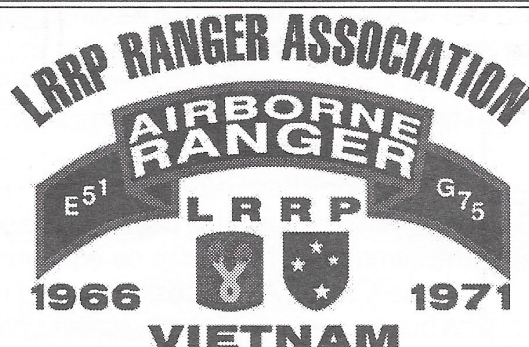


" of their own accord"

Sua Sponte

San Diego
2002
June 13-16



San Diego
2002
June 13-16

2002 Spring Issue of the 196th LRRPs, E-51st LRPS, and G-75th Rangers

Sua Sponte Lineup

Headliner ...

San Diego and the Association has an offering that is hard to beat ...starting on page 1

President's Message... Agreement with American promises to assist you... pages 2-3

Perimeter Check... Crabs has a chat about important health issues ...page 4

Feature in Seattle ... Howards host a gathering honoring Bob Simpson and the effects of the *Green Dragon*...page 5

Reunion Information....pages 6-7& 9 should give you a picture of our reunion this year!

Next Issue... Michael Chu has forwarded a high school student's report on the Rangers; you can get a sneak preview on our website: www.lrrpranger.org

San Diego...All Aboard

by Sua Sponte Staff



Picture showing the background of San Diego with the New Lo-Ann, the boat that will be taking members of our association for the fishing trip of their life.

See for yourself the many splendors that San Diego and our Association has to offer for its members and guests. A fishing trip on June 12; Balboa Park and the San Diego Zoo; Sea World; Old Town; Beaches; Harbor Cruise and Seaport Village; Horton Plaza; Tijuana; Trolley rides; Fort Rosecrans and Cabrillo National Monument; La Jolla; Sport fishing; Coronado Island; and the Gaslamp District. Also, an itinerary which offers to keep you busy from June 13 through the 16th (page 7) . Come and party with us!

by Tom Nash

Sua Sponte

**COMPANY G (RANGER)
75th INFANTRY ASSOCIATION**
6964 BERKSHIRE AVE.
ALTA LOMA CA. 91701
PH: 909/989-8461 FX: 909/ 989/8461

SUA SPONTE
10433 JUNE BERRY RD NW
BEMIDJI, MN. 56601
PH: 218/ 759-1439
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Tom Nash

Vice-President

Charles "Wolf" Williams

Secretary-Treasurer

Frank Svensson

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Steve "Tower" Johnson, Chairman

Steve Andrews

Riek "Jarhead" Collier

Dennis "Snagglepus" Nye

Keith Oney

Robert Simpson

Dave Travis

Charles "Wolf" Williams

Historian

Dave Travis

Corp. Counsel

Tom "Dolly" Robison

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@cablez.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.

American Agreement with the Association

I'm writing to let you know that the Association has entered into an agreement with American - a provider of ultra-fast "computer tomography" or CT scanning. The Agreement is for American to provide CT scans at a discount to its already low rates to our Association's Members and their spouses. Let me explain.

I first came across the firm American as I read the exchange of information between Bob Simpson, one of our Board Members, and the late Tony Percoskie of the 178th Helicopter Crewmen (Door Gunners) Association, now displayed so prominently on our website. At the same time, I began to be educated on the merits of CT scans versus X-rays. As Percoskie battled the cancer he lost his life fighting, he became aware of the benefits of CT scanning and negotiated an arrangement much like the one described in this article for the men of his association. The cancer that killed Tony was missed at an early stage by X-rays, but could have been detected at the same stage by a CT scan.

