



Fox 2/5 Association Vietnam

**Fox Company 2nd Bn 5th
Marines**

Semper Fidelis

August 2009

From the President:

Tom Martin

Well here goes our first attempt at publishing an electronic Newsletter! The bulk of the work, as usual, goes to our hard working Editor Ken, but we can make his job a great deal easier if we contribute our articles and other information to him in a timely manner.

Ken tells me he can handle just about any software word processing and convert it to fit the format. I'm using Microsoft Word, but just about any popular word processing software will be compatible.

Please run a spell check on your submissions and remember that this is a family friendly publication.

Arkie is putting together an article on our early history, as one of the "Plank Holders" he certainly is in a position to do a good job. I speak from personal experience since it was he who got me involved...for which I will be eternally grateful! I'm reminded that Chris Brown wrote a piece on our history a couple of newsletters ago.

Dave Brown is contributing an article on PTSD a subject we should all pay attention to since many of our brothers have been afflicted.

I need more feedback on the Association Logo. Those of you present at the Washington reunion remember that Tony Marengo brought up the subject. Essentially it's this: The logo specifically honors those who fought in Hue City/Phu Bai, An Hoa/Nong Son, and Arizona Territory. The Association membership is open to all who fought with Fox Company during the Vietnam War (and welcomes any who belonged to Fox Company at any time). Therefore some of our most significant battles are not acknowledged specifically. Union II may be the most significant. True the company was based in An Hoa at the time however...well I'll leave the rest up to you.

Our logo is registered so I am going to guess that any changes may require a bit of doing although I'll leave that up to Pete Korn (our "mouthpiece") to advise us on.

In discussing this with JD via e-mail I suggested that perhaps a reasonably simple solution may be to add "rockers" with the name of the battle, operation or location to the original logo.

It's a start. I'll look forward to your input at foxthreeactual@aol.com.

It's hard to believe but we are rapidly closing in on the one year to go mark toward our next reunion. Wow...where does the time go!

A reminder to those of you in the mid-West region...it's your turn next so start thinking about where you want the next reunion and start work to get us there..I'm going to guess that New Orleans will be a strong favorite!



Search tools for names on the Vietnam Veterans Memorial Wall

- 1) www.footnote.com
- 2) <http://thewall-usa.com/>
- 3) <http://thewall-usa.com/Panoramas/TheWall.htm> (this one gives you 360° evening view)

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Fox 2/5 Electronic Newsletter

This is our first e-mail newsletter. The .pdf format makes it easy to read and print. Accessible by most users.

Go to "www.Adobe.com/ AcrobatReader" for a free download .

Please email Donna with email address changes.



Go to page 4 and fill your pre-registration form out and send in asap.

**From JD Moore;**

Greetings:

As some of you already know on July 31st I retired from the Post Office. I've been so busy since then I don't know how I ever had time to work.

Everything is coming along nicely for the mini-reunion at my house in Orlando on the weekend of 24-27 Sept. I'll be calling comrades in Florida to invite them for the weekend. Anyone else that would like to attend is more than welcome. Marlene and I are looking forward to seeing everyone.

I have received some suggestions for the reunion in Cody, Wyoming next year. Some are great ideas. Please call or E-mail Tom, Myself, Bobby, Donna & Sam, or any of our past officers with your ideas, you never know till you try.

Speaking of Cody, we are so ready for it. I keep seeing things in magazines or the TV and it looks so beautiful. We are planning on spending extra time there.

Keep our Marines, Sailors, Soldiers and Airmen in harms way in your prayers.

Semper Fi: JD

From Bobby Smith;

I hope this finds every one doing well. Summer is about over but in this part of Texas you can't say that we are about to see some cool weather because you don't know what the weather will be the next day. I have been pretty busy because in June I made the trip back to Vietnam. I have over 400 pictures that I will bring to the reunion. A couple of weeks ago my wife and I went back to Branson and caught some shows. Two of the shows you can relate to. One was Paul Revere and the Raiders and the other was the Righteous Brothers. Bobby died a couple of year's age so Bill Medley's son and daughter sang with him.

