

THE SPECIAL FORCES ASSOCIATION
CHAPTER XX
THE KENNETH WORTHLEY MEMORIAL CHAPTER NEWSLETTER

The "20/20" Flash

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The Next Chapter Business Meeting:

The next business meeting is at the

Glockenspiel Restaurant Tues, Aug 4th, 2009.

The Meeting starts at **7:00** pm.

Some folks show up early for dinner, about 6:15. Some folks show up early and socialize until the meeting. Some folks just come to the meeting. Anyway you can make it, we would love to see you there. (And you don't have to be a Chapter member to attend the meeting.)

That Tuesday is also the National Night Out block-party thing. Attend one or the other.

Upcoming Events/ Activities:

Lunch with John Hankes. Under the Summer Odyssey plan, we will be having Lunch with John Hankes at the Hastings American Legion on

Sunday, July 26th at Noon.

Special Forces, Airborne, relatives, and friends are invited to the southeastern part of the state and you are invited to attend. (I can't decide if Hastings is on the far-outside-edge of the Metro area, or the very close-in part of SW Minnesota.)

The idea with the Summer Odyssey is to try to get to different parts of the state, and the people, who can't normally attend activities or events. We are going down to see John Hankes and whoever else is able to show up.

If you can attend, we would love to see you there. This Lunch, and the Summer Odyssey idea, is intended as a small get-together to entice folks who can't, or don't, normally come out to activities. It is close enough to the Twin Cities so you metro area folks can attend. Hopefully, it is far enough down south so other folks can make it up.

SF, Airborne, family, and friends are all invited. We have several sets of "SF" parents on our mailing list. Come on out (to any event.) We would love to see you and hear about you and your kids. (SF, Airborne, in the military, and in general.)

We have several Marines, and a Seal or two. You guys are invited. If you read this Newsletter, then you are invited out, to any event.

Finally, if you are unsure or uncomfortable about coming to an event, hopefully there is comfort in the thought that most of us have been in similar situations.

And, we are trying to get a quick headcount, so the American Legion has an idea of how many folks to expect. If you could call Laurie Johnson and let her know that you are trying to be there, we would

certainly appreciate it. Her home phone id 651-603-1261, or her work phone is 651-645-9359 (if you need to); or email her at ljjinstpaul@hotmail.com,

And, of course, if you forget to call, or if you are not sure you can attend, then Sunday, July 26th will be a great day for a Sunday drive. If the urge just hits you, head on down to Hastings.

Laurie Johnson gets a big thank you for her help in setting this up. John was in the First Special Service Force with Laurie's dad, Ted. I am not sure if this is John's Idea or Laurie's idea, but I like it.

Now, for directions: You will find directions, from MapQuest, copied into this Newsletter. The American Legion is at 50 Sibley St, Hastings, MN 55033; 651-437-2046.

The Jon Krancich Memorial Ride is happening shortly. We will be at Chris' Camp (1-800-350-2239, the campground has sites for tents or full hookups for the big rigs, two shower houses, and a pool) from July 25th through the morning of August 2nd, 2009.

We look forward to seeing old friends and meeting new ones. Take care, Ron Reule, 507-318-9935

The All Airborne Days are Saturday August 8th, 12:00, at the Fort Snelling Contact Club. We will not be dedicating any Monuments in the Airborne Circle this year. We are planning to dedicate one for the 555 Parachute Infantry Regiment over Labor Day Weekend.

The Midwest All Airborne does have to provide a list of guests to the gate at Fort Snelling. To get on the list, call Al Porter (612-722-7358) or Jerry Huntington (612-866-4204.)

If you call Al or Jerry, to get on the list, and then you can't make it, it should not be a problem. You might be able to get in without being on the list, but why take the chance.

Some of you folks may have already received a flyer for this from the Midwesey All Airborne in the mail. If you have not recieved the flyer, then you should be getting it soon. (Sorry, but yes, I did give them your address so that they could mail their flyer to you.

After Action Reviews: The Chapter June Business Meeting: I am trying to get this Newsletter out fast so that you folks in the southwest part of the State, primarily, can come on out and meet each other. Look for the July Meeting Minutes in the next Newsletter.

The Two Harbors Heritage Day Parade. Had a great time, wish you were there, a detailed AAR and information will be in the next Newsletter. Now, go eat lunch with John down in Hastings.

PROJECTS:

The Kenneth Worthley Bio: Nothing new here, look for info next month.

