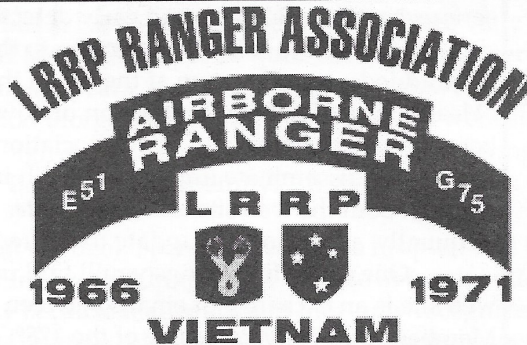


" of their own accord"

Sua Sponte

SanDiego
2002
Reunion



SanDiego
2002
Reunion

2001 Fall Issue of the 196th LRRPs, E-51st LRPS, and G-75th Rangers

Sua Sponte Lineup

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Terrorists strike at New York and at the Pentagon; unites country ...page 8

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Next Issue... San Diego from cover to cover; this will be a great turn out at a super place to be and see...



Responses to Terrorism-Page 8

by Tom Nash

Sua Sponte

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Sua Sponte is the official newsletter published quarterly by the Company G (RANGER) 75th Infantry Association.

Change of Address: Sua Sponte does not maintain the mailing list. Any address changes should be forwarded to Stephen "Crabs" Crabtree; ranger@cableaz.com or 2255 N Azurite St, Mesa, AZ 85207.

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: Article, photos, announcements, etc. are always welcomed. Sua Sponte reserves the right to accept and edit all materials as necessary. All submitted photos will be returned if requested. Authorship and photo credits will be provided. Submittal of written articles may be hand written, typed or on computer disk. We can translate most files, Macintosh is preferred.

Deadlines: Sua Sponte is published quarterly in March, June, September and December. Absolute deadlines for submitting material for the newsletter is the first of each month identified above. Time sensitive material will take precedence. Send material to the Sua Sponte address in Bemidji, Mn.

Since I wrote my *Sua Sponte* message a couple of months ago concerning the health of the Members of this Association, one thing has been made very clear, and that's the value of early detection. Since I wrote that note, I've become aware of more guys from our unit with serious health problems. And early detection might have helped.

I wanted to call your attention to the fact that, on our website, we have added a separate item at the top of the Home Page devoted to "Health Issues." That's a reflection of how important this topic has become to the Members of this Association. It's our hope that we can collect and disseminate important health information for Members through both the web site and *Sua Sponte*. You should refer to both frequently, as we hope to update them frequently.

One of the first things you'll find under "Health Issues" on the web site is an exchange of emails between Bob Simpson, one of our Board Members, and Tony Percoskie of the 178th Aviation Platoon - call sign "Boxcar" - that supported our unit in Vietnam. Tony contacted the Association through the "Guest Book" on the Association web site on an unrelated matter, and this turned into a dialogue on a number of issues between Bob and Tony. Then, Tony let Bob know he was facing an enemy every bit as insidious as those we faced in Vietnam. Tony is still supporting us by sharing with us the details of his experiences with his own health situation. He's dealing with a mass in his lung the size of a golf ball. But earlier detection might have caught the mass when it was the size of a pea.

Tony tells us that his unit would roll barrels of defoliant off their choppers with a proximity fuse so they would explode in the air in order to cover as much terrain as possible. He also tells us that his Association lost 10 men about our age to cancer in 1996 alone, and more since. Well guys, as you are well aware, after they dropped it, we walked through it; we slept in it; and we breathed it for days at a clip. Think about it. Do you know someone in our unit who's ill? Do you know someone in our unit who's had cancer? I'd be surprised if your answer was "no". What does that tell you? It's no coincidence. And, in no way are we immune. We are all at that age, and we all had massive exposures to the same carcinogens 30-35 years ago.

