



The Official Newsletter of the
Seventh United States Cavalry Association

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"Troopers of the 7th Cavalry "

"GarryOwen"

It's sort of interesting how 44 years removed from Vietnam and nine years since retirement, I now have a much better understanding of Labor Day and why it should be celebrated. Many think that it represents the last full weekend at the end of summer, and the calendar certainly tells us that, while others attend parades and contemplate the day that celebrates the working person and their way of life. That's what I choose to do because if it wasn't for the working man or woman and our Armed Forces, Labor Day would just be another day in September. The reunion went off without a hitch and the Chicago Chapter did a magnificent job - a hearty GarryOwen to all who helped to make it a success. Next year we are back to Fort Hood and the following year we travel to the gaming capitol of the United States - Las Vegas.

Start saving now! The 7th Cavalry luncheon was my last as your Secretary/Treasurer, a position of trust that you first elected me to in 2000. There was one bit of administrative change that was proposed which entailed separating the duties of Secretary/Treasurer into two positions: Secretary and Treasurer. That motion was seconded and approved by the membership in attendance. I then offered to run for the position of Treasurer and was placed into nomination and seconded. The membership then voted me into that position and I thank you for your continuing trust in handling Association finances. Sadly no one was interested in running for Secretary. Unfortunately this means that our membership rolls will lie fallow until the next meeting at Fort Hood at the earliest.

The Vietnam generation of warrior is entering the twilight of our involvement in organizations and devoting more of our energies to other endeavors and other veteran issues. The other election was for a two year term as your President and John "Harpo" Guillory was elected to that position. I thank John for again stepping into the Batters Box. John was formerly your Association Vice-President.

The new Regimental Standard was well received and many troopers took the time after the meeting to have their picture taken with it. In mid August we lost another trooper to the scourge of cancer as a result of exposure to Agent Orange. Wild Bill Hinson certainly lived up to that moniker. He served two tours of duty in Vietnam with the first in the 18th Military Police Brigade. His second tour was with Alpha Company of the 1st Battalion, 7th Cavalry where he plied his duties primarily as a Pointman. Wild Bill once told us at a company reunion that we had missed the name of a battle casualty from Cambodia. As sort of a company historian I was flabbergasted to learn that a medic assigned to A 1-7 by the name of Jamie Lee Krull had been badly wounded

in Cambodia and died a short time later. Thanks to Bill never forgetting, Doc Krull is know honored at A 1-7 reunions along with the rest of those battle and non-battle deaths. Wild Bill was buried with Military Honors in the Dayton, Ohio National Cemetery and I was honored to speak to the family about the man I knew as a Soldier. Bill leaves behind his wife Mary Jane and a host of sisters, children, and step-children. His Mother was also there at the funeral. Prior to the annual Mini-Cav in Pine City, Minnesota, I received word that the host Fred Welch had lost his Mother. Ma was a fixture at several gatherings and provided us old grunts with spectacular meals and great conversation. Just yesterday I received word that another of our Alpha Company brothers had lost one of his twin daughters in a terrible car accident. Ron 'Zeno' Ponder came to A 1-7 from the 9th Infantry Division when they were sent back stateside. He was an exceptional Squad Leader and an even better man. Condolences old friend, on the passing of Mindy.