The Summer Odyssey: If it were not for Laurie Johnson and John Hankes, this idea would have flopped completely.

If you can pick a date and location, let me know and I should be able to make it. If you are interested in just getting together, without being the person who has to pick a date or time, then let me know

that you are interested, call at 507-647-3526 or email me at kais0063@umn.edu.

Re-cap: So, to re-cap:

- I am getting another Newsletter out fast.
- The Charter Meeting is Aug 4th.
- You go to S. Dakota for the Memorial Ride.
- You could go to the All Airborne Days.

Ride is

The Jon Krancich Memorial Ride

You do not have to have a motorcycle to fit.

Spearfish SD
Chris' Camp
701 Christenson Dr
(1-800-350-2239)

Jul 25th to Aug 2nd

Be there for all of it
or just be there for
part of it.

- Or: You could be in Hastings for lunch on

Sunday, July 26th.

We look forward to seeing you when we can, where ever we are.

And, except for the directions to the Hastings American Legion, the rest of this Newsletter is just me trying to get 44 cents out of the 44 cent postage.

Directions for the American Legion in Hastings:

From Dick Henrickson: Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio "To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written."

My odometer rolled over to 90 in August, so here is the column I wrote once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.

21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."

From Jan: How many dogs does it take to change a light bulb?

It depends upon the type of Dog

1. Golden Retriever: The sun is shining, the day is young, we've got our whole lives ahead of us, and you're inside worrying about a stupid burned out bulb?
2. Border Collie: Just one. And then I'll replace any wiring that's not up to code. And then I'll
3. Dachshund: You know I can't reach that stupid lamp!
4. Rottweiler: Make me.
5. Boxer: Who cares? I can still play with my squeaky toys in the dark.
6. Lab: Oh, me, me, me!!!! Pleeeeeeeeeeeze let me change the light bulb! Can I? Can I? Huh? Huh? Huh? Can I? Pleeeeeeeeeeeze, please, please, please!
7. German Shepherd: I'll change it as soon as I've led these people from the dark, check to make sure I haven't missed any, and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.
8. Jack Russell Terrier: I'll just pop it in while I'm bouncing off the walls and furniture.
9. Old English Sheep Dog: Light bulb? I'm sorry, but I don't see a light bulb!
10. Cocker Spaniel: Why change it? I can still pee on the carpet in the dark
11. Chihuahua: Yo quiero Taco Bulb. Or 'We don't need no stinking light bulb.'
12. Greyhound: It isn't moving. Who cares?
13. Australian Shepherd: First, I'll put all the light bulbs in a little circle, then I will move them...
14. Poodle: I'll just blow in the Border Collie's ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.

How many cats does it take to change a light bulb? Cats do not change light bulbs. People change light bulbs. So, the real question is: 'How long will it be before I can expect some light, some dinner, and my massage?'

And: Fwd: Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Recognizing A Stroke. Thank God for the sense to remember the '3' steps, STR. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people fail to recognize the symptoms of a stroke.

Remember the 1st Three letters... S.T.R. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke: Stick out Your Tongue. Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other side, that is also an indication of a stroke.

And: Ageless Wit And Observations

'If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.' Mark Twain
Suppose you were an idiot. And suppose you were a member of Congress.... But then I repeat myself. -Mark Twain

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. -Winston Churchill

A government which robs Peter to pay Paul can always depend on the support of Paul. - George Bernard Shaw

A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay off with your money. -G Gordon Liddy
 Democracy must be something more than two wolves and a sheep voting on what to have for dinner. -James Bovard, Civil Libertarian (1994)

Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries. -Douglas Casey, Classmate of Bill Clinton at Georgetown University

Giving money and power to government is like giving whiskey and car keys to teenage boys. -P.J. O'Rourke, Civil Libertarian
 Government is the great fiction, through which everybody endeavors to live at the expense of everybody else. -Frederic Bastiat, French Economist (1801-1850)

Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it. -Ronald Reagan (1986)

I don't make jokes. I just watch the government and report the facts. -Will Rogers
 If you think health care is expensive now, wait until you see what it costs when it's free! - P.J. O'Rourke

In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other. - Voltaire (1764)

Just because you do not take an interest in politics doesn't mean politics won't take an interest in you! -Pericles (430 B.C.)

