

# FOX FAX

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Journal of the 199<sup>th</sup> Recon Airplane Company RVN 1967-70 Vol. 7, Issue 9 Sep 2010

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WEB SITE [www.SwampFox199thRAC.com](http://www.SwampFox199thRAC.com)

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**Goals:**

*To find as many of our old friends as possible and get them talking to each other again.*

*To build as complete a history of the unit as possible and make it available to all the members.*

*To perpetrate reunions.*

## **2011 Delta Bird Dog Reunion News**

### **Reunion October 13 - 16 2011 San Antonio**

**SAN ANTONIO BOOTS ON THE GROUND CREW:**

**199th**

Don Nicholson

Gary Simon

Jim Strye

Anyone else in the San Antonio area who wants to help. Drop me an e-mail.

**221<sup>st</sup>**

Don Smith

Others, I don't have names yet.

*Jump in and hang on. We're goin' for a ride.  
Anybody barfs in my airplane gets to clean it up.*

*Crew Chief*

## Letters to the editor

>> Date: July 24, 2010 7:53:53 AM EDT  
>> To: 1966 USMA <[usma1966@west-point.org](mailto:usma1966@west-point.org)>  
>> Subject: usma1966: '66 Forum Ice Cream in Vietnam  
>> Reply-To: [usma1966@west-point.org](mailto:usma1966@west-point.org)  
>>  
>> This is my favorite ice cream story from Vietnam. It begins as my Cav  
>> Troop is enroute home to LZ Nancy from a foray out to Khe Sanh  
>>  
>> On the way back, we were asked to pause briefly to form a perimeter  
>> around a landing zone (LZ) quite close to the actual DMZ at Con Thien. I  
>> asked what was going to be landed there, but was told that could not be  
>> revealed yet. A Troop had occupied the firebase at Charlie 2 before and  
>> had operated around its northern neighbor, Con Thien (Alpha 4), several  
>> times, so we knew the terrain pretty well.  
>>  
>> When we arrived at the proposed LZ, it was a large area of rice paddies,  
>> long since abandoned when the South Vietnamese population had been  
>> removed from the DMZ and resettled further south.  
>>  
>> It was such a large open area that I began to suspect that perhaps we  
>> were going to secure not an LZ but a Drop Zone, perhaps for the Army to  
>> conduct their mandatory one-per-war airborne drop so that paratroopers  
>> could get the combat jump star on their wings. But as a paratrooper  
>> myself, I recognized that the abandoned and overgrown rice paddies and  
>> their dikes would make for a pretty rough DZ, with lots of probable  
>> injuries. Nonetheless, I set up A Troop around the area in a protective  
>> perimeter and awaited further events.  
>>  
>> Soon, a lone CH 46 Marine Sea Knight helicopter appeared and landed on  
>> one of the paddy dikes. When the back ramp was lowered, out came six guys  
>> dressed in cooks' whites, carrying insulated mermite cans that they  
>> placed on the dikes.  
>>  
>> My radio lit up with calls from my platoon leaders. What was this all  
>> about? I pleaded ignorance, but kept watching through binoculars. In  
>> just a few minutes, a ragged, unshaven band of seven or eight Marines  
>> came out of the nearby wood line in tactical formation. I recognized  
>> them as a Marine Recon team who, from their looks, hadn't seen a shower  
>> or a razor in several weeks.  
>>  
>> As they approached the CH-46, the guys in the cooks' whites opened their  
>> mermite cans and prepared an ice cream sundae to order for each Recon  
>> Marine. I mean whipped cream, nuts, maraschino cherries – the whole  
>> shebang! My radio lit up again, more platoon leaders wanting to know  
>> what in the hell we were looking at.  
>>  
>> I told them it looked like an ice cream social to me.  
>>

