



# READY RIFLES and the Regulars "SITREP"

Official Newsletter of the  
Veterans of the 52nd and 6th Infantry Regiments Stationed in Bamberg Germany 1972 to 1990



Vol 11 Issue 04

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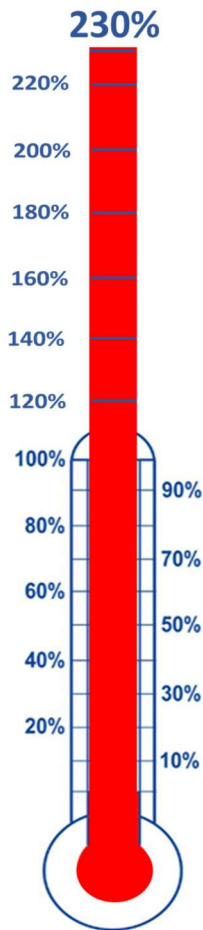
## 2025 Las Vegas Reunion

Make plans to join us in October of 2025 as we return to the spot where the first reunion was held, Las Vegas. We are busy nailing down dates and hotels and activities. Our intention is to have the dates and hotel nailed down by this October. Once those are nailed down we will finalize the reunion activities.

## Thank You for Supporting Our Annual Membership Due Fundraiser!

### Annual Membership Donations

As of April 15, 2024



Our Goal

**\$1,000**  
**100 People /**  
**\$10 Each**

Contributions to  
Date

**\$2,300**  
**53 People**

**Thank  
You!**

We have just completed our 2024 annual membership due fundraiser, which went from March 1 to April 15. And it was a tremendous success.

We received donations from 53 members of our organization, for a total of \$2,300 dollars.

We thank each of you for your donations.

Over two years ago we formed an organization to support the veterans of 1<sup>st</sup> Battalion, 52<sup>nd</sup> Infantry stationed in Bamberg, Germany during the Cold War. This unit was later redesigned as the 7<sup>th</sup> Battalion, 6<sup>th</sup> Infantry.

Our purpose is to connect, support, honor, and when necessary, aid those who served in the 52nd Infantry and its reflagged successor 6th Infantry in Bamberg, Germany during the Cold War period 1972 to 1990. Our major programs include:

- Conduct reunions of the veterans of the battalion.
- Support memorial activities of deceased veterans of the battalion.
- Aid veterans of the battalion who are in a crisis.
- Record the history of the battalion during the Cold War era.

When we formed the organization, we decided not to have mandatory dues for our members, but instead to ask for a \$10 donation from each member each year to support our charitable and educational purposes. Many

of you gave more than this amount.

If you did not get a chance to donate yet, we will continue to accept your donations. Here are the best ways you can send along your donations.

- Check, payable to "**Veteran of the 52<sup>nd</sup> and 6<sup>th</sup> Infantry Regiments, Inc**". Mail to Mike Streff 25 South Point Lane, Moneta, Virginia 24121
- PayPal <https://www.152-76inf-coldwarvetsbamberg.org/support-our-cause> You can pay using credit card through PayPal. Use "Support our Cause" button – we will get money to the annual donation fund.
- VENMO. @Michael-Streff-1
- Zelle – Use phone number 703-599-3723
- If you have another preferred payment method, let me know and we will work to add it to our list.

Our next fundraising drive will be in the fall, when we will seek donations to purchase a set of 1<sup>st</sup> Battalion, 52<sup>nd</sup> Infantry guidons for display at our reunions and memorial events. More to follow on this fundraising drive.

Thank you again for your support!

## Donor Recognition Program

Since we started operations in September 2021, we have had 112 people donate to our organization. This includes both cash and in-kind donations. Some of these were donations specifically to support our reunion and some to support our charitable and educational purposes.

The chart below shows the number of donors by the amount they gave.