Here is what the 4th Squadron, 7th Cavalry has been up to recently while they stand a post with the 2nd Infantry Division in Korea. Before the holiday season in December 2013, the GarryOwen Squadron found itself extremely busy preparing for and participating in the 2nd Infantry Division WARFIGHTER, a Divisionwide exercise that delivered developmental training for the Troop Commanders and the Squadron staff. After the exercise our Cavalry Troopers found time to relax and enjoy Troop and Squadron holiday parties as well as a half-day schedule that allowed them to spend the second part of each day engaged in activities of their choosing. Additionally, Soldiers had ample opportunity to take leave and celebrate the Christmas holidays with friends and loved ones. After the holiday break Soldiers returned and began working laboriously again, conducting several hours of simulated direct fire training, Gunnery Skills testing, and Gunnery Table II, where they demonstrated their abilities and knowledge to accurately manage their weapon systems and equipment. They also held additional training events such as drivers training and Vehicle Commander Evaluator training in preparation for the Squadron's next gunnery. Simultaneously the Squadron provided Reception Staging Onward Movement and Integration support for 1-12 Cav's torch and main body during their arrival to the Republic of Korea. The Squadron conducted crew-level gunnery during February and March 2014 at the Rodriguez Life Fire Complex. Concurrent with crew gunnery, Troops conducted several other training events: scout lanes, the integration of one Korean Army armored platoon, Chemical Biological Radioactive and Nuclear lanes, several small arms ranges, and mortar training. Gunnery proved to be a very demanding but rewarding experience for the Squadron. Months of hard training paid off as nearly every crew qualified on the first attempt despite a very demanding scenario. The Squadron continued to improve its gunnery program, with each gunnery seeing better results than the last quarter. In addition to qualifying all weapon systems, the Squadron culminated its gunnery with an Air-Ground Integration event where elements of the 4-6 Air Reconnaissance Squadron (ARS) provided Close Combat Attack (CCA) support to ground forces, firing multiple rockets into the engagement area and obliterating the targets that simulated the enemy. After gunnery, the Squadron returned to garrison to recover our vehicles and equipment. When recovery was complete, the Squadron observed one of the traditions of the Cavalry by conducting a Broken Saber event in which Troopers recounted humorous events about their peers and what they did during gunnery. The Squadron's leaders collectively selected the Broken Saber holder, who is the Cavalryman recognized as committing the most bizarre activities during gunnery.

During the month of April, the Squadron was busy participating in the Expert Field Medical Badge, conducting Soldier of the Month and promotion boards, and conducting a thorough cleaning of all storage areas to remove excess property. The Squadron leadership also found opportunities to conduct bonding activities like sports days and Troop organizational days, to ensure the Troopers of GarryOwen maintain a balance of physical and emotional strength. As May approached, the Squadron began increasing its tempo with a new series of training events. We conducted our Non-Combatant Evacuation and Base Defense/Force Protection exercises to ensure we are prepared to execute these tasks if required. Troops also began executing virtual lanes in the Close Combat Tactical Trainer (CCTT) in preparation for our upcoming gunnery in the fall. At the end of the month, the Squadron held its semi-annual Spur Ride. For four days, Troopers' physical and mental strength were tested as they strove to earn their spurs. In the end, only 70 of the original 230 candidates earned that coveted distinction. Throughout June, the Squadron continued to conduct garrison operations. Troops continued executing virtual lanes in the CCTT and conducted small arms ranges to ensure that Troopers are fully qualified to operate their personal weapons. Concurrently, the Squadron continued to clear out remaining excess property and conduct our quarterly Command Inspection Program. The end of the month finished with a much-welcomed week of competitive events with our Republic of Korea (ROK) Army counterparts in the annual Warrior Friendship Week. This event allowed personnel the chance to engage in several days of friendly competition and camaraderie, strengthen the bonds with our ROK allies and ensured all Troopers are both

physically and mentally ready to continue the mission and "Fight Tonight." For additional information regarding GarryOwen Squadron activities visit the 4-7 CAV Facebook website at . Thanks to Jim Savage, our Website Manager for pushing the 4-7 to provide us this report.

