. Navy aviator.

Walt Sides, president of Rolling Thunder, next introduced the day's keynote speaker, James Wright, president emeritus and professor of history at Dartmouth College. Wright has devoted the last several years of his life visiting U.S. military medical facilities in this country encouraging wounded service members to continue their education. He led the creation and funding of an educational counseling program for wounded veterans entitled "Severely Injured Military Veterans: Fulfilling Their Dreams." Wright served in the U.S. Marine Corp in Vietnam.

See you at The Wall on Memorial Day 2010.

BOOKS

by and about LRRP/Rangers

The Ghosts of the Highlands by Gregg P.J. Jorgenson, Ivy Books. This is about the beginning of the 1st Cav LRRP/Rangers, 1966-67

LRRP Company Command by Gregg P. J. Jorgenson, Ballantine Books. The 1st Cav LRRP/Rangers, 1968-69

Acceptable Loss by Gregg P. J. Jorgenson, Ivy Books. Gregg's autobiography, 1969-70.

MIA RESCUE LRRPs in Cambodia by Gregg P.J. Jorgenson, Ivy Books. One mission gone bad during the Cambodian Invasion.

Above All Else by Ron Christopher, PublishAmerica. Ron's autobiography about being the TL of the first team to pull a mission as the 1st Cav's LRRP/Rangers.

One-Zulu by Curtis "Randy" Kimes, published by author. About one mission, May 7-9, 1968.

Lurps: A Ranger's Diary of Tet, Khe Sanh, A Shau, and Quang Tri by Bob Ankony University Press of America, of Rowman and Littlefield Publishing group, 1967-68

OTHER BOOKS

For What It's Worth by David Klimek, published by author. Dave's experiences during the Cambodian Invasion before he joined H-75th.

A Troop, 9th Cavalry by Ron Christopher. PublishAmerica. Ron's experiences with the "Blues" A-1-9 before he joined LRRP.

LRRP/RANGER MERCHANDISE PRICE LIST

T-Shirts: Black/White sizes to 4X	\$13
T-Shirts Novelty: White sizes to 4X	\$10
T-Shirts Recondo: Grey sizes to 2X	\$15
Golf(Polo)Shirts:Blk/White sizes to XL	\$30
Sweatshirts M to XXL	\$20
Windshirts:Pullover: Black M LR XL	\$36
Windshirt: (converts to sleeveless) Black With Khaki Trim: M L XL	\$48
Hats: Black or White	\$12
Ranger Ring: size 10 1/2 only	\$50
Watches: Ladies and Mens	\$30
Belt Buckles: numbered	\$20
Ranger Lapel Pin:	\$4
Cloth Scroll Patch: (Co H 75 th Inf.)	\$4
Cloth Logo Patch:	\$4
Wooden Nickel:	\$1
Ankony's book; LURP's	\$30
DVD's 1 James Gang 2 Bear Cat Training 3 Tribute To Our Fallen Comrades 4 History Channel LRRP's	\$15 each
Decals: interior/exterior	\$2
ANNUAL DUES	\$15
Shipping per order	\$5

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ANOTHER KIND OF JUMPMASER

From Jim Regan

While serving with the Ranger Company of the 1st Cavalry Division in Vietnam, there were times when we had to Insert or Extract Teams using Rappelling ropes/ McGuire Rigs. We would "Rig" the Slicks with tie-down straps, running the straps thru four of the floor rings. Attach our Rappelling Ropes or the McGuire Rigs with snap links. For a McGuire extraction, a sandbag was tied to the 15' loop of a cargo strap. The Ranger on the ground would step into the loop, snap in with his own snaplink which attached to the 12' Survival rope tied around his chest. The Bird would then lift him straight up,... most times, and exit the area 'til it was safe to touch down and recover the Rangers to the bird.

