

Excerpts From Our July 2001 Newsletter

MACKENZIE'S RAIDERS

3/4 CAV NEWSLETTER

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YOUR HELP IS NEEDED!

We really need your help with the following.

Addresses. First, I want to apologize for the March mailing. Some 91 addresses got screwed up! You may have received a newsletter with the correct street address but the wrong name. The good news is you got the newsletter. Or, you may have not received the March newsletter at all. If you did not receive the newsletter and you want a copy, please contact me at jheadley@dcr.net or call 502-839-1942 and I will send you one.

It is now costing us over \$1.00 to remail. If you are changing your address, PLEASE send us your new address. Do not assume that the post office will forward your mail. If you don't tell them to, they won't and there is a time limit on how long they will forward.

Recently I sent out more than 150 postal cards to some of you requesting information to update our roster, 1.e., your troop or dates. Many of you have replied but not all. If you have not, please contact me. This information is very important.

Dues. Many of you contact me asking if your dues are current. In all likelihood, if you're asking, they are not. Here's a quick way to check.

Look at your membership card. If you don't have a card, then you owe dues. If your card doesn't have a date of 2001 or later, then you owe dues. Of course, if you're a life member, it'll state that and you're ok.

The key is, please pay your dues. It's your dues that pay for mailing the newsletter. The newsletter is getting more and more costly. Mainly, this is due to more members. We are looking into finding a cheaper rate but still getting a quality newsletter.

DONATIONS REQUESTED FOR OUR MEMORIAL

In the last newsletter we requested your help in raising funds to place a concrete pad around out monument at Fort Knox, KY.

The cost will be \$2,700.

We have enough operating funds to pay this amount. However, this next quarter we'll be providing our \$1,000 scholarship donation to the 25th Infantry Division Association and approximately \$600 for the printing and mailing of our newsletter.

Any amount that you can send to our treasurer will be greatly appreciated!

WOULD YOU LIKE TO GO BACK TO VIETNAM?

I have been asked by a number of 3/4 CAV Troopers about my trip back to Nam in 1993 and how they'd like to go back.

Well, Dave Devries, C Troop and D Troop (Air) 68-69 has made it back nine times! He would be willing to organize a trip if you are interested.

Dave first went back at the request of General Vessey. Dave had become active with International Aid and General Vessey requested that Dave assist the people of Vietnam with needed medicines and medical supplies. This would help in improving relations with Vietnam and various government agencies.

Dave's wife Diana has accompanied him on several trips. His last trip was in June 1999 when he escorted a group of 50. 14 were Veterans.

Dave would like to take just a group of 3/4 CAV Veterans. The trip would be in March 2002. A tentative itinerary would be visits to Hanoi, Hue, DMZ, DaNang, Hoi An, Saigon, Cu Chi, Trang Bang, GoDaHa, Tay Ninh, Nui Ba Den and more. The trip would be 15-16 days. Approximate cost of the trip from an airport nearest you would be \$2200-\$2600, based on double occupancy. This would include air and ground transportation, lodging, sightseeing, most meals, and a Vietnamese visa. Dave will be working with several airlines and hotels and tour agents to keep costs to a minimum, but not sacrifice quality. Wives are welcomed and encouraged to attend with their husbands. The group will be limited to 20 people.

If you are interested, contact Dave Devries for more information at dqdvries@msn.com or (616) 669-6952.

VET BENEFIT IMPROVEMENTS

House Veterans' Affairs Committee Chairman Chris Smith, R-NJ, has announced that he will make veterans "a top budget priority" for the 107th Congress. He said the committee would continue to examine ways to speed up the pace of disability claims processing and waiting periods for health care appointments. "The VA's health care delivery system is growing old and needs maintenance and improvements," he said. "We directed VA to implement a far-reaching long-term care policy, and we must make sure the needed resources are there." Ranking Democrat Lane Evans, D-IL, said he *"couldn't agree more" that no one in America deserves more attention and tangible assistance than our veterans.* He pledged to work with Smith to achieve a world-class health care system and prompt, fair decisions on claims for benefits.

Now is the time for you to contact your representatives and senators and let them know how you've been treated and tell them you want them to support legislation for YOU the veteran.

Also, a toll free hot line to answer Agent Orange questions on exposure, health care and benefits has been established by VA. 1-800-749-8387.

AGENT ORANGE REVIEW

Hopefully, all of you are receiving the "Agent Orange Review". This is a publication prepared by VA's Environmental Agents Service (EAS) with assistance from the VA's Compensation and Pension Service. The "Review" is published to provide information on Agent Orange and related matters to Vietnam veterans, their families, and others with concerns about herbicides used in Vietnam. It is also available on line at <http://www.va.gov/agentorange/default.htm>. You can also get back issues. The first issue was released in November 1982.

