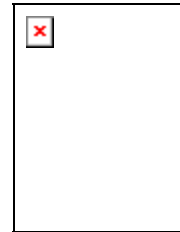
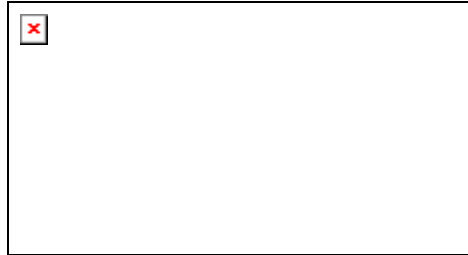
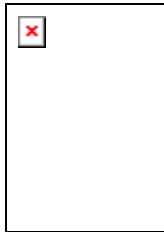


Excerpts From Our June 2006 Newsletter

MACKENZIE'S RAIDERS



Jerry A. Headley, President email - jaheadley@adelphia.net

June 2006

Stanley Homiski, Editor
4cav.com

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[www.3 -](http://www.3-4cav.com)

LAST CALL FOR REUNION

Time to saddle up and move out for our reunion! You have just over a month to get your registration in and sign up for tours. Be in Kansas City on July 26-30, 2006. Get your room and register now. Registration forms for the reunion and tours are on pages 8 and 9.

Reserve your room by calling Marriott at 800-810-2771. This is their national number in Salt Lake City. Those who have attended in the past know that you need to reserve your room early. You're not charged until you check-in. Should you have to cancel, again there's no charge, providing you cancel in a timely manner. I noticed that a few of you have only made reservations through the 29th. That is the night of our banquet and if you plan on attending, you should extend your stay one additional night and check out on the 30th.

Get your registration in to "KC" Allcock. Don't wait until you arrive to register. We have to have the headcount in for meals and other events 72 hours prior.

Come early, stay late. Make it a family vacation. There's plenty to see and do in and around Kansas City. Some great tours have been arranged for your visit. There are many other sites and activities nearby that you can do on your own: Riverboat Gambling, Dog Track, Kansas City Royals baseball, NASCAR racetrack, Lewis and Clark Historic Riverfront Park, Cabela's 180,000 square foot hunting, fishing and related outdoor gear

store, Pony Express Museum in St. Joseph, MO. U.S. President Harry Truman's home in Independence, MO, Harley-Davidson assembly plant, Crown Center with more than 70 shops and restaurants, Jesse James farm and museum, RV and camping sites nearby, More things to see and do than we have space to tell you.

Remember to bring something for the RAFFLE! Funds from the Raffle go towards chapter projects.

If any of you are the 70 percent who voted at our last reunion to hold our first reunion west of the Mississippi and you haven't signed up, do it now!

Volunteers needed. Notify KC if you can help with the registration or other activities. We always need help.

Attention Golfers. Remember to have \$75 cash to give to Carl before departing for Tiffany Greens. This will include green fees, cart, warm up time, sleeve of balls and two drinks. You can rent clubs for \$35.00.

REUNION AGENDA

Thurs. 27 July 8:15 AM Golfers meet in Lobby

9:00 AM-3:00 PM Golf Tournament

10:00 AM-7:00 PM Registration open

1:00 PM-12:00 AM Hospitality Room open

6:00 PM-9:00 PM Ice Breaker

Fri., 28 July

8:30 AM-12:00 PM Memorial Service at

Ft. Leavenworth

12:00 PM-4:00 PM Registration open

1:00 pm-4:00 PM Hospitality Room open

4:00 PM-5:00 PM Photo Session

6:00PM-9:00PM BBQ Dinner

10:00 PM-12:00 AM Hospitality Room

Sat., 29 July

9:00 AM-10:30 AM Business Meeting

11:30 AM-4:30 PM Hospitality Room open

11:00 AM-4:00 PM Tour Arabia Union

Station, Liberty Mem.

11:15 AM - 4:15 PM Tour Country Club

Plaza, Tracy-Atkins

5:00 PM-7:00 PM Cash Bar Cocktails

7:00 PM-9:00 PM Banquet

9:10 PM-9:45 PM Raffle

10:00 PM-12:00 AM Hospitality Room

Sun., 30 July Breakfast on own – Depart

SQUADRON NEWS

Our squadron underwent extensive training at the National Training Center, Fort Irwin, CA 20 April – 24 May in preparation for deployment to Iraq later this summer.