The bottom line is this. A lot of guys will go and have periodic check-ups and be fine. And that's great! Some will go and find out that there's a problem, but the fact that cancer is detected early will be helpful in its treatment. So here's what I'm asking every Member of the Association to do. Don't wait for some big time symptoms to show up. Some of the diseases about which we should be concerned may not even have any early symptoms. Or, if you've had any detectable change in the way your body functions, go see your doctor now. You don't have to wait until you feel sick. Even if you feel well, ask for a check-up or a complete physical. If you haven't had one, have the colonoscopy. Have the X-ray or CT scan; have your PSA checked. And have it done now. Get on top of this and stay on top of it. By the way, Tony's doctor says that it's the guys who had the "bad ass MOS's" that are the last to go to the doctor's with a complaint. He includes us in that broad category. Let's prove that observation to be wrong.

Health Feature

by Bob Simpson and Tony Percoskie

Tony Percoskie, an ex-door gunner with the 178th Aviation Unit (Boxcars) in Vietnam, contacted our association via the message board sometime back in early July this year. "Boxcar" if you remember, was the call sign for the Chinook unit co-located on the beach with us. I answered his email (unrelated to this topic) and seemingly that was the end of our correspondence. Then I received an email from Tony on 12 August, titled: Back on line hopefully! I will tell Tony's story though his emails to me, as I've found him, and his messages, to be quite revealing and very candid. As men who shared a common experience so many years ago, and having a bond, we should, and need, to talk openly about our health issues. Don't forget; we, because of where we were stationed, and the chemicals sprayed there, all share a high-risk for several forms of cancer. To bring this point forth, please read Tony's first e-mail titled: "Back on line hopefully!", it went as follows:

"Now I will update you on my deal. Spent a week in the hospital and then on to 7 weeks of chemo and radiation. Its a tumor in the right lung about the size of a golf ball." He went on to say: "Had 1st VA hearing on Tuesday because it appears that they now recognize 5 other forms of cancer as related to agent orange." And then this eye opener: "We flew through that shit all the time. Even carried 55 gal drums of it on the ships. Some times rolling them out the back with a proximity fuse in them so they would air burst over the jungle.... Bob maybe you could spread the word to the other troops, my doc who is ex-army surgeon advises get a lung CT scan; forget x-rays. It will show something as small as a pea." Tony

Note: There many tools that can, and should be used for early detection and the subsequent treatment of cancer. For example, CT Scans are certainly much more able to provide a truer picture than an x-ray can (Tony's case). Some of the other diagnostic tools available are: A colonoscopy, an upper endoscopy, a flexible sigmoidoscopy, blood work-ups, a biopsy and the taking of stool samples.

To continue; Tony has taken on the mission of providing us and his own unit (Vietnam Helicopter Crewman's Association) with any and all information that he has gleaned from his own ongoing experience and through conversations with his doctor, an ex-Army surgeon. I do so thank him for the sharing of his situation. A subsequent message from him revealed this:

"They put me in out- patient today for a thorentisis, that's a lung drain of fluids. Got out just under a gallon. That's right a gallon. It seems that this little booger is seeping. They are hoping the radiation will cordorize it. If not they can go in and pinch something off and stop it that way. I was feeling like I swallowed a basketball, and could hear all this stuff sloshing around. What a relief. The docs have been amazed that I have had no adverse reaction to the chemo. No appetite loss, no nausea. I told them you are looking at a 55-year-old toxic waste dump. I have been in training for years. Smoke; drink, 25 years on the police dept. Greasy spoons at 3:30 in the morning. Top it off with growing up in New Jersey and there you go." Tony

And then this message, for you east-coasters (although radon can be found just about everywhere) - adding to our risk factor:

"Bob, Here some more info I got at the docs office while I was waiting around for radiation. They must have 10000 brochures laying around about cancer. One had to do with geographic cancer areas. It seems that Radon is a biggie when it comes to lung cancer. It is usually found where ever uranium is found. Northern New Jersey, southern New York and eastern Penn have a lot of it in the mountain areas. Way back in the 40s and 50s home builders never gave any thought to venting foundations causing radon gas to build in the basements and seep up into the living areas. Only recently did it become law in those areas to require radon tests until a house can be sold.