>> After eating the sundaes, the Recon marines turned around and walked back  
>> into the jungle and the DMZ. The CH-46 took off. We stayed in position  
>> until I could reach 3rdMARDIV Operations to see if we could depart.  
>>  
>> They told me to stand by for Sudden Death 66, the two-star commander of  
>> the 3rdMarine Division. He called in from a helicopter and asked me if I  
>> wondered about the mission we had been given. I allowed as to how we  
>> were a bit perplexed.  
>>  
>> The general told me that one of his Marine Recon teams had been inside  
>> the DMZ for almost a month, and he felt they deserved an ice cream  
>> sundae. I said I thought that was a wonderful idea. The general said  
>> that the reason an entire Cavalry Troop was required to secure the LZ for  
>> the cooks was that III Marine Amphibious Force HQS wouldn't allow the  
>> sundaes to be served unless the area was absolutely secured.  
>>  
>> We were that absolute security and, by the way, the commanding general  
>> was one of the guys in the cooks' whites. He told me to thank my  
>> troopers and tell them the story.  
>>  
>> What outstanding leadership! Semper Fi!  
>>  
>> Ken  
>

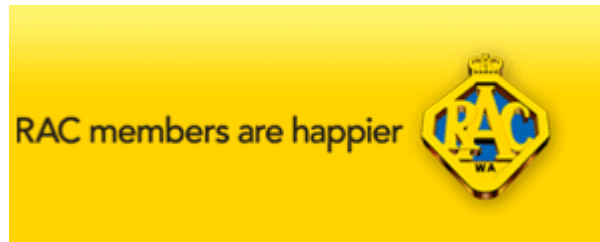
From: Bill Poor



Delta Birddog Reunion 2009 DVDs are available from Bill Poor. These are very well done indeed. Well worth the five bucks for shipping and material.

Contact Bill Poor at [wtpoor@comcast.net](mailto:wtpoor@comcast.net)

## MISC.



## Other RACs

21<sup>st</sup> RAC Web Site No Longer Available

73<sup>rd</sup> RAC see 74<sup>th</sup> RAC

74<sup>th</sup> RAC [www.aloft74th.org](http://www.aloft74th.org)

119<sup>th</sup> RAC [www.219headhunters.com](http://www.219headhunters.com)

**The Oct 2011 Reunion will be held in BEAUFORT, SOUTH CAROLINA**

183<sup>rd</sup> RAC [www.183seahorse.org](http://www.183seahorse.org)

All Bird Dog Unit Reunion hosted by The Veterans of the 183rd Aviation Company (Seahorses) Reunion, September 9-12, 2010, Cheyenne Mountain Resort, Colorado Springs, Colorado

184<sup>th</sup> RAC [www.184rac.com](http://www.184rac.com)

185<sup>th</sup> RAC [www.angelfire.com/tx4/Pteradactyl185/index.html](http://www.angelfire.com/tx4/Pteradactyl185/index.html) no info

199<sup>th</sup> RAC [www.SwampFox199thRAC.com](http://www.SwampFox199thRAC.com) -

203<sup>rd</sup> RAC no web site

220<sup>th</sup> RAC [www.220raccatkiller.us.com](http://www.220raccatkiller.us.com) new Home page [www.catkillers.org](http://www.catkillers.org) -

2010

221<sup>st</sup> RAC [www.221st.org](http://www.221st.org)

**Bird Dog Store** – [www.druid-consulting.com/bird\\_dog\\_store.htm](http://www.druid-consulting.com/bird_dog_store.htm)

**Check Out the Newly restored Bird Dog Store page.**

# The Bird Dogs' Tale



The Combat Service of the Cessna O-1 Aircraft  
Within Southeast Asia, 1962-1972

**Bobby Jack Woolley**

**\$24.95 (US)**

To order:

**feeder-feederpubs.com**

<http://feeder-feederpubs.com>

## The Bird Dogs' Tale

by Bobby Jack Woolley (Swamp Fox 26 – editor)

The author has presented the combat service of the Bird Dog aircraft in a comprehensive manner that covers the ten-year period, 1962-1972. The intent is for *The Bird Dogs' Tale* to serve as a record of how O-1's service contributed to the overall combat effort that occurred in Southeast Asia during the Vietnam era.