CT scanning is a relatively new technologically advanced health screening service, and is far superior to X-rays. The objective of CT scanning is to enable an individual to take charge of his or her health and look for early indicators of major diseases, such as heart disease, cancer, stroke or lung disease, on a proactive basis. The major benefit of CT scanning is the ability to detect disease even before the usual symptoms appear. CT scanning can highlight things that X-rays can miss. For example, CT scanning can detect a growth in the lung as small as a pencil point. CT scanning provides a head start needed to prevent or even reverse many of what could be serious diseases. At the very least, it provides much earlier detection than X-rays, and early detection save lives.

American was founded by a doctor named Craig Bittner, based on his belief that healthcare in America needs to be focused on proactive, preventative medicine, and that the latest medical technology should be readily available to everyone. In other words, rather than focus on disease treatment, American's focus is disease prevention. More information about American and the CT scan services it provides can be found at its website - www.ameriscan.org, including the locations of their offices.

As part of his activities prior to his death, Tony referred me to Trisha Williams of American. As I mentioned above, Tony had, through Ms. Williams, previously arranged for members of his association to qualify for a discounted price off American's normally low CT scan rates. I thought that our Members would benefit as well, so I contacted Ms. Williams of American, and an offer similar to the Helicopter Crewmen was also made to our Association. (next page, please)

Ameriscan

It's important to note that the fees Ameriscan will charge are lower than Ameriscan normally charges and are quite a bit lower than the rates generally charged by other firms in this business, at least in my experience.

Following are the fees charged by Ameriscan:

- Full body \$ 864
- Virtual colonoscopy \$ 828
- Lung \$ 265
- Heart \$ 405
- Heart/lung combined \$ 595
- Full body/virtual colonoscopy combined \$1,420

Also, for the immediate future, Ameriscan will provide a scan of the head at no charge, if a Member utilizes Ameriscan's services for a full body scan, virtual colonoscopy, or the full body scan/virtual colonoscopy combined.

To ensure that these discounted fees apply, a member of the Association will be responsible for: i) mentioning the Association's arrangement with Ameriscan; ii) presenting a discount voucher to be supplied by Ameriscan prior to the Member's appointment; and iii) paying in full at the time of the service by Ameriscan.

The latter - payment in cash - is an important point to remember. Ameriscan chooses to avoid, to a large extent, the world of HMOs and insurance companies, by requiring cash payment for services rendered at the time the services are rendered. The Association understands, of course, that not every Member has the resources, or medical coverage, to pay for a CT scan, particularly up-front, and that those with medical coverage, particularly HMOs, may find it difficult to obtain either approval or reimbursement for a CT scan. But I consider these to be lesser problems than the problems created when one is in a fight for his life because some disease was not detected at an early stage.

Ameriscan brochures and pre-printed discount vouchers will be distributed to the Members attending the San Diego reunion, or will either be available from the Association, or from Ameriscan at Ameriscan, Scottsdale Fashion Square, 7014-2139 E. Camelback Road, Scottsdale, AZ 85251; phone - 480.941.2223. If, for any reason, a Member of the Association is unable to obtain a discount voucher prior to making an appointment, the appointment should be scheduled through Trisha Williams at 602.595.9322.

Our health is important to us and to our families and loved ones. This arrangement with Ameriscan is an important step for the Association in its efforts to be pro-active in promoting the good health of its Members. But, it should not be the last step - we need to do more. If any Member has information related to, or is aware of, other health care providers willing to enter into an arrangement like this, please let me know.

Tom Nash

Perimeter Check

by Stephen Crabtree

Would you go didi boppin' down a trail, whistling a tune & making all the noise in the world? Would you go into combat wearing bright orange or red? Would you bed down at night without first setting out the Claymores? The answer to these three questions is, of course not. Guys, we're facing an enemy far stronger and much more deadly than the North Vietnamese ever dreamed of being. It's time for a perimeter check.

