





www.lrrpranger.org

Folume 31 Sssue 2

Inside this issue:

1110140 01110 10040	-
Sacramento Reunion Sua Sponte Staff	1
Board and Officers	
President's Report	2
75th RRA Unit Director	3
Wellness Matrix	_
Harrison Jack	5
It's Miller Time	7
Mike's Club Photos	•
2021 Meeting Notes Frank Svensson	8
Company G Finances	^
Lynn "Cowboy: Walker	9
Bad Ass Banditos	*
* Back Cover Photo	

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

Sacramento Reunion



A great turnout, considering the affects of COVID-19 impacting our decision to or not attend a large gathering. The Moncada's graciously hosted this year's reunion in a spacious hotel with hospitality room, and nearby venues that were all within walking distance, even for those who drove. 31 years after our first reunion in their back yard! Thank you, David and Megan!

The 2022 Reunion is already firming up. Rod Congdon and his son Andy, will be hosting with our destination at Niagara Falls. The Sheraton Hotel is in view of Niagara Falls with a rate of \$169 per night plus tax. The hotel gives a \$20 voucher to the casino to each guest. Rod and Andy meet agaain with the hotel staff on December 3rd and will have more information for us soon afterwards. Please check on updates found at our website: www.lrrpranger.org

The dates for the 2022 Reunion at the Sheraton are September 15-17 with two days prior or after the reunion with reunion special rates.

Sua Sponte

<u>Company G (Ranger)</u> 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 Steve Deever, Board Member Stephen Johnson, Board Member David Moncada Board Member Johnny Starnes, 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 LRPs, 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

President's Report 2021 1st Issue

Greetings,

We were finally able to have our annual reunion in Sacramento (September 16 to 19) after having to cancel it last year. We had hoped to have a larger number of members attend but understand that travel and other issues prevented greater participation. The members

that were able to attend were an enthusiastic group and there was much good fellowship. Included in this years' attendees was first timer Larry Mosely and his wife Glenda.

David and Megan Moncada did a great job organizing the lodging and Saturday night banquet. Also, many attractions were within walking distance of the hotel. Some members enjoyed the railroad museum and the Vietnam veterans' memorial on the capitol grounds.

The board and members meetings were held on Saturday. Reports from those meetings are included in this issue.

Since logistics and health issues prevented the exercise of a traditional memorial service this year, the banquet was initiated with the recognition of our brothers who made the ultimate sacrifice by stating their names and ringing a chime in their honor. We also had a moment of silence for those brothers and loved ones, which we lost since the last reunion. Among those were two board members, Tom Nash and Chuck Ford.

Topping off the reunion was the auc-



tion following the banquet. Although we had a smaller congregation this year, the bidding was spirited and a good amount was raised to cover reunion expenses and support the association coffer.

As the Holiday season approaches it seems at times that there are some big divisions in our beloved country. With a nation as

uniquely diverse as ours there are bound to be different perspectives on many of the issues facing us now and in the future. Hopefully, we can all keep in mind that ultimately, we are, in our own way, expressing ideas that we hope will improve society. While we may have different approaches, this should not make us enemies. In the end we should be able to reach consensus on the important issues that will lead to the nations' benefit. During this season let us keep in mind the words sung by Tim McGraw...Always be humble and kind.

The board and officers sincerely wish you all a Happy Thanksgiving, Merry Christmas, and a Happy and prosperous New Year!

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















UNIT DIRECTOR—AL STEWART





The weekend of September 17-19 was the E/51st -G75th reunion in Sacramento. California at the Embassy Suites. There were at least twenty-four of our members in attendance and despite noisy creaking bones, sore joints and tired muscles, everyone seemed to have a great time. Dave and Megan Moncada did an outstanding in hosting the event, and the hotel went over and above in taking care of our needs during our stay. Probably the best banquet meal that we have ever had at a reunion. Despite our ageing and the continuing loss of our brothers, the organization is doing well. Our auction was evidence of the enthusiasm of the group and there was spirited, generous bidding that led to a goodly amount of cash to our Association coffers. There was some talk about preparing to dissolve our organization due to the thinning of the herd, but the vote was to continue mission for the foreseeable future. God willing and COVID be damned, we will return to Buffalo, NY in 2022 and then Pigeon Forge, TN in 2023 and Southern California in 2024.