There will be a farewell parade on 7 July at Schofield Barracks. I hope that those of you living in Hawaii will try to be there. I plan on attending.

There will be information in future newsletters and on our web where you can send Care Packages to our troops while they are deployed.

ATTA BOY/GIRL

Atta Boy/Girl to:

Anonymous members for their donations.

Jim Heflin, \$200 donation to Scholarship Fund.

Galen Narimatsu, \$25 donation to Scholarshiop Fund.

Perry Smith, donations to General & Scholarship Funds.

Cheryl Martin \$75 donation in memory of SP4 Alfred Martin, A Troop.

To all of you who renewed or upgraded your membership.

Your tax deductible donations and dues keep our chapter running.

Please send you tax-deductible donations to Bob Bingham, treasurer.



TAPS

DONALD WILLIAMSON, C TROOP, 66-67

ALFERD MARTIN, A TROOP, 69-70

ARTHUR MELTON, A TROOP, 70

To the family and friends of those departed, you have our deepest sympathy and we share your grief.

SCHOLARSHIP PROGRAM

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 25th Infantry Division Association. If you haven't joined yet you need to do so. See DUES for information. Note: For a student to be eligible for a scholarship the parent or grandparent has to have been a member of the 25th IDA for a minimum of one year. JOIN NOW!

The 3/4 CAV Chapter annually donates \$1,000. This is awarded to an ELIGIBLE child/grandchild of a 3/4 Cavalry veteran. Make tax-deductible donations to our treasurer, Bob Bingham.

NEW MEMBERS FOUND

Lloyd Allred, D Troop (Air), 2/66-2/67, Sacramento, CA

Terry Bittenbender, D Troop (Air), 69-70, Mesquite, TX

Mike Brierley, B Troop, 68-69, Kimberly, ID

Jim Burnette, B Troop, 68-69, Westland, MI

Bill Geraghty, B Troop, 5/68-5/69, Knox, IN

Hal Hebert, D Troop (Air), 1/67-12/67, Jefferson City, MO

William Imrie, A Troop, 1/65-10/66, Couderay, WI

William Mrkvicka, LRRP, 11/68-11/69, Rochester, NY

Gaylen Randall, D Troop (Air), 66-67, Richmond Hill, GA

Bryan Sheehan, B Troop, 6/02-12/05, Norman, OK

Richard W. Thomas, D Troop (Air), 3/66-3/67, Florissant, MO

Richard Ward, D Troop (Air), 1/69-1/70, Danville, CA

Dennis Yenser, D&F Troop(Air), 9/70-9/71 Lehighton, PA

Current number of former 3/4 Cavalry troopers found – 1,352

NOTE: 518 are on the mailing list.

Keep searching for former troopers.

25TH INFANTRY DIVISION ASSOCIATION REUNION

The 25th IDA will hold its 57th reunion on Oahu Hawaii September 25-October 1, 2006. See www.25hida.com for details.

We had a great turnout of 3/4 members at the last reunion in 2001. A number of you have already stated that you plan on being in Hawaii in addition to coming to Kansas City in July.

BUY A BRICK FOR THE 25th INFANTRY DIVISION MEMORIAL

To date \$ 110,000 has been raised by the 25th Infantry Division Association (25th IDA) for our memorial at Schofield Barracks. The 3/4 CAV Chapter has donated \$1,000.

Your individual donations are needed. A way to do this is to purchase a brick paver to honor one of your fallen comrades or to place your own name. You can find the order form on our web www.3-4cav.com or the 25th Infantry Division Association's web www.25hida.org or in their FLASHES.. The orders will be screened to preclude duplications and you will be notified if more than one of you have chosen the same person to be memorialized.

Delta Troop has already purchased bricks to honor all of their fallen comrades.