On one such extraction, there was a five man Team from the other Platoon who had made contact but could not get to a Pick up Zone (PZ). We normally lifted no more than three Rangers per bird/Huey using the McGuire Rigs. Me and the other Plt. Sgt, another seasoned Veteran of the 101st, rigged our birds and he went in to get the first two Rangers. The Team Leader (TL) Radio Telephone Operator (RTO) and one other Ranger remained and waited for me to drop my ropes. The Pilot hovered over the very small open spot in the canopy and we dropped the ropes. The RTO relayed the progress of the Team as far as getting into their rigs and getting secured on the ropes. The Pilot got really goosey and started to move off, straight ahead. I slapped him on the helmet and told him to take the Bird UP! Two of the three Rangers hung on for dear life as they were dragged thru the tree branches. The third Ranger was torn loose from his securing snaplink, lost most of his gear, and ended up dangling upside down hanging on with his legs. As I watched in horror, the Pilot thought it would be a good time to gain some more altitude, WRONG!!! I slapped him again and told him to slow down as the Rangers began to oscillate under the bird. I prayed, cursed, and fussed. I convinced the Pilot to slow down and we spotted an open area. The two upright Rangers were not able to grab or help the precariously hanging Ranger. The Pilot hovered the bird and slowly descended. He did well on this part and the Ranger bumped his head and came bounding up to his feet. We set the other Rangers down, I dragged ropes into the bird with the help of the Crew Chief. Door Gunner was on alert as were the Gunships escorting us. The Rangers sprang aboard and we took off like the proverbial Big Bird. Scared, relieved, happy, mad, joking, scratched up, beat up, tearful, all at the same time! McGuire extractions could be hairy! Even when all the folks are briefed, trained in the method (actually practicing at our airfield,) there is still lots of room for MISTER MURPHY!!!

Another memorable Jumpmaster experience was a night rappel for a Team of Rangers, led by the Company Commander, on a downed and burning UH-1C helicopter gunship. Once again, on full auto mode, doing those things that we rehearsed in quieter times. Rigged the Bird, checked the Rangers for their equipment, final coordination off we go. Over the site, Rappelers/Rangers on the skids, "ON RAPPEL!" Thru the canopy they go. One on the ground, two on the ground, and three on the ground. Fourth guy is "hung up" and can't get loose from his rope! Pilot gets goosey, starts to lift bird! Tension on the rope is tremendous! The RTO on the ground tells me the Ranger is hung up/entangled, near the ground! I slap the pilot, "HOLD ON!!!" I grab my "K" Bar, (great utility knife,) and slash the remaining rope. The Bird literally shoots upward. All Rangers on the ground safely and most of the Scary Nite is ended for me. I always wondered about the amount of faith the Jumpers and the Rangers had in me. Perhaps they did as I did; relied on all their training, counted on their buddies, and even prayed once in a while! It still amazes me how many emotions a person can experience in just a few short minutes!

RLTW Jim

I look to the future and see shining examples of our Rangers. We all stand on the shoulders of Rangers from generations past and look to the future for those to carry the Ranger banner forward to live their lives according to the Ranger Creed.

Ranger Jeff Walters, who made the combat jump into Panama recently finished his Masters Degree and will start working on his Doctorate at Rutgers University. Ranger Dennis Hanson, who had multiple tours in Iraq and Afghanistan just completed his Bachelors' Degree from Colorado State University with a 4.0 average and will attend medical school. His desire is to return to be a battalion surgeon in the 75th Ranger Regiment. These men will be our future leaders.

Our lives in Company H were changed inexorably. **WE** were part of something **GREAT** and no matter how fleeting, this stays with a man **forever**. Every one of us here who has experienced this greatness, whether in combat, the military, sports, or in academics dreams to have this feeling at least one more time. We here today live it – if but for a moment!

RANGERS LEAD THE WAY!