Just after returning home, I was contacted regarding the death of one of our own, Neal Owens. Another loss and reminder that we are all on the back nine in our game of life. Neal's obituary can be viewed at Obituary for Neal Owens, Jr. | Thomas L. Carter Funeral Home (thomasIcarterfuneralhome.com)

Our hotel was just a short walk from "Old Sacramento" and there were plenty of nice places to visit. For those who like trains or simply enjoy museums, the Railroad Museum was amazing and a great educational treat blending our history and our ability to travel. Sacramento has a very nice Vietnam Memo-



The real heroes of the Vietnam War



rial on the State Capital grounds. Hopefully, they will have enough room for memorials of our numerous misadventures created by our leaders and fought by our military for the future.

I was contacted by the grandson of Dennis D. Clevenger (Code name Cleo) who was with "G Company", and he was seeking information from anyone who knew him. A couple of the guys at the reunion remembered him but did not know him well, but they believe he was on the same team with Danny Jacks. Looking at his DD214, Clevenger was one of the NCO Academy guys who made E-6 out of Ranger School before going to "G Company." He was obviously wounded and Medevaced at some point based upon his Purple Heart and being discharged with less than two years' service. If any of you knew "Cleo," let me know and I will give you the contact information for his grandson.

Continued on the next page



The ladies in attendance seemed to bond in Sacramento and certainly added to the fun. It seems the women can tell the old "war stories" as well as the guys.....maybe even better. They have heard most of them at each reunion and can probably tell them multiple times without changing the outcomes. The guys have to give credit to the wives and children who attend our reunions. They tolerate all of us old guys and find interesting ways to enjoy the trips with a minimum of rolling eyes and hearing the stories of daring and survival time and time again. The women of our Association are the real heroes of the group. I must take a personal moment to express my delight in having enjoyed the attendance of two (three counting me) members of Team Moscow. Frank Svensson, Rafael Davila, and I were 3 of the 6 guys who were on the final mission of the 196th Brigade Ranger Platoon before the unit was disbanded in December 1971. Great guys, great memories. Historically, G Company was

L to R-Rafael Davila, Al Stewart, Frank Svensson



disbanded when the Americal Division stood down in September 1971. It continued however when we were then rolled back into the 196th Infantry Brigade as the Ranger Platoon which I

believe consisted of six teams; Frankfort, Miami, Seattle, Paris, Moscow and possibly another I can't remember at this time. Anyway, if my memory is correct, Team Moscow executed the last mission.

Al Stewart and his wife Nicki laying a wreath at the Memorial in Normandy for those who died in France at the American Cemetery near Omaha Beach.



We all have "bucket lists" things that we would like to experience in our lives. One of mine has always been to go to Normandy to see Point Du Hoc, Omaha Beach and the American cemetery. Thanks to my bride, we made this happen in October. Seeing these places was amazing. Our connection to the WWII Rangers instills a sense of pride that will continue to endure. Of the nearly 10,000 graves in the cemetery, just over 1600 were graves of those who were never identified. The grave markers of the unidentified were the ones that brought my emotions to the surface. If you are reading this, count your blessings.



Just one of over 1600 grave markers for unknown soldiers

Discussion: The following matrix identifies the application of Alternative Medical services in relation to Veteran Health & Wellness within five categories of measureable well-being. Alternative (Holistic) services are viewed as a compliment to traditional VA Medical Healthcare and a transition from VA dependency towards individual Veteran Resilience Skill development and Self-Regulation. They are broken down into five separate functional therapies according to the *National Center for Complementary and Alternative Medicine (NCCAM)*, a United States Government branch which is part of the U.S. Department of Health & Human Services: Energy Based; Body Based; Mind-Body Based; Complete Medical Systems.

•	•	•	•	•		
<u>Service</u>	<u>Physical</u>	<u>Mental</u>	<u>Emotional</u>	<u>Social</u>	<u>Spiritual</u>	<u>Index</u>
Acupressure	Х	Х	Х	X	X	***
Acupuncture	Х	Х	X			***
Alkaline Water	X	X	X			**
Art Therapy	Х	X	X	X		*
Ayurveda	X	X	X		X	**
Aromatherapy	X	х	X			**
Biofeedback	X	х	X			***
Chelation Therapy	Х	Х	Х			*
Chiropractic	X	х	Х			**
Cleanses	Х	Х	Х	X	Х	***
Craniosacral	Х	х	Х			*
Crystals	Х	х	Х			**
Dance Movement	Х	х	Х			*
Emotional Freedom Tech. (EFT)	X	Х	Х	Х	Х	***
Gersen Therapy	x	Х	Х	x	X	*
Guided Imagery	X	x	X	x		**
Healing Touch Therapy	X	х	х			**
HeartMath	х	Х	Х	х	х	***
Herbal Medicine	X	Х	X			**
Homeopathy	х	х	х			**
Holistic nutrition	X	x	Х			**
Hyperbaric Oxygen Therapy (HBOT)	x	X	х			**
Hypnotherapy	X	Х	Х	x	X	***
Kinesiology	X	X	X		X	***
Lumosity	X	x	Х			**
Massage Therapyx	X	x				**
Meditation	X	х	Х	x	X	***
Mindfulness	x	х	х	x	X	**