We are just overwhelmed by the support from our membership and want to recognize and thank our donors for their tremendous support. Among the things we plan to do are:

- Send a handwritten thank you notes for all donations.
- Provide an IRS donation letters for donations over \$250.
- Develop tiered recognition levels.
- Develop a web page to recognize donors and recognize donors in the annual report.
- Conduct a donor appreciation event at our reunions.

The tiered recognition levels will be as follows:

**Pewter - \$1 to \$100**

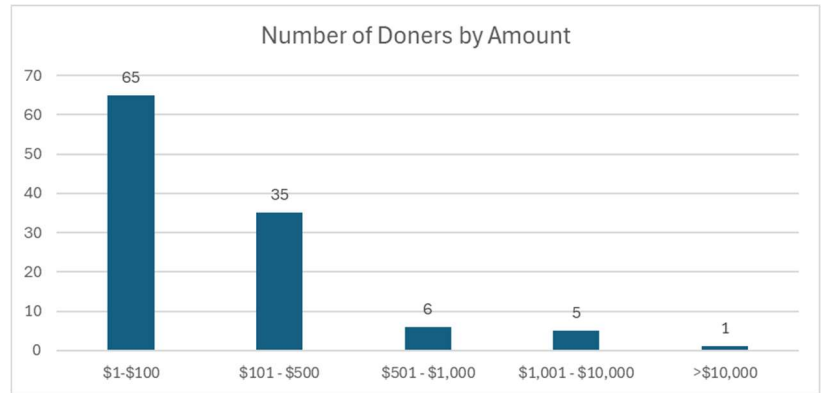
**Bronze \$100 to \$500**

**Silver - \$500 to \$1,000**

**Gold - \$1,000 to \$10,000**

**Platinum - Greater than \$10,000**

Here is where we need your help. If you are ok with us using your name on our website and our annual report, please send your permission to Mike Streff at [streff79@comcast.net](mailto:streff79@comcast.net).



## First Ever Member Survey

We would like input from our members on the future of our memorial activities.

As you know, one of our purposes is to “support memorial activities of deceased veterans of the battalion.”

So far, we have done that with written memorials on our SITREP publications (or reposting of a published obituary).

And though providing a memorial grove of trees in memory of the veteran.

We are looking to increase the options available to memorialize our veterans and to honor their service to our

country.

And to be able to provide a range of options for the nature of that memorial.

So we would continue to offer the memorial trees as an option.

We would add an option for a generic medallion that is commercially available that the family could place at the gravesite. Below are a couple of examples for a veteran, and a cold war veteran – they are 3–5 inch diameter medallions.



US Veteran Memorial Marker  
Aluminum



Cold War Veteran Grave  
Marker

Finally, we are considering creating a 52 Infantry specific grave marker (and a separate 6<sup>th</sup> Infantry marker) that we would provide to the family to be placed at the gravesite. We are still working on the design, but here is one example of what it could look like. (note including the a full color crest may not be possible.)

As always, costs are a consideration. We are looking for a memorial in the \$50 - \$100 range that we think that we could support financially.

We are looking forward to your feedback on the direction we are heading. If you could, please provide answers to the following questions back to Bill Burt, [bill.burt@152-76inf-coldwarvetsbamberg.org](mailto:bill.burt@152-76inf-coldwarvetsbamberg.org) by May 30<sup>th</sup>.

In your response to the survey, we are not asking you what your preference is for your memorial, instead we are asking your opinion on what options should be available.

1. Do you think we should develop a 52 Infantry and 6<sup>th</sup> Infantry grave marker?
2. Are there other memorial options we should consider?
3. Would you continue to support our fundraising efforts to provide this memorial to veterans of our battalion?



## Taps

### LTC Eugene John White Retired

<https://citadelalumni.org/tag/1968/>

B Co '77-'78, HHC '80-'81

LTC Eugene J. White, Jr., USA, Ret., of Alexandria, Va., died March 18, 2023. No further information is available.