If you are receiving it yet you may check at a local VA facility or write to the Agent Orange Review, Austin Automation Center (200/397A), 1615 Woodward St., Austin, TX 78772-0001.

There is also a toll free telephone number for information regarding VA benefits (1-800-827-1000). A toll free number for Agent Orange concerns is 1-800-749-8387.

POSSIBLE VET BENEFIT HIKES

The Veterans' Opportunities Act of 2001, introduced by Rep. Chris Smith, R-NJ, house veterans' committee chairman, would provide a comprehensive package for veterans, including raises in: burial and funeral allowances from \$1,500 to \$2,000 when deaths are service connected, and from \$300 to \$500 for veterans with non-service connected disabilities; burial plot allowance from \$150 to \$300; assistance to severely disabled veterans for automobile and adaptive equipment from \$8,000 to \$9,000, and specially adapted housing grants from \$43,000 to \$48,000. The act also would authorize VA education benefits for certain independent study certificate programs. Congressional and White House approvals are needed to put all this into action, of course.

BUSH SEEKS \$51 BILLION FOR VA BUDGET

President Bush wants to increase VA's budget by some \$41 billion for FY2002. Released on Feb. 28, Bush's proposal totals some \$51 billion and includes elements to improve health care and lower the time needed for processing VA benefit claims.

Of the total amount, some \$28 billion is earmarked for entitlement programs-including disability compensation, education, home loans and vocational rehabilitation. More than \$23 billion is set aside for health care, the cemetery system and the administration of other programs.

"This budget will allow us to focus upon VA's core mission of providing high-quality health care for our veterans, while permitting us to address unacceptable delays in processing applications for disability compensation and pensions," said VA Secretary Anthony J. Principi.

House VA Committee Chairman Christopher Smith (R-NJ) said he would seek "even more money" during the budget process for such items as long-term care, chronic illnesses and transitional housing for homeless veterans.

TWO 3/4 CAV KIDS GET SCHOLARSHIPS FROM ASSOCIATION

Allison Kilpatrick, daughter of Tom Manigan, B Troop, 1968, and Eric Bodzinski, son of Edward Bodzinski, C Troop, 68-69 will each receive a \$1,000 scholarship from the 25th Infantry Division Association.

Altogether, there were 34 scholarships awarded this year for a total of \$34,500!

Remember that the 25th Division Association awards scholarships to all sons/step-sons, daughters/step-daughters, and grandchildren of ELIGIBLE 25th veterans. To be Eligible you MUST BELONG to the Association. If you haven't joined yet you need to do so. See DUES for information.

The 3/4 CAV Chapter annually donates \$1,000. This is awarded to an ELIGIBLE child of a 3/4 Cavalry veteran. You can continue to make Tax deductible donations. Send your donation to our treasurer, John Hollern.

3/4 CHANGE OF COMMAND

LTC Jeffrey Kappenman turned over command of the 3rd Squadron, 4th U.U. Cavalry on June 14th at Sills Field to LTC John T. Hansen. LTC Kappenman will attend the Army War College at Carlisle Barracks, PA.

President Headley presented LTC Kappenman a certificate from the chapter recognizing him for his tour of duty. The certificate was drawn by Barry Anderson, a former member of Bravo Troop in 1968.