Harrison Jack Article #12	Alternative Medical Services Health & Wellness Matrix
---------------------------	---

Service	<u>Physical</u>	<u>Mental</u>	<u>Emotional</u>	<u>Social</u>	<u>Spiritual</u>	<u>Index</u>
Music Therapy	X	x	Х	X		*
Naturopathy	Х	x	х			*
Natural diet & herbs	X	x	х		X	***
Osteopathy	Х	X	Х			*
Ozone Therapy	X	X	Х			*
Pain Management	Х	X	Х			**
Pet Therapy	Х	Х	Х	X	Х	*
Physical Therapy	Х	Х	Х			***
Reflexology	X	X	Х			**
Reiki	Х	X	Х	X	Х	*
Rolfing	Х	X	Х	X		***
Saunas (FIR)	X	X	Х		Х	***
Spiritual Counseling	Х	X	Х	X	Х	***
Stress Management	Х	X	Х	X	Х	***
Sweat Lodge	X	X	Х	X	Х	***
Trad. Chinese Med.	Х	Х	Х	X	Х	**
Trad. Chinese Exer.	Х	х	X	x	Х	**
Writing as Healing	Х	х	X		Х	***
Yoga(s)	X	Х	Х	Х	Х	***

This is the last of 12 Articles dealing with Health & Wellness, with a specific interest and focus upon treating stroke. I hope that they have proven interesting and most of all beneficial to Ranger readers. If you have any questions about anything I have written, feel free to contact me at <a href="https://discrete-higher-teaching-color: blue-higher-teaching-color: blue-high-color: blue-hi

Rangers Lead the Way,

Harrison "Flip" Jack

As a further index to the above therapies I have added the following:

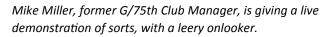
- *** Tried personally, strongly recommend, great results
- ** Tried and recommend
- Not tried, good reputation, encourage trial.

Rangers are paying attention; Not like their watch in the bush!











After 4 Millers, these gals were looking really exceptional!

2021 Board Meeting Minutes

Chairman Carl Velleri called the 2021 Board of Directors (BOD) meeting to order at 0902 PDT on 18SEP21 in Sacramento, CA. Present for the meeting were Chairman Velleri and board member Steve Deever. Board member Steve Crabtree assigned his proxy to David Moncada who was also present. Absent board members was Richard Corken who recently resigned his board position. Also missing was our dear friend and fellow LRP Tom Nash. Tom passed away this past summer. He will be sorely missed. With three voting members of the board in attendance a quorum had been established. Officers of the association, who were in attendance, included President Bill Martin, Treasurer Lynn Walker and Secretary Frank Svensson. Vice President Max Donovan did not attend. Sua Sponte (SS) editor Steve Johnson sat in as an observer and to provide information regarding SS and the Ranger Hall of Fame.

Association Secretary Frank Svensson presented the board with the minutes from the 2020 BOD and general business meetings. Prior to the BOD meeting the minutes had been disseminated to the members for review and corrections. Chairman Velleri moved that both sets of minutes be accepted as presented. David Moncada seconded the motion and it carried unanimously.

Treasurer Lynn Walker presented the treasurer's report to the board. As of 15SEP21 our association has liabilities and equity totaling \$45,953.22. Reunion expenses and income are not part of that total. David Moncada moved that the treasure's report be accepted as read, Steve Deever seconded. The motion carried unanimously. There followed a long discussion regarding the association's general financial condition. Treasurer Walker went into detail regarding how a 501 (c) (3) non-profit organization like ours is required to operate. Lynn expressed concern over our lack of income. Yes, there's money in the bank but we're not bringing in much income during the fiscal year. The primary reasons for that are fewer items for sale from concessions and a still lackluster response with dues renewals. The board directed Steve Johnson to include another envelope for dues renewals in the next issue of SS. Lynn also briefed the board regarding a possible investment with Edward Jones Investments. He has a personal relationship with an Edward Jones representative in Livingston, MT where they both live. The board asked Lynn to gather more information regarding possible investments and the risks involved. There was also a discussion regarding possible Ranger charities. Board member Steve Crabtree sent an email outlining a proposal to start donating to other Ranger oriented 501 (c) (3) as is required by our bylaws. The board discussed the proposal and decided that, given our serious lack of income, it can be reconsidered at next year's reunion.

