



Sua Sponte

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Volume 35 Issue I

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Deadlines: Sua Sponte is published every four months in April, August and December. Absolute deadline for submitting material for the newsletter is 15 days prior to the month mentioned above.

Submissions:

Please send to Stephen Johnson, Editor.
Address page 2 inset

Al Stewart 2025 RHOF



Al Stewart, pictured at the left, is shown here working with the Kurds in Iraq.

The 75th Ranger Regiment Association and the RHOF Board is proud to announce that SGT Stewart is hereby selected to the 2025 Ranger Hall of Fame with ceremonies to be held in June at Fort Benning.

SGT Stewart personifies the Ranger Creed, fighting communism in Vietnam, as a policeman fighting crime for over thirty years, and deterring the war on global terrorism in Iraq, Lebanon, and Afghanistan for 8 years.

He continues to educate the public about the Ranger ethos by speaking and writing to and beyond the Ranger community and presently serves as the 75th Ranger Regiment Unit Director liaison with G/75th.

Also, he serves currently as a board member of the Company G (Ranger) 75th Infantry Association.

RLTW!

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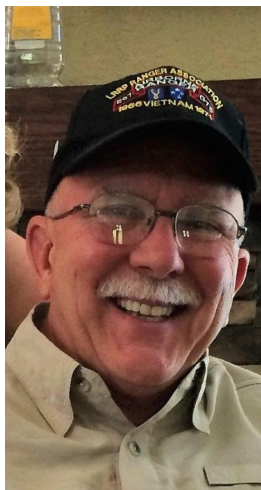
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Newsletter Submittals and Deadlines: see page 1

Greetings,
ADVENTURE!

How important is this in our lives? Upon reflection, it is an essential element in our development and a determining factor in our personality. It isn't necessary for the adventure to be of a grand nature or require a lot of planning for it to have a significant effect. From our early days we are able to experience doing something that changes our life from that point on. Just with our first steps, we have been able to change our visual perspective by being about two feet vertically higher. Also, with those steps we have greatly increased our mobility and now have freedom to roam. Now we can start exploring!



Through my elementary school years getting a bicycle was life changing. By the time I reached the sixth grade it provided the means for me to become a small business owner as I had a paper route for the Navy housing in North Kingstown R.I. Having to get the papers delivered before class meant early rising with some challenges to overcome. One adventure some friends and I had was taking an old rectangular survival raft (solid foam) we found at the maintenance shack and paddling in the bay near the housing. We had so much fun we kept going further until we reached the breakwater for Narragansett Bay and saw an ocean-going ship. We figured we had gone far enough and turned back. Upon reaching home we discovered that



Which one of these rascals should I get?

When I was three / four we lived on Chincoteague Island, Va. on a Navy facility. My adventure of choice was chasing chickens which we raised.

But the big adventure was riding the Chincoteague ferry to Maryland to shop. That was a rare occurrence.



Now we know who rules the roost!

our parents had been searching for us. Since I told my mom I was just going to my friends for a while, which turned into quite a few hours she was quite upset. After some corporal punishment I was put on restriction. It was a good thing I had the paper route because that and school were the only ways I got out of the house. *Continued on next page*

But, it was a great adventure!

By the time I was thirteen and living in FL. I had mowed enough lawns to have funds for a motorcycle. I got a used Ducati with 7.5 hp. I couldn't get a license until I reached fourteen, so I had to ride in the back yard. Once I got my license I was riding or working on it daily. Gas was cheap and the adventures spread further afield.



Music, surfing, fishing, hunting all filled my teens with a variety of adventures. Then there was the adventure that we all shared in RVN.

Being a husband, father, and grandfather definitely provides an almost unlimited number of opportunities for a variety of adventures.

I spent over seven years in law enforcement and thirty-six in the energy industry. I've worked in half a dozen states and a dozen countries and have had adventures all along the way. Now I take life at a slower pace, we all do. But there are still some ways to include adventure. I still ride motorcycles, just not as often or as far. I also enjoy cycling and working out. Owning a house means you'll always have something to do. While those chores might not feel like an adventure, they can still provide a sense of accomplishment.