I make a trip to the VA hospital in Houston about twice a month to visit our Fox 2/5 brother Porfirio Trevino. As you might remember when Porfirio and Sylvia arrived at Bush Int Airport in Houston from our reunion in DC he had a massive heart attack at the airport. He was transported to a hospital near the airport and then on to the VA hospital. His condition is unchanged. Sylvia has been by his side every day except when the storm hit. Let's keep him in our prayers.

I have been calling some of the guys on our roster and asking them to make plans to come to Cody. I have got some that said that they have been thinking about it and some say well I don't know that is a long way off. I think that if you make reservation and see what there is to do there plus you will be able visit with some of the guys that you haven't seen since Vietnam. Just remember July 19, 2010 will be here before you know it. So don't delay make your call today.

Semper Fi, Bobby

From Dave DeGroat Re: Song by Captain Graham's granddaughter

This is worth a trip to Amazon. Read below for the whole story. Follow the link below to purchase this song.

http://www.amazon.com/gp/product/B001ZS4EVW/ref=dm_ty_alb

From: nicholas@stonehillproductions.com

Subject: FW: Savannah's song

To all my friends and family (especially you Marines out there):

Please consider downloading this young lady's song (it costs 99 cents) from Amazon.com. Instructions are contained in the email messages, below. Although I had never downloaded a song from Amazon, I found the process very simple, and then I enjoyed listening to Savannah Graham's music. If you like her song (and I'm betting you will – wow, what a voice!), please pass this on to everyone on your email contact list. I believe this is the beginning of a great career in music for a rising star.

Just so you know, John Graham (Savanah's father) is Lt. Col. John Graham, Marine Aviator. John is the son of Captain James Graham, Company Commander of Fox Company, 2nd Battalion, 5th Marines, during the Summer of 1967. Captain Graham received the Congressional Medal of Honor, posthumously, during Operation UNION II in the Que Son Valley, Republic of South Vietnam. He valiantly gave his life leading his Marines, saving several of them in the process.

I appreciate your consideration.

Semper Fidelis!

Nicholas Warr

Note from the editor: The name of the song is "Distance".....it's very nice - Ken



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"Together Then, Together Again"

Fox 2/5 Association

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501-794-3637 allbritton501@scglobal.net

From the editor:

Here's hoping our electronic news letter is a success. Success depends on ya'll keeping your email addresses up to date with us. Let us know what your likes and dislikes are.

Change of subject.....Cody is right around the corner. Don't forget to make your reservations, send in the pre-registration forms as soon as possible or sooner.

Last but not least I notice that most of the military newsletters I have read have a name. For example the Second Marine Division Association publication is named "Follow Me".

The 1/5 Vietnam Vetrerans Assoc. labels theirs " The Fourragere". I don't have any ideas at this time but would welcome suggestions.

Semper Fi,

Ken



Email from Alex Kandic:

RE: Military historian/writer Eric Hammel

Hi Donna and Sam

The military historian/writer Eric Hammel sent me an e-mail informing that he now has a website up and running.

Since he has written several good books about the Vietnam War and especially the Marines in Hue City during Tet

I felt that it might be a good idea to inform the Fox 2/5 membership.

Please pass along this website

<http://www.richammelbooks.com/> (this is not a link)

Thanks

Alex Kandic

CORRECTION —New Benefit for Retirees-Less than 20yrs. Service

In the last newsletter we mentioned a website to go to apply for a benefit that is available to all military retirees. It is available to anyone who is retired from the military including those retired by injury. We showed the site incorrectly as it should have shown as follows: <http://www.dod.gov/prhome/mppcrsc.html> when you get there click on Revised CRSC Guidance. You can also call 1-877-366-2772.

We want to thank Frank Zambano for pointing this out. In addition to this Fred also said that for those who like to travel there is a great site: www.afvclub.com that you can go to and get great deals on all types of travel and accommodations throughout the USA and the rest of the world. If you qualify it



2010 Reunion / Meeting July 19 – 25, 2010

If you think that you might come, please fill out and mail (or email) to Sam.
This is not set in stone.