Health Feature

by Bob Simpson and Tony Percoskie

Also there is a place in New Jersey called cancer alley. Its a 13 mile stretch on the New Jersey turnpike that cuts through Woodbride down to Raritan past all the oil refineries. They have inordinate amounts of cancer in those towns. So as Dr. Hooper says, tell the troops that cigarettes are not the only boogiemans out there. Its also were you've lived and were you been, also genetic predisposition, but that's another story. Get a CT scan." Tony Percoskie 178th Gun Platoon

On 8/17/01, I received this message from Tony:

"I am leaving for radiation in a few minutes. Also I have been in touch with Charlie Rains, he is our national director for the Vietnam Helicopter Crewmen's Association. He said we are getting a lot of guys starting to call in about cancer issues. He also plans a big article in our Newspaper; I will send you a copy when he runs it. He said we lost 10 guys in 1996 to all various forms of cancer. All between 46 and 51 years of age. It looks like the boogiemans has come back to get us. Screw him - Lets rock n' roll!" Tony Percoskie 178th gun platoon

In wrapping up Tony's emails - he had this to say:

"I would suggest that we not withhold any info from the troops. If what we know so far will motivate just one guy to go for the CT. Scan it will be a good start. When will your next newsletter go to print? My thoughts are to draft a letter of introduction to your guys and show them what happened to me in a matter of 10 months. My two key issues will be that in October of 2000 I had to take a mandatory Haz-Mat physical for work to collect the Haz-Mat bonus. Nothing showed on the X-ray. Ten months latter I have a pain going on and CT Scan revealed a golf ball size tumor. Also for the past 10 months I was extremely tired. Always looking for a nap etc. And we don't do any heavy-duty work. It's the Silicon Wafer industry. We need to give the guys the signs to look for. I have much more. Tony Percoskie 178th Gun Platoon

My point and Tony's, in this piece, is that: Going to the doctor, and or, clinic/hospital for examinations can save your life. If you are noting changes in your body over the course of a few weeks, don't wait until it's time for your physical to get the symptoms investigated. Getting a "HARMLESS" SYMPTOM checked out - can save your life. Symptoms like; feeling overly tired for weeks on end, or having a change in the color or size of a mole, and or, a change in your bowel/stool movements (blood) - and then that unexplained sudden loss of appetite and drop in weight - they are all indicators of something. Also, it's the change in (body) habits that could be important.

Additionally, speak up when you visit your doctor. Don't be rushed or distracted. The average time a doctor and a patient spend together is 23.4 minutes (Nat'l Center for Health Statistics). So make a list of everything you need to discuss with your provider, and put your most important concerns at the top. The New England Journal of Medicine just published the results of a cancer/colon study ran at various VA hospitals throughout the country, on men 50 y/o and older. The study revealed that when a colonoscopy is used as a diagnostic tool, that test detected pre-cancerous, and cancer with over a 95% success rate. The other 2 tests ran; the stool-sampling and sigmoidoscopy, failed to detect growths in the colon area, in about 1/4 of the cases (men) examined. Also, I might mention that: Fear of "knowing the truth" keeps many people from getting the treatment they need. Folks often develop their own theories about what is happening, but usually their worst fears are not realized. However, life-wise, we need to be sure. Plus, with more illnesses being much more treatable today - early detection is the key. And, the earlier the treatment, the more likely a successful outcome.

Feature article continued on the next page

Shared Health Feature

by Bob Simpson and Tony Percoskie

In closing; this is but one man's story - sadly, there are a certain multitude of others out there. In fact, recently Steve (Crabs) Crabtree wrote a very wonderful and enlightening piece for the *Patroling Magazine* and the *Sua Sponte* about his experience with cancer and the V.A. I submit that we should talk and share information. That we come forth to help and assist, when possible, in this, our battle, for a continued life with our loved ones.

Addendum:

I received a one page copy from the Code of Federal Regs. "Pensions, Bonuses and Veterans Relief", Book #38, (38 CFR Ch. 1 (7-1-99 Edition)) from Tony (Boxcars) Percoskie today. He copied off the page (pg.224) that pertains to us VN Vets and cancer. I want to personally thank him for his assistance with the cancer issues and our association - thanks so much Tony.

I will type below the pertinent info from that page below:

(e) Disease associated with exposure to herbicide agents. If a veteran was exposed to an herbicide agent during active military, naval or air service, the following diseases shall be service-connected if the requirements of & 3.307(a)(6) are met even though there is no record of such disease during service. Provided further that the rebuttable presumption provisions of & 3.307(d) are also satisfied.