About three & a half years ago Lori took me into the Emergency Room with abdominal pains. After I ripped the chair I was sitting in apart from the pain they finally gave me a shot of Demerol. The pain subsided and I went home. About six months later my wife, daughter and I were on the way to one of the Indian Casinos when pain hit again. As we were half way there they pulled into a 7-11 and bought me a quart of beer, told me to get in the back seat and shut up. I did, we went on and I won a \$2100 jackpot. That made me forget the pain. Several months later the pain hit again. Lori rushed me to the ER and they did an ultrasound. It showed nothing. I went to see the doctor and told him of the pain. He scheduled an upper & lower GI (Barium ingested into the stomach, injected into the colon and followed by X-rays). They showed nothing. The next procedure was a CT scan of the abdomen. Again negative. The doctor reported to me, "At least you don't have to worry about having Cancer!" Eleven days later a Colonoscopy (A small hose with a camera on the end is inserted into the colon) was performed. I woke up to find my wife crying over me and the doctor's face ashen. I had Colon Cancer.

I was operated on the next day. The operation removed ten inches of my colon and a fist sized malignant tumor. I spent eleven days in the hospital, went home, and went back into the hospital two more times before I came home for good. Six months later I went back to work. That is, after 30 injections of chemotherapy and 25 doses of radiation. I just returned from San Diego and the UCSD Veterans' Hospital there where I had a PET Scan performed. I am now and have been cancer free for two years and nineteen days.

So why would I want to bore your socks off with my story? It's not my story; it's our story. Richie Burns died last October. Last December I attended Tony Peroskie's funeral. I went to see an old college professor, Jon Borland, last month and attended his funeral last week. Monday there was an e-mail on my computer from Bob Simpson. Bob's doctors have given him four to six months to live. What do all these men have in common? They all served in Vietnam where Agent Orange was used as a defoliant. Tony had Lung Cancer as does Bob. Richie and Jon died from Colon Cancer. If I can make one of you aware of the probability of cancer and get you to act on it, then my quest is successful. Early diagnosis and treatment is the only way cancer can be defeated.

If I haven't bored you to sleep yet, I'd like to leave you with two thoughts:

1. When the last Vietnam Veteran dies the slate will tell that the United States Government killed more of it's own men than the North Vietnamese Army ever dreamed of, and:
2. Now that we're all over the age of fifty, if you don't get pre-cancer checks (colonoscopy, PET scan, CT scan, etc.) on a regular basis, you're playing Russian Roulette with five rounds in a six round chamber.

Note: The Veterans Administration still refuses to acknowledge Colon Cancer as a direct result of exposure to Agent Orange.