Research concerning the disposition of each O-1 that served with Army, Air Force and Marine aviation units is presented. Brief histories of each O-1 aviation unit are also included. Of significance, an accounting of each service member who lost his life participating in its combat service is also recorded. The accounting of each aircraft and those who lost their lives to O-1 operations is an important and unusual content of a combat related book. *The Bird Dogs' Tale* is that story.

## About the Author

Bobby Jack Woolley graduated from Texas A & M in 1964 as a Distinguished Military Graduate and served 23 years as a career Regular Army officer before retiring from active duty in 1987. He flew in an O-1 as an artillery observer during his first Vietnam tour with the 1<sup>st</sup> Brigade, 101<sup>st</sup> Airborne Division during 1965 and 1966.

After completion of his ground-duty tour, he returned to the States and completed the Army's fixed-wing pilot qualification course in 1967. He returned to Vietnam during 1967 with the 203rd Hawkeyes with duty in northern II Corps. **At mid-tour, he transferred to the 199<sup>th</sup> Swamp Foxes in IV Corps and served as pilot, platoon leader, and as a unit standardization pilot.**

In 1968, he returned to Fort Rucker and served for two years as an instructor pilot transitioning student pilots to be qualified in the O-1 Bird Dog, as well as serving as an OV-1 instructor pilot. Upon retirement from military service, he began his book project with the intent of providing a comprehensive record of the Cessna O-1s combat service in Southeast Asia during the Vietnam era.

## Distributor

### Feeder-Feeder Publications

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# A DUCK LOOKING FOR HUNTERS

Book by Lt. Col. Dale Amend  
FAC 1965 Pleiku, Ban Me Thuot

See attached

*The Green Beret whispered on the radio, "There's a large group of VC right under our nose. They're crossing the river on a big log. If you can hit 'em with a quick airstrike, you can get a lot of them and save our ass at the same time."*




The Forward Air Controller (FAC) directed air strikes in South Vietnam. During the "Big Build Up" in 1965-66, the FAC flew the single engine Cessna O-1E. He was known as a "Bird Dog FAC". His airplane was about as heavy as a Toyota Corolla and traveled about as fast, 75 knots. The FAC flew at low altitude and was barely over the treetops much of the time. Captain Dale Amend was a Bird Dog FAC.

During air strikes, the attacking fighter aircraft zoomed past to deliver their ordnance and were over the target only briefly. The FAC remained over the target to assess the results of the fighters' last pass and issued instructions for their next pass.

A widely circulated myth stated that enemy troops were told to not shoot at a FAC because this would disclose their location and the FAC would direct an air strike against them. In reality, the enemy knew it was more effective to merely shoot the FAC out of the sky.

The loss rate of FACs was high. The FAC who survived his combat tour was likely to return home with numerous medals and awards. During his one year tour of duty, Captain Amend flew 423 combat missions in 773 hours of combat flying time. He was awarded the Distinguished Flying Cross, The Bronze Star Medal, 19 Air Medals and other decorations. **A Duck Looking for Hunters** is his first person, true experience story.




**A Duck Looking for Hunters**

**A Duck Looking for Hunters**

**A Bird Dog FAC's True Story**

The Forward Air Controller answered ground troops' cries of "HELP!"

He flew this little airplane, alone and unarmed in Vietnam. He located targets, marked them with smoke rockets and controlled the airstrikes by the fighter aircraft.



Command Pilot  
U.S. Air Force

Sage Mesa Publications

Lieutenant Colonel Dale Amend

from Corky's -

[www.cafepress.com/corkysstudio/3000315](http://www.cafepress.com/corkysstudio/3000315)



## Swamp Fox Bar and Grill



If you want to lose weight read the labels. Make a conscience effort to get rid of everything in your life with corn syrup. You can't really get rid of it all, but can certainly cut down on it.