(My note: Due to my not having the correct symbol on my keyboard, I used an & in place of the double s looking thing. (I did know what that is called at one time.))

Diseases (cancers) are:

Chloracne or other acneform disease consistent with chloracne
Hodgkin's disease
Multiple myeloma
Non-Hodgkin's lymphoma
Acute and subacute peripheral neuropathy
Porphyria cutanea tarda
Prostate cancer
Respiratory cancers (cancer of the lung, bronchus, larynx or trachea.
Soft-tissue sarcoma) other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma or mesothelioma.

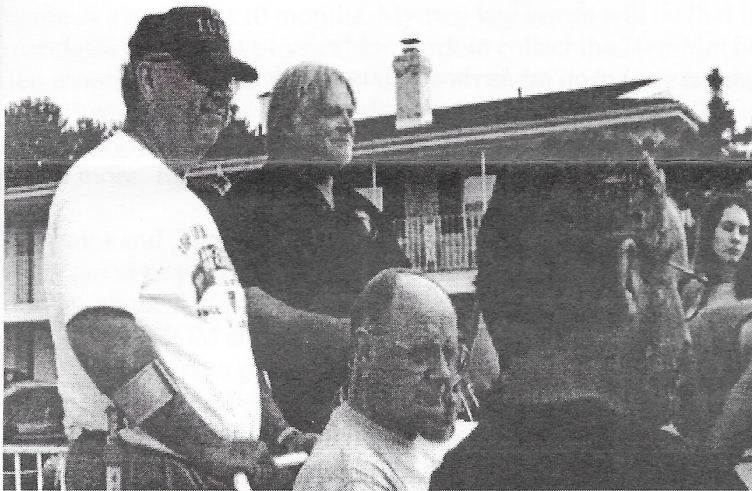
My note here: They then go on to list all the soft-tissue sarcoma(s), which has 23 main types - with some of the main sarcomas having subtypes included.

I will be more than glad to send a copy of this to anyone who desires the page/info. Please contact me via my email address, or call me at (253) 589-2629, and provide me with an address to send it to.

Maybe we should run a copy of this in the *Sua Sponte* for those who are not on the net. So, in that vain, I have sent Tower a copy for this issue of *Sua Sponte*.

Bob

Gettysburg Photos



Poolside seemed to be a popular spot at the Quality Inn at Gettysburg. In the top photo you can see that Tom Nash (the big guy in the middle) seems to conveying thoughts to a large group seated. Our auction was a money maker for the association with Steve Crabtree "sticking it to them" for a hard bargain on all items. In the center photo, Chuck Williams, seated second from the right, has familiar members keeping his stories from going too deep.

I enjoyed talking with James Casey as I did last year. However he shared the news that his wife passed away. She had a heart condition and we certainly wish him and others condolences who have lost loved ones. Hard to imagine that some 50,000 casualties happened at Gettysburg in a four day battle. If you have the chance, you should read the Pulitzer Prize book written by Michael Shaara, The Killer Angels. You can see where Little Round Top and Round Top is in the bottom picture; a place where the charge by Longstreet and Pickett resulted in mass destruction, charging up the hill-sides with no cover except for incoming.

San Diego 2002

by Stephen Crabtree

Bayside Holiday Inn (San Diego)

PPS: Tentative Schedule:

Wednesday, June 12,

Overnight Fishing trip to the Coronado Islands

Thursday, June 13,

Check in - Hospitality room opens at 1500 hrs, auction at 2000

Friday, June 14,

Free day for Zoo, Sea World, Seaport Village, Old Town, Harbor Cruise, Tijuana. Hospitality room opens at 1500 hrs.

Saturday, June 15,

Memorial service at Fort Rosecrans 0830, 0900-1600 Freetime, 1600-1700 Officers & Board Meeting, 1700-1800 General Meeting 1800-1900 Cocktails by the pool (No-host bar) 1900-2000 Banquet and award(s) of the Golden Piss Tube

Prices are: \$109.00 per night + 10.5% tax + (possible \$3.33 energy surcharge)

The Holiday Inn's price includes:

- * Shuttle service from the airport and the SD Trolley comes directly to the front door so our people would not have to rent cars.
- * They will waive the cost of the hospitality room if we rent 25 rooms (we already have 10 reservations) and would be allowed to set up our own host (free) bar.
- * They will cater our informal banquet either inside in a large banquet room or outside by the pool (my personal choice)
- * The first two hours of bicycle rentals is free
- * Free 9 hole putting green
- * Pool side rooms (my choice) or rooms in the five story tower.
- * Walking distance to the bay, restaurants.
- * They have a bar and restaurant next door affiliated with the hotel.