CRABS

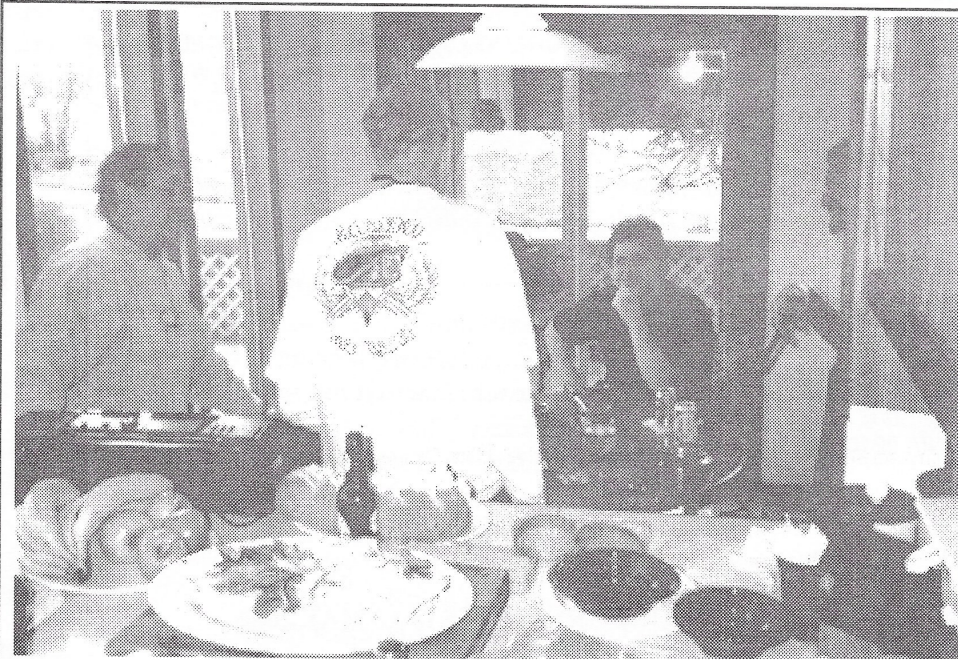
Green Dragon Feature

by Sua Sponte Staff



Sua Sponte had the chance to interview Justin Stay, our webmaster, who just returned from a gathering in the state of Washington to honor the best of the best: Bob Simpson. Also attending to celebrate life with Bob was his lovely wife, Marilyn; Dave "Little Mac" McLaughlin; Jerry Howard and his wife Cathy; Courtney Forbenius (Indo China Tours), and El Tegre. "Always leave an empty seat at your table for that troubled, lonely traveler should they happen to drop by and be in need of a friend." *Simpson -2002*. Justin was that friend and stated, "This was one of the warmest groups I've ever been around; I came, I saw and I was conquered with friendship." No doubt, Justin and the other guests of Jerry and Cathy Howard made sure that having friends of Bob around him, would be treated special, indeed! When Justin, was asked by Sua Sponte what had learned from his trip, he mentioned the *Green Dragon*.

According to Justin, "Once you drink that stuff, you could see turkeys that walk like men; rehash the stories like *Iron Trees* or *Little Mac's* trip down to Panama after his return to the states from Nam".



Upper-left Photo: Bob and Marilyn open a present from the U.S. girls Curling team with an autographed poster and olympic pin; also a Bemidji Woolen Mill blanket for Marilyn's birthday.

Bottom Photo; left to right: Little Mac; Bob Simpson; El Tegre; and Jerry Howard.

Hotel Reservations

by Sua Sponte staff

JUNE 13 – 16, 2002

HOLIDAY INN BAYSIDE
4875 NORTH HARBOR DRIVE
SAN DIEGO, CALIFORNIA 92106

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (____) _____

ACCOMMODATIONS:

SMOKING: _____ NON-SMOKING: _____ NUMBER OF PERSONS: _____

SINGLE (KING SIZE BED): _____ DOUBLE: (TWO QUEEN SIZE BEDS): _____

CHECK IN DATE: _____ AFTER 1600 HOURS

CHECK OUT DATE: _____ BEFORE 1200 HOURS

PLEASE CIRCLE THE DAYS YOU WILL BE STAYING BELOW:

DAY SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED

DATE 6/08 6/09 6/10 6/11 6/12 6/13 6/14 6/15 6/16 6/17 6/18 6/19

ROOM RATES: ALL ROOM TYPES: \$109.00 UNLESS SUNDAY JUNE 16TH IS INCLUDED THEN THE RATE IS \$105.00 + 10.5 TAX. RATES WILL REMAIN IN EFFECT FOR THREE DAYS BEFORE AND AFTER THE SCHEDULED REUNION, LONGER BASED ON AVAILABILITY.

INDIVIDUALS MUST MAIL A CHECK OR PROVIDE YOUR CREDIT CARD INFORMATION BELOW FOR ONE NIGHT'S DEPOSIT ALONG WITH THIS FORM (OR BY PHONE) OR RESERVATIONS WILL NOT BE MADE.

