



Sua Sponte

www.lrrpranger.org

Volume 30 Issue 2&3

Inside this issue:

2021 Reunion Update
Sua Sponte Staff — 1

Board and Officers
President's Report — 2

Board Meeting Notes — 3
Frank Svensson

Kachin Rangers — 4
Burma

Health-Mindfulness — 6
Harrison Jack

2021 Sacramento Reunion Revived — 8

Merrill's Marauders — 10
Jonnie Clasen

Company Financials — 11
"Cowboy" Walker, CPA

Deadlines: Sua Sponte is published every four months in April, August and December. Absolute deadline for submitting material for the newsletter is 45 days prior to the month mentioned above.

Submissions:
Please send to Stephen Johnson, Editor. Address page 2 inset

2021 Reunion Update



SCENIC WATERFRONT PROMENADE-EMBASSY SUITES SACRAMENTO

The Moncadas are hosting the 2021 Reunion at the same place scheduled for this year, with the following official dates provided as September 16th through the 19th at the Embassy Suites Waterfront in Sacramento, California.

All the hotel information and details can be found on page 8. An updated itinerary will be printed in the April issue of Patrolling. Make your reservations with the thought that your glass is half full and Covid-19 will be dealt with! RLTW

Company G (Ranger) 75th Infantry Association

Frank Svensson, Secretary
6964 Berkshire Ave
Alta Loma, CA
91701

Email: fsvensson8557@hotmail.com

Sua Sponte

Stephen "Tower" Johnson, Editor
10433 Juneberry Rd. NW
Bemidji, MN 56601
E-mail:

TowerG75th@yahoo.com

Officers

Bill "Egghead" Martin, President
Max Donovan, Vice President
Lynn "Cowboy" Walker, Treasurer
Frank Svensson, Secretary
Ed Carey, Historian
Tom "Dolly" Robison, Corporate Counsel
Al Stewart, 75th Regiment Representative

Board of Directors

Carl Velleri, Board Chairman
Richard Corkan, Board Member
Steve Deever, Board Member
Stephen Crabtree, Board Member
Tom Nash, Board Member

Sua Sponte is the official newsletter published triannually by the Company G (RANGER) 75th Infantry Association edited by Stephen "Tower" Johnson.

Change of Address: Any Address Changes should be sent to: Sharon Robison, 5523 North Ocean Blvd., Suite 1512, Box 12, Myrtle Beach, SC 29577 or email: tomsharonrobison@msn.com

Membership Information: All former members of the 196th LRRPs, E/51st LRP, and G/75th Rangers are eligible to receive Sua Sponte. Membership applications can be obtained by contacting the Association at any of the addresses or phone numbers listed above.

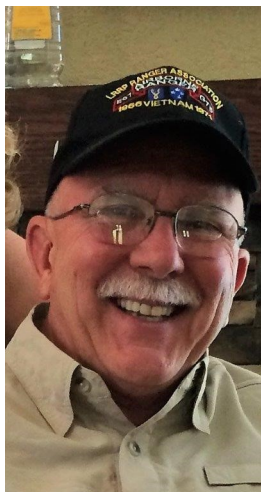
Newsletter Submittals and Deadlines: see page 1

Greetings. I hope this message finds you, family and friends healthy and safe. The Covid-19 issue is a health concern to all of us and has also affected our association. In order to operate in compliance with our by-laws and the regulations of the IRS we are required to have both a board of directors and business meeting annually. Historically we conduct both of these at our annual reunion. Since we had to cancel the reunion this year for health and safety reasons, we had to devise an alternate means of accomplishing the task. Having the board meeting on Zoom, which was organized by secretary Frank Svensson, solved this problem.

A key issue for the board was the fact that there were two board positions which terms were ending this year. Because of the complication of not being able to have a meeting of the membership we deliberated how to address this issue. After consideration by the board and officers and consultation with our legal councilor, Tom Robison, we decided on the following plan.

The board members whose terms were ending agreed to continue in their positions for an additional term or until we could have an association meeting which is scheduled for Sept. 2021 in Sacramento. In order to affirm this decision, we need to get agreement of the membership. To accomplish this vote we will include an envelope with a ballot in this issue of Sua Sponte. Please fill out the ballot and return it to Lynn Walker. Only votes from members whose dues are current can be counted. If your dues are not up to date please insert a check with your ballot. Annual dues are \$30.00. All envelopes must be received by 15 Dec. 2020 in order for the vote to be counted.

Has this ever happened to you? You are involved in a discussion, maybe a vigorous discussion, and the other party makes an accusation. Then before you can retort she turns on her heel and walks away, leaving you to respond, "Oh Yea". Later the perfect reply comes to you but of course it's much too late. Well, it doesn't have to be an argument for this to happen. It can be as simple as a greeting. For example, I was pulling weeds from a flower garden when the FedEx man



dropped off a package. "How's it going?" he asked. I replied, "Well I'm down on my knees digging in the dirt".

