

**THE NEWSLETTER FOR
THE LRRP/RANGERS OF THE 1ST CAVALRY DIVISION
DURING THE VIETNAM WAR**



NUMBER 74

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JANUARY 2017

THIS NEWSLETTER IS DISTRIBUTED IN JANUARY 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 VIETNAM 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.

ANYONE WISHING TO INCLUDE AN ARTICLE IN THE NEWSLETTER SHOULD SUBMIT THE MATERIAL TO:

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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
75th RRA

5739

PRESIDENT'S REPORT

January 2017

Greetings and salutations from Big White Ski Resort in the heart of British Columbia, Canada. By the time you read this we have had a great Thanksgiving, a very Merry Christmas, a Happy New Year and way too much wine. Hope all your holidays were as pleasant as ours. It's now that time to start your planning for the reunion in Killeen this June. Once again we will host our raffle after the luncheon. Members can bring, mail to the hotel, or give to someone that is coming item/s that will be raffled off. Each year the items for the raffle get better and better. Thanks to all that contribute in gifts and just as important buying the tickets at the raffle.

As I said earlier the reunion is in Texas 07-11 June 2017; at the majestic Shilo Inn. For the reunion you can book a room by calling 254-699-0999. I have no idea, at this time, about attendance but it doesn't hurt to book early; remember if your plans change you can always cancel.

As you all know one of our members has provided fund that would allow us to pay the travel and lodging expenses for a member or maybe a couple of members to attend the reunion. I don't know who could use those funds but I am sure that we have a member or members that would like to attend but can't because they don't have the funds available to make it happen. Please if you would like to come; know someone that would like to come but can't because of funds let me know. Let's spend the funds that have been allocated for this very generous offer. Send me an email or call to make this happen.

As some of you know I have been working on a web site for the unit for a number of years; a work still in progress. We have been trying to get pictures of our fallen brothers. To date we have all but 9. If you have pictures of these members please forward them to me or to Barbara whose email address is on our web site.

Holston, Arvell	Noto, Robert Joseph	Sprinkle, Thomas T
Bell, William Brent	Arnold, Daniel R	Salminen, Paul John
Williams, John Charles	McGhee, Dennis O	Trotter, Douglas E

There seems to be some confusion about life membership. If you served with the Cav you are a life member of the **1st Cavalry Division Association** based of service. The annual fee that you pay is for their magazine the Saber.

The **LRRP/Rangers Chapter of the 1st Cavalry Division Association** is more complicated. To be a life member *of the chapter* you have to pay \$200.00; this saves you paying annual dues of \$15.00. The LRRP/Rangers Chapter by-laws state that to vote you have to be a dues paid member of the chapter. The only requirement to be a member of the chapter is to have served with the LRRP/Rangers unit; the dues get you a vote.

Well that it for now, hope everyone is having a great winter and I'm looking forward to a great winter of skiing again here on the mountain. Times seem to be flying by and before you know it, it will be time for the reunion in Killeen.

Take care,
John LeBrun

5740

**LRRP Rangers Chapter
Treasurer's Report,
12/6/16**

Starting Balance **\$15,567.23**
(See prior Newsletter)

Credits \$1,013.44
Merchandise, shipping, dues, donations,
and 1 lifetime membership.

Debits
Merchandise Purchased \$4,112.00
Shipping of Merchandise \$179.46
Print/mail Newsletter \$663.72
Total debits \$4,955.18

Closing Balance **\$11,625.49**

#Detail of Credits available on request
Bill Hornbuckle, treasurer

101 Soldiery Things

27. Soldiers are not 'sent into combat,' they are led.
28. Your worth as an officer should never be judged on how well you ran with a football in college.
29. West Point is a place of learning, as is any college. Both produce two types of officer; Good and Bad.
30. The computer will never be able to judge the content of a soldier's spirit, as his Sergeant can.
31. Esprit De Corps cannot be attained at the Battalion picnic or Sports Day. It must be instilled by good leadership and belief in one's fellow soldiers.
32. No new weapon or tactic will ever instill the same fear in the enemy that one Infantryman with a bayonet can.
33. He who drinks at lunch is a drunken soldier in the afternoon.
34. No soldier is so smart that his physical deficiencies can be overlooked in the Infantry.