Chairman Velleri moved on to old business. The first item was a

discussion and a briefing regarding the Ranger Hall of Fame (RHOF) process and what the association is pursuing. Steve Johnson provided a thorough briefing on the intricacies of the nomination process. We have been very fortunate to place as many of our brothers in the RHOF as we have. One of the big reasons is that we have members like Steve who have been intimately involved with both the process itself and with the selection committee. Those relationships have proven to be both fruitful and beneficial. He was asked whom we have in the pipeline for selection. Steve Chaney was the first person that he cited. Steve will be on his third and last attempt for induction. The board directed Steve Johnson to proceed with resubmitting Chaney's packet. Tom Nash was also discussed. The board felt that Tom was certainly worthy of consideration given his relentless search for money to purchase bricks at the Ranger Memorial for as many of our brothers as possible. The board directed Steve Johnson to move ahead with a packet for Tom Nash.

The next topic was board member elections to be held at the general business meeting. It was decided that it would be easier and quicker to present a slate of board members for election to the members, allow any volunteers to step forward and to then leave a final decision to the membership. With the resignation of Richard Corken and the death of Tom Nash we needed two individuals to step forward to serve a two-year term on the BOD. Steve Johnson and John Starnes volunteered for those positions. Steve Crabtree asked to be relieved of his last year on the board due to health considerations and asked that David Moncada be allowed finish his term. David accepted. Also expressing a desire to continue on the BOD to finish their last year were Chairman Velleri and Steve Deever. This slate of volunteers will be presented at the general business meeting.

Chairman Velleri moved on to new business. The first topic was how to begin planning for the disillusion of our association. The board was adamant that such a step simply wasn't necessary at this time, but they did feel that we should start exploring how we will eventually have to proceed. The board directed Secretary Frank Svensson to contact Tom Robison, our legal counsel, regarding both planning and execution of dissolving the Association.

Future reunions were the next topic of discussion. Our reunion in 2022 will be in the Niagara Falls area and will be hosted by Rod Congdon and his son Andy. Rod indicated that they will be looking for a property near the falls to conduct our reunion. They're aiming for an August/September timeframe. The 2023 reunion will be held in Pigeon Forge, TN, and the home of Dollywood. Carl Velleri will be hosting that reunion. 2024 will be in the Southern California area. Frank and Carol Svensson will host with dates and venues to follow, as we get closer to 2024. *Continued Next Page*

2021 Official Meeting Minutes

A discussion of reducing publication of SS followed. It was pointed out that our by-laws will need to be amended if we decide to do that. The board decided that the discussion should be tabled and possibly discussed next year.

Questions were asked about our website and its lack of current information. Steve Johnson asked for patience, as it was a work in progress. He stressed that our Webmaster, Justin Stay, was more than willing to update the website but that he needed guidance directly from the board of directors regarding any changes that they want him to make.

Carl Velleri moved that the 2021 BOD meeting be adjourned at 1020 PDT. David Moncada seconded with the motion carrying unanimously.

2021 COMPANY G (RANGER) 75TH INFANTRY AS-SOCIATION GENERAL BUSINESS MEETING MINUTES

Association President Bill Martin asked that board member David Moncada to be allowed to conduct the general business meeting. David called to meeting to order on 18SEP21 at 1025 PDT in Sacramento, CA. Secretary Frank Svensson confirmed that we had a quorum of the membership present allowing us to conduct business.

Treasurer Lynn Walker presented the treasurers report. As of 15SEP21 our association has liabilities and equity totaling \$45,953.22. Reunion expenses and income are not part of that total. There followed a long discussion regarding the association's general financial condition. Treasurer Walker went into detail regarding how a 501 (c) (3) non-profit organization like ours is required to operate. Lynn expressed concern over our lack of income. Yes, there's money in the bank but we're not bringing in much income during the fiscal year. The primary reasons for that are fewer items for sale from concessions and a still lackluster response with dues renewals. The membership was advised that Steve Johnson would include an envelope for dues renewals in the next issue of SS. Lynn also briefed the membership regarding a possible investment with Edward Jones Investments. He has a personal relationship with an Edward Jones representative in Livingston, MT where they both live. The membership was advised that Lynn would gather more information regarding possible investments and the risks involved and that further discussion will be held at our next reunion.