His question may have been rhetorical, something he says fifty or more times a day, but I was flipping in my response. I began to think about optional responses I could have offered. Motivating factors came to me, things I should have considered and know to be true. One basic fact was that I am fortunate to have a garden to dig in. We live in a very nice community where almost every-

one is friendly and gives you a wave if you are walking or bike riding in the neighborhood. We have great neighbors who look out for each other. I was fortunate to have a good career that afforded us opportunities to live in other countries and see a lot of the world. We were able to retire at an age that affords us time to be together and with family. These are just some of the positive aspects to consider.

So, in the future I hope to present a more positive attitude. It's one thing that I should be able to control. Instead of looking at the downside we should consider counting our blessings, there are always some, if you look for them.

Travis Mills is a quadriplegic that runs a foundation headquartered in Maine. Steve Deever shared this video featuring Travis. <https://www.youtube.com/watch?v=eSytAgtLqVw> There are a number of videos with Travis on YouTube and there is a documentary about him on Netflix, Travis A Soldiers Story. His is an inspirational story of overcoming barriers and living life to the fullest.

This upcoming season will be unlike what we are accustomed to. We wish you all the best and blessings for the Holidays. Please stay safe and hopefully the New Year will bring us better treatments and a vaccine that will help us return to a semblance of normal.

Our organization exists for all our membership, so please let us know of any issues or ideas that you think need to be addressed or can be helpful. You can email me at lrrp75thinf@aol.com. Please include Ranger in the subject line. Stay Well, Stay Safe and take care of one another. Remember, tough times don't last, tough people do! **RLTW**

2020 COMPANY G (RANGER) 75th INFANTRY ASSOCIATION BOARD MEETING MINUTES

The 2020 board meeting was called to order on 29SEP20 at 1609 PDT virtually by board chairman Carl Velleri. The meeting was held in a virtual setting via Zoom due to the Covid 19 pandemic. Present for the meeting in addition to the chairman were Tom Nash, Steve Crabtree, association president Bill Martin, secretary Frank Svensson and members Steve Johnson and David Moncada. Not present were board members Steve Deever and Richard Corken. Steve Deever assigned his proxy to Steve Crabtree and Richard Corken assigned his proxy to Carl Velleri. Also not in attendance was treasurer Lynn Walker. The board members present established a quorum for the board meeting.

Association secretary Frank Svensson presented the board with the minutes from the 2019 board and business meetings. The minutes had been previously disseminated to the board for their review and for corrections. Steve Crabtree moved that the minutes be accepted as presented, Tom Nash seconded the motion. The motion carried unanimously.

Secretary Frank Svensson presented the treasurer's report on behalf of Lynn Walker. The association continues to be on a firm financial footing. Our balance sheet shows a total equity of \$44,900.00. Our profit and loss statement showed a loss of \$716.25. This is most likely due to a lack of response from our members with regard to paying their annual \$30 dues. Steve Crabtree moved that the treasurer's report be accepted as presented, Carl Velleri seconded the motion. The motion carried unanimously.

Chairman Carl Velleri moved on to old business. Since our 2020 reunion had to be cancelled due to the pandemic, the first discussion was regarding when and where we would hold our reunion in 2021. David Moncada presented his proposal to simply reschedule what we were going to do in 2020 to 2021. The reunion will be held in Sacramento, CA from 16SEP-19SEP21 at the Embassy Suites Hotel on the Sacramento River Walk. The agreement with the hotel for 2020 is still in place for 2021. David and Megan Moncada will act as our point team for this reunion.

There was then a discussion about how the association will handle the lack of a general business meeting as is required by our bylaws. Association attorney Tom Robison has pointed out that we are indeed required to hold both a board and a member meeting. However, given the circumstances with the pandemic at the very least that we need to do is show good intent. The board meeting will be conducted. The business meeting is far more problematic. For the most part it is an information conduit where the board and leadership can discuss what has been proposed for future reunions with the members. But, per our bylaws, the meeting is also where board members are nominated and elected onto the board of directors for the subsequent year.

Mr. Robison suggested that we conduct that election process via a self-addressed, stamped envelope included in an upcoming issue of Sua Sponte. Steve Johnson, who publishes Sua Sponte, indicated that this could definitely be done. Discussion continued centering around the possibility of including a request for our members to include check or money order for their annual dues. This was well received by the board. Carl Velleri moved that we include a ballot with the current slate of board members, a self-addressed stamped envelope and a letter of explanation in the next issue of Sua Sponte. Steve Crabtree seconded the motion and it carried unanimously.

The Ranger Hall of Fame (RHOF) and our candidates was the next topic of discussion. Tom Nash moved that the board defer any actions on his packet for this year. Carl Velleri seconded the motion. The motion carried unanimously.