## Family Members Who Have Passed

The mother of Laurie Gorham Ardner, wife of Brad Ardner who served in CSC and E Co. in '83-'85.

### Muriel Gorham



Muriel Charlotte Gorham, of Mora, passed away on Tuesday, March 19, 2024, at the St. Clare Living Community in Mora. She was 96 years old.

Muriel was born on April 4, 1927, in Milltown, Wisconsin to parents Benjamin and Gertrude (Anderson) Lindvig. The family eventually settled in Mora and Muriel attended Mora Schools where she was involved in many activities before graduating in 1945. She attended Macalester College. She returned to Mora where she was united in marriage to Wilbur "Jack" Gorham. She was a strong and supportive partner as Jack worked hard building his businesses.

Muriel dedicated her life to her family and loved being a mom to her three children.

Muriel was very active in the Mora community in many ways including serving on several boards (American Legion and HUD among others). Her faith was extremely important in her life as she was a long standing member of Grace Lutheran. She enjoyed volunteering for various organizations to include the Vasaloppet where she was a Kranskulla.

During a Vasaloppet event Muriel met Sven Broberg who had traveled from Sweden for the race in Mora. They were later married and enjoyed many happy times together. They later separated and Sven returned to Sweden.

Muriel made a special connection with Harold "Hans" Hanson and the two enjoyed golfing and traveling together, including winters in Arizona and summers at the cabin on Lake Eleven. They had 23 fun-filled years together before Hans' passing in 2013.

She had great appreciation of art, literature, nature and music. She was an avid reader attending book clubs as well as several card groups. She traveled extensively across the nation and Europe.

Muriel lived life to the fullest and it was reflected in her smile, bright personality and hugs she had for everyone. She will be missed.

Muriel is preceded in death by her parents and brother Dr. Philip Lindvig.

She is survived by her children, Jeff (Deb) Gorham, Laurie (Brad) Ardner, Jon (Amy) Gorham; grandchildren, Ben (Heather) Ardner, Dagne, Evan, and Will Gorham; great granddaughter Charlotte Ardner; nephews, Charles (Georgene) Lindvig and Kirk (Jeannette) Lindvig; many other relatives and friends. A Memorial Service will be held at 11:00 am on Wednesday, March 27, 2024 at Grace Lutheran Church in Mora with Pastor Gary Guptill officiating.

Guy Hadorn, D Company '84-'86, Lost both of his parents within a couple days of each other.

### **Guy Hadorn Sr Obituary**

<https://www.legacy.com/us/obituaries/name/guy-hadorn-obituary?id=54202765>



Obituary published on Legacy.com by Acres West Funeral Chapel and Crematory - West Odessa on Jan. 25, 2024.

Guy Edward "Pop" Hadorn, Sr. age 94, reached the end of his earthly journey on Sunday, January 21, 2024. He was born in Ardiola, Missouri on March 22, 1929. He lost his parents in the Missouri flood and he and his brother, Steve, were adopted by the Hadorn family. Guy served in the US Army during the Korean Conflict and worked in the oilfield in trucking. His last job was working at Orrex plastics retiring at 90 1/2.

Those left to cherish his memory are his children: Steve Hadorn, Guy E. Hadorn Jr., Danny Allen, Jay Petty, Bo Petty, Tina Barrientes and Jennifer Ferguson; twenty-two grandchildren; thirty-four great-grandchildren; and three great-great grandchildren.

He was preceded in death by his birth parents; his adoptive parents: Edward and Edna Hadorn; his beloved wife: Doris Hadorn; son: Michael David Hadorn and his daughter: Robin Turnquist.

Memorial services will be held at a later date.

Guy and Doris will be interred together at Sunset Memorial Gardens Cemetery in Odessa.

### **Judith Alene Underwood**

<https://www.mcnettfuneralhome.com/obituaries/Judith-Alene-Underwood?obId=30502177>



Judith Alene Underwood was born September 15, 1939 to Muriel Crosslin Phillips and Julian Morrison McFarland. She passed from this earthly life at 84 years old on January 24, 2024 after complications of a stroke.