No man's life, liberty, or property is safe while the legislature is in session. -Mark Twain (1866)

Talk is cheap...except when Congress does it. -Unknown

The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other. -Ronald Reagan

The inherent vice of capitalism is the unequal sharing of the blessings. The inherent

blessing of socialism is the equal sharing of misery. -Winston Churchill

The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. -Mark Twain

The ultimate result of shielding men from the effects of folly is to fill the world with fools. - Herbert Spencer, English Philosopher (1820-1903)

There is no distinctly Native American criminal class...save Congress. -Mark Twain
 What this country needs are more unemployed politicians. -Edward Langley, Artist (1928 - 1995)

A government big enough to give you everything you want, is strong enough to take everything you have. -Thomas Jefferson

And: You better try this. To install your budget conscious home security system:

1. Go to a second-hand store and buy a pair of men's used size 15-16 work boots.
2. Place them on your front porch, along with a copy of Guns & Ammo Magazine
3. Put a few giant dog dishes next to the boots & magazines.

4. Leave a note on your door that reads:
 "Bubba,

Big'un, Duke, Slim, & I went for more ammo and beer. Back in an hour. Don't mess with the pit bulls - they attacked the mailman this morning and messed him up bad. I don't think Killer took part, but it was hard to tell from all the blood. Anyway, I locked all four of 'em in the house. Better wait outside.

Cooter."

And: Bill and Sam, two elderly friends, met in the park every day to feed the pigeons, watch the squirrels and discuss world problems. One day Bill didn't show up. Sam didn't think much about it and figured maybe he had a cold or something. But after Bill hadn't shown up for a week or so, Sam really got worried. However, since the only time they ever got together was at the park, Sam didn't know where Bill lived, so he was unable to find out what had happened to him.

A month had passed, and Sam figured he had seen the last of Bill, but one day, Sam approached the park and -- lo and behold! -- there sat Bill! Sam was very excited and happy to see him and told him so. Then he said, 'For crying out loud, Bill, what in the world happened to you?'

Bill replied, 'I have been in jail.'

'Jail?' cried Sam. 'What in the world for?'

'Well,' Bill said, 'you know Sue, that cute little blonde waitress at the coffee shop where I sometimes go?'

'Yeah,' said Sam, 'I remember her. What about her?'

'Well, one day she filed rape charges against me; and, at 89 years old, I was so proud that when I got into court, I pled 'guilty'

'The damn judge gave me 30 days for perjury.'

And: Who Knew! Eliminate ear mites. All it takes is a few drops of Wesson corn oil in your cat's ear...Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Kills fleas instantly...Dawn dish washing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor ..Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Did You Know that drinking two glasses of Gatorade can relieve headache pain almost immediately-- without the unpleasant side effects caused by traditional 'pain relievers.'

Did you know that Colgate toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of

curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-- even though the product was never been advertised for this use.

Honey remedy for skin blemishes ... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as bug killer ... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover. Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure. Cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine. a powerful antiseptic.

Vinegar to heal bruises ... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Quaker Oats for fast pain relief... It's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

Fraternal Organizations of Interest, in the Minnesota area:

The **Midwest All Airborne Association** meets at 1900 hrs on the 3rd Thursday of the month at American Legion #435 at 65th & Portland, Richfield. Try not to get lost in the bar area, sometimes we have to hold the meetings in a different room depending on legion events. All Airborne personnel are invited to attend these meetings. Airborne All the Way.

Chapter XV, Society of the 173rd Airborne Brigade (Separate), meets on the 3rd Wednesday of each month at the Hearthside Restaurant, 1641 Rice St. (Rice St. & Larpenteur Ave.)

The **Minnesota Screaming Eagles, 101st Airborne Division Association**, Inc, contact is Colin Day, by email at crd50bmg@hotmail.com, by mail at 465 Diedrich Dr., Carver, MN. 55315; phone is 952 448 4933

The **Viking Chapter of the 82nd Abn Div Assoc.** *Travis Dye*, 18876 Barrington Dr, Eden Prairie, MN 55346, (952) 937-8937. Or Frank Lopez, 763 717 6864.

The **187th Airborne Regimental Combat Team Association**, Inc. Contact *Secretary Clay Baker*, 3910 Lochview Court, Myrtle Beach, SC 29588-6759, (843) 650-5880, raksect@aol.com .

The **511th Parachute Infantry Regiment Association**. Contact *Leo Kocher*, 2514 Alexander Court, Richland, WA 99352, leodonna@owt.com . Their quarterly newsletter is Winds Aloft.

The **75th Ranger Regiment Association**: Ron Edwards (256) 831-7146, e-mail rgrock@brevard.net, or www.75thangers.org.