The board next discussed the nomination of Clem Lemke to the RHOF. Al Stewart prepared Clem's packet on our behalf. The packet was distributed to the board for their review prior to the board meeting. Tom Nash moved that the board approve the submission of Clem Lemke's packet for the consideration of the RHOF. Carl Velleri seconded. The motion carried unanimously.

Steve Chaney's packet for the RHOF was discussed. The RHOF selection committee has a strict three strike rule. If a packet is rejected three times, the candidate can not be further considered for admission. Steve Johnson stated that it was not a good year to re-submit Chaney's packet and that it would probably be a good idea to hold off on any further submissions at the current time.

Frank Svensson suggested that our association consider submitting a nomination packet to the RHOF for Steve Crabtree. Steve's service and accomplishments to the Ranger community are both outstanding and beyond reproach. There followed a general discussion about how to put a packet together, the preparation of the packet and when to actually submit the packet to the RHOF selection committee. Steve Crabtree agreed to provide any help required of him. Steve Johnson and Tom Nash are going to start working on a submission packet on behalf of Steve Crabtree.

Steve Crabtree brought up the possibility that we resume donating money to worthy Ranger organizations. He questioned the need for our association to have \$45,000 in assets. Earlier in the year Steve asked that we donate \$10,000 to the Sua Sponte Association. That proposal was rejected by the board. Tom Nash stated that he felt that the idea wasn't the problem, the problem was the amount. He further stated that he would like, at a future reunion, to discuss using some of our money to purchase bricks for the Ranger Memorial on behalf of our dead brothers. It was agreed that the subject be tabled for future discussion.

Carl Velleri moved that the 2020 board of directors meeting be adjourned. Steve Crabtree seconded the motion. It carried unanimously. The meeting adjourned at 1651 PDT.

Burmese Kachin Rangers

Ron Roof Jr.

Be true to your past, remember your history, and honor those who came before. I joined the Army late in life. I had no signposts pointing me to who or what a Ranger was or what it meant to be part of Ranger Regiment. I joined basic training, secured a slot to airborne school, and threw my name in the Regimental application pile. Before airborne graduation, I was told I was getting picked up for Ranger Regiment that afternoon. Quickly, I learned what it meant to be part of something bigger than myself, to be part of a history, a tradition, and values. I found myself fighting to earn the right to become a Ranger. And once in Regiment, I fought to stay. When you fight every day to just be part of something, its values become knitted into your soul. Regimental values were professed every day through the Ranger Creed. The words of the Creed encapsulate what it means to be a Ranger. Ranger lineage units led the way from Rogers' Rangers to Francis Marion to the Gray Ghost to Point du Hoc to Merrill's Marauders and beyond. For me, the Marauders and other units that fought in the Burma Campaign always represented something mythic. Special operations units of volunteers asked to join a mission with a tenuous infill and no exfill plan.

They glided, flew, and marched hundreds of miles behind Japanese lines in an attempt to open the Ledo Road and with it a China front against the Japanese. The last stanza of the Ranger Creed, "Readily will I display the intestinal fortitude required to fight on to the Ranger objective and complete the mission though I be the lone survivor," always represented the Burma campaign to me. Every day I said that creed. I was taught Marauder history and made to understand that impossible is only a state of mind. Never give up, never surrender, and always keep moving forward. That is intestinal fortitude.

The men who fought in Burma are legends and we revere their contributions to the Regiment. They did not fight alone. Local Kachin tribesmen fought along side the American and British soldiers, guiding the Allies through forested mountains across Burma, all the way to the Kachin capital of Myitkyina. These local volunteers fought, suffered, and died alongside their Allied partners. They became brothers in the struggle for survival and, in Ranger parlance, comrades in battle. From May to August 1944 the Burma Campaign culminated in the Siege of Myitkyina. While the Allies ultimately reclaimed control of the capital city, the toll on the Allies virtually wiped out the units that fought alongside the Kachin Rangers. The heavy losses, the Allies' focus on battlefields closer to Japan, the end of WWII, and the start of the Cold War all contributed to a growing separation between the comrades who once endured so much hardship together in Kachin.

For the Kachin Rangers, the Allies left and never returned. United

States foreign policy shifted to other regional issues and Burma went through its own transformation from British colony to independent

nation to the Myanmar of today. In November 2019, the United States Ambassador to the Republic of Myanmar hosted three of the last surviving Kachin Rangers at a meeting in Myitkyina. At over ninety years old these veterans were strong, stoic, and proud. In part, the Kachin Rangers felt they had been left without a sense of closure for their actions 75 years ago. When they told their story, they spoke with commitment. Dang Lawk Hkawng started speaking. He had been shot three times, in the helmet, shoulder, and abdomen. He escaped the Japanese after the battle of Nhpum Ga and rejoined the fighting for the battle of Myitkyina. Sara Nang Zing Htoi Wa, told of volunteering first with the British and then again when the Americans arrived looking for guides. Duwa Duwang Tang, spoke of the impact of having his two American friends killed in fighting outside of Walawbum. The loss of his friends so affected him that after the war, he returned to the spot where they fell and started a new village, which he still leads today. Dang Lawk Hkawng spoke

again. He said, after all these years he is almost at the end of his life. He is afraid all of his stories will be lost and with them the history of the Kachin Rangers.