Fox Company 2nd Battalion, 5th Marines, 1st Marine Division

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone: (____) _____

How many will be in attendance: ____

Guest Name: _____

E-Mail if available: _____

What Year in Viet Nam: _____ Plt: _____

Registration Fee: _____ per form \$ 10.00

All prices are tentative, subject to change, just to give idea

Trip to Yellowstone (all Day trip)	Thur	\$ 75.00 ??	\$ _____	Per person
Evening Event	Fri	\$ 00.00 ??	\$ _____	Per person
Sat Morning Event	Sat	\$ 00.00 ??	\$ _____	Per person
Banquet per person (Dinner Buffet)	Sat Night	\$ 40.00 ??	\$ _____	Per person
Cost of Transportation to events			\$ _____	Per person
	TOTAL:		\$ _____	Per person

Mail to:

Fox 2/5 Assn.

% Sam Henderson

4312 Wetumpka Hwy

Montgomery, AL 36110-2720

DETAILS/RATES/CHARGES:

At Holiday Inn Guest Rooms: \$129.00 Flat Rate (1-4 person per room)

At Comfort Inn Guest Rooms: \$129.00 Flat Rate (1-4 person per room)

At Buffalo Bill (cabins) Village: \$109.00 One Bedroom Cabin, \$119.00 Two bedroom cabin

Rates do NOT include the 9% tax. Tax is subject to 2008 elections results. Client will be notified in the event of any increase/decrease. Rates at the Comfort Inn include continental breakfast, 7-10am. Rates are quoted in US Dollars. This is a negotiated rate and is NOT available through either hotel's national brand toll free number. No additional coupons, promotions or programs are applicable EXCEPT frequent stay programs (Priority Club, Holiday Inn; Guest Privileges, Comfort Inn). Priority Club Meeting Rewards, event planner perks (provided that membership and/or criteria is met).

IMPORTANT: READ CAREFULLY BEFORE MAKING RESERVATIONS:

Attendees should refer to the code #FOX-ZVL for Holiday Inn.

Attendees should refer to the code #FOX for Comfort Inn and Buffalo Bill Village (Cabins)

For reservations call directly to the hotel by calling, toll free: 1-800-527-5544 and follow the prompts to reach the appropriate hotel. Advance reservations can be made after June 21, 2009.

Please be sure to use the correct booking code to assure placement in the correct rooms blocked at the correct rates.



Letter from Hank Wilke (new member) via Donna.
Welcome aboard Hank!

Henry (Hank) Wilke, Service date, March 1970 to October 1970, with Fox co. 2/5,..3rd Platoon, Bravo Squad.. 3rd Rifle Team. In October, I was transferred to H*S Co. S-2, Scout Section, where I remained the rest of my tour until Feb 21, 1971. On this date, 10 days prior to "Rotation Date", I was out on a Patrol, walking Point, when I hit a 82mm booby trap. It resulted in the loss of my right leg below the knee. I currently am retired, living in Delta, Ohio with my lovely wife Nancy.

I started my tour at Liberty Bridge, doing Security. We would occasionally blow up fish, out of the river there. At night while on "Bunkers", we would see how close we could come to hitting the gook's hooches with "Pop Ups", and they would run out to put the fire out. We had "Missy Mia" to bring us warm soda's for one dollar, and a small chunk of ice for ten dollars.

I went on to "Road Security" then, and lived at a "Pause" about half way between Liberty Bridge and An Hoa.

There, along the road you would have to venture out in two (2) man teams, to a spot along the road and set up "Observation Posts" for the day. Also during the day, you might have to go on a "Rover", which was just a patrol, sometimes into the Arizona Territory. These "Rovers" would usually last all day. We would come back to the "Pause" in the late afternoon, and then at night, go out on a "Listening Post", two (2) or three (3) men teams. Sometimes we would go out on a full squad "Stinger" at night.