Vietnam War Architect Dies

By Ken White

You may have read in the newspaper that Robert S. McNamara who is generally considered to be the architect of the Vietnam War died on Monday, July 6, 2009 at his home in Washington, DC, at the age of 93. He apparently died of natural causes. McNamara was the secretary of defense from 1961 to 1968 under Presidents John F. Kennedy and Lyndon B. Johnson and was responsible for directing the escalation of the war, at least in the war's early years.

McNamara was recruited to serve as secretary of defense by President Kennedy in 1961 from the presidency of Ford Motor Company where he and a group of his colleagues had been known as the "whiz kids." McNamara's approach to fighting the war was based on quantitative measurement - matching America's technology, weaponry, and organization against a peasant army from one of the world's poorest nations. His measurements showed that America could outlast the North Vietnamese in a sustained war of attrition. It proved to be a war of attrition all right, but it was the America people who got worn down and not the North Vietnamese. The U.S. military won the battles, while the communist leaders of North Vietnam focused their efforts on manipulating the American news media and American public opinion. The results were disastrous for America. After the Tet Offensive of 1968, President Johnson fired McNamara.

On or about January 22nd or 23rd, 1968, we got to see McNamara in person at the airstrip at Hue-Phu Bai in Thua Thien Province, south of the DMZ. Apparently, McNamara made frequent trips to South Vietnam to meet with General William C. Westmoreland and his commanders at MACV to discuss the military situation. The LRRP platoon assigned to the 1st Brigade of the Cav had just arrived at the airstrip on a U.S. Air Force C-123 cargo plane from LZ English back in Binh Dinh Province as part of the division's move north to the DMZ. Lt. George Utter and the rest of us were sitting on the ground next to the runway leaning back on our rucksacks awaiting helicopters to carry us to LZ Tombstone, a stop-off point for the 1st Brigade on the way to the DMZ, when suddenly a twin engine Cessna jet aircraft landed at the airfield. Out stepped McNamara and his entourage of about five or six staff members. Several jeeps quickly appeared out of nowhere, picked them up, and drove them away.

(Note, for those of you who might remember LZ Tombstone, it was located several miles west-southwest of the Hue-Phu Bai airstrip, adjacent to National Highway 1. It got its name from the fact that it was situated next to a monk cemetery that had rows of cement tombs lining the entrance to it. The LZ was later re-named LZ El Paso, later renamed Camp Eagle, and later transformed into the base camp of the 101st Airborne Division.)

After his tenure as secretary of defense, McNamara served as president of the World Bank from 1968 to 1981. During this time, he refused to discuss the Vietnam War or his involvement in it, preferring instead to talk about improving lives through financial assistance to developing countries, and arguing that this was a more promising path to peace than directing warring armies.

In 1995, he published his book, *In Retrospect*, which presented a detailed analysis of America's involvement in the war and of the mistakes that America made in fighting it, to which he was one of the principals. It also conveyed his strong sense of guilt and regret, and disclosed that by 1967 he had serious misgivings about the war, yet he continued to express public confidence in America's ability to bring the North Vietnamese to the peace table through the application of overwhelming firepower. Regardless, McNamara was one of the most dominant personalities of the Vietnam Era.

2010 REUNION
LRRP/RANGERS
63rd Annual 1st Cavalry Division
Association Reunion
Bloomington, Minnesota
2-6 June, 2010

LODGING

The hotel hosting our reunion is the Sheraton Bloomington Hotel, Minneapolis South and is located at 7800 Normandale Avenue in Bloomington, Minnesota. This hotel will serve as our Reunion Headquarters for the 63rd Annual Reunion and all of our regularly scheduled events will occur here. For reservations call the national number at (866) 837-4278 and make sure that you identify yourself as part of the 1st Cavalry Division Association Reunion to obtain our special rate of \$109 per night plus tax (13.65%). Rates are for single and double occupancy, additional fees apply for larger groups in rooms. While the Sheraton Bloomington Hotel has discontinued normal shuttles to the airport and the Mall of America, they will be providing both services during our reunion to their 1st Cavalry Division Association guests. Please note that the folks that handle reservations at the national number will not be aware of the shuttle so don't ask them about it.

