

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:

We will have the Chapter meeting at
7pm on Tuesday, July 7th,
at the Cherokee Steak House, 886 Smith
Avenue South, West Saint Paul, MN 55118

Our reservation starts at 6pm for
those folks who want to show up early and
have a bite to eat.

Monthly Activities: Editorially, check with
the separate groups on the status of their
meetings.

1st Tuesday of the Month: Chapter
XX, SF Association Meeting.

1st Saturday of the Month, 9:30 am,
the **Ranger** Breakfast at the Perkins on
Lyndale in Bloomington. An informal
gathering and all are invited.

3rd Wednesday of the Month, 7:30
pm: **Chapter XV, 173rd Airborne Brigade**
is still held Hearthside Pizza, 1641 Rice St,
Saint Paul, Minnesota 55117, [\(651\) 488-0549](tel:6514880549)

Midwest All Airborne Alliance will
be having meetings, I just don't know where
or when. When I get information, I will let
you know.

Happy Fourth of July.

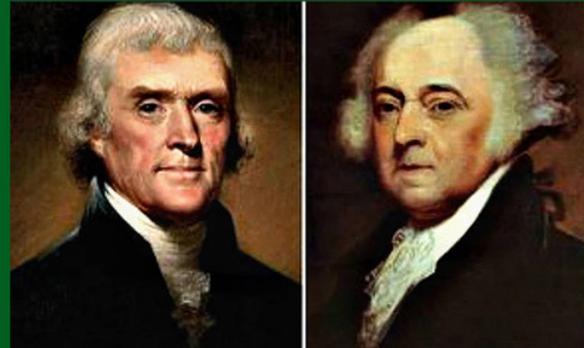
Ole Olson sent the following in an
email. It reminded me of the first time I
heard John Adams' deathbed quote, as,

"Liberty is safe, Jefferson lives." Now,
according to a Google search the quote is
"Jefferson lives."

AND FROM THE HISTORICAL FILES

JULY 4, 1826

**Thomas Jefferson and John Adams died
hours apart on the same day. it was the
50th anniversary of American Independence.**



The United States of America: still the
greatest country on the face of the earth.

After Action Reports: While we have no
AARs at this time, looking through old
emails, Doug Bekke, sent the following
picture shortly after the Christmas Dinner:
World War II Paratroopers Hal Roed, 13th
and 82nd Airborne Divisions (left), and
Wayne De Haven, 17th Airborne Division
(right.)



Forwarded by SFA HQ's: Chapter 32-50 member Paul Carpenter's wife, Ibeth Carpenter, spent 34 days in hospital, most of it in ICU with COVID 19, acquired on duty as an EMT. She is also a member of the chapter's Ladies' Auxiliary. As noted in the attachment, she has participated in SF training scenarios while Paul was on active duty and of course served her community as an EMT.

Unfortunately, Oklahoma does not provide Worker's Compensation for EMT under such circumstances. It is unlikely Mrs. Carpenter will be able to return to full employment soon.

Chapter President Ray Williams approved this request for SFAHQ to transmit the attachment, which includes a GoFundMe site, to the various chapters. Your consideration of the matter is appreciated.

Regards, Robert Kelson, D-7536

(The attached letter reads:)

SPECIAL FORCES ASSOCIATION
CHAPTER XXXII-L

P.O. Box 30031, Edmond OK 73003

Greetings All,

Some days ago, SFA chapter 32-50 Secretary Charlie O'Leary sent out an "All

Hands" message regarding the release of Ibeth Carpenter from hospital after a 34-day life-and-death struggle with coronavirus, much of it in ICU. She is the wife of chapter 32-50 member Paul Carpenter (who is also our representative at the OK Veteran's Council).

Charlie sent a Tulsa World article with the message that chronicled the 34-day ordeal. Ibeth Carpenter never gave in. Though finally released, she was still on oxygen. Mrs. Carpenter, an EMT, contracted the disease on a specific call, in the line of duty. In Oklahoma, EMTs are not eligible for Workers' Compensation under these circumstances.

As Charlie (former SF medic, present Physician's Assistant) noted in a prior email, "She was the first patient in Oklahoma to be put on EMCO extra-corporeal membrane oxygenation and the second patient in North America to survive this treatment."

While Paul was on active duty, his wife Ibeth was involved in SF training scenarios, clad in a burqa with a hidden fashion accessory...an AK 47! Not only a training asset for Special Forces during her husband's career, Mrs. Carpenter performed what has become genuinely dangerous first-responder duty for the community.

A gofundme page was opened for Ibeth Carpenter. Go to bit.ly/ForIbeth to donate. Mrs. Carpenter has attended some chapter meetings. Our chapter members will recognize her on that page in an EMT uniform, with her daughter. Our best wishes for a complete recovery.

Regards to All, Robert Kelson, D-7536, SFA Chapter 32-50

Forwarded by SFA HQ's: We are offering only medical information. We are not offering medical advice. **Consult with YOUR physician before making any changes to your medications.** (Provide your doctor with the references at the end of this article.)
From: John Padgett <bacsi10@yahoo.com>
Sent: Mon, Mar 2, 2020 6:14 pm
Subject: potentially lifesaving information

Gents,

As part of our charter to provide useful and important information to our

memberships, I have written a brief item on taking blood pressure medicine. I would venture to say that most of our older members are on blood pressure medicine, and a new study of 20,000 patients shows that the incident of cardiovascular death and related problems such as stroke can be cut in half simply by taking blood pressure medicine at night, vs. in the morning. Please consider putting out this information to our members and fellow warriors.