CRABS

See You in San Diego *by Tom Nash*

There is nothing that I can add to the torrent of words that we've all seen about what happened to our country on September 11th. The things that we have taken for granted; the things to which we have felt entitled in our lives; the luxury with which we allow things trivial to become important in our lives – all these things have changed. Living as I do, within sight of the World Trade Center, and knowing a number of people among the lost, I'm trying to find meaning in all of this. I find myself paying much more attention to the things that are truly important in life, especially family and friends. And, I find myself yearning for comfortable and familiar things in my life, as if for a warm blanket on a cold night. The comradeship and bonhomie of my friends in the unit is certainly one of these. And as a result, and although it's a couple of months short of being a year away, I'm looking forward to the reunion in San Diego in a way that I hadn't before. Reunions are certainly eventful in people's lives as I've discovered – some happy and joyful and some somber, but all are memorable opportunities to spend some time with those with whom we shared some of the defining moments in our lives so many years ago. But this next one will be different, as will everything in our lives. We should use the opportunity to make the first post-September 11, 2001 Reunion of the Association a truly special event – the largest gathering of former LRRPs and Rangers from our unit, for whom patriotism has never been out of favor, since the Association was formed. We should all try to be there, and we should bring our families. We should, wherever possible, ask the families of our honored fallen to join us. Contact your teammates now and begin to make plans. I hope I will see you there!

Tom Nash



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From: Jesus D. Moncada

My friends and fellow Rangers,

These terrorist ass holes have pissed me off and all other Americans. I trust that our nation will respond with all due necessary force once we identify the cowards. They have only managed to awaken and to truly anger a gentle giant!

From: Michael S. Chu

What happen yesterday is being called a second Pearl Harbor. 2500 people died on Dec. 7 at Pearl Harbor and we went to war over it. Let's keep this in mind as the numbers begin to come in.

From: Charles Williams

I totally concur with all of your comments and heart felt sorrow for our fellow Americans who have lost their lives at the hands of these low life, bastardly, cowardly terrorists !!!!!!! My heart also goes out as you have all stated, to the loved ones who have lost family and friends.

Yesterday I had a very interesting day, which I will attempt to tell you what made it so interesting (for those of you who don't know I work at a Private Military JROTC College Preparatory High School known as Missouri Military Academy which is located in Mexico, Mo and has had their doors open since 1889—check us out at—<http://mma-cadet.org>) Our current 350 Cadet/Student enrollment comes from 29 States and 12 different countries throughout the world, from all Religious and Ethnic backgrounds i.e.; Muslims, Jewish, Hispanic, Chinese, Japanese, European, etc. Now you get the picture why I had such an interesting and challenging day which lasted about 20+ hours for me. Many of the Cadets parents are employed in Governments throughout the world in Embassies , etc. We were overwhelmed by phone calls, emails, faxes, (carrier pigeons, you have to laugh somewhere in all of this) from parents through out the world wanting to know the status/safety of their Son's and to also let them know that they were ok and safe as well.

I was very proud and impressed by the Cadets behavior, respect and human dignity that they showed to each other, regardless of what their religious beliefs, ethnic background was and I believe this speaks well of today's youth throughout the world and that we are not as bad off in the area as we may think. Our day ended at approximately 2330 hours in our Chapel with a Prayer/Memorial in Honor of those who lost their lives, for their family, friends. It is just too bad that some of the adults cannot act in the same manner and I wanted to you know that there was something good that happened in the world yesterday.

Terrorist Reaction

by 75th Ranger Association Staff

It is almost inconceivable to sit and absorb all that has happened today in such a short span of time. Any one of these acts in and by themselves would have been devastating let alone combined as they were. As we all have been mesmerized by these events as they unfolded before us we must realize the inevitability of what has happened. Unlike other violations of our countries sovereignty by identifiable enemies, this enemy is effectively faceless. The conventional theory of armed conflict on battlefields and confronting forces are perhaps images of the past.