DUES

3/4 CAV Dues

Send your dues (\$10 Annual/\$75 Life) payable to 3/4 CAV Chapter to P.O. Box 23678 Lexington, KY 40523-3678. Your dues pay for the publication and mailing of your MacKENZIE'S RAIDERS newsletter. Attach a copy of your DD-214. NOTE:

25th Infantry Division Dues

Send your 25th Infantry Division Association dues (\$20 Annual, \$175 Life) to P.O. Box 7, Flourtown, PA 19031-0007. Attach a copy of your DD-214 or other documentation of service.

A friend is one who knows you and loves you just the same."

Elbert Hubbard

IN SEARCH OF

Charles Mulhern A Troop, 3rd Platoon, 1/67-10/67 is looking for anyone that served with him during his time frame. You may contact Charlie at (207) 667-7353 or write to 18 Mountain View Dr., Ellsworth, ME 04605.

QUARTERMASTER STORE

NOTE: POSTAGE FOR SHIPPING AND HANDLING IS INCLUDED IN YOUR ORDERS. SEND YOUR CHECK OR MONEY ORDER PAYABLE TO 3/4 CAVALRY CHAPTER TO P.O. BOX 23678, LEXINGTON, KY 40523-3678, EXCEPT WHERE NOTED.

CHALLENGE COIN. Last coins from the "old" squadron. 20 left. Cost \$7.00.

SPECIAL OFFER. Red T-shirts with design when squadron was in Afghanistan. Limited supply. 21 LG, 47 XL. Cost \$15.00

POLO SHIRTS. Navy Blue with embroidered 4th Cavalry Crest, crossed sabers and Mackenzie's Raiders on left front. Cost \$35.00.

SWEATSHIRTS. Navy Blue with embroidered 4th Cavalry Crest, crossed sabers and Mackenzie's Raiders on left front. Cost \$35.00.

T-SHIRT. Navy Blue T-Shirt with embroidered regimental crest on front. Cost \$22.00.

PINS, WINDOW STICKERS. We have a few cap pins, and window stickers left from the last reunion. Pins are \$5 and stickers are \$3. Get them while they last.

CAPS. Cost \$15.00. CAV yellow with embroidered regimental crest and motto. Better get two!

CAV LICENSE PLATES. Cost is \$12.00. First come first served. Order now!

PATCHES. We have two different types that are like our crest. One is ornate and for wear on a blazer or sports jacket. Cost \$25. Another is a sew on like you had in Nam. Cost \$5.

CROSSED SABERS. Crossed sabers pin like on our newsletter. Cost \$8.00.

MINATURE CREST. Cost \$5.00.

PRINT. Commissioned by the squadron while in Afghanistan. Portrays the history of the 3/4 CAV. Each copy is signed by the artist. Cost \$30.00

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.

COFFEE MUG. Stoneware coffee mug. Beige or Green. 4th Cav crossed sabers in raised relief. Send \$15.00 to Steve Heartsill, 3228 Saxon Dr., Lexington, KY 40503.

IMPACT OF MILITARY EXPERIENCES ACROSS THE LIFESPAN: THE MAVERIC MENTAL HEALTH RESEARCH PROGRAM

Claire L. Hebebreit, Diane M. Turcotte, Daniel M. King, and Lynda A. King

Dan (B Troop 68) and Lynda are affiliated with Boston University and the VA Boston Healthcare System and Claire and Diane serve as their research assistants.

This article is intended to describe the mission and activities of one Department of veterans Affairs research team: the Mental Health Component of the Massachusetts Veterans Epidemiology Research and Information Center (MAVERIC). The MAVERIC Mental Health research team is composed of doctoral-level research and clinical psychologists, post-doctoral research fellows, Boston University graduate students, and full-time research assistants. Housed within the VA Boston Healthcare system, our overall mission is to facilitate the study of impact of wartime experiences on military veterans as they confront the changes and challenges of aging and to examine other issues related to the long-term mental health of those who face combat in their early lives. Below is a brief overview of the activities of our research tem.

Stress, Health, and Aging

Memories of the war zone remain in the minds of veterans and may affect them many years after their combat experiences. One focus of our research looks at stress brought on by aging. We have performed studies that explore why some veterans experience something called late-onset stress symptomatology, or LOSS. This is a condition that might occur in older veterans who have undergone stressful war-zone events in their young adulthood, but do not have any difficulties or adjustment problems from these experiences until later in life. As some veterans get older, they may experience combat-related mental health problems. This appears to be accelerated by circumstances common to late life; e.g., retirement, physical illness, or death of a spouse, other loved ones, and close friends. We have conducted studies of LOSS in veterans from World War II, the Korean War, and the Vietnam War. As a part of these studies, we developed a survey that helps mental health professionals identify symptoms of LOSS in older war veterans. Thus, by directly assessing LOSS, veterans may be more likely to receive the support they need as they deal with past memories and experiences from war.