CREDIT CARD NAME AND NUMBER: _____

EXPIRATION DATE: MONTH: _____ YEAR: _____

SIGNATURE: _____

PLEASE PRINT, COMPLETE AND RETURN THIS FORM TO:

HOLIDAY INN SAN DIEGO BAYSIDE
4875 NORTH HARBOR DRIVE
SAN DIEGO, CALIFORNIA 92106

ATTN: RESERVATIONS

PHONE (610) 224-3621 (800) 662-8899

DEADLINE FOR GROUP ROOM RATES RESERVATIONS IS 13 MAY 2002

San Diego 2002

by Stephen Crabtree

PROPOSED ITINERARY

WEDNESDAY, JUNE 12TH, 2002

2300 Deep sea fishing on the New Lo-Ann
(Provided we have 20 or more anglers)

THURSDAY, JUNE 13TH, 2002

1200 – 1800 Reunion Registration, Harbor View Hospitality Room

1400 – 1700 Harbor View Hospitality Room, Concessions

1500 New Lo-Ann returns from deep sea fishing at the Coronado Islands

1700 – 1800 “Welcome Reception” at Poolside Hosted by Holiday Inn with Light
Buffet & Open Bar

1800 – 2200 Harbor View Hospitality Room, Concessions & Open Bar

FRIDAY, JUNE 14TH, 2002

0800 – 1000 Harbor View Hospitality Room, Concessions

0800 – 1000 Reunion Registration, Harbor View Hospitality Room

0800 – 1900 Free Time (Zoo, Sea World, etc.)

0930 – 1500 Bus Leaves for VIEJAS Casino and Shopping Mall
(Provided we have 35 movers & shakers)

1600 – 2000 Reunion Registration, Harbor View Hospitality Room

1900 – 2400 Finger Food, Concessions, Auction & Open Bar in Harbor View
Hospitality Room

SATURDAY, JUNE 15TH, 2002

0800 – 1000 Harbor View Hospitality Room/Concessions

0800 – 0900 Officers and Board of Directors Meeting

0900 – 1000 General Business Meeting

1000 – 1800 Free Time (Zoo, Sea World, etc.)

1600 – 1800 Harbor View Hospitality Room, Concessions, Open Bar

1800 – 1900 Cocktails by the Pool (Cash Bar)

1900 – 2100 Awards, Raffle and Hawaiian Luau by the Pool (Cash Bar)

2100 – 2400 Open Bar in Harbor View Hospitality Room

SUNDAY, JUNE 16TH, 2002

0830 Busses depart from Hotel for Fort Rosecrans National Cemetery

0900 – 0930 Memorial Service

0930 – 1100 Cabrillo National Monument, Visitor’s Center, Pictures (this has one of
the most beautiful views anywhere!)

1100 Busses depart from Fort Rosecrans for Hotel

1130 – 1800 Free Time (Zoo, Sea World, etc.)

1600 – 1800 Hospitality Room Open

1800 – 2000 Good Bye Dinner (Pay your own way, Local Restaurant)

2000 – 2200 Hospitality Room and Open Bar

HOSPITALITY ROOM HOURS MAY VARY FROM DAY TO DAY AS NEEDED

NOTE: Parking is available for Motor Homes at the Holiday Inn Bayside, but no hookups.

Company News

by Association Members

www.lrrpranger.org



Home

Other Links

Feature Article

Unit Lineage

Our Wall

LRRP Gear

Health Issues

Historical Photos

News Update

Guest Book

Messages

Officers

Annual Meeting:

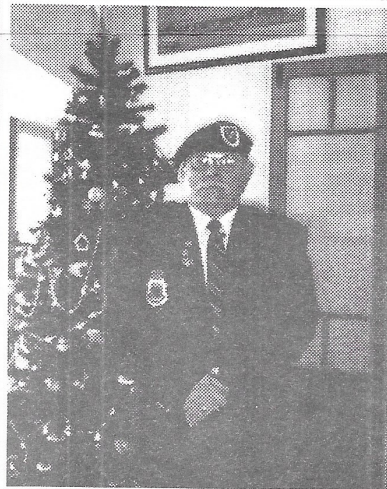
There will be a general annual membership Business Meeting at: 0900–1000hrs on June 15, 2002. This annual meeting will be held at the Holiday Inn Bayside; 4875 North Harbor Drive; San Diego, CA 92106.