Board member David Moncada proceeded to the election of the board of directors. He first asked if there was anyone present who had a desire to run for a board position. No one volunteered. Once that had been determined, he presented the members with the names of people who were prepared to serve as board members.

With the loss of Tom Nash and Richard Corken the association needed two members to serve two-year terms. The two men who stepped forward to fill those slots were Steve Johnson and John Starnes. Board member Steve Crabtree had to resign from the board due to ongoing health issues. He asked that David Moncada be allowed to finish the second year of his term in office. The two remaining board slots will continue until the next reunion when their terms will be finished. This slate of members was presented to the membership to vote on. All three of the open positions were elected by a unanimous vote. Chairman Carl Velleri will continue as the chairman of the board.

The members were briefed on the importance of completing a dues renewal form and sending the \$30 dues to Lynn Walker. It was pointed out how important the process is.

Steve Johnson briefed the membership regarding Ranger Hall of Fame (RHOF) nomination packets. Our association will resubmit on behalf of Steve Chaney and Tom Nash. Both packets are basically already completed requiring a review and correction process prior to being submitted.

The membership was next briefed on up coming reunions. Reunion 2022 will be in the Niagara Falls area and hosted by Rod Congdon and his son, Andy. They are aiming for an August/September time frame. 2023 will take place in Pigeon Forge, TN, and the home of Dollywood. Carl Velleri will host. In 2024 we will be in the Southern California area. Frank and Carol Svensson will host. Information regarding these reunions will be coming out in Sua Sponte (SS) as it becomes available.

Steve Johnson and Bill Martin put out a request for articles that could be published in SS. Do you have a great story that could be published? Do a write-up and submit it. The editor will clean up spelling, grammar, etc. and make it ready for printing.

Carl Velleri moved that the general business meeting be adjourned at 1115 PDT. David Moncada seconded the motion. The motion carried unanimously.

Lynn Walker, CPA, Financials

1:34 PM

11/13/21 Cash Basis

COMPANY G RANGER 75TH INFANTRY ASSOCIATION Profit & Loss

January 1 through November 13, 2021

	Jan 1 - Nov 13, 21
Ordinary Income/Expense Income	
Direct Public Support	
Individ, Business Contributions	1,095.00
Total Direct Public Support	1,095.00
Other Types of Income	
Concessions	690.00
Reunion Auction Proceeds	2.545.00
Reunion Concession Proceeds	2,200.00
Reunion Expense Reimbursement	1,011.74
Total Other Types of Income	6,446.74
Drogues Income	
Program Income Membership Dues	E00.00
Membership Dues	590.00
Total Program Income	590.00
Total Income	8,131.74
Gross Profit	8,131.74
Expense	
Business Expenses	
Business Registration Fees	20.00
Total Business Expenses	20.00
Operations	
Bank Fees	10.00
Concession Expenses	241.15
Postage, Mailing Service	122.70
Printing and Copying	558.72
Website rental	120.00
Total Operations	1,052.57
Travel and Meetings	
Reunion Concession Expenses	661.44
Reunion Expenses	536.88
Neumon Expenses	
Total Travel and Meetings	1,198.32
Total Expense	2,270.89
Net Ordinary Income	5,860.85
Net Income	5,860.85

1:35 PM 11/13/21 Cash Basis

COMPANY G RANGER 75TH INFANTRY ASSOCIATION Balance Sheet

As of November 13, 2021

	Nov 13, 21
ASSETS Current Assets Checking/Savings Company G Ranger 75th Infantry	41,085.43
Total Checking/Savings	41,085.43
Other Current Assets Charter Oak Capital Management	11,021.21
Total Other Current Assets	11,021.21
Total Current Assets	52,106.64
TOTAL ASSETS	52,106.64
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 Opening Balance Equity Net Income	19,302.69 26,843.10 5,860.85
Total Equity	52,006.64
TOTAL LIABILITIES & EQUITY	52,106.64

Sua Sponte Editor Wanted

Any member, spouse, significant-other, neighbor, grandchild, etc., who would be interested in becoming the editor of *Sua Sponte*, please contact me for questions in regards to this:

Stephen "Tower" Johnson Towerg75th@yahoo.com 218-333-1541 (leave message and I'll return your call)

Thank You and Regards,

Steve

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



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

www.lrrpranger.org



From Left to Right: Shur, Gomez, Walker, Adams and Lempke.