After this Road Security, we moved on to An Hoa, where we actually got to live in like a "Tent City". We had showers there (not hot) and even a Mess Hall. We made Patrols during the day, into the Arizona territory and "Stingers" at night, out of An Hoa.

Out of An Hoa we also did Company sized operations which included, Lyon Valley and Barron Green. These Company sized Operations would last weeks on end. I think the longest time out was 45 days. Return to An Hoa (The Read) for a couple days, shower, go to a real Mess Hall, and then be sent out again (to the bush) for several weeks.

Thanks to all my fellow Marines that were beside me.

Semper Fi, Brothers

Donna, Please feel free to edit this as you see fit.

Thanks,

Hank Wilke

May 1, 2009

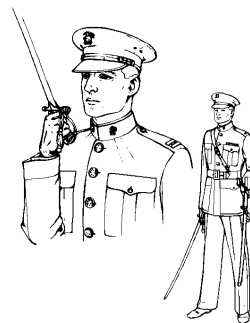
In Memory of

TERESA CONTRERAS (TERRY), 60 lost her battle with cancer on April 3, 2009. Terry was born January 8, 1949 in Palo Alto, California, to Lino and Manuela Guillen. Her Father, Mother, and Brother preceded her in death. She is survived by her husband of 39 years Pablo Contreras Jr.; her daughter Monica Tullius; her son Pablo Contreras III; her sisters Binni Liddic and Ramona Santillano; and her four beautiful grandchildren. Terry was a dedicated secretary of the Clint Independent School District with over 29 years of service and a proud sister of The Catholic Daughters of the Americas. Terry's detail to perfection made her an excellent mother, superb wife, valued employee, and irreplaceable friend. Her big beautiful eyes and bright smile were only surpassed in beauty by her sincerity, love, and compassion for others.

STEPHEN A KOSTOPOULOS of Revere, formerly of East Boston, died on June 24. A US Marine Corps lance corporal veteran of the Vietnam War, he was the beloved husband of Maria (Anzalone) Kostopoulos, with whom he shared 36 years of marriage; loving father of Jessica Vozella and her husband, Bill, of Reading and Nikolos Kostopoulos of Saugus; dear brother of Olga Burke of Florida, Deborah Milito of Revere and the late Antoinette Busheme; and the cherished grandfather of Giana, Daria and Anthony Vozella.

JOE PETE BIBICH was born in Clinton, Ind., on Feb. 29, 1948, leap year. Because of this he was convinced he was only 15 years old. Joe was one of five children born to George and Eva Mae Bibich; Larry, Kikki, Jane and Bobby. He graduated from Dyer Central High School in 1966. In January of 1969, Joe enlisted in the United States Marine Corps. He was deployed to Vietnam and was assigned to the USMC 2nd Division, 5th Regiment, Fox Company "FOX 2/5." Joe was awarded two Purple Hearts in addition to the Bronze Star with a V for Valor. The time spent in his beloved Corps was a major influence to his personality and his life. Upon discharge from the Marine Corps, Joe attended Purdue University on a golf scholarship. Joe came to Kingman in 1976 and took over as the Relay Manager for Roadway Express. Joe was able to retire, at least from Roadway (after 31 years).

He always made time for everyone and always left everyone laughing and smiling. The world was definitely a brighter place with Joe in it. Joe passed on April 23rd 2009 while he was doing what he loved and had a true passion for, fishing.





This is a poem being sent from a Marine to his Dad.. For those who take the time to read it, you'll see a letter from him to his dad at the bottom. It makes you truly thankful for not only the Marines, but ALL of our troops.

The Marine

We all came together,
Both young and old
To fight for our freedom,
To stand and be bold.



In the midst of all evil,
We stand our ground,
And we protect our country
From all terror around.



Peace and not war,
Is what some people say.
But I'll give my life,
So you can live the American way.



I give you the right
To talk of your peace.
To stand in your groups,
and protest in our streets..



But still I fight on,
I don't bitch, I don't whine.
I'm just one of the people
Who is doing your time.