OBITUARY

CSM John Barnes

John Randall Barnes, 68, of Clarksville, TN, passed away on Thursday, April 24, 2014 at his residence.

He was born on March 26, 1946 in Effingham, IL to the late John Lawrence Barnes and Hazel Henderson Akers.

Funeral service will be held at 2 p.m. on Sunday, April 27, 2014 at Neal-Tarpley-Parchman Chapel with full military honors. Visitation will be from 1 p.m. until the hour of service Sunday at the funeral home.

John was a Retired Command Sergeant Major with the U.S. Army. He received the Bronze Star with Oak Leaf Cluster and served three tours in Vietnam.

He is survived by his mother, Hazel Akers of Flora, IL; daughter, Katie Lott (Jamie) of Independence, LA; ex-wife, Carolyn Barnes; dear friend, Larry Weimer; four brothers, Gary Barnes, Albert Barnes, Steve Barnes, and Mike Barnes; and three sisters, Shirley Weatherford, Lois Speagle, and Brenda Hall.

In lieu of flowers, donations may be made to the Wounded Warrior Project, 4899 Belfort Road, Suite 300, Jacksonville, FL 32256.

101 Soldiery Things

35. Painting rocks, and serving drinks to officers, have never been soldiery functions. And golf is not a required skill for officers.
36. Consolidation of all administrative personnel at battalion level has eroded accountability and proper reporting.
37. Anyone who thinks that future battlefields will not contain Infantrymen knows nothing about war.
38. Indecision kills more soldiers than any wrong decision. One can command his way out of a wrong decision.

REUNION LODGING

The 1st Cav will be utilizing the Shilo Inn Hotel as the Reunion Headquarters and will hold many of the reunion events that are scheduled this year in the Killeen Civic and Conference Center (KCCC) located adjacent to the Shilo. There are no hotels in the area large enough to hold our group so we will be utilizing busses to get together for our events.

The Shilo Hotel has guaranteed a room rate of \$104 per night plus tax for up to 125 rooms on peak nights and there is no charge for parking. Call (254) 699-0999 to reserve a room. The reservation toll-free number is (800) 222-2244. Make sure that you identify yourself as attending the 1st Cavalry Division Association reunion and make your reservations prior to 9 May 2017. The Shilo breakfast is in the restaurant, which will be open to support our reunion. The hotel does provide a free shuttle service from the Killeen Airport. Shuttles and rental cars are available at the airport. The hotel is located at 3701 S. W.S. Young Drive in Killeen.

We expect to have rooms blocked at the Courtyard by Marriott, located at 1721 E. Central Texas Expressway. Many of you may recognize this as the address of the hotel which we used to use (Plaza) but this is a much improved hotel. The Courtyard Marriott has been completely renovated and remodeled and looks brand new with new plumbing and air conditioning and a fresh new look. Updates will be posted in the January/February 2017 Saber.

Shilo Inn & Suites \$104

(800) 222-2244 or (254) 699-0999
3701 S. W.S. Young Drive, Killeen, Texas

Courtyard Marriott

(800) 321-2211 or (254) 616-2000
1721 E. Central Texas Expressway, Killeen, Texas

Residence Inn

(254) 634-1020
400 E Central Expy, Killeen, Texas

Holiday Inn Express

(254) 526-2022
300 E Central Expy, Killeen, Texas

Candlewood Suites

(254) 501-3990
2300 Florence Rd, Killeen, Texas

TownePlace Suites

(254) 554-8899
2401 Florence Rd, Killeen, Texas

There are several other good hotels in the general area of Killeen but if you choose to stay at one of those hotels we will not be able to provide bus transportation for you. All of the hotels provide free parking and there is ample parking at the Killeen Civic and Conference Center.

If you are coming in a Recreational Vehicle there is an RV Park directly behind the Killeen Civic and Conference Center. The fee is \$20 per night and they provide electric, water and dump facilities. Contact the KCCC at (254) 501-3888 for additional information. If you are active duty or retired military the West Fort Hood Travel Camp would also work but it is several miles from the KCCC and they do not take reservations. The RV Park in Belton is still open but is no longer a KOA facility.