The Sheraton Bloomington Hotel, Minneapolis South is located in the heart of Bloomington and is only ten minutes from the Minneapolis/St. Paul International Airport and the Mall of America. The hotel has 564 recently renovated rooms and suites and we have blocked a minimum of 325 rooms on Thursday, Friday and Saturday of the reunion. Rooms have the Sheraton Sweet Sleeper Bed, cable television, with the normal amenities included in the room and internet service available for a charge. The hotel offers an indoor heated pool, sauna, whirlpool, and 24-hour fitness center.

At the time of the printing of this newsletter, no more information was available from the 1st Cav Association.

A group of rooms have been reserved for the LRRP/Rangers, convenient to our reception room. However those go fast and may already be taken, but it never hurts to ask.

LRRP/RANGERS WHO HAVE ALREADY REGISTERED FOR THE REUNION

John LeBrun	Bill Carpenter
Larry Curtis	Cliff DeMoss
Pete Eisentrager	John Fort
Bob Gill	Randy Kimes
Wayne Okken	Doug Parkinson
Keith Phillips	Jim Regan

2009 REUNION ATTENDEES

**this was left out of the
September newsletter**

Bill Anton	Henry Avila	Bill Carpenter	Howard Coble
Larry Curtis	Sam Dixon		
Alton Eady	Bill Elliott		
Stan Freeborn,	Bennie Gentry	Donald Glover (new)	Doc Gilchrest
Bob Gill	Bill Hand		
Randy Kimes	John LeBrun		
Doug Matze	John McSwain	Wayne Okken	Doug Parkinson
Keith Phillips	Jim Regan		
Dan Roberts	David Shows	Richard "Doc" Sweeney (new)	
John Trumbull	Bernard Wells		
Ken White	Charles Windham		
Andrew Allen			

WEBPAGE CONTACTS

BOB FISHER'S BROTHER

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My brother Bob Fisher was with H Co in 1970, and I was with the 240th AHC at Bear Cat. I came to Phouc Vihn several times to visit. Met a fellow by the name of Tex. I brought a friend with me once and he was so impressed with you guys that he extended to join the 75th. His name is Dan Larson aka Whitey. Does any one know him, trying to contact him? Thanks for any help.

JOE WHITSITT'S SON

Joe Whitsitt III

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My dad was with H company, I have the unit flag. It is not in the best of shape, but still holds great importance to me. I followed in Dad's boots, I served with C company Rangers in the early 80's. Dad passed away in February 1991. I enjoyed looking at the pics where my dad may have been. Thank you. Rangers lead the way!!!!

A GRUNT

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Just want to say "Thank You"! From a former 'FNG' on the ground. Can't say for sure, but I think you men saved my ass. I salute you! No reply necessary.

OBITUARY

A veteran is someone who, at one point, wrote a blank check made payable to 'The United States of America' for an amount of 'up to and including their life.'

That is Honor, and there are way too many people in this country who do not know this

WILLIAM E. DUNCAN

The *Saber* reported that SFC. William E. Duncan died 15 April 2009. He was a 70-71 time frame. No other information is available at this time.

BOB GILLES

Bob Gilles ('68) died on 18 Sept 2009, one day after his 60th birthday. He had been battling pancreatic cancer for over a year.

His wife, Carol, had put out a call through our webpage for cards/emails from the men who served with him to present to him at his birthday party.

He has made several Run for the Wall trips, was a supporter of the Patriot Guard Riders, and did volunteer services at the USO. Donations in Bob's memory may be made to the Bob Hope USO www.bobhopeuso.org.

Dan DeMarra represented the LRRP/Rangers at his services.

STRAWBERRY FIELDS FOREVER



THE LRRP/RANGERS OF THE FIRST CAVALRY DIVISION



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