Must give props to a great Vietnam Veterans Facebook Page called Vietnam Vets Only. This group was started by a 8th Cavalry veteran by the name of Robin Woo and is open to any Vietnam Veteran be they: Army, Navy, Air Force, Marine, Coast Guard, or Australian. Only requirement is service in Vietnam and once announced to the group you have to say a couple of words about yourself. I was told about the page by our own CSM Webster. Lots of interesting topics are covered by the 3500+ members. Yesterday a member posted about his difficulty accessing the VA Health System which so far has received almost 300 posts, 90% of which were inaccurate. As an example one Veteran posted that because you have a Vietnam Service Medal you are automatically granted access to medical care. This is a false statement. Just like anything else you must first prove you are Honorably Discharged and then the VA will determine which of eight categories that you fall into. A Purple Heart grants you access into Priority Group 3 which is a good start especially if you haven't yet filed a claim for benefits. A few were blaming the President for this Priority Group situation which also is a falsehood. Priority Grouping started way before this President. The basic problem lies in the fact that the Veterans Administration does a marginal job of reaching out to Veterans. This reaching out falls primarily to us as veterans to help any brother or sister to apply for the benefits that they earned. Another guy that was very helpful is named Richard Lee Chan who served in the Navy in Danang. Richard is a Veterans Service Officer in the Bronx and told us about a program that I just became aware of called eBenefits which is jointly administered by the DOD and the Department of Veterans Affairs. So thanks to Dennis, Robin, and Richard for their continuing hard work on behalf of soldiers. If you are a Vietnam Veteran and are on Facebook - you should give thought to joining. You might just learn something important. Just a little personal story about the potential harmful effects of taking Ibuprofen. I HAD been taking 800mg of Ibuprofen up to three times a day for years as prescribed by my VA PCP for pain. As it turns out Ibuprofen can, and in my case had, a very negative effect on kidney function. Currently I am now being seen by a Renal Specialist in Ann Arbor because my kidney function is about half of what it was just a short six years ago. My creatine is 1.6 and my latest eGFR reading was 43.1. For my age (66) the Doctor would like to see my creatine level at or below 1.0 and my eGFR level above 60. So my warning is this: if you are taking Ibuprofen in high doses, please get your blood tested immediately or look at your last labs to see at what levels these two measurements are, and start a dialog with your health care provider. Hopefully this was caught in time and this early warning can preclude you having to go through something similar. The 3rd annual Gathering of Eagles was held in Rhinelander, Wisconsin in late July.

Attendance was down considerably this year but those that made the journey reported that as always the intrepid Jim Hackbarth was a great host. A group of warriors who served in C 1-7 during the Cambodian Campaign are gathering in North Carolina during the first full week in September. Marion Siara is the head honcho of organizing this group and I believe this will mark the fifth get together. Got a call from Clinton Poley a few days ago and he sounded good and reported that the farm is doing well this year. Clinton was one of the warriors in C 1-7 who was wounded at LZ X-Ray in November of 1965. His picture is in the book *We Were Soldiers Once...And Young* by our own Hal Moore and Joe Galloway. Joe continues his great work on behalf of soldiers everywhere by speaking at book signings and dedications. Joe is tended to now days by his beautiful wife Gracie and the ever present Jacques - The Wonder Dawg! The 5-7 is gearing up for another presence in Washington, DC. They represent the 7th Cavalry in a most excellent manner at The Wall and during their banquet. They just returned from their reunion and here is their report from Charlie Baker. The 5-7 Cavalry Association held its bi-annual reunion at the University Plaza Hotel in Springfield, Missouri during the week of 14-19 July, attended by 529 veterans and family. Eight men from the 5-7th Cav in Iraq and Afghanistan were included. The Association includes men of all ranks, four-star general to private first class, with one common bond service in combat with 5-7 Cavalry. Attendees enjoyed the many sights and attractions of Springfield and Branson throughout this week. A banquet was held on Friday evening, and Springfield's own Jerry Jacob, news anchor for KSPR and Iraq War veteran, was the guest speaker. A memorial ceremony was conducted on the morning of 19 July honoring the battalion's 380 men killed in Vietnam and 17 men killed in Iraq and Afghanistan. We also acknowledged the veterans who have gone to Fiddler's Green since the previous reunion, to include the legendary commander in the spring of 1968, LTG (Ret) James B. Vaught. 5-7th Cav fought in Vietnam from 1966 through 1971, where four of its men received the Medal of Honor, with Michael Sprayberry being the one surviving recipient.

The 5-7th Cav also fought in Iraq and Afghanistan for five years between 2005 and 2013. MG Maury Edmonds, who commanded the battalion in Cambodia and brought them home in 1971, was reelected for another two year term. We were inspired by the now famous words of an anonymous writer, "I now know why men who have been to war yearn to reunite. Not to tell stories or look at old pictures. Not to laugh or weep. Comrades gather because they long to be with the men who once acted at their best; men who suffered and sacrificed . . ." We did this in Springfield, Missouri. Admittedly, we also told some stories, looked at some old pictures, laughed a lot, and wept as well. And we cannot wait for two more years to pass to again be with men, who in the words of Jim Vaught, "knew how to fight." Thanks Charlie! And so with that I bid you farewell until the next time that the Bugler sounds Assembly. GarryOwen!