Adventure whether wild or mild can be a remedy for weariness. It can be the lifeblood that energizes you and uplifts your mood. Just like that bunny!!

Our organization exists for all our membership, so please let us know of any issues or ideas that you think need to be addressed or can be helpful. You can email me at lrrp75thinf@aol.com. Please include Ranger in the subject line. Stay Well, Stay Safe and take care of one another.

RLTW!



Association Dues

Please send your \$30 to:

Lynn "Cowboy" Walker

718 W. Chinook Street

Livingston, Montana 59047



G/75 - E/51 LRP - 196TH LRRP

UNIT DIRECTOR—AL STEWART



As a college student, after my Army service, I had a history professor, Louis Fike, PhD, who taught a detailed class on WWII. He was an excellent teacher and knew more about WWII than anyone I know. We became friends and I discovered that he had a large military patch collection as well as other relics from WWII. A true and dedicated collector considered an expert in his field. He was often called as an expert to verify the authenticity of various items.

One day, Professor Fike called me and was excited about buying an original Alamo Scouts Patch for only \$900. I had never heard of the Alamo Scouts, and I had no idea of a military patch bringing \$900 in the mid-seventies. I learned that only 440 Alamo Scout patches were made, and I soon became interested in the Alamo Scouts. An original Alamo Scout patch sells for between \$3500-\$4000.



The Alamo Scouts were organized in November 1943 by LT. General Walter Krueger, commander of the Sixth Army to execute long range reconnaissance patrols on Japanese held islands. Taking volunteers and training them in small unit tactical recon missions behind enemy lines, the Alamo Scouts conducted over 100 missions in the Admiralty Islands including New Guinea, Leyte, Luzon. During their two years of operations, the Alamo Scouts never lost a man killed or captured. The Scouts operated with 10 teams comprised of one officer and five or six enlisted men. Insertion into enemy territory was often done by small rubber rafts and submarines.

If you are interested in learning more about the Alamo Scouts and their teams and tactics, there are several books written regarding their exploits.

I think the best book is titled, Silent Warriors by Lance O Zedric.

Other books written about the Scouts are:

Great Raid on Cabanatuan, by William Breuer
Raid on Cabanatuan, by Forrest Bryant Johnson
Shadows in the Jungle, Larry Alexander,
and Ghost Soldiers by Hampton Sides

In reading these books, I learned that most of the intel tactics used by Rangers and Special Forces were developed by the Alamo Scouts.

I reached out to the Alamo Scouts through their association many years ago and talked to several of their members in the early 80's. I don't believe any are still living.

One of the Scouts team leaders was Bill Littlefield. Bill and I became telephone friends as he was on the west coast and me on the east coast.

He worked for 30 years as the lead Public Defenders office in Van Nuys, California. He took my book to all their reunions to get the signatures of the surviving Alamo Scouts. A great guy

and a true hero.

And "YES" Bill gave me an original Alamo Scouts Patch!

Al Stewart



In the most recent Patrolling Magazine, there was an article about the reenactment of the POW raid on Cabanatuan, one of the most successful raids in US Army history. What was not explained regarding the raid was the fact that a small team as a part of the Alamo Scouts that we would now identify as Long Range Reconnaissance Patrol teams did the intel for this Ranger mission.

LIVINGSTON, MONTANA INFORMATION

Company G (Ranger) 75th Infantry Association 2025 Reunion is September 25th and checkout 28th* Yellowstone Park Inn and Suites 1515 W Park Street Livingston, MT 59047 Phone: (406) 222-6110.

Special rates (\$185) also apply 2 days before and 1 day after the reunion, September 23rd with checkout the 29th.



As soon as we get the new booking link to the hotel, we will post that which for some, is the easier way to book your reservation.

Should you not be able to book via the phone number (406) 222-6110, please contact host Lynn “Cowboy” Walker via email: g75lynnwalker@gmail.com he will assist you.