The Ambassador thanked them on behalf of the American people for all of their contributions and presented them with plaques for their service. The Defense Attaché, whose tireless efforts found and connected with these men, talked about the impact of the units that fought in the Burma Campaign on the special operations

community today. And he gave them, what appeared to be, their most coveted gift: U.S. Embassy baseball caps, which they all immediately donned with pride. I was reminded of another line of the Ranger Creed, "Never shall I fail my comrades." I told them of my unit lineage, how I learned their history and listened to the stories of their accomplishments. I told them how I said the Creed every day and how the memory of their actions will continue to live on in those words. I have long since left Regiment. I came to the Diplomatic Security Service in 2002 and have had the unique opportunity to work in Iraq, Afghanistan, Somalia, Panama, Normandy, and now Myitkyina. Meeting these men was a great honor and I will not fail to remember them. I implore you to also remember these men and all those that fought in the Burma Campaign. If you serve in a unit with a special operations lineage, remember the impossible achievements these units accomplished and the example they gave. And if you wear the insignia of the 5307th as part of your unit crest be especially true to their memory.

The views expressed in this article are those of the author, and do not necessarily reflect those of the Department of State or the U.S. Government.



G/75 - E/51 LRP - 196TH LRRP

75th RANGER UNIT DIRECTOR—AL STEWART



I am writing this on Election Day but I promise I will avoid politics. I am making an assumption, a dangerous thing to do, but this assumption is not something I expect controversy over. My assumption is that the majority of our members in the RRA and more specifically, the E/51 LRRP- G Company Ranger Association are supportive of military associations and the military in general. Since we were in the Army during the draft years, some of us were told we would be soldiers while others volunteered. Since the draft ended in 1973, the youth of today has never experienced the compulsive service that took place in our generation.

Generations before ours experienced a much different military world that was often compulsory and for a longer period of time. I will use my father-in-law, Charlie DiMaria, as an example. The son of Italian immigrants, Charlie was born in 1917 in a small town outside of Buffalo, NY. Charlie lived to be 100 and 6 months and was mentally sharp as a tack until the day he died. With an 8th grade education, Charlie left school to work and help provide for his large family. His experience with the Army began April 10, 1941 when he was drafted and inducted well before we entered WWII. Charlie was trained as an anti-aircraft gunner, which initially was with .50 caliber machine guns, later evolved into quad .50's and later 40mm Bofors.

On December 7th, 1941, Charlie was in his AAA Battery office signing out to go on leave after 9 months of training. His unit was shipped out a couple of days later to Boston where they were assigned on roof tops of buildings with their .50's waiting for the impending air raids from Germany. Some months later, his unit shipped out from New York to parts unknown. After time at sea, Charlie told me that their commander told his unit they would be landing in Africa in 2 days. Charlie told me the only thing he knew about in Africa was lions and tigers and snakes. He said that the first he saw of Africa when they landed in Casablanca, Morocco was a large, red Coca-Cola sign.

His travels took him to Algeria, Tunisia, Sicily, Italy, France, Belgium and Germany. His last significant mission took his unit attached to Third Army on the hard run with Patton to relieve the 101st at Bastogne during the Battle of the Bulge. Charlie never went anywhere that he didn't wear his "PATTON'S 3RD ARMY" ball cap and he got a lot of free meals wearing that hat. He told me he witnessed Patton's famous pissing in the Rhine River. He never complained about serving and just saw it as a chapter in his life. He told me that his unit had it better than the infantry because they had trucks to haul their guns and didn't have to walk much. He said, when they were sleeping in the field, he slept under his truck for protection. Charlie left for home in October 1945 after 4 ½ years in the Army and just short of 4 years overseas.

I have never joined the VFW or American Legion. I enjoyed my 3 years in the Army and grew up a great deal during that chapter

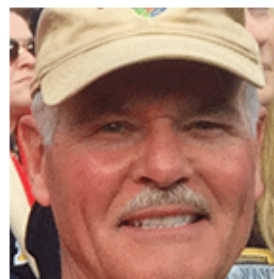


of my life. Being retired and unincumbered by work, my bride and I feel fortunate to have the freedom and means to take trips around the country or to other countries as well. I will never see the places in North Africa or Europe in the same way my father-in-law did, but I probably enjoy it far more than did Charlie. Keeping up with old friends from the Army has been an important and enjoyable time for me and Ranger reunions provide a means for making those contacts easier.