I'm harder than nails,
Stronger than any machine.
I'm the immortal soldier,
I'm a U.S.. MARINE!



So stand in my shoes,
And leave from your home.
Fight for the people who hate you,
With the protests they've shown.
Fight for the stranger,
Fight for the young.
So they all may have,
The greatest freedom you've won.



Fight for the sick,
Fight for the poor.
Fight for the cripple,
Who lives next door.



But when your time comes,
Do what I've done.
For if you stand up for freedom,
You'll stand when the fight's done

By: Corporal Aaron M. Gilbert ,
US Marine Corps
USS SAIPAN, PERSIAN GULF

March 23, 2003

Hey Dad,

Do me a favor and label this 'The Marine' and send it to everybody on your email list.. Even leave this letter in it. I want this rolling all over the US . I want every home reading it. Every eye seeing it. And every heart to feel it. So can you please send this for me? I would but my email time isn't that long and I don't have much time anyway. You know what Dad? I wondered what it would be like to truly understand what JFK said in his inaugural speech. 'When the time comes to lay down my life for my country, I do not cower from this responsibility. I welcome it.' Well, now I know. And I do. Dad, I welcome the opportunity to do what I do. Even though I have left behind a beautiful wife, and I will miss the birth of our first born child, I would do it 70 times over to fight for the place that God has made for my home. I love you all and I miss you very much. I wish I could be there when Sandi has our baby, but tell her that I love her, and Lord willing, I will be coming home soon! . Give Mom a great big hug from me and give one to yourself too.

Aaron



Editor's Notes re PTSD submission from Dave Brown

Dave Brown is the Executive Director of the Second Marine Division Association and he has sent out a number of copies of the "Follow Me" magazine which is the official quarterly publication of the SMDA. Dave invites anyone who is interested in joining the SMDA to contact him directly (david.brown3@USMC.mil).

As Executive Director Dave is sharing with us his vision for some new features in the Follow Me publication. Below you can see the new features envisioned for the magazine. You can see that he is kicking off his thematic approach on the subject of PTSD. After the new features vision then the subject item "Post Traumatic Stress Disorder (PTSD)" begins.

Due to the size and scope of the document I cannot include it in its entirety. In the article Dave has real life examples/ experiences of how PTSD affects not only military personnel but the families, friends, community and ends with an interview with Lieutenant Erin Simmons;

My Experience : Dave Browns own experience with and perspective of PTSD

My Struggle with PTSD by Marc C. Waszkiewicz (Sgt. USMC Ret.) Viet Nam service with 2/11 and 2/5, 1967-68-69

PTSD Affects Families by Glenda M Carter 11-17-2008

Interview with Chief of Police, Jacksonville, NCUU

What is the Military Doing about PTSD? Interview with Lieutenant Erin Simmons on November 20, 2008

The complete interview with Lt. Simmons is on page 8.

The entire article will be put into a .pdf document and will be available by email on request.

DIRECTOR'S CORNER

By Dave Brown– Executive Director SMDA & Editor of Follow Me

Your Follow Me magazine has a few new features that I hope you will enjoy.

- First it will have a specific theme that will allow the magazine to focus on very important and relevant issues. I believe this approach will have considerable appeal to Marines of all generations. I wish to assure all readers that the thematic approach will not preclude publishing other articles of interest not related to the theme. This issue will focus on post traumatic stress disorder (PTSD). The next one will address the education available for today's Marines and the following one will focus on leadership in the Corps.
- The second change is called, "Officers in The Spotlight." We have 4,900 members. Only 250 members (give or take) who attend the reunions or the Division's Birthday events get to meet and talk to the officers. With this new feature, all readers will learn something about the officers running the association. In this issue you'll get to meet our president, Bill Steele, and our treasurer, Arnold Schectman.
- The third regular feature being introduced is going to be one written by an active-duty Division leader giving the reader the status of the Division, a particular regiment, or separate battalion. BGen Osterman, the Assistant Division Commander, has written the first report.

