



WEST OF WEST

4TH BATTALION
31ST INFANTRY



VOL II NUMBER 1

5 JANUARY 1970

WIN IT IN YOUR MIND!

"It's a New Year but does it really make any difference, since I'm still in Vietnam?" Each of us asks himself. The answer is "Yes, it does!" True, we will face the same enemy, encounter still more booby traps, endure more extreme Vietnamese weather, and perhaps receive unfortunate news from home - but the difference is that we can each approach these obstacles in a new way and conquer them by "winning them first in our minds!"

The mind has a tendency to reproduce whatever has been placed in it. The mind is the key! The mind organizes its thoughts so that it makes a picture composed of those thoughts, i.e., if a soldier thinks, "Gosh, does that CO think I can hump that far? - I'm tired; I'll never make it!" Well, then the mind presents you with a picture of you being very tired and what results? - you tend to become just like you think and that hump becomes almost unbearable. At this point is where some simple statements from the Bible can come to your rescue. For, remember, the mind for's a picture of what you put in it.

The Bible is full of mind rejuvenators, one has only to find what they are and put them in his mind. An excellent way to have these mind restorers available when you need them is to memorized a short sentence that somehow means a whole lot to you - place it in your mind and when an occasion arises when it is needed it is surprising how it comes to your rescue and restores not only your mental outlook but even your physical feeling. Here are a few examples of thoughts to feed your mind:

(1) "Then tired and running out of patience: Isa 40:31
"They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk and not faint."

(2) "Then fearful: Ps 23:4 "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me..."

(3) "Then worried: Phillipians 4:7 "And the peace of God which passeth all understanding, shall keep your hearts and minds..."

(4) "Then help is needed: John 15:7 "If you abide in Me, and My word's abide in you, You will ask what you will and it shall be done unto you."

Those, when said over and over in your mind when you have a particular need, fill your mind with that picture and help that picture become a reality. But each individual must find his own "word" rejuvenators" - the Bible is full of them!

Commander's Comments

A commander receives numerous accolades for the accomplishment of his unit. This has been especially true to his battalion during the past six months. Believe me, I know who earned these words and symbols of praise. It is you the man in the ranks and the junior leaders that mean the difference between a mediocre and an outstanding unit. It was you who met the enemy and defeated him each time he became bold enough to challenge your title to the land and its people. It is you, the man with a rifle in his hands, that make an Army.

On my departure, I wish to acknowledge this fact to you and to offer my sincere thanks for a most difficult job well done. I will maintain a continuing interest in the Polar Bears and wish the best of luck to each of you.

HAPPY NEW YEAR!

PENETRATION METHOD SHOWN

CHANGE -of- COMMAND

In broad daylight, two enemy soldiers crept through the perimeter wire at LZ West while 50 "Polar Bears" of the 4th Bn, 31st Inf watched.

The sappers took only 10 minutes to crawl through the concertina wire and neutralize the trip flares set out to warn of their approach. The watching "Polar Bears" responsible for defending the hill did nothing but look and listen.

The sapper team, made up of two Hoi Chanhs - both experienced - is touring bases to give practical demonstrations of sapper techniques. The demonstrations begin with a short talk on sapper methods, then comes the demonstration.

Once inside the perimeter wire, the sappers begin to feel for trip wire. Following the wire to its source, they then either tie off the trip flare or disarm it. Within minutes they are ready to go to work inside the fire support base.

Talking with Major Roger Lee, Operations Officer, the sappers related that a unit will always recon the perimeter, making detailed maps of bunker locations and defenses, before actually trying to get inside.

Even if they think their recon activity has been detected, the sappers plan are so inflexible that they will still follow them using the same route of approach and point of penetration as covered in reconnaissance.

To go undetected will be more difficult for sappers in the future. Two Hoi Chanhs sappers, getting through the wire in the middle of the day are helping to prevent future sapper attacks against fire support bases.