The unusual issues of 2020 have curtailed travel, visits and a lot of social functions for all of us. Some have been impacted directly by the virus but for many of us, it has simply been a major inconvenience to our normal way of life. The last travel my wife and I had that was not impacted by the virus was to New Orleans to see the WWII Museum. A part of that trip took us on a quick visit to see an Army buddy in New Iberia, Louisiana. Grady Thibodeaux as you may imagine, is a certified, carrying coon-ass Cajun. After AIT, the NCO Academy, Jump School and Ranger School together we were not just alphabetically close but brothers as well. Grady ended up in with Lima Rangers while I was with Golf Company.

After Vietnam, when I reported into Alpha Company Rangers at Ft. Hood, Grady was the first person I ran into and it was old home week once again. Grady has had some real challenges in 2020 aside from COVID-19. It seems that every hurricane that has come through the Gulf of Mexico this year has landed in his back yard. Grady has gotten really good at tying down everything on his property every couple of weeks. He says he has enough firewood to last him a lifetime. Some of us have had it easier than others.

I don't know how many of our guys and their families have been impacted by the forest fires, floods of other aggravating issues of life, but we all seem to put them in perspective and move on with life. Take the opportunity to reach out to your Army buddies just to say hello and check in to see how they are doing or what they may be facing. Chances are, you will be glad you did and will feel better after making the call. Life is short and don't let some old virus stop you from enjoying each day.



G/75 UNIT DIRECTOR
AL STEWART
307 JORDAN CROSSING AVE.
JAMESTOWN, NC 27282

(336) 423-8960
aliniraq@yahoo.com

Related to my last article on Conscious Breathing is mindfulness, they are closely related and support one another. Mindfulness is defined as moment-by-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment, characterized mainly by "acceptance" - attention to thoughts and feelings without judging whether they are right or wrong. Easy to say, but sometimes not that easy to do when you have your mind going 90 miles an hour as a Veteran who is hyper vigilant or just been triggered. But that's why this topic has been chosen as a Health and Wellness article.

Mind is a wonderful ride, when it is mastered, but a ruthless tyrant when it is allowed to indulge in either past or future events, un-tethered, and with the reins dropped from one's hands. There is an ancient Chinese mural hanging in a monastery with a series of three pictures that says it much better than I, and worth much more than a thousand words. Scene one depicts a forlorn farmer standing on his property which has a run-down house with junk all over, broken fence posts and fence that need repair, a field full of weeds on which you can barely tell any crops are growing and a water buffalo wandering around un-tethered. Scene two shows a sweating farmer walking behind a yoked water buffalo, furrows with crops taking shape, the roof with patches, parts of the fence mended and an obvious effort to clean up the yard. Scene three presents a happy farmer casually riding on his unyoked water buffalo, beautiful rows of crops coming to fruitions, the roof repaired, the fence mended and painted and the yard completely cleaned up. Where is the teaching point in this mural? The water buffalo, or one's mind.

It is only when we have the mind fully yoked and under control that our lives put a smile on our face and we enjoy the journey. The ability to remain in the moment is key to this discipline. It is all a matter of choice. Will we allow mind to take us into past memories where trials, trauma, disappointments, betrayals and pain....have taken place and about which we can do nothing? Will we allow it to run amok in the future with doubts, worries, fears, what if's, most of which will probably never take place anyway? Or, will we focus on the present moment which is the only element of time that we can control? The choice to live in the present moment is one very few people really understand or know how to attain, especially since we live in a fear based society that never lets us enjoy the present moment. We are bombarded with media fear based drama, an image of life and happiness based upon possessions, a self image impossible to attain and aches and pains that are considered normal, the solution to which the pharmaceutical industry has every solution to. If we can be kept out of the present moment, we can be controlled and manipulated; our minds remain open to external influences and are easily "programmed". But if we are mindful of our circumstance and choose to focus on the NOW, chances are we will become much healthier, happier, live a lot longer and will have the opportunity to CHOOSE how we enjoy the PRESENT MOMENT.

The rest of this article focuses upon techniques that will allow you to learn how to become mindful and what it feels like to be in the present moment. Once you experience this state you will have a much easier time attaining it whenever you choose, especially during times of stress. The key is to do it a few times, slow down the mental gerbil wheel (un-tethered water buffalo) that most of us have functioning throughout the day, relax and simply enjoy the moment. Done a few times a day, it will soon become at tool at your disposal. And then when you notice the buffalo roaming at will you will recognize it for what it is, stop him in its tracks, get on a ride peacefully.

Here are eight mindfulness exercises that will expose you to the present moment:

1. Yawn and stretch for 10 seconds every hour.

Do a fake yawn if you have to. That will trigger real ones. Say "ahh" as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.

Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say "ease" or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.

2. Three hugs, three big breaths.

Hug someone tight and take 3 big breaths together. Even if they don't breathe with you, your breathing will ground them.

3. Stroke your hands.

Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.

4. Mindfully eat a raisin.

Take a raisin or a piece of chocolate and mindfully eat it. Slow down, sense it, savor it and smile between bites. Purposefully slow down. Use all your senses to see it, touch it, smell it, and sense it.