Wanted:

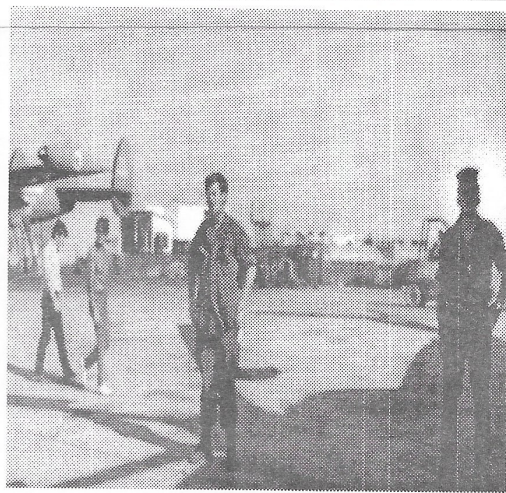
Volunteers for the position of Officers and Board Members to serve your Association. Please make your intentions known to an officer or board member.

Volunteer to write the quarterly-issue of *Sua Sponte*. Please contact Steve Johnson to find out the particulars at: ssponte@paulbunyan.net; Steve would like to work more in the area of our website with Justin Stay.

Before and After:



To the right is a picture of John Manley; member of USO who entertained at our club in Chu Lai. To the left, John wears a beret sent by Tower for him to wear for RSL events: John resides in Queensland, Australia and can be reached at: jjmanley@optusnet.com.au You are standing tall, John and we appreciated your entertainment skills on those sober nights in ChuLai!



Other:

John Haines has been found again by fellow teammate Dan Linehan. John says he will show for the reunion; joining John will be, among others: Chus, Clark, Crabtrees, Donovans, Eberlys, Garvers, Goodson, Fritzingler, Jacks, Johnsons, Leyton, Linehans, Maars, Moncadas, Nashs, Oneys, Robisons, Shooks, Simpkins, Stauffer, Stays, Sure, Svenssons, Tildons, Travis, and Williams. This is from people that have committed and certainly there is a lot of others on the way to San Diego for this year's great reunion.

Thanks:

Special thanks to Jim Goodson for his photos; the ones of the flag superimposed with art work!

Association Registration

by Sua Sponte Staff

LRRP/RANGER ASSOCIATION REUNION REGISTRATION FORM
SAN DIEGO, CALIFORNIA REUNION
JUNE 13 – 16, 2002

Please fill out; and mail to address below.

Name: _____
Address: _____
City: _____
State: _____
Zip: _____

Activity Reservation Deadline is 13 MAY 2002

Please help the Reunion Committee Plan your reunion by making your Activity Reservations as early as possible.

Wednesday June 12th

ACTIVITY: Tentative Deep Sea Fishing Trip (2300-1500)

Cost per person: \$60.00 Number of tickets _____ Total Cost _____

Thursday June 13th

ACTIVITY: Holiday Inn Bayside Welcome Reception Pool Side (1700-1800)

Cost per person: **Free**

Friday June 14th

ACTIVITY: Trip to VIEJAS Casino and Shopping Mall (0930-1500)

Cost per person: **Free**

Saturday June 15th

ACTIVITY: Hawaiian Luau (1900 - 2100)

Cost per person: \$30.00 Number of tickets _____ Total Cost _____

Sunday June 16 th

ACTIVITY: Memorial Service at Fort Rosecrans (0830-1100)

Actual service time (0900-0930)

Cost per person: **Free**

GRAND TOTAL: Check enclosed for the amount of:

Please make checks payable to G/75 Ranger Association and mail to:

Frank Svensson
6964 Berkshire Ave.
Alta Loma, CA 91701

Grand Total _____

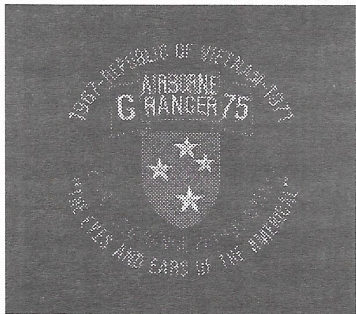
Activity Reservation Deadline is 13 MAY 2002

Please help the Reunion Committee Plan for your reunion by making your Activity Reservations as early as possible. Thank You.