Hopefully, by the next issue, I will be able to introduce a fourth new section of interest to women members, wives of members, and active-duty woman Marines. I am open to ideas here.

So let's get started on the subject of post traumatic stress disorder. Perhaps you'll see why I kicked off the thematic approach on a subject not only personal to me but, in my vision, one of the keys to rebuilding our fine association.

[Post Traumatic Stress Disorder \(PTSD\) article/interview follows on page 8.....](#)



Post Traumatic Stress Disorder (PTSD)

What is the Military Doing about PTSD? Interview with Lieutenant Erin Simmons on November 20, 2008

DB: Would you tell me the difference between Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).

Lt Simmons: Let's start with TBI. TBI occurs from falls and bumps where there is no broken skin. It could be a concussion. TBI will affect how a person functions. Symptoms could be ringing in the ears, balance problems or memory loss. When athletes get TBI, they are bothered less because they expected the effects from a head injury and know it is not life threatening; however, men in combat don't anticipate the effects of TBI and the effects of TBI cause increased anxiety. Clinically, it is hard to distinguish between the PTSD and TBI. If I do suspect TBI, I will send the patient to the neurology clinic to verify their cognitive rehabilitation therapy.

DB: You just skimmed the short article by Mr. Waszkiewicz, a Vietnam vet, where he shares his thoughts about the genesis and continuation of his PTSD. A lot of it was caused by Marines arriving and departing on individual orders during the Vietnam War and not as a unit as they are doing with Operation Iraqi Freedom and Operation Enduring Freedom. What are your thoughts on deploying as a unit and returning as one.

Lt Simmons: As a footnote, a VA study indicated the incident of PTSD was 33% for Vietnam and between 15-20% for the current wars. Unit integrity and unit cohesion is so important. It's not unusual to have a Marine trust his leaders more than they do themselves. Maintaining the cohesiveness does a lot to reduce combat stress. It is not unusual to see cases of PTSD crop up when a trooper is yanked out of his unit after they arrive back here at Lejeune. Often that Marine feels vulnerable and doesn't trust his new leaders.

DB: How can a leader spot a Marine who may be developing PTSD?

Lt Simmons: The Marine will be asking a lot of questions; he'll be uncertain; and he will act depressed. The key thing is for top-down management where the leader empowers his staff NCOs and NCOs to look for these signs. Here's the problem with PTSD: People do not realize that their PTSD symptoms are normal following a traumatic event. They do not realize they can get healed. Combat stress is normal particularly with the kind of aggressiveness used by Marines in combat. Symptoms fall into three categories. First, there is re-experiencing the traumatic event in nightmares or flashbacks. Second, avoiding any sights, sounds or smells related to the incident, for example avoiding the crowds at Wal-Mart. Avoidance is also not being intimate with the spouse left at home or children for fear of hurting them. Third, there is a heightened amount of anxiety—it could be anger or fear of persecution ("they are all out to

get me") and those sorts of symptoms.

DB: How are the services treating PTSD?

Lt Simmons: The MEFs (Marine Expeditionary Forces) are trying to deploy mental health providers close to the engaged Marines. But frankly, there are simply not enough of us. We really need one per battalion. For example, on one of my two tours I had the whole Ramadi area. We have to treat and educate both individuals and units in suicide prevention. For the Marines we need to hold "Return and Reunions" briefs, that is, educating the returning Marines on getting back with their relatives. And probably the most important is to educate all about combat stress. Simply be prepared to argue with your spouse when deployed; be prepared to be irritable; and finally know where to go for help.

How the Second Marine Division Can Make a Difference

Here's what the Second Marine Division Association must and will be doing to help returning units and improved the mental health of former warriors. We will contact the units—their officers, Staff NCOs and NCOs—and tell them of the things we offer. In particular, our Division Birthday celebrations and reunions are the perfect venues, the golden opportunities, for cohesive combat units to reunite. From my Fox Company experience and from what Dr Simmons professes, reunions will be quite useful for the long term health of our 2D Marine Division combat veterans.

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