Editor's note: It seems that my reservations at the Shilo are always screwed up. We always ask for a room on the same floor as our hospitality room, which usually get a "DUH" for a response, and we end up somewhere else.

This time, when that request was made, the reply was, "We haven't set that room yet, but it is usually on the third floor." "Oh, you know about the LRRP/Rangers." "Yes, I have been here for years. I'll take care of you."

*So if you have trouble with making reservations, ask for **Rita Huls**, Director of Sales, 254-699-0999 ext. 271
Fax: 254-699-0994.
She knows what she is doing.*

5742

HISTORICAL OCCURRENCES U.S. RANGERS KEEP COMMIES HOPPING

"There is Still a War Going on Over Here"

Spec. 4 Jim Smith

Stars and Stripes newspaper

Submitted by **Gilbert Ramirez**

BIEN HOA, VIETNAM

Sgt. John **Sellens** is a man who is proud of the job he is doing and the way he does it.

Sellens is a Ranger team leader in H Co. 75th Inf. Bn. Here. There are only seven teams in the last U.S. Army Ranger outfit left in Vietnam, but the men are still getting their share of combat.

They operate in dense jungle to the east, bearing 90 to 120 pounds of equipment and armed to the teeth, for up to a week at a time. Their mission is obvious.

Although the communists have reportedly put a bounty on the head of each Ranger, only two of them have been killed in the last 13 months.

They are the last of the American gut-fighters in Vietnam. They talk about fire fights as casually as others might talk about a walk in the park. Drugs and prejudice are strangers to them. Garrison routine sours them.

"There's still a war going on over here," said another team leader, Spec. 4 James S.

Faulkner, 21, of Carlsbad, Calif., "even if the people back in the States don't believe it."

Faulkner has been in Vietnam 16 months, has been on 45 missions and is trying to get his second six-month extension.

Last September, in a typical bit of Ranger derring-do, **Faulkner** and two others took on an entire Communist mortar company.

"We surprised them," the skinny, long-haired soldier said casually. "We opened up on them and they didn't know how many of us there were."

The Communists, trying to set up placements in the "rocket belt" east of Saigon, fled in panic, leaving behind their weapons and ammunition. They left a dozen blood trails, too.

Faulkner was awarded a Silver Star for his part in the contact.

His team is still getting into fire fights, "Wednesday" he said, "we were surrounded by 25 or 30 of them about 20 miles east of Bien Hoa. But the Cobras we called for arrived just in time and they scattered. I had only one round left in my Thompson (submachine gun) and everybody else was down to their last magazine. It was close, but there aren't any VC out there good enough to get us."

Professionalism is what Sgt. James **Rogers**, 20, from Brooklyn, said attracted him to the Rangers.

He is waiting for his first mission after being one of 12 in a class of 32 who survived the grueling 12-day physical and classroom training. All the Rangers are volunteers. A five-mile run with a 30-pound rucksack and weapon in under 40 minutes is one of the toughest tests. Often only two or three out of a class of 30 survive the training course.

Each Ranger carries over 500 rounds of ammunition with him on a typical mission. Most bear either AK47 or AK50 with folding stocks.

They carry assorted small arms, claymore mines, fragmentation grenades, smoke grenades, a dozen quarts of water, sleeping gear, and enough rations for a prolonged stay in the jungle.

A mission sometimes lasts only a few hours, though, because once a Ranger team is detected, it becomes the hunted. Most of their kills come in ambushes.

"We're quieter than a line company," **Faulkner** said. "We can get right up on the VC before they know it."

"They're standing up to us more than before," he continued, "because they realize our numbers are getting less and our support a little flaky. We've had contact on the last four missions I've been on. Charles is good, he's a good fighter. But he doesn't have the munitions or the know-how to match ours,"

Faulkner's team killed four Communists and captured some AKs and B49 rocket launchers on its previous mission.

"We're working one of the hottest areas around," he said. "We're going back out there

5743

tomorrow to see what we can find.”

“Just like I said,” added **Sellens**, 21, from Manhattan, Kan., a veteran of 73 missions, “there’s a war out there. When I was home a lot of people asked me what I was doing still in Vietnam. If they could go out with us, they’d see for themselves.”