CONCESSIONS

LRRP RANGER GEAR

Item # PO1



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

New Hat is black featuring our Association Logo with dates (66-71); One size fits all. Besides the official logo, this hat has the 196th and the Americal Patch under the Ranger LRRP scroll.

Item# HO1 is \$15 which includes shipping and handling; This will be a real popular item; limited stocks so hurry for this one.

Item # HO1

Item # MO7



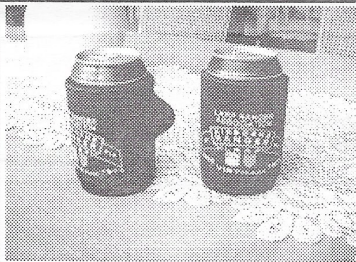
MO7 Company Coffee Mug to get your day started. Official logo; only \$7 includes; S&H



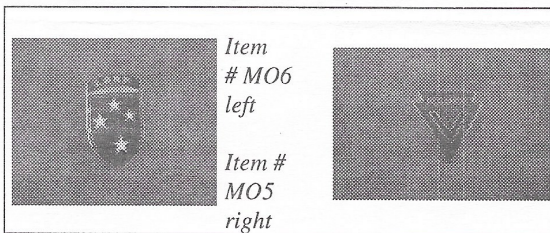
2001 Tee Shirts Item # TO1 for your collection of reunion shirts. Logo on front with large POW statement on the back! \$15 includes s&h

Item # TO1

Item # MO3 MO2



Breast (MO3) or breastless (MO2) coozie; neoprene with official logo. \$7



Item # MO6 left

Item # MO5 right

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

Item #MO1	Unit Video	\$20.00 X amount ordered = _____	Cost _____
Item #PO1	Golf Shirts	\$25.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #2	Denim Shirt	\$35.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #HO1	Baseball Hat	\$15.00 X amount ordered = _____ One size fits all	Cost _____
Item #MO2	Coozies	\$ 7.00 X amount ordered = _____	Cost _____
Item #MO3	Coozies	\$ 7.00 X amount orderd = _____	Cost _____
Item #MO4	Bumper Sticker	\$ 3.00 X amount ordered = _____	Cost _____
Item #MO5	MACV Pin	\$ 5.00 X amount ordered = _____	Cost _____
Item #MO6	LRP Pin	\$ 5.00 X amount ordered = _____	Cost _____
Item #MO7	Coffee Cup	\$ 9.00 X amount ordered = _____	Cost _____
Item #MO8	E/51 Buckle	\$15.00 X amount ordered = _____	Cost _____
Item #SO1	Sweat Shirt	\$30.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #T50	Unit t-shirt	\$20.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #T97	1997 t-shirt	\$12.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #T98	1998 t-shirt	\$12.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #T99	1999 t-shirt	\$12.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #T00	2000 t-shirt	\$12.00 X amount ordered = _____ Size(s) _____	Cost _____
Item #T01	2001 t-shirt	\$12.00 X amount ordered = _____ Size(s) _____	Cost _____

Send Check and order form to Frank Svensson; address is on page 10.

Total Cost _____



From left to right: Bob Simpson, Dave McLaughlin, Justin Stay, Jerry Howard, and Courtney Forbenius.

Killing Osama bin Laden will only create a martyr. Holding him prisoner will only inspire his comrades to take hostages to demand his release. Therefore, I suggest we do neither. Let Special Forces, Seals, Rangers, or whoever covertly captures him, fly him to an undisclosed hospital and have surgeons quickly perform a complete sex change operation. Then return "her" to Afghanistan to live as a woman under the Taliban.

Simpson- 2002

Sua Sponte

Sua Sponte

10433 Juneberry Rd NW

Bemidji, Mn

56601

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Bemidji, MN
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Permit Number
124**



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