NEW MEMBERS FOUND

Louie Acosta, A Troop, 8/68-8/69, Lancaster, CA

Tim Breen, C Troop, 67-68, Puyallup, WA

Lewis Call, B Troop, 69, East Liverpool, OH

Ed Childers, B Troop, 4/70-5/71, Chaska, MN

Dan Cook, B Troop, 3/68-3/69, Paradise Valley, AZ

Chester Dawson, C Troop, 66-67, Canton, OH

Mike Dempsey, C Troop, 1/70-12/70, Bridgewater, NJ

Dewey Elsik, A Troop, 2/60-9/61, Kingsville, TX

Lee Fancher, C Troop, 68-69, Suwanee, GA

John Farley, A Troop, 2/68-2/69, Craigsville, WV

Richard Gale, D Troop (Air), 68, Albuquerque, NM

Jaime Garcia, B Troop, 69-70, Mesa, AZ

Randy Gottschall, HHT, 4/70-4/71, Marietta, PA

Bill Guenley, HHT, A Troop, 11/68-4/69, Los Lunas, NM

Harold Hallberg, HHT, 67-68, Deridder, LA

Dave Holeman, B, D Troops, 67-68, Bartlesville, OK

Henry Holland, HHT, 1/69-1/70, Sumter, SC

John D. Johnson, C Troop, 12/69-1/70, Goose Creek, SC

Hayden Jones, F Troop, 4/72-2/73, Midland, TX

Oliver "Doc" Jones, C Troop, 12/67-5/68, Kingson, WA

Jon Kehlet, A Troop, 69-70, Citrus Heights, CA

Larry Kellum, D Troop (Air), 5/68-5/69, Hallsville, TX

Doug Landon, A Troop, 8/68-7/69, Longwood, FL

Peter Lewis, HHT, 10/65-2/67, Lyons, NJ

Bucky Loomas, HHT, 64-66, Sweetwater, TN

James Mahair, D Troop (Air), 68-69, Newport News, VA

James Mason, A Troop, LRRP, 68, Augusta, GA

Mike McCain, A Troop, 84-85, Lombard, IL

1SG (Ret) Ken Miller, A & C Troops, 12/66-6/67, 80-82, Valrico, FL

Clayton Moore, B Troop, 66-67, Brady, TX

James Root, A Troop, 10/66-10/68, Mitchell, IN

Montgomery Spenser, B Troop, 12/92-12/94, Clinton, SC

John Thomas, Jr., D Troop (Air), 12/68-12/69, Belen, NM

Gerry Toomey, C, D Troops, 1/68-1/69, San Antonio, TX

James Vaughan, D Troop (Air), 11/66-11/67, Madisonville, KY

Jimmy Welch, B Troop, 6/81-5/84, Columbus, GA

Ralph Whitaker, HHT, 5/59-10/60, Bay Village, OH

Current number of former 3/4 Cavalry troopers found – 1,056. NOTE: 973 are on the mailing list.

Our web page has been a big help in finding former troopers but YOU are the best way. Keep searching for former troopers.

MEMBERS LOST

The following members have been lost since the last newsletter. Please help in returning them to the roster. If you live in their state, see if you can find them.

Ted Bagley, Roswell, GA

Leonard Blackburn, Melbourne, FL

Harold Blanton, Concord, CA

John McMillan, Dickson, TN

James Toles, Jr., San Francisco, CA

Charles A. Weseman, APO AE 09802-0099

Bruce Wood, Ft. Riley, KS

Joseph Verycken, Jersey City, NJ

IN SEARCH OF...

Peter Lewis served in HHT, transportation platoon, October 1965 through February 1967. His main job was driving the fuel truck. He also served as the Squadron mail clerk at the end of his tour.

Peter is looking for former members of HHT who may remember him or at least served during the same period. He needs assistance in completing a VA claim.

You may contact him at 25 E. Sheffield Ave., Apt E-1, Englewood, NJ 07631

Oliver "Doc" Jones was a medic in 2nd Platoon, C Troop, 12/67-5/68. Doc needs former troopers who served with him to contact him to help reconstruct his DD214. You may reach him at P.O. Box 1695, Kingston, WA 98346; email nuxdoc1@aol.com; phone (360) 297-7981.

Ken Graham, HHT, maintenance, 4/67-4/69, needs help with a VA claim. Contact Ken at grumpy@veriomail.com or write to 11563 B Massillon Rd., Lot 24, Orrville, OH 44667-9778.

TAPS

Jeffery Barnes, B Troop, 68-69

John Curran, B Troop, 68

Keith hall, D Troop, 68-69

To the family and friends of the departed, our deepest sympathy. We share your loss and grief.

VIETNAM VETERANS RENDEZVOUS

There will be an open rendezvous of Vietnam Veterans held in mobile, AL beginning Thursday, July 26 through Sunday July 29.

Location is Chickasabogue Park off I-65 at Saraland, AL.

Planned events include tours to Battleship Park, home of the battleship Alabama and site of the Alabama Vietnam Veterans Memorial and the B-52 "Calamity Jane" which flew many missions over Nam. A flyover by the Blue Angels and hopefully a skydiving demonstration by the U.S. Army parachute team.

Biloxi is nearby with plenty of casino boats. The evenings are mostly unplanned; small camp fires, good

food and drink with lots of story telling.

For information contact Combat Veterans Association, P.O.Box 185, Satsuma, AL 36572-0185, phone (334) 675-0488. You may email Vetsreunion@aol.com

or visit www.vietnamvets.homestead.com.