Maple flavored syrup is corn syrup with maple flavor. There are not enough maple trees North America to supply the demand for real Maple syrup.

Healthier Ice Cream, make it yourself. Use sugar.

Corn syrup in **Beer**? Yup! Used to make beer cheaper. BUT sugar is fermented out by the yeast converted to alcohol and CO2. That's what puts the bubbles in home brew and blows up the bottles if you are not careful. Beer does have lots of carbs. It is sometimes referred to as liquid bread. German purity law - [www.brewingmuseum.org/article06.htm](http://www.brewingmuseum.org/article06.htm)

*The Learning Channel - see I told you so- corn syrup 10% more sugar.*

<http://recipes.howstuffworks.com/high-fructose-corn-syrup2.htm>

## How bad for you is high-fructose corn syrup?

by [Tom Scheve](#)

powered by [howstuffworks](#)

### Inside this Article

1. [How bad for you is high-fructose corn syrup?](#)
2. [High-fructose Corn Syrup and Nutrition](#)
3. [High-fructose Corn Syrup Health: It Always Comes Back to Moderation](#)
4. [Lots More Information](#)
5. [See all Food & Lifestyle articles](#)

## High-fructose Corn Syrup Health: It Always Comes Back to Moderation

In small amounts, HFCS shouldn't be any more harmful than regular sugar. The fructose in HFCS, though modified from glucose, is structurally and in all other ways the same as natural fructose. Additionally, HFCS has nearly the same makeup of fructose and glucose as table sugar (most HFCS has 55 percent fructose, compared to 50 percent found in table sugar). **But there does seem to be a connection between the use of HFCS and obesity and type-2 diabetes, so what gives?**

**First off, that additional 10 percent of fructose content does make a difference in caloric intake, especially since HFCS is found in so many products. Imagine a world in which all sugar has been replaced by HFCS (not a far stretch): You could eat the exact same foods, but you would be consuming 10 percent more sugar.**

***Unlike glucose, which is metabolized a number of ways by your body, fructose is only metabolized by your liver. When the liver receives more fructose than it can handle, the excess sugars are turned into fats in the form of triglycerides, which are harmful to your arteries and your heart.***

**There's much to be learned about how our bodies react to fructose, but researchers do know that fructose doesn't stimulate production of insulin, leptin or ghrelin, all of which play a part in telling the body how much it needs to eat [source: [Havel](#)]. Without receiving these internal signals to stop eating, it becomes that much easier for us to continue chowing down on that pint of double-chocolate fudge ice cream.**

**The biggest problem is that HFCS is being added to food items that don't normally have sugar and that you wouldn't even describe as sweet -- crackers, for instance. So, not only are we chugging down lots of sugars with our sodas, but your PBJ sandwich could have HFCS in each of its three ingredients. Meal after meal, day after day, all of this extra sugar adds up, and that, and not necessarily the qualities of HFCS itself, is likely one reason why rates for obesity and diabetes have climbed since the introduction of HFCS. (Other factors are in play as well, such as decreased activity and exercise levels and increased fat consumption.)**

So what can we do? Well, for starters, do everything you're already supposed to do. Get regular exercise, watch your fat intake and get regular medical checkups. Next, it wouldn't hurt to mimic the practices of those strange (and rare) individuals in grocery-store aisles who read the labels of the food they are purchasing. Once you get in this habit, you will likely be shocked to learn just how much of your regular grocery purchases contain high-fructose corn syrup. If nearly all of your food contains concentrated sugars, it stands to reason that you'll be eating too many sugars. And if you want to go crazy, eat some fruits and veggies. You'll get all the glucose you need (not much), and these healthier alternatives will take the place of the less healthy foods now flooding our markets and grocery stores.

For more HowStuffWorks articles you might like, from how flavor tripping works to the meaning of the obesity paradox, try the links on the next page.