Hotel Reservation Link: Under Construction. As soon as we get it, we will post it here. \$185 plus tax is our special rate, plus tax.

Yellowstone National Park Lodging– Mammoth Hotel link and access to other amenities Information:

If anyone would be interested in staying at the Mammoth Hotel before or after our reunion, the link is <https://www.yellowstonenationalparklodges.com/lodgings/cabin/mammoth-hotsprings-hotel-cabins/>

Also, veterans get a reduced entrance fee into Yellowstone Park so make sure to bring some proof of that. Bozeman International Airport is the closest to Livingston, about 40 miles away. It is also the busiest airport in Montana, being the main airport for people wanting to go to Yellowstone Park. With that being said make sure you book a rental car and flights well in advance. In July of last year, one million people went through Yellowstone Park, should be somewhat less by the time we have our reunion, and the elk should still be bugling. Just don’t get too close to them! I will keep you posted when I know more about our banquet.

Lynn “Cowboy” Walker, Association 2025 Reunion Host.

VA WHOLE HEALTH

Back in the late 60s when I was in the Army, including time with G 75th in Vietnam, conditioning consisted with running, clad in full combat gear with the “Charles” and his NVA cousins trying to chase or track you down (OJT). To prepare for this, we trained running with rucksacks filled with a full sandbag as a conditioner. Let’s not forget our daily dozen that we were well-versed on the first day of boot camp.

I can’t imagine back then, during my service-time, how my peers and superior officers would take to the idea of me or anyone else doing Yoga or Tai Chi, for example. The chances are soldiers practicing Yoga or Tai Chi would certainly be a candidate for a Section-Eight (discharge for servicemembers deemed mentally unfit for service). Had we been serving during the McCarthy Era; our eventual mailing address might have been at Ft. Leavenworth!

During my 2025 and previous interviews with participants of the BRC (Best Ranger Competition), it wasn’t uncommon for contestants to include the likes of Yoga, Mindfulness, and Tai Chi as part of their regimen training or preparing for the BRC.

So how do teams at the BRC dedicate themselves to 6 months of training prior to the rigors of the BRC?

The 75th Ranger Regiment has a Human Performance Program that includes strength coaches, mental performance coaches, dietitians, and athletic trainers. These athletes have individualized health plans they incorporate into a personalized agenda they adhere to and adapt as need be.

Back in the day when we were doing jumping-jacks, our health coach was either a DI or our First Sergeant with a boot up our ass followed up by a nutritious, breakfast-meal of SOS!

So, we can’t change what was practiced in the past. But how can we as veterans maintain and/or improve our own health, *copy-cattin* the 75th Rangers of today?

Contact your VA medical center and communicate or link up with their Whole Health Coaching team to get started. I looked at nearly 300 VA medical centers in the country, including US territories, and except for a small handful, all had a Whole Health Department.

For me, the nearest VA medical center is Fargo, some 135 miles away from north central Minnesota. I am an active member of two combat support organizations, and we invited Whole Health from the Fargo VA to share with us what services they offered, and they did just that.

Not every Whole Health team uses the same approach and opportunities. For instance, I can directly sign up for virtual classes

online including Intro to Whole Health, Taking Charge of My Life and Health, Gentle and Chair Yoga, Tai Chi, Relaxation skills, Mindfulness Meditation, Christian Connection, Fitness Connection, Walking Group, Drum Flow Circle, Virtual Reality, and the list goes on. Besides virtual classes, there are many of the above and more that are directly offered on site at many of the VA medical centers to take advantage of.

Through my VA medical providing team (I go through my doctor here at the Bemidji VA Clinic), based on need and commitment, I can access Battlefield Acupuncture, Group Acupuncture, Chiropractic Walk-In-Center, Reiki, Dietitians, Medical Massage, Clinical Hypnosis, and more!

You are at an advantage if you live close by a VA Medical Center. Even though I live in the boonies, I can still access virtual classes and use what is offered in my community to maintain or improve health segments. I use virtual classes including, Gentle Yoga, Chair Yoga, and Tai Chi. For my virtual classes, you are not marked as having missed if you are doing something else; it’s not like making a VA appointment unless you are going through your provider.