For all veterans that served in any and all wars and during periods of peace, your gallant efforts were in essence an attempt to keep this ugly part of mans worst at arms length from the American public. You did it so well and for so long, in shielding our countrymen from its ugly face. You are to be commended for making this effort last as long as it did.

Our President has called upon all of us to muster the essence that makes us the Americans we are. This terrorist act has not destroyed us but has served to unite us. Now is not the time for overreaction or reckless rhetoric. This is a time for calm and cooler heads to prevail. Our foundation remains solid. Buildings can be destroyed but not our spirit. It was heartening to watch our assembled Legislators pronounce their unity and then join in a rendition of 'God Bless America'. It was comforting to hear our Commander In Chief restore our resolve to remain strong and keep the course.

A great man and Jayhawker, Joe Chetwynd shares these moving words with us, "Today has been a day of unimaginable tragedy for the people of America. We will never be quite the same again, I suggest. We all need to stop and pray for the untold scores of victims who perished today, as well as for those who will succumb , or suffer as a result of this despicable and unconscionable act of terrorism to our great nation. May these poor lost souls be cradled in the arms of their God. May their families find strength in one another. May we all try to find courage, peace, justice and understanding as a nation and as citizens." Thank you Joe, so much for guidance and direction during these troubling times.

The 75th Ranger Regiment Association Officers and men offer their condolences to those who have lost loved ones or were injured. We offer our gratitude to those of the emergency services in those locations for your courageous acts of sacrifice and humanity. We ask our Nations leaders to hold steadfast to our principles of freedom and liberty. We ask all to join in and do what ever is necessary to help our fellow man. This day will be remembered in American history.

75th Ranger Regiment Association

Membership Information

Annual Membership Dues Renewal

Name _____ Phone # _____
(optional)

Street Address _____ City _____

State _____ Zip _____ email address _____
(optional)

Make check payable to: Company G (Ranger) 75th Infantry Association

Remit \$20 Check or Money Order to: Frank Svensson
6964 Berkshire Avenue
Alta Loma, CA
91701

God Bless America Tee Shirt at cost! \$9.00; includes S&H*

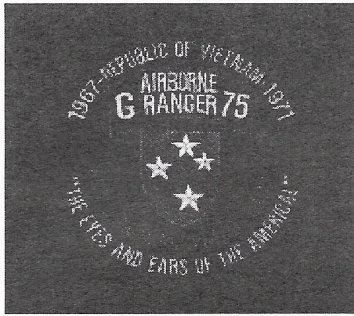


***The shirt shown is a replica: our shirt has the flag and the logo God Bless America, but not exactly as shown; specify size and the quantity wanted; supplies limited. Our supplier has given us cost on these tees (\$6.50) and our shipping (\$2.50) gives you “absolute” cost at \$9.00. Wear your colors proudly!**

CONCESSIONS

LRRP RANGER GEAR

Item # 1



\$25 for this quality polo shirt; 100% cotton with logo of "the eyes and ears of the Americal". S&H included!

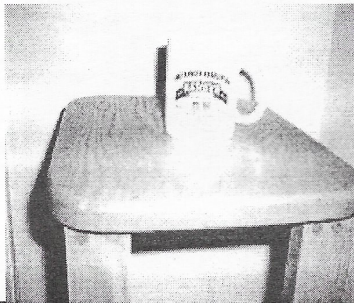
New Hats!

Baseball hats with the official logo on the front; including the Americal patch on one side of the hat and the "Burning Ropes", the 196th patch, on the other side.

New hats for \$15 which includes shipping and handling; This will be a real popular item; limited stocks so hurry for this one.

Item # 2

Item # 3



New item: Company Coffee Mug to get your day started. Official logo; only \$7 includes; S&H.