25th ASSOCIATION REUNION

HAWAII 2001

Ten! That's the number of Chapter members that are currently planning on being in Hawaii for the 25th Association Reunion October 3-7, 2001! The reunion will celebrate the 60th anniversary of the Division and veterans of the Korean War. Hopefully, more of you will be able to attend. 1-5 (M) IN Chapter says they have 30 going! Surely the CAV can top this.

I will be speaking with the Squadron Commander to see if they can get a bus just for the 3/4 CAV guys like they did in 1996. After the Division parade they took us to the Squadron Headquarters where they had an equipment display for us!

Details are in FLASHES, the association newsletter. Extensive, exciting tours have been arranged and the hotel selected, Pacific Beach, is just across the street from beautiful Waikiki Beach.

The 25th Division (Light) always puts on a terrific show for us. We spend a day at Schofield Barracks, eat in a unit mess, take part in the Division review and get to meet today's great soldiers.

Let's try to have a big turnout of former troopers and pass in review with our colors once again! Let me know if you plan on attending. If you qualify to stay at the Hale Koa Military Hotel you need to be making your reservations NOW! I'm sure that you have read or already seen at the gas pump that prices are going up. This means the airlines will be raising their prices shortly. Get your air reservations soonest! Also, those attending, make sure you have a CAV cap and a new polo shirt to wear in the review!

COPING IN THE WAR ZONE AND LONG-TERM POSITIVE LIFE ADJUSTMENT AMONG VIETNAM VETERANS

Molly Keehn, Dan King, and Lynda King

(Dan was a member of B Troop, 1968. He and Lynda are Research Psychologists/Research Professors at the National Center for PTSD and Boston University School of Medicine. Molly is currently working as a Research Assistant.)

Historically, much research in the field of psychology has focused on the study of factors related to psychological problems or mental distress. While it is essential to study this topic, researchers for the most part have overlooked the flip side of the coin: the study of factors related to well-being, health, and life adjustment. In the last few years, there has been a call for more work in this sphere of "positive psychology."

In answer to this call, we have been studying factors related to psychological well-being and overall positive life adjustment among members of one trauma-exposed population, Vietnam veterans, using information from the National Vietnam Veterans Readjustment Study (NVVRS). The NVVRS was commissioned by Congress in the mid-1980s primarily to determine the rates of PTSD in Vietnam

veterans following the war. The survey involved lengthy face-to-face interviews with a carefully selected and nationally representative sample of over 1,600 male and female Vietnam veterans. Although the focus of the survey was on the negative consequences of war, there were various questions asking about positive outcomes.

Using the NVVRS database, we are examining three different features of positive life adjustment. Our first is *achievement*, documented as a combination of how much education the veteran had attained at the time of the survey and the prestige associated with his or her occupation. We are also considering the veteran's *life satisfaction*, assessed by self-reported ratings about the quality of his or her life. Sample questions are "In general, how satisfying do you find the way you're spending your life these days?" and "Taking things altogether, how would you say things are these days—would you say you're very happy, pretty happy, or not too happy these days?" Finally, we have been measuring *lifetime adaptation*, which we define as the *absence of personal difficulties* since leaving the military, such as problems with employment, education, money, health, family, and finding meaning in life.

In our most recent work, we have investigated the associations between strategies veterans used to cope with stressful experiences when they were in the war and the three features of positive life adjustment. One coping strategy that has been particularly interesting is what is called "problem-focused coping." This type of coping occurs when a person encountering a stressful event actively tries to change the situation in order to reduce stress. The following statements are examples of problem-focused coping strategies: "took some positive action to try to solve the problem," "made a plan of action and tried to follow it," and "considered several alternatives for handling the problem." Some past researchers have found that individuals who use more problem-focused coping develop fewer stress symptoms (like PTSD) than those who use less problem-focused coping. We predicted that the effect of problem-focused coping on our long-term positive life adjustment factors might vary depending upon how stressful the war-zone experience was. In particular, we expected that the use of problem-focused coping would be most effective at some moderate range of combat exposure, but that it would prove less effective for low levels of combat (when coping is not as necessary) and for very high levels of combat (where "solving the problem" may be impossible and beyond the control of the soldier).

Our findings using the NVVRS data were very consistent with these expectations. Across all three of the positive life adjustment factors (achievement, life satisfaction, and lifetime adaptation/absence of personal difficulties), problem-focused coping was related to higher levels of adjustment for veterans who experienced moderate combat, but not for those reporting mild or extreme combat. This finding is compelling because it indicates that problem-focused coping may only be effective when dealing with a certain amount of stress. Thus, while problem-focused coping has traditionally been considered an excellent mechanism for addressing highly stressful situations, we have learned that there may be a critical point along the stressor dimension where it ceases to be beneficial for the individual. For very high levels of stressor exposure, perhaps other coping mechanisms may be more appropriate. In a larger sense, these findings indicate that the way in which Vietnam veterans dealt with war stressors was related to their positive life adjustment later down the road.