This program will probably meet your needs and then some. It’s up to you, Ranger, to lead the way for yourself!

No Referral Needed. Enrolled Veterans call Whole Health at your medical center to get some more *mojo* into your life!



Dietician at the Fargo VA making a Yogurt Fruit Bowl during a whole health gathering for new comers to the many classes that they have. Pam (my wife) and I had more than one serving; so did everyone else. Thirty-some veterans present.

WASHINGTON — The Department of Veterans Affairs today announced a three-pronged approach to eliminate barriers and streamline the process for how eligible survivors and dependents of deceased Veterans and servicemembers apply for and receive VA benefits and services.

Specific improvements include:

Starting this month, VA's [Office of Survivors Assistance](#) will be moved from the Veterans Benefits Administration to the Office of the VA Secretary, reversing a previous decision that buried OSA under layers of bureaucracy.

Starting this month, VA will create a "white-glove" survivor outreach team to guide and assist eligible survivors throughout their [Dependency and Indemnity Compensation](#) (DIC) claims process.

- Starting immediately, VA will begin work to identify areas where automation can be used to make the DIC claims process easier to navigate for survivors.

"The last thing survivors need in their time of grief is frustrating red tape and bureaucracy. That's why we are creating a better system to more quickly and effectively provide survivors the services, support and compassion they've earned," said **VA Secretary Doug Collins**.

Background information on the changes VA announced in May 2025 is below.

Relocating OSA

In 2021, the Biden administration moved OSA from the Office of the VA Secretary to the Veterans Benefits Administration, creating a siloed system at odds with the intent of the [Veterans' Benefits Improvement Act of 2008](#). Starting this month, VA will reverse this decision and move OSA to the Office of the VA Secretary, where a staff of five full-time employees will advise the Secretary on all matters related to the policies, programs and legislative issues affecting survivors and dependents.

"White-Glove" Survivor Outreach Team

Under previous administrations, there were gaps in the survivor claims system and no defined outreach process for VA employees to gather information from survivors navigating the benefit process. VA's "White-Glove" Survivor Outreach Team will begin operations in May 2025 and consist of experts based out of the Philadelphia VA Regional Benefit Office. These experts will receive specialized training and guide and assist eligible survivors throughout every step of

the DIC claims process with the goal of getting to "yes" on DIC claims decisions for eligible survivors.

Automation Improvements

VA now automates more than 1,000 DIC claims payments or adjustments per day and is in the process of ongoing enhancements to increase automation that will expedite survivors' claims and improve their experience. VA will also be identifying additional areas where automation can be used to make all benefits delivery processes easier to navigate for eligible surviving dependents.

The Office of Survivors Assistance was established by [Public Law 110-389, Title II, Section 222, in October 2008](#), to serve as a resource regarding all benefits and services furnished by the Department to Survivors and Dependents of deceased Veterans and members of the Armed Forces. OSA also serves as a principal advisor to the Secretary of Veterans Affairs and promotes the use of VA benefits, programs and services to survivors.

In the course of perusing this Web site, OSA hopes that Survivors and dependents, Veterans, their families, caregivers and others will become more knowledgeable about the benefits and services offered by VA to eligible Survivors and dependents, and take the next steps to apply, if deemed eligible.

If you have any questions or concerns please submit an inquiry through <https://ask.va.gov>.



Someone sent me down here to turn off the lights!

2025 Best Ranger Competition



The Best Ranger Competition (BRC) in 2025 is a two-man team competition where competitors face 35 events over a 70-mile course. The competition takes place over 62 hours and tests physical fitness, marksmanship, and tactical skills. The 2025 competition saw the 75th Ranger Regiment take the win.