Judy worked many jobs during her life, and was a top salesperson for Avon for many years.

Though Judy married and divorced 3 times, she finally met and married the love of her life, Dale Underwood, in 1974. They spent 35 years together, raising their blended family, before Dale passed in 2009. Judy then continued to raise her grandson, Royce, and later babysitting his children until the time of her stroke. Preceding Judy in death were her parents, husband, and son Michael David Hadorn.

Survivors include Steve Hadorn & wife Cynthia, Guy Hadorn Jr & wife Nan, Kevin Holliday & wife Susan, Paul Underwood & wife Sandy, Jon Underwood & wife Erin, Nicole Underwood, special grandson Royce Holliday & wife Emily, multiple other grandchildren, great-grandchildren & great-great-grandchildren and other extended family members.

Judy will be buried beside Dale in a private, immediate family only, service per her request, at the Andrews West Cemetery.

## **Succession Roster**

We had a very strong response to our Sound Off request on Facebook, 80+ names. Zak is working on getting all the new information recorded. We will send out an updated Roster and Succession Roster in the April Sitrep. If you are not on Facebook, we are trying to capture the names of as many as possible of the ~15,000 soldiers who served in 1-52 and 76 Inf in Bamberg during the Cold War. Please see our current Succession Roster

attached. We have made some progress on this roster, and we would like the momentum to continue.

#### What We Need:

1. We ask every soldier to look at the list and help us move names from below the grid into the grid. We also hope everyone will remember names we do not have and pass that to Bill Burt, along with whatever other information about their time in Bamberg, or their current contact information you might have.
2. Look for copies of old promotion orders, assignment orders, training courses, other documents that have your name and that of fellow soldiers. maybe TMP drivers training, gunner qualification, Nijmegen March...etc. Anything you have that documents soldiers in the battalion will be useful.
3. Remember the soldiers next to you in formation, on a vehicle with them, working with them in the motor pool, eating with them in the mess hall, or sharing pup tents or hot bagging sleeping bags.

## Asking for Help is Part of Your Strength

A little boy was trying to lift a rock. His father was there watching the little fellow trying to move the rock. His dad heard him grunting and straining to roll the rock over. He asked the boy, "Are you using all your strength?" He answered, "Yes daddy I am using all my strength." The dad said, "No you're not." The little boy replied, a bit angrily, "Yes I am!". The dad replied, "No you're not, you haven't asked me to help you. Son I am part of your strength."

It may be one of the hardest things to do, but asking for help is part of your strength.

## Some History

### April Dates of Interest

<https://www.historyplace.com/specials/calendar/april.htm>

**April 1, 1865** - During the American Civil War, Confederate troops of General George Pickett were defeated and cut off at Five Forks, Virginia. This sealed the fate of Confederate General Robert E. Lee's armies at Petersburg and Richmond and hastened the end of the war

**April 2, 1513** - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

**April 2, 1792** - Congress established the first U.S. Mint at Philadelphia.

**April 3, 1860** - In the American West, the Pony Express service began as the first rider departed St. Joseph, Missouri. For \$5 an ounce, letters were delivered 2,000 miles to California within ten days. The famed Pony Express riders each rode from 75 to 100 miles before handing the letters off to the next rider. A total of 190 way stations were located about 15 miles apart. The service lasted less than two years, ending upon the completion of the overland telegraph.

**April 4, 1949** - Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization. The nations united for common military defense against the threat of expansion by Soviet Russia into Western Europe.

**April 5, 1986** - A bomb exploded at a popular discotheque frequented by American military personnel in West Berlin, killing two U.S. soldiers and a Turkish woman. American intelligence analysts attributed the attack to Muammar Qaddafi of Libya. Nine days later, President Ronald Reagan ordered a retaliatory air strike against Libya.