Then gently pop it into your mouth and really savor it. Savor its texture, its taste, how it feels in your mouth. Let it linger and then swallow it. After you have swallowed it, let your lips turn up slightly and smile. Do the same thing for each raisin you eat or bite you take.

5. Clench your fist and breathe into your fingers.

Position your fingers and thumbs facing down. Now clench your fist tightly. Turn your hand over so your fingers and thumbs are facing up and breathe into your fist. Notice what happens.

6. STOP.

Stand up and breathe. Feel your connection to the earth. Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath. Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty. Possibility. Ask yourself what is possible or what is new or what is a forward step. If you find yourself being reactive, try the following steps:

Pause and take one to three big breaths.

Say "step back." (You don't have to physically step back, you can just do it in your mind.)

Say "clear head."

Say "calm body."

Breathe again. Say "relax," "melt" or "ease."

7. Mindful breathing for one minute.

Lower your eyes and notice where you feel your breath. That might be the air going in and out at your nostrils or the rise and fall of your chest or stomach. If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. If you like, you can just lengthen the in breath and the out breath or just breathe naturally. Your body knows how to breathe.

Focus on your breath. When your mind wanders, as it will do, just bring your attention back to your breath. You might like to say 'thinking' when you notice your thoughts and just gently shepherd your attention back to your breath.

This can be done for longer than one minute. However, even for one minute it will allow you to pause and be in the moment. Or you might just like to breathe out stress on the out breath and breathe in peace on the in breath.

8. An aspiration.

Decide on an aspiration. Just ask yourself this question: What is my heart's aspiration? Pause for about 20 seconds. Do this a second or third time and write down what comes. Perhaps it is to come from love, or to be kind to yourself or others or to be patient.

Once you decide which aspiration you like best, say that at the beginning of the day. This will set you up for your day and your interactions with others (and even with yourself).

The following are considered the four foundations of Mindfulness:

- Being mindful of the breath,
- Being mindful of walking, sitting, lying down and standing,
- Being aware of the 32 parts of the body,

Clearly comprehending what is beneficial and not beneficial.

All I can do is share with my fellow Veteran brothers my journey and what has worked for me. Give mindfulness a go. See what happens. I think you will be pleasantly surprised at how you feel and over time experience a possible reduction in high blood pressure meds. Besides, most of us have seen enough water buffaloes in our day. This will be a good way to reframe some less than positive experiences we may have had. Smile at the next one that comes along and tell him you are riding on his cousin's back. Peace within.

In past I have written an article in the PATROLLING Magazine about how you need to have an "In Case of Emergency (ICE)"

Folder to asset your survivors when you become incapacitated or if you "answer the final roll call".

Some things the funeral home can and does assist with, but some things are not so easy!

The **COVID 19** Pandemic has thrown a monkey wrench in how things are normally handled and what happens if you need to be hospitalized. In many cases your family and friends are not allow to accompany you if you have to go to the hospital. So this means that you may not be able to explain where your important papers are and how you want things done. So you need to re-think.....and re-examine your plans and requests. For instance...how does your family contact the VA if they need to...or how does your spouse contact the VA for her DIC, if she/he is eligible? The forms are on-line if you know the form number or form title

Just how can you report a Veteran's passing? DFAS has an on-line process, but just try and goggle....."How to report a Veteran's Death"! When I tried to assist a surviving spouse, I finally found a number to call and luckily I found a VA person who was understanding and willing to assist. After a few minutes, he had enough data to get her a packet in the mail. There are a number of things I've learned in the past couple of years dealing with the passing of family members and this recent experience.

For one thing, I learned that in Georgia that your joint bank account just may not be! I learned that there is (in the cases I was working with) a place on one of the bank forms for "Right of Survivorship". Again, this was my experience, but the bank account could be locked if there is no right of survivorship which allows the surviving party to have full access to the account. I got with my banks and convinced them to "please check" as they were arguing that it was automatic. They came back, apologized and explain that in Georgia, the form must be checked for "Right of Survivorship". Now I am not giving legal advice, only telling you of my experience.

YOUR ICE CHEST/FOLDER

So what should in your ICE folder?"

- (1) You need a copy of your DD-214;
- (2) A copy of your DFAS pay information;
- (3) Social Security information;
- (4) A document with your VA File Number if you are drawing disability;
- (5) What you want your service to be...cremated, in-ground burial, etc....you can even indicate what you want on your headstone;
- (6) Have a listing of people you want to be notified;
- (7) Bank and/or Credit Union information;
- (8) Security and Gun safe combinations, and,
- (9) An updated will.

COVID-19 AND YOUR ICE CHEST

Maybe even a picture you would want publicized. I've even know of guys who wrote their own obituaries.

As a reminder, every military retiree should have the information below included with their "just in case" documents to report the death of the Retired Soldier.