2025 Ranger Golf Scholarship Tournament on the day before the BRC at the Maple Ridge Golf Course. Over \$30,000 for scholarships!- SOJ

For the fourth year in a row, the 75th Ranger Regiment won the event. Team 44 winners were 1st LT Kevin Moore and 1st LT Griffin Hokanson. The 75th Regiment took 3 of the top four slots. The event started in the dark Friday morning with 56 teams, whittled down to 32 teams for Saturday's event, and finally pared down to 16 teams on the final day, Sunday. Awards were presented Monday morning.



BRC Rangers getting ready for a day's journey- SOJ

Needless to say, these athletes did an outstanding job to be even considered and participate in the BRC. The final 16 teams competing on the last day of the BRC, can be compared to the "Sweet Sixteen" of the collegiate NCAA basketball tournament. Before I forget, Team 38 placed 14th overall in the BRC with First LT Gabrielle White, a former West Point cadet, who graduated from Ranger School in 2022. Friday, she became the first woman to compete, finish, and place in the Best Ranger Competition.



LT Gabrielle White- U.S. Army photo/Capt. Stephanie Snyder

For the spectators, the event is viewable with most events at Fort Benning on Friday, Doughboy Stadium on Saturday, with the last event the buddy team run finishing on Sunday. Lots to see. Also, many social events for the Ranger supporters. *Continued next page*



Breaking the door open
the Ranger way. SOJ

Thursday, the Ranger Golf Scholarship Tournament was held at Maple Ridge raising some \$30,000 for scholarships. That evening, a Black and Tan event was held in uptown Columbus with entertainment, food, and cheer. Friday the Ice-Breaker event was at Camp Rogers, and Saturday evening at the National Infantry Museum, a supporter supper took place. I participated in all of those social events plus the BRC.



Made It!- SOJ



Victory Pond at Fort Moore has a long and rich history, particularly in relation to the US Army's Ranger School and the Best Ranger Competition. The pond is a key component of the Ranger School's Combat Water Survival Assessment, specifically featuring the "Slide for Life" obstacle. Additionally, Victory Pond is the site of the final challenge in the Best Ranger Competition, showcasing the rigorous physical and mental demands of the competition.

Continued on next page

*Malvesti Course— SOJ*

For me, having breakfast at a Waffle House twice, and getting stuffed at the Plucked-Up-Chicken in uptown Columbus was a treat and then some. If you haven't been to the BRC, there is lots to see and do. Congratulations to the contestants, the National Ranger Association for hosting with other Ranger Associations and individuals sharing the job of assuring a quality time for all. See you at the next 2026 BRC, Rangers.

*75th Regiment team, after-action-report— SOJ**Friday morning buddy run 'pain in the neck'- SOJ**Rest when you can, Ranger— SOJ*

Lynn "Cowboy" Walker, CPA

COMPANY G RANGER 75th INFANTRY ASSOCIATION PROFIT AND LOSS JANUARY 1 THROUGH APRIL 16, 2025

Direct Public Support		
Individ, Business Contributions	470.00	
Total Direct Public Support	470.00	
Investments	222.04	
Other Types of Income		
Reunion Auction Proceeds	470.00	
Total Other Types of Income	470.00	
Program Income		
Membership Dues	150.00	
Total Program Income	150.00	
Total Income	1,312.04	
Gross Profit	1,312.04	
Expense		
Operations		
Postage, Mailing Service	385.52	
Website rental	140.00	
Total Operations	525.52	
Total Expense	525.52	
Net Ordinary Income	786.52	
Net Income	786.52	

ASSETS- CURRENT ASSETS APRIL 16, 2025

Checking/Savings		
Company G Ranger 75th Infantry	11,036.94	
Total Checking/Savings	11,036.94	
Other Current Assets		
Edward Jones Money Market	54,151.42	
Total Other Current Assets	54,151.42	
Total Current Assets	65,188.36	
TOTAL ASSETS	65,188.36	
LIABILITIES & EQUITY		
Equity		
Equity Prior Year	37,257.45	
Opening Balance Equity	27,144.39	
Net Income	786.52	
Total Equity	65,188.36	
TOTAL LIABILITIES & EQUITY	65,188.36	

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Livingston, Montana- 'Cowboy' is buying, rumor has it!