Fraternally, Doc

John E. Padgett, PA-C Emeritus, PhD, MAJ, US Special Forces (Ret), Emeritus Founding Professor, Touro University Nevada; Vice President, Refugee Relief International, Inc.

Taking Your Blood Pressure Medicine at Night.

Taking blood pressure medicine at bedtime is associated with improved blood pressure control and a near halving of cardiovascular deaths and related problems when compared with taking blood pressure medicine in the morning, a study of nearly 20,000 high blood pressure patients in primary care has shown.

Most doctors have advised their patients taking blood pressure prescriptions to take their medication in the morning, but this new study indicates that control is improved, and that death from heart attack and associated illness is nearly cut in half with bedtime dosing.

Not only does this timing result in better blood pressure control, but that it also significantly reduces the risk of heart related death and events such as a heart attack or stroke.

The study showed that, compared with taking blood pressure pills in the morning, taking them at bedtime can reduce the risk of:

- death due to heart or blood vessel conditions by 66%
- stroke by 49%
- heart attack by 44%
- heart failure by 42%

- coronary revascularization by 40%

Coronary revascularization is a procedure that unblocks or widens a vessel supplying blood to the heart.

References:

<https://www.aafp.org/news/health-of-the-public/20191106>

European Heart Journal, ehz754

And: from Aug 19, 2019: One of our brothers has recently died due to **bile duct cancer**. Those who have served in SE Asia, especially those who have lived and eaten with the indigenous population, are at risk.

This disease and the liver fluke parasite, can be dormant for decades. You are strongly advised to be screened. Contact the VA or your primary care provider. Please review the following from the VA Public Health web site.

Fraternally, Doc Padgett

Bile duct cancer (cholangiocarcinoma) is a cancer of the biliary duct system, which includes the gallbladder, bile ducts, and certain cells inside the liver. It is a rare cancer but becomes more common as people grow older.

One risk factor for bile duct cancer is past infection with tiny parasitic worms called liver flukes, which are found in the fresh waters of Southeast Asia. People can become infected by eating raw or under-cooked fish that have these parasites. Once eaten, the liver flukes grow to adulthood inside the human biliary duct system. The irritation and scarring caused by liver fluke infection can lead to bile duct cancer.

Two parasites are commonly involved. One is *Opisthorchis viverrini*, which is found in Southeast Asian countries, including Thailand, Lao People's Democratic Republic, Vietnam, and Cambodia. The other is *Clonorchis sinensis*, which is common in rural areas of Korea and China. The Centers for Disease Control and Prevention (CDC) has additional information on [liver flukes](#).

Veterans who ate raw or undercooked freshwater fish during their service in Southeast Asia, such as Vietnam War Veterans, might have been infected.

Forwarded by Ron: From the Army Times, June 26, 2020: First woman is slated to graduate Green Beret training, lawmaker says, by Kyle Rempfer.

The first female Special Forces soldier is expected to graduate from Green Beret training in July. (Staff Sgt. Mikki L. Sprenkle/Army)

The first female [Army Green Beret](#) candidate will graduate from the [Special Forces Qualification Course](#) on July 9, according to Rep. Elise Stefanik, a New York congresswoman who serves on the House subcommittee overseeing special operations forces.

While another woman did complete the entire Q Course in the 1980s, she was ultimately denied the opportunity to graduate.

“The graduation of the first female U.S. Army Green Beret is an important and hard-earned milestone,” said Stefanik in a [statement](#) on Thursday. “This achievement is a testament to this soldier’s individual strength, courage and commitment, and also an important institutional milestone for U.S. Special Operations Command as it embraces the cultural change that will continue to make it the most successful and elite Special Operations Force in the world.”

The graduation date was first reported by [Military.com](#) on Friday afternoon. [Sofrep](#) was first to report in mid-June that the female candidate had passed the Robin Sage portion of the Q-Course.

Officials from Army Special Operations Command have previously declined to publicly announce when the first woman graduates the Q-Course, worrying that doing so could draw unnecessary attention to what is intended to be a career field made up of quiet professionals.

Stefanik is a member of the House Armed Services subcommittee on intelligence and emerging threats and capabilities, which has

jurisdiction over SOCOM, likely making her privy to the milestone.

“I hope she is the first woman of many to wear the illustrious Green Beret,” Stefanik added in her statement.

The first woman to complete the [Special Forces selection course](#) did so in November 2018. Selection acts as a gateway to the rest of the Q-Course, but is no guarantee that a candidate will complete the entire program, which mints enlisted Green Berets as specialists in medicine, weapons, communications and engineering.

Women have long served alongside special operations units, however, working in enabler roles that often require them to be in direct action. For instance, Navy Senior Chief Petty Officer [Shannon Kent](#), a cryptologist, was killed by a [suicide bomber](#) alongside an Army Green Beret and two other Americans in Manbij, Syria, on Jan. 16, 2019.

At least one other woman was considered qualified for Army Special Forces, according to a New York Times [report](#) from 1981. However, Capt. Kathleen Wilder was told just before graduation that she had failed a field exercise. She filed a sex discrimination complaint, which ultimately determined she had been wrongly denied graduation.

As always: on the next DROP Input: If you have pictures or news for Chapter section of The Drop, please email the info and/or pictures to Ron Lachelt at Lachelts@gmail.com.

The Chapter Facebook page: is located at www.facebook.com/sfachapterXX

While Jim H. set up the Facebook account, Matt has been added as an administrator. I hope this means something to you. I presume: if you spot a problem or have a suggestion, then you can contact either guy. Of course, I am only presuming.

Okay, now, I am going back to the Twentieth Century.