Contact the Department of the Army Casualty & Mortuary Affairs Operations Center at 1-800-626-3317.

They will refer you to a local Casualty Assistance Center who will report the death to DFAS to stop retired pay and initiate the survivor benefits process.

When reporting the death the following information needs to be available to initiate this process:

- * Full name of retiree
- * Retired rank
- * SSN of the retiree
- * Next of kin information
- * Circumstances involving the death
- * Copy of the death certificate
- * Copy of DD-214

I realize you may have told your families or your wife all this stuff, but what if someone other than your family or wife is handling your affairs. In some States if you do not have a "good" will, the State can and might attach your assets!

So the next time you are thinking of showing your neighbor how to do a PLF off your garage...or before you say..."here hold my beer and watch this!"...get your ICE Chest properly stocked (no...not the one with your beer in it"...the other one).

WARNO: Be prepared!

Marshall Huckaby
25th ID LRRPs
RVN: 66-67, 68-69, 70-71



2021 Sacramento Reunion

SEPTEMBER 16-19TH-SAME PLACE AS PLANNED FOR LAST YEAR

Enjoy the best of historic Old Town Sacramento and the modernity of downtown. The centrally-located **Embassy Suites Sacramento-Riverfront Promenade hotel** provides a comfortable all-suites experience. Stroll along the Riverfront Promenade and walk to the iconic Tower Bridge. Enjoy the plethora of shows featured at the Golden 1 Center, located within walking distance of our hotel. Business guests gather at the nearby Sacramento Convention Center or visit the California State Capitol.

Host a meeting in one of our spacious conference rooms, and let our staff take care of planning and catering. Rent A/V equipment to assist with presentations, and stay connected with WiFi. Enjoy over 8,000 sq. ft. of flexible meeting space to accommodate your business and social catering needs. Hosting your next event at the Embassy Suites Sacramento is like hosting in a museum itself. The hotel showcases a collection of works by local artists depicting Old Sacramento, the Capitol, and life on the river.

Each two-room suite features separate living and sleeping areas, a sofa bed, an armchair and a microwave. Wake up to a free cooked-to-order breakfast. Unwind at the Evening Reception* serving complimentary drinks and canapés. Dine in the understated, elegant Tower Bridge Bistro while you enjoy New California-Tuscan cuisine alongside tranquil views of the Sacramento River. Work out at the fitness center, enjoy a swim at the heated indoor pool or unwind in the whirlpool.

* Service of alcohol subject to state and local laws. Must be of legal drinking age.

Highlights

- [Sacramento hotel packages](#) for business or vacation
- Along the Sacramento River, next to Tower Bridge, across from Old Town Sacramento
- Complimentary cooked-to-order breakfast and Evening Reception*
- Spacious two-room suites, fitness center and indoor pool
- Riverview and outdoor dining at Tower Bridge Bistro and Bar
- 8,000 sq. ft. of [flexible meeting space](#)

What to do around here

Located alongside the beautiful Riverside Promenade, Embassy Suites Sacramento - Riverfront Promenade is within easy reach of

a number of notable shops, museums and many other attractions in the Sacramento district. We're neighbors with Blue Diamond Almonds, Bank of the West, Wells Fargo, and numerous California state agencies. This Sacramento hotel is perfectly situated for corporate guests.

Take a trip to the historic Old Sacramento and visit the array of vibrant eateries there, from the spice of The Rio City Cafe and Firehouse Restaurant to the Mexican classics of La Terraza. Sample wines at one of the nearby vineyards of Napa Valley and Amador Country. Enjoy drinks with friends at the downtown Monkey Bar or catch the game as you enjoy a beer at Sports Corner Cafe. Cruise down the Sacramento River on the historic steamboat just steps away from the hotel. Our attentive and friendly staff will be happy to provide recommendations or provide a guided tour.

[Embassy Suites Sacramento Link](#)

Room Block - Rates available [from Wednesday, September 15, 2021 through Saturday, September 18, 2021](#)

Saturday Memorial Service will be held at the California Vietnam Memorial on the grounds of the State Capitol. We will arrange for a handicap assessable bus to take everyone from the hotel to memorial.

Bring things for the Auction [on Saturday night](#). A more formal schedule of events will be published in the April and August Sua Sponte.

Official Reunion Dates: [Thursday, September 16, 2021 – \(Checkout Date\) Sunday, September 19, 2021](#)

Room Block - Rates available [from Wednesday, September 15th, 2021 through Saturday, September 18th, 2021](#)

- **Free shuttle to and from the airport!**
- **Spacious 2-room suites available**
Double Bed Suites \$169.00/night
- **Full Complimentary cooked-to-order breakfast served daily (valued at \$16.00)**
- **Complimentary Manager's reception served nightly (valued at \$20.00)**

1-916-326-5000 Call now for reservations!