MALARIA CAN KILL!!



TAKE THOSE PILLS!!

BATTLE LULL ROUTINE

One of the unusual aspects of the Vietnam War is the inconsistency of enemy attempts to attack allied military installations. Enemy battle campaigns that sometimes last two or three months may suddenly stop and then once again begin six or eight months later.

This staggered type of enemy activity is generally referred to as a battle lull and is a period of extreme caution because no one can accurately calculate when the enemy will resume offensive activity.

It's easy for a GI to rationalize that if "nothing has happened in three weeks, nothing should happen tonight."

Realistically and militarily, preparedness remains the paramount consideration.

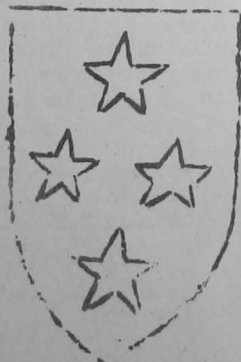
To the "Grunt", the most important aspect of this preparedness is his weapon - a clean weapon.

Whether a soldier is a clerk or an Infantryman, he can't foresee the occasion when he may be called upon to protect his own life or the lives of his friends. It would be very unhealthy, for instance, for a soldier to give his weapon a detailed operational inspection after a ground attack had been launched by the enemy. Daily maintenance can avoid such embarrassment.

Flak jackets and steel helmets also play a very important role in a soldier's life - they can save it. A person would hardly consider walking through a driving rain storm without a hat and raincoat. Soldiers from the NVA have been known to rain particles much heavier than water. Flak jackets and helmets provide excellent protection from these sudden storms.

Guard duty is a never-ending process. Night and day an alert soldier can save millions of dollars of equipment and prevent harm to hundreds of his fellow servicemen. Watching for the unusual and keeping in constant contact with the sergeant of the guard can prevent tragedy. The point is to keep distracting items away from you. That tune that's No. 1 on the radio this week may become No. 10 if a soldier's mind is on it rather than the perimeter he's guarding.

All these things are normal procedure when the enemy makes his presence known day after day; but they must remain normal routines even during so-called battle lulls. Unforeseen attacks can occur at any time.



Company Reenlistment Personnel Battalion Reenlistment 31 Dec 69/ann
NCO

Reenlistments accomplished during the month of December 1969, with option and reassignment shown after each name, were as follows:

HHC:

1. GRIFFITH, Winston M. Present duty assignment - Chu Lai - VRB-1-\$4,000.00
2. KRALICH, Joseph Present duty assignment - Chu Lai - VRB-1-\$10,000.00
3. ROSA, Francisco Present duty assignment - Chu Lai - VRB-1-\$3,000.00

A Co:

1. PAULER, John D. Supply HQ&A Co 723 Hault Bn- Chu Lai
2. LAYFIELD, Bobby R. Motor Transport 23 S&T Bn, Chu Lai
3. DANLAU, Robert Motor Transport 23 S&T Bn, Chu Lai
4. HANBY, Raymond S. HQ, 18 Engr Bde, Long Binh
5. CAMALE, Louis 537 Personnel Services Center, Long Binh
6. MOYERS, Dennis G. HHC, 20 Engr Bde, Long Binh
7. MURLEY, Wendell W. HHC, 4th Bn, 31st Inf, 196th Bde Light Vehicle Driver

D Co:

1. KRSSON, Joseph E. Supply HHC, 4th Bn, 31st Inf, 196th Inf Bde, Chu Lai

C Co:

None

D Co:

1. RIZZO, Joseph HHC, 196th Inf Bde dy/w Message Center

E Co:

1. BILLET, Michael C. 735 MID Americal Division, Chu Lai
2. SHATLEY, Donnie R. AMRO Scout Co, 123 AVN, Chu Lai
3. GIBSON, Ronald 537 Personnel Services Center, Long Binh
4. MOOR, William W. HHC, 18 Engr Bde, Long Binh

RECAPITULATION:	Objective	Reenlistments	Percentage attained
	4	16	400%
QUART RLY	12	54	450%

TWO GET \$14,000.