### **Inside this Article**

1. [How bad for you is high-fructose corn syrup?](#)
2. [High-fructose Corn Syrup and Nutrition](#)
3. [High-fructose Corn Syrup Health: It Always Comes Back to Moderation](#)

4. [Lots More Information](#)
5. [See all Food & Lifestyle articles](#)

## **WEB SITES of INTEREST**

### **EAA calendar**

<http://www.eaa.org/events>

<http://www.eaa.org/airventure/> OSHKOSH

### **IBDA**

## **This is the sixtieth Anniversary of the Bird Dog**

The additional information regarding our event is as follows:

1. Dates - Wednesday, September 15 to Sunday, September 19
2. Location - T-8, Gillespie County Airport, Fredericksburg, Texas
3. Hotel -- Hangar Hotel, \$99 a night, call 830/997-9990 be sure to tell them that this reservation is with the IBDA or Birddog Association. We have the whole hotel blocked.
4. Registration -- go to the IBDA website and either register on-line or print out a registration form. The on-line registration should be functional sometime during the first couple of weeks in April, so please continue to try.

If you can't print out the form contact Carol Mulvihill at [av8trx@ktc.com](mailto:av8trx@ktc.com) or by snail mail at 46 Eagles Nest, Kerrville, Texas 78028/

5. Fuel Discount -- yes, to be determined when we get closer

6. Miscellaneous -- goody bags upon arrival, parts is parts sale, IBDA PX open, flight instruction, rides for hire, South Sea Island Pacific Showroom banquet, LBJ Ranch fly-in, CAF Museum visit, Tech panels, Ladies safety seminar, CAF Museum, SEA veterans panel, 7 meals included in registration and much more.



**IBDA Olive Color Hat With Birddog Logo  
Adjustable Size**

**\$17.95 ea**

[www.ibdaweb.com/merchandise.htm](http://www.ibdaweb.com/merchandise.htm)

**Swamp Fox IBDA members**

Charley Baker  
Woody Barnes  
Rich Burns  
Sam Givhan  
Larry French  
Curt Herrick  
Ray Jennings  
Jim McKee  
Don Nicholson  
Rick Shoup

**Let me know if you are a member and I will add you to the list.**



[www.ibdawebsite.com](http://www.ibdawebsite.com)

IBDA has been very supportive of Birddog Unit Reunions and deserves our thanks. We can show it by joining up. It's only a few bucks (\$30). Well worth it for the magazine alone. - editor (RJ)

[www.ibdawebsite.com/picture\\_gallery.htm](http://www.ibdawebsite.com/picture_gallery.htm)

## SWAMP FOX NETWORK

Status quo – no new members

I sign Fox ?? means I don't have your call sign.  
Drop me an e-mail and I will fix that.

If you have a change of phone number, address or especially e-mail address.  
Let me know so we don't lose touch with you,

Thanks, editor

## Site News

The Swamp Fox Web Site is still under reconstruction after computer problems.

Note that the Fox Fax can be viewed in pdf format on the Swamp Fox web site. Adobe reader is required.

[http://www.druid-consulting.com/news\\_letter.htm](http://www.druid-consulting.com/news_letter.htm)

Adobe Reader is available as a free download from Adobe.

<http://get.adobe.com/reader/>

*Established June 6, 2002      D-Day!*

**THE FOX FAX WELCOMES CONTRIBUTIONS FROM THE MEMBERS.**

If you have something to add to the Fox Fax, I need it before the fifth of the month. I try to publish the weekend following the fifth. Sometimes I am even on time.

**NOTE: NEW e-mail address below**

Editor [r.jennings@KTIS.net](mailto:r.jennings@KTIS.net)

O.K., so they both still work [r.jennings14@verizon.net](mailto:r.jennings14@verizon.net)

And this one too. [SwampFox@Druid-Consulting.com](mailto:SwampFox@Druid-Consulting.com)

Cheers Y'all

**(EOM)**