Sellens has been in country 16 months. He wants to stay as long as he can. Even though H Co.’s size is being reduced to less than 50 soon, many of the men have requested extensions.

“It’s the best unit in Vietnam,” said ammo supply man **Thomas Jarocz**, 21, of Blair, Neb., who has been with the company 20 months after two extensions. “I’ve done just about everything there is to do here. I don’t care if they wake me up in the middle of the night. If they told me I was going in the field tomorrow, I’d be packed in a minute.”

The only way Sgt. **Elvis W. Osborne, Jr.**, 20, of Forney, Tex., could stay in the unit was by reenlisting.

“I didn’t want to leave with a drop after nine months,” he said, “and I was going to reenlist anyway, so I figured it was a good a time as any.

“You can sit in the world and be a banker or something but as far as pride and working together with people goes, this is it.

“You don’t find any better people than you’ve got right here.”

Editor’s note: On 9 June 1972, Elvis Osborne and Jeffrey Maurer became the last two infantry men killed in Vietnam.

Roger’s Rules of Rangering

18. When you stop for refreshment, choose some spring or rivulet if you can, and dispose your party so as not to be surprised, posting proper guards and sentries at a due distance, and let a small party waylay the path you came in, lest the enemy should be pursuing.

19. If, in your return, you have to cross rivers, avoid the usual fords as much as possible, lest the enemy should have discovered, and be there expecting you.

2018 REUNION

This newsletter is noticeably smaller than previous issues. I guess we have run out of stories and the problems with the VA have become yesterday’s news. So I will fill some space about next year’s reunion. The fact that it is coming to my home state, West Virginia, may have affected my judgment as well.

The reunion will be June 20-24, 2018, in Charleston, WV. It is a day’s drive for 60% of the population of the U.S.A. You can get there by train, plane automobile, and yes even boat if you should wish. The downtown area is easy to get around in. But if you get out into the hills, you may become disoriented. Especially you flatlanders and city boys.

The weather is moderate, although there is an occasional rain shower. The mid 80’s is hot – remember Las Vegas? The ladies will love Charleston. It is a clean town and you will need to look for a while before you find any street people. Everything is in walking distance, and it is safe to walk the streets, 24/7. In addition, when there is an event in town, the mayor puts on extra police- ON BICYCLES –to keep an eye on things.

When you get there, expect to leave your car in the garage, unless you drive to the dog track. There is a free shuttle that goes around, and through, down town. There is even a free shuttle to the dog tack, if there are nine or more people wanting a ride.

The largest indoor mall east of the Mississippi is right across the street from HQ. Don’t be surprised if the traffic stops and waves you across the street if you jaywalk. The other hotels are only a couple – three blacks from HQ. Don’t be surprised if their rates are a little lower than the Marriott (HQ) to draw off some customers.

All kinds of restaurants and shops are an easy walk away. Finally, there is a dog racing track outside of town with a nice restaurant and a buffet by the bleachers for watching the races. How about an enjoyable evening watching the puppies run?

A lot of you served with Sgt. Barnes. There is always a comment or two at the reunion about him. This story is being repeated from a few issues back in remembrance of John Barnes.

THE BARNES TECHNIQUE FOR PRISONER SNATCHES

From Ken White

I remember one mission in particular. We were working the eastern side of the Da Dan Mountains, approximately 10 kilometers northwest of Bong Son, in the vicinity of Cu Nghi, when we spotted an NVA rice-carrying detail about 200 meters east of our position parallel to our northward movement. They had just emerged from the village and were moving northward balancing bags of rice across their shoulders. We called in the sighting and were directed by brigade to get a prisoner.

Suddenly, the enemy soldiers spotted us, dropped what they were carrying, broke formation and bee-lined it back to the village. Well, our team leader, Sgt. John **Barnes** (Barney), Clarksville, TN, just as suddenly ripped off his rucksack, dropped it in the elephant grass, reached into the pocket of his fatigues and pulled out a big fat cigar, and lit it. Then with a .45 caliber Smith & Wesson in one hand and a CAR-15 automatic rifle in the other, he bolted down the hill towards the village right after them.

Spanky **Seymour**, the team's RTO, and Sgt. Burt **Penkunis**, assistant team leader, Elk City, Idaho, decided that they better go after him if we ever hoped to see him again, so off they went down the hill towards the village. Jim **Dempsey**, Laredo, TX, and I stayed behind taking cover in a cluster of trees on the hillside.