In a ceremony held recently in the Americal Division Reenlistment Office LTC Cecil R. Henry, 4/31 commander, presented two "Polar Bears" a combined total of \$14,000 in reenlistment bonuses.

SP6 Joseph M. Kralich (Newport, R.I.) received a \$10,000 bonus when he reenlisted for six years as a clinical medic with the battalion.

Receiving \$4,000 for an additional six years as a cook was SP6 Winston M. Griffith (Newport News, VA.).

"An additional dividend in reenlisting while in Vietnam is that the bonus is tax free," commented SSG Leroy M. Peterson (New York City), Battalion Reenlistment NCO.

LEROY M. PETERSON, SSG
Bn Reenlistment NCO
4th Bn, 31st Inf, 196th Bde
APO SF 96374

BEST OF BEST

LTC Kenneth Skar	CO
PFC Gerald Lamb	PIO
SP4 Peter I. Kostelkin	Typist

This newsheet is published monthly by the 4/31 Infantry, 196th Infantry Brigade APO 96374, as an authorized publication. Views and opinions expressed herein do not necessarily represent those of the Department of the Army. AFPS material used.

TEAM GOES TO VILLE

SPORTS

As American efforts toward "Vietnamization" of the war continue and the Vietnamese people struggle to establish secure villages where they can build permanent homes, the "Polar Bears" are helping as much as possible wherever they can. The people of Son Hoa village, part of the Que Son District northeast of LZ West, recently asked for a liaison between the village and American Forces. "These men were chosen because they are well qualified in their field," said LTC Cecil M. Henry.

The head of the team, a specialist in fire direction control, is a mortarman, SGT John Durue (San Antonio, Tex.). If it is needed, he will call in and adjust fire support from nearby bases for the Popular Forces providing local defense in the village.

SPL Fred Martin (Omaha, Neb.), an Infantryman, will advise the people in establishing local security. Martin is also the RTO for the team.

Assisting the people in medical needs - a Vietnamese nurse already visits the village twice a week - is a medic, SP5 David L. O'Neill (Earl Park, Ind.). The villagers have already turned an empty building into an aid station and SP5 O'Neill hopes to set up a regular sick call schedule and clinic when he has enough supplies.

SGT Durue remarked, "The village chief has been very helpful in getting us set up here and stops in several times a day to see how things are going and talk over problems."

As the team becomes established 4/31 will cooperate in combined operations with the PF's in the village. There are several Chieu Hoi's among them who are familiar with the area and know where the VC usually hide.

In the meantime the liaison team is trying to go as ethnic as possible and to become accepted by the people on an equal plane. Specialist Martin commented, "We are invited to eat at their house by different villagers every day and I was surprised to find that the food is very good."

In the continuing effort by the American Soldier to encourage the people of Vietnam to establish themselves again, this team is providing an important step toward reaching that goal.

AWARDS PRESENTED IN DECEMBER 1969

NAME	AWARD	CO	BO NUMBER
1LT JAMES E. SMITH	BS"V"	HHC	11316
SSG TONY H. BLANKENSHIP	BS"V"	E	11291
SPL WILLIAM B. KING	BS"V"	B	11390
SPL JUAN F. FLORES	BS"V"	B	11324
SGT JAMES E. DENISE	BS	C	11589
SGT RICHARD HAST	BS	C	11589
SGT OSCAR HAWKINS III	BS	C	11589
SGT ROBERT E. HERBERMAN	BS	C	11589
SSG CHESTER PHILLIPS	BS	E	12544
SFC RAYMOND G. STICE	BS	HHC	12544
SGT JOHN E. ROYAL	BS	C	11589
SGT WILLIAM F. SMITH	BS	C	11589
SGT THOMAS D. ROBINSON	BS	C	11589
SFC ROGER BROWN	BS	C	11589
SGT WAYNE B. BOYD	BS	F	11589
1LT DOUGLAS J. MONROE	BS	B	11589
SGT RICHARD HOBBS	BS	E	11589
SGT ALLEN PETERCILL	BS	D	11589
SGT JACK RICHARDSON	BS	E	11589
SP5 GEORGE SWEAT	BS	HHC	11589
CPT THOMAS L. MURPHY	BS	HHC	
PFC LARRY D. MARTIN	SS	HHC	
SPL JACQUE R. ROUSE	ACH"V"	B	