2020 BALLOT INSTRUCTIONS

SAMPLE BALLOT



Board of Directors Ballot for Paid Members Only

S
A
M
P
L
E

B
A
L
L
O
T

_____ Carl Velleri

Please vote for up to five (5) candidates for the board of directors.

_____ Tom Nash

_____ Steve Deever

Legibly on the addressed envelope on the return address, print your name

_____ Richard Corken

_____ Steve Crabtree

This ballot MUST be completed and returned no later than 15DEC20.

_____ Write In

This is also a great opportunity for you to send a check or money order for your annual \$30 dues if they are due. No cash, Please. We also gladly accept donations.

YOUR BALLOT IS ENCLOSED WITHIN THE ENVELOPE PROVIDED YOU IN THIS SUA SPONTE ISSUE—

IT MUST BE RECEIVED NO LATER THAN 15 DECEMBER 2020-

THIS BALLOT IS FOR PAID MEMBERS ONLY WHO HAVE A CURRENT MEMBERSHIP THAT IS UP TO DATE-

MAKE SURE THAT YOU LEGIBLY PRINT YOUR NAME ON THE RETURN ADDRESS ENVELOPE PROVIDED YOU ADDRESSED TO LYNN WALKER-

THANK YOU FOR VOTING!



Only "eight" Merrill's Marauders still living Aug. 10, 2020 -- 76th anniversary of their unit disbanding in Burma --



Captions



BOTTOM: James Collins, 96, FL, in floppy hat, wearing glasses, is 6th man in from right, 2nd row. The 1st Battalion men refused to be in a photo without their mules.

LEFT COLUMN, TOP: Gilbert Howland, (tallest) 97, NJ, and two Marauder buddies had their initials tattooed on their arms for identification in case they were killed without their dog tags.

LEFT COLUMN, CENTER, L to R:
*** Russell Hamler, 96, PA, fought with 2nd BN, Blue Combat Team.
*** Gabriel Kinney, 99, AL, fought with 2nd BN, Blue Combat Team.
*** James Richardson, 99, TN, fought with 2nd BN, Blue Combat Team.

LEFT COLUMN, 3RD ROW, L: The late Lester Hollenback, 97, FL, kept the mules in horseshoes. 8-24-22 to 7-16-20

LEFT COLUMN, 3RD ROW, R: Rocco Deluca, R, 97, CT, and Dan Cipola rest on the Ledo Road.

RIGHT COLUMN, TOP: Raleigh Naves, 98 next month, WI, holds his weapon at Stateside post.

RIGHT COLUMN, BOTTOM: Bob Passanisi, R, 96, NY, and Edgar Turner rest in February 1944.



PLEASE PRAY that Merrill's Marauders are awarded Congressional Gold Medal in 2020

created by Jonnie Melillo Clasen



O
U
R
P
R
A
Y
E
R
S
W
O
R
K
E
D
!!!

FINANCIALS-LYNN WALKER, CPA

	Jan 1 - Nov 3, 20
Ordinary Income/Expense	
Income	
Direct Public Support	
Individ, Business Contributions	1,605.00
Total Direct Public Support	1,605.00
Other Types of Income	
Concessions	15.00
Total Other Types of Income	15.00
Program Income	
Membership Dues	1,085.00
Total Program Income	1,085.00
Total Income	2,705.00
Gross Profit	2,705.00
Expense	
Business Expenses	
Business Registration Fees	20.00
Total Business Expenses	20.00
Operations	
Postage, Mailing Service	120.94
Printing and Copying	700.31
Total Operations	821.25
Travel and Meetings	
Conference, Convention, Meeting	2,500.00
Total Travel and Meetings	2,500.00
Total Expense	3,341.25
Net Ordinary Income	-636.25
Net Income	-636.25
	Nov 3, 20
ASSETS	
Current Assets	
Checking/Savings	
Company G Ranger 75th Infantry	34,059.27
Total Checking/Savings	34,059.27
Other Current Assets	
Charter Oak Capital Management	11,021.21
Total Other Current Assets	11,021.21
Total Current Assets	45,080.48
TOTAL ASSETS	45,080.48
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
National Ranger Memorial Founda	100.00
Total Other Current Liabilities	100.00
Total Current Liabilities	100.00
Total Liabilities	100.00
Equity	
Equity Prior Year	18,773.63
Opening Balance Equity	26,843.10
Net Income	-636.25
Total Equity	44,980.48
TOTAL LIABILITIES & EQUITY	45,080.48

Sua Sponte
5523 North Ocean Blvd., Suite 1512
Box 12
Myrtle Beach, SC 29577

PRESORT STD
U.S. POSTAGE
PAID
BEMIDJI, MN
PERMIT NO. 71



"of their own accord"

Triannual Newsletter of
The 196th LRRPs, E51st
LRPs, and G-75th Rangers

www.lrrpranger.org

Submitted Photo



Burmese Kachin Rangers Who Fought Alongside Merrill's Marauders in Burma During WW II