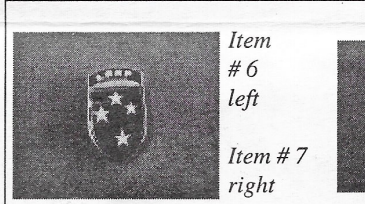
Gettysburg Tee Shirts for your collection of reunion shirts. Logo on front with large POW statement on the back! \$15 includes s&h

Item # 4

Item # 5



Breast or breastless (specify) coozie; neoprene with official logo. \$7



Item # 6 left

Item # 7 right

***Nonmembers please allow 3 weeks for shipping. Members, allow 10 days and a wakeup!**

Item #1 \$25.00 X amount ordered = _____	Size(s) _____	Cost _____
Item #2 \$15.00 X amount ordered = _____	One size fits all	Cost _____
Item #3 \$ 7.00 X amount ordered = _____		Cost _____
Item #4 \$15.00 X amount orderd Tee-Shirts= _____	Size(s) _____	Cost _____
Item #5 \$ 7.00 X amount ordered = _____	breasted _____ breastless _____	Cost _____
Item #6 \$ 5.00 X amount ordered = _____		Cost _____
Item #7 \$ 5.00 X amount ordered = _____		Cost _____
Total Cost		_____

Make check or money order payable to: Company G (Ranger) 75th Inf. Assoc.

Name _____ Payment: check _____ money order _____

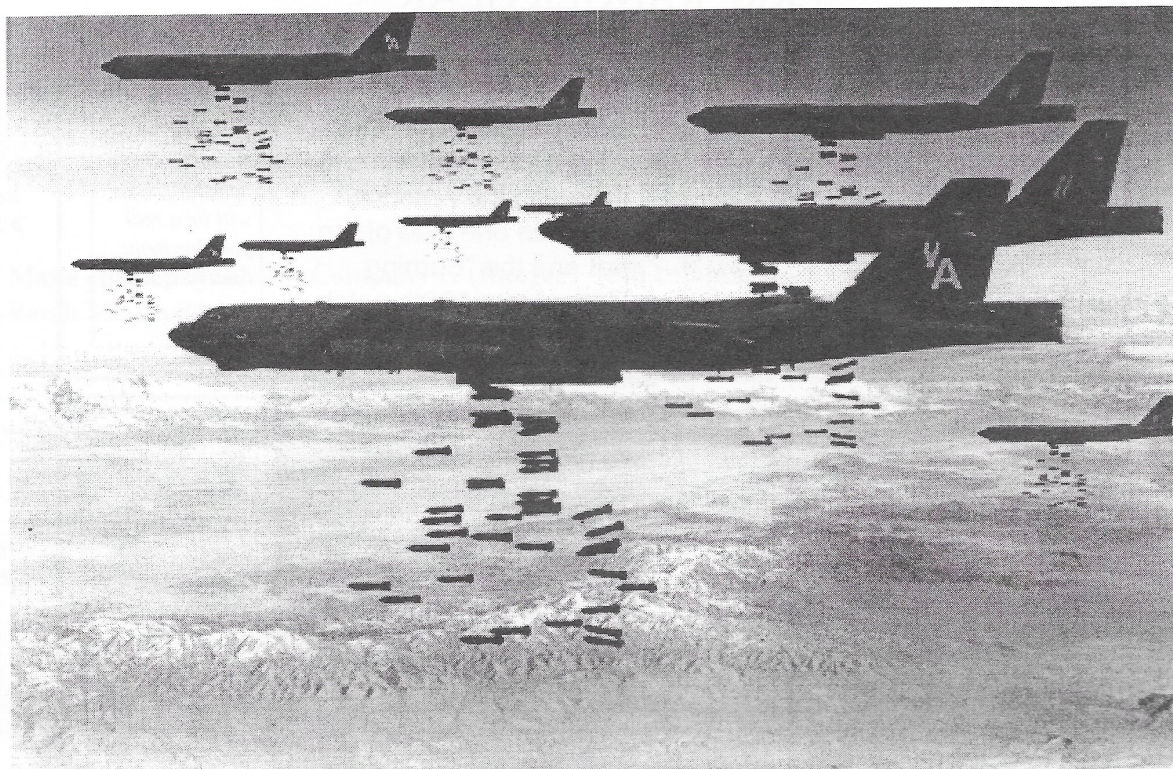
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Country _____ Zip _____

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Alta Loma, CA 91701

**United & American Airlines Announce
New, Non-Stop Service to Afghanistan**



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