Several hours later, who do we see coming up the hill but Sgt. Barnes with two enemy prisoners in tow. The prisoners were wearing khaki pants rolled up above the knees, black pajama tops, and sandals. Spanky and Sgt. Penkunis were right behind them.

By then it was dark and the nightly monsoon rain had started. The summer monsoon was petering out by this time but it still had some punch

left to it. We knew that because of the rain we would likely have to hang on to the prisoners until daybreak before a 1st Cav helicopter would be able to come out and get them.

By midnight, however, we started hearing movement around our position, but because of the rain, which was now heavy, it was difficult to determine if in fact it was enemy movement that we were hearing or if our minds were simply playing head games with us.

By about 3:00am or so, we were getting anxious about the prisoner situation. We knew that we would have to move from our position to a more defensible one before dawn as a precautionary measure, but taking the prisoners with us could be a fatal mistake – both for us and for them.

If there were enemy soldiers nearby, the prisoners might try to hinder our movement or make noise to give away our position, and we knew that we couldn't just leave them there to fight another day. By about 5:00 am, the rain started to let up and Sgt. Barnes was able to convince brigade to come get the prisoners.

Shortly afterwards, a helicopter arrived on site, picked up the two of them, and off it went to LZ English or An Khe, or wherever they took prisoners for interrogation.

I can assure you that we wasted no time in getting off that hillside and into a tree line at the base of the hill that offered some protection from approaching enemy soldiers.

I never really heard the story of what happened in that village anyway.

Spanky, tell us what happened in the village.

**IF YOU ARE NOT IN THE INFANTRY,
THEN YOU ARE SUPPORT**

**DO YOU WANT A BIGGER
NEWSLETTER?**

**THEN SEND ME SOMETHING
TO PUT IN IT**

LRRP/RANGER MERCHANDISE PRICE LIST

LRRP Crossed Sabers Pins	\$4
T-Shirts: Black/White sizes to 4X	\$18
T-Shirts Recondo: Grey sizes to 2X	\$18
T-Shirts Long Sleeve: Grey sizes to 4X	\$18
Golf(Polo)Shirts:Blk/White sizes to XL	\$30
Sweatshirts M to XXL	\$20
Hats: Black or White	\$15
Ranger Ring: size 10 1/2 only	\$50
Belt Buckles: numbered	\$20
Ranger Lapel Pin: On Hold	\$4
Sm Cloth Scroll Patch: (H - 75th)	\$4
LG unit crest patch	\$20
Recondo patch	\$3
Wooden Nickel:	\$1
Koozie can coolers	\$3
Ankony's book; LURP's	\$30
Seymour's book - Camping	\$15
DVD's 1 Jungle- Forged Brothers	
2 Bear Cat Training	
3 Tribute To Our Fallen Comrades	
4 History Channel LRRP's	\$15 each
Decals: interior/exterior	\$2
ANNUAL DUES	\$15
LIFETIME DUES	\$200
Shipping per order	\$10

Please mail check/money order payable to
LRRP/RANGERS

Bennie Gentry
1347 20th St.
Tell City, IN 47586
812-619-6111

No email

The \$10.00 shipping charge covers only one or two
shirts. Donations are gladly accepted

NONFICTION BOOKS by and about LRRP/Rangers in Viet Nam

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

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

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

MIA RESCUE LRRPs in Cambodia by Kregg 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

In The Jungle ---Camping with the Enemy
By Jim "Spanky" Seymour, Outskirts Press
Memories of Spanky's LRRP missions, 1967-69.

Lurps at War Vietnam
An anthology of personal stories by the
LRRP/Rangers and the chopper pilots who
supported them, compiled by Ron Christopher.
Christopher has added some personal foot notes.

5746

PULLING SLACK

From Bill Carpenter

SOME DAY

Like most of you, after Viet Nam, I came back to the real world and got on with life. I rarely talked about Nam .