Risk and Resilience Factors

Our group also studies the risks that veterans encounter in the war zone as well as their ability to recover from these experiences. We developed a measure known as the Deployment Risk and Resilience Inventory (DRRI) that looks at a number of risk and recovery factors during different stages of deployment that might affect an individual's development of stress-related illness. The three stages include pre-deployment (for example, stressful life events prior to deployment), deployment (for example, combat exposure, concerns about life and family disruption while deployed), and post-deployment (for example, social support upon homecoming). The DRRI has been administered to samples of veterans from the first Gulf War (1990-91), as well as returning military personnel from Operation Iraqi Freedom/Operation Enduring Freedom (OIF/OEF). In addition to this inventory, we also have a number of ongoing studies with OIF military personnel to examine risk and resilience. As example, our research team is studying the effects of deployment stressors on military healthcare personnel deployed to Iraq and examining factors that influence coping with Iraq war trauma.

Longitudinal Research Methods

Because troubling memories of war experiences can impact veterans not just at one point, but many points throughout their lives, it is very useful to study veteran mental health over an extended period of time. There are many different factors that can impact whether or not veterans will experience problems

related to their wartime memories, such as the social support that they have, other stressful events that may happen as their lives unfold, and the ways they learn to cope with problems as they grow older. The goal of MAVERIC's longitudinal methods research program is to explore statistical procedures aimed at better examining the long-term consequences of exposure to military and other highly stressful events. This program is funded by a grant from the National Institutes of Health.

Treatment and Prevention

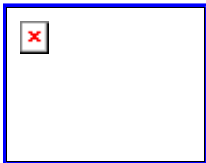
Our MAVERIC Mental Health team is also involved in a series of studies that are designed to test treatments to reduce the symptoms of posttraumatic stress disorder (PTSD) in veterans

and to prevent it from becoming a chronic condition. One of these studies is evaluating the usefulness of an Internet-based treatment for PTSD. This treatment is being tested on active-duty department of Defense personnel who experienced the September 11th Pentagon attack and also with OIF/OEF returnees. Another study focuses on the helpfulness of psychological critical incident stress debriefing for soldiers deployed on a peacekeeping mission to Kosovo.

The impact of wartime deployments can certainly extend beyond military personnel themselves. It is important to learn more about the effects deployment can have on military families and to provide services to enhance family resilience and coping. We are developing and testing the Our Strength in Families project, an online relationship-enhancement program that is designed to assist couples experiencing military deployments. Funds for this project come from the Department of Defense.

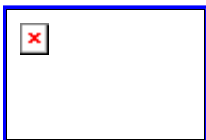
Finally, although many veterans could benefit from additional support and services when they return from deployment, there are many reasons why it may be hard for them to do so. Our new Barriers to Care project will be evaluating the attitudes and stigmas that prevent veterans from seeking mental health support for PTSD and other symptoms and the way that these pressures can be alleviated. We will continue to research preventative measures to reduce the development of stress-related problems following exposure to a war zone.

For more detailed information about the MAVERIC Mental Health research group, please visit: <http://www.maveric.org/route/maveric/Resources/Mental%20Health.asp>

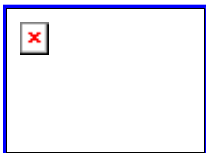


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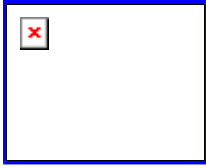
Wall



1990 Reunion at Ft Knox



1996 Reunion at Indianapolis



2002 Reunion at Chattanooga

CHECK LIST: HAVE YOU

X Paid your dues?

X Joined the 25th Infantry Division Association?

X Made a donation to the scholarship fund, general fund or Division Memorial?

X Found a new member?

X Made plans to attend our reunion?

-