CHATTANOOGA CHOO-CHOO

IN 2002

Details for our next reunion will be published in future newsletters, but reminders will be shown here until then so you won't forget to schedule your vacation to attend! We'll be staying at the historic

Holiday Inn, Choo-Choo.

What you need to do NOW is to mark your calendar for 5-7 September 2002. The room rate is \$79.00 and there will be some limited rooms available at this rate two days prior and two days following our reunion. More on this later.

THE NATIONAL D-DAY MUSEUM

I recently visited the National D-day Museum in New Orleans in March. The museum was dedicated June 6, 2000 by WW II historian and museum founder, Stephen E. Ambrose, Steven Spielberg, Tom Hanks, and Secretary of Defense William S. Cohen.

The museum covers the period preceding the United States entry into WW II, the mobilization effort, preparation for the invasion, D-day; the beaches and on through victory in Europe. A Pacific Wing exhibit will be dedicated December 7, 2001. For more information look at www.daymuseum.org.

DUES

3/4 CAV Dues

Please send your dues (\$5 Annual/\$75 Life) payable to 3/4 CAV Chapter to Box 1165, New Garden Station, Ft. Knox, KY 40121. Your dues pay for the publication and mailing of your *MackENZIE'S RAIDERS* newsletter.

25th Infantry Division Dues

Send your 25th Infantry Division Association dues (\$15 Annual/ \$150 Life) to P.O. Box 7, Flour Town, PA 19031-0007.

" Age is not important, unless you're a cheese."

Helen Hayes

QUARTERMASTER STORE

3/4 CAV CHALLENGE COIN. Cost \$7.00. Send your order to the Squadron Adjutant, 3rd Squadron, 4th Cavalry, 25th Infantry Division (Light), Wheeler Army Airfield, HI 96854.

POLO SHIRTS. NEW ITEM. Navy Blue with embroidered 4th Cavalry Crest, crossed sabers and Mackenzie's Raiders on left front. Cost \$30.00. Includes postage and handling. Send your check or money order, payable to 3/4 Cav Chapter to JERRY HEADLEY, 1234 POWELL TAYLOR RD., LAWRENCEBURG, KY 40342

SWEATSHIRTS. NEW ITEM! Navy Blue with embroidered 4th Cavalry Crest, crossed sabers and Mackenzie's Raiders on left front. Cost \$30 includes postage and handling. Make checks payable to the 3/4 Cavalry Chapter and mail to Jerry Headley.

PINS, BUMPER STICKERS & "HENRY V" Poster. We have a few cap pins, and bumper stickers left from the reunion. Pins are \$3 and stickers are \$2. Poster \$! Get them while they last. Contact Bob Bingham, 4505 Arvice Ct., Lexington, KY 40515.

CAPS. Cost \$10.00. CAV yellow with embroidered regimental crest and motto. At this price you better order two! Send check or money order payable to:

3/4 CAV Chapter, Box 1165, New Garden Station, Ft. Knox, KY 40121.

CAV LICENSE PLATES. John Hollern has just acquired some Cavalry license plates. Cost is \$10.00. First come first served. Order now!

PATCHES. John Hollern has three different types that are like our crest. One is ornate and for wear on a blazer or sports jacket. Cost \$20. Another is a sew on like you had in Nam. Cost \$3. Last is a decal that you can put on your vehicle or wherever. Cost \$1.

MINATURE CREST. Cost \$5.00. Order from John Hollern.

BELT BUCKLE. Cost \$15.00. Only 10 left. Once these are sold there will be no more made. Gets your order in now!. The buckle is pewter in color, has crossed sabers and has 25th Infantry Division, Vietnam and our motto inscribed. Send your order to Bobby Hollis, 4702 Calvert Road, Huntsville, AL 35816.

POEM. Cost \$10.00. Jim Locklear wrote the poem "Vietnam Vet" and his new one "Welcome Home". Jim will donate all money made from the sale of these poems to the scholarship fund. Send your order to Jim Locklear. P.O. Box 824, Pembroke, NC 28372.

CHECK LIST

Are your dues current?

Have you joined the 25th Infantry Division Association?

Have you signed up for the 25th Association reunion in Hawaii October 3-7?

Have you made plans to attend the 3/4 CAV reunion in Chattanooga, TN, SEP 5-7, 2002?