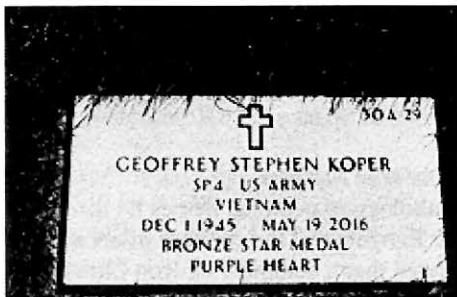
Then some 33 years later, Kregg **Jorgenson** published *The Ghosts of the Highlands* and I was mentioned briefly in it. When I read it, I thought, "I am going to talk." I contacted Kregg and he put me in contact with some of my old team mates.

TL John **Simones** and Medic Geoff **Koper** (a real combat medic) lived in Massachusetts, and our CO, Col. Jim **James** lived a few hours north of them in Maine.

Some day, I am going to go see them. But I had to get on with life first, but some day --- some day ---

Last spring I decided that "some day" had arrived. This fall, after the tourist season and when the leaves are in fall color, I will go up and see them.

At the end of last September, 49 years after leaving Viet Nam, "some day" was now. But there was one flaw in my plan; Geoff **Koper** had died of cancer last May. The guy who had taken a round in the chest and almost bled to death when he tried to get to David Ives and me to give us medical care was gone. The guy whom I had not seen since we bumped into each other at the debarkation center in Japan in May '67 was gone.



We are not getting any younger. Is there someone from your Vietnam days that you thought about contacting "some day"?

WINDHAM INDUCTED INTO GEORGIA MILITARY VETERANS' HALL OF VAME

On November 5, 2016, Charles **Windham** was inducted into the Georgia Military Veterans' Hall of Fame. The purpose of this Hall of Fame is to (1) honor Georgia Military Veterans; (2) educate Georgia citizens, especially young Americans, of the sacrifices for freedom; and (3) inform the public of the Inductee's outstanding accomplishments.

The three categories that make up the GMVHOF are VALOR, ACHIEVEMENT, and SERVICE. Charles was chosen for Valor.

PTSD – ADDICTION and first responders

from Charles **Burckhardt**

I just graduated from a counseling program here in the Philadelphia area. I have been working with addicted First Responders, most of whom are veterans, and most of them suffer from PTSD. I had the good fortune to train a short while ago with a woman named Laney Rosenzweig who developed a therapy she named Accelerated Resolution Therapy. It is incredibly effective. If you would like I can write a short piece about it, and urge those of us with this issue to seek help.

If anyone is interested in more information on this type of therapy, please contact me.

Charlie Burckhardt

lrrp1969@hotmail.com

RECOGNIZING OUR SUPPORT AND BUTT SAVERS

I got a phone call from Mike **Gooding** a few weeks ago. He suggested that maybe we should recognize those guys who played a big role in getting us out of a bad situation. How about some kind of awards to the support personnel, choppers, artillery, QRF, etc.? It is something that should be discussed at the business meeting at the reunion.

Any thoughts on the subject?

Who would you nominate?

STRAWBERRY FIELDS FOREVER

5747

CHAPLAIN'S BOX

From Jim **Regan**

Lots of things have happened since last "Box." Some things not so good, and some wonderful. It's not easy to maintain a positive attitude in this day and age. Keeping a cheery disposition aint always the case. I still recall a Troop asking me one day, "Sergeant Major, why are you always smiling?" I told him, "'Cause I don't know what the hell's goin' on!" Now that aint exactly cheery , but the Troop brightened up for a minute or two.

What I'm getting at is, bring some joy and cheerfulness into someone elses life. You'll probably feel better for it. Sometimes, when I'm out with a group, doing some sort of voulunteer work, I get feeling a bit tired. Then I look around and see lots of other less fortunate folks . Usually I "shift gears," and get 'er going again. What really energizes me is being with fellow volunteers and members of organizations such as ; D.A.V., American Legion, Foster Care Review Board guys & gals, or a group from church. It's almost contagious. The feeling of doing something worthwhile, and not looking for anything in return.

We can all make things more better for someone with just a; post card, phone call, e-mail, face to face visit, word of encouragement. At times,everyone needs some "TLC." Even the 'Ol Sergeant Major! 'Til we meet again, "Stay professional, keep chargin' hard, and have some fun while you're at it!"

Jim
RLTW/L&P

5748



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



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