ROSE BOWL

USC 10 - MICHIGAN 3

COTTON BOWL

TEXAS 21 - NOTRE DAME 17

SUGAR BOWL

MISSISSIPPI 27-ARKANSAS 22

PEACH BOWL

W. VIRGINIA 14-S. CAROLINA 3

ASTRO-BLUEBONNET BOWL

HOUSTON 36 - AUBURN 7

The Top Twenty, with first place votes in parenthesis, won-lost records, including bowl games, and total points. Points awarded on basis of 20-16-14-12-10-9-8-7-6-5-4-3-2-1:

1. Texas (36).....	11-0	910
2. Penn State (7).....	11-0	822
3. USC	10-0-1	695
4. Ohio State.....	8-1	659
5. Notre Dame.....	8-2-1	457
6. Missouri.....	9-2	336
7. Arkansas.....	9-2	335
8. Mississippi.....	8-3	317
9. Michigan.....	8-3	301
10. Louisiana State.....	9-1	285
11. Nebraska.....	9-2	20
12. Houston.....	9-2	20
13. UCLA.....	8-1-1	200
14. Florida.....	9-1-1	183
15. Tennessee.....	9-2	88
16. Colorado.....	8-3	70
17. West Virginia.....	10-1	62
18. Purdue.....	8-2	46
19. Stanford.....	7-2-1	25
20. Auburn.....	8-3	23

Also receiving votes:

Toledo.....11-3 17

Texas and Penn State each received two split first place votes, worth 19 points apiece.

PACIFIC STARS & STRIPES
Monday, Jan 5, 1970

SFC RAMOND C. STICK

ACM
(1ST OAN LAMP)

HHC

SPL RICHARD D. JAY	ACM	B	
SPL CARL L. FLYNN	ACM	E	
SPL HOWARD C. SHEPARD	ACM	C	11394
SGT ULYSSES CUTLER JR.	ACM	B	11395
SPL SHALDO PORTER	ACM	B	22909
SPL DONALD J. FOLLAR	ACM	E	11396
SPL FRANCIS P. WILLES	ACM	B	11327
SSC PATRICK MAURAND	ACM	E	12692
SGT ORVIS O. GAGNET	ACM	D	12698
SPL LARRY P. FALCON	ACM	HHC	12691
SFC RICHARD C. SMITH	ACM	HHC	
SPL PETER RALPH WARD	ACM	C	11592
SPL JOSEPH SANDERS	ACM	C	11592
SGT LEONARD WILKINS JR.	ACM	D	11592
SPL JOHN CALVERT	ACM	D	11592
SPL ROBERT L. HOLLEY	ACM	E	11592
SPL JOHN DOORHOOPS	ACM	C	11592
SPL JOSEPH CURTIS	ACM	E	11592
SP5 AUGUSTINE WYBOS	ACM	HHC	11592
SPL JOHN L. MILLER JR.	ACM	E	11592
SPL THOMAS ROSTIGER	ACM	HHC	11592
SGT ROBERT M. SMITH	ACM	HHC	11592
SPL ALAN T. WISMAN	PH	HHC	
SSC LARRY P. FALCON	PH	F	
PFC ORCEL L. JOHNSON	PH	B	



"Won't you join us for some