**April 6, 1917** - Following a vote by Congress approving a declaration of war, the U.S. entered World War I in Europe.

**April 9, 1865** - After over 500,000 American deaths, the Civil War effectively ended as General Robert E. Lee surrendered to General Ulysses S. Grant in the village of Appomattox Court House. The surrender occurred in the home of Wilmer McLean. Terms of the surrender, written by General Grant, allowed Confederates to keep their horses and return home. Officers were allowed to keep their swords and side arms.

**April 10, 1942** - During World War II in the Pacific, the Bataan Death March began as American and Filipino prisoners were forced on a six-day march from an airfield on Bataan to a camp near Cabanatuan. Some 76,000 Allied POWs including 12,000 Americans were forced to walk 60 miles under a blazing sun without food or water to the POW camp, resulting in over 5,000 American deaths.

**April 10, 1945** - The Nazi concentration camp at Buchenwald was liberated by U.S. troops. Located near Weimar in Germany, Buchenwald was established in July 1937 to hold criminals and was one of the first major concentration camps. It later included Jews and homosexuals and was used as a slave labor center for nearby German companies. Of a total of 238,980 Buchenwald inmates, 56,545 perished. Following its liberation, Supreme Allied Commander, General Dwight D. Eisenhower, and other top U.S. commanders visited the sub-camp at Ohrdruf. U.S. Troops also forced German civilians from nearby towns into the camp to view the carnage.

**April 12, 1861** - The American Civil War began as Confederate troops under the command of General Pierre Beauregard opened fire at 4:30 a.m. on Fort Sumter in Charleston, South Carolina.

**April 12, 1945** - President Franklin D. Roosevelt died suddenly at Warm Springs, Georgia, after suffering a cerebral hemorrhage. He had been President since March 4, 1933, elected to four consecutive terms and had guided America out of the Great Depression and through World War II.

**April 14, 1865** - President Abraham Lincoln was shot and mortally wounded while watching a performance of *Our American Cousin* at Ford's Theater in Washington. He was taken to a nearby house and died the following morning at 7:22 a.m.

**April 14, 1986** - U.S. warplanes, on orders from President Ronald Reagan, bombed the Libyan cities of Tripoli and Benghazi in retaliation for the April 5th terrorist bombing of a discotheque in West Berlin in which two American soldiers were killed. Among the 37 person killed in the air raid was the infant daughter of Muammar Qaddafi, Libya's head of state.

**April 17, 1961** - A U.S.-backed attempt to overthrow Premier Fidel Castro of Cuba failed disastrously in what became known as the Bay of Pigs fiasco. About 1,400 anti-Castro exiles invaded the island's southern coast along the Bay of Pigs but were overrun by 20,000 Cuban soldiers and jailed. Trained and guided by the U.S., the exiles had expected support from U.S. military aircraft and help from anti-Castro insurgents on the island. Instead, due to a series of mishaps, they had fended for themselves with no support. The failed invasion heightened Cold War tensions between Cuba's political ally, Soviet Russia, and the fledgling administration of President John F. Kennedy. The following year, the Russians brazenly installed nuclear missiles in Cuba resulting in the Cuban Missile Crisis.

**April 18, 1775** - The Midnight Ride of Paul Revere and William Dawes occurred as the two men rode out of Boston about 10 p.m. to warn patriots at Lexington and Concord of the approaching British.

**April 18, 1942** - The first air raid on mainland Japan during World War II occurred as General James Doolittle led a squadron of B-25 bombers taking off from the carrier Hornet to bomb Tokyo and three other cities. Damage was minimal, but the raid boosted Allied morale following years of unchecked Japanese military advances.

**April 19, 1775** - At dawn in Massachusetts, about 70 armed militiamen stood face to face on Lexington Green with a British advance guard unit. An unordered 'shot heard around the world' began the American Revolution. A volley of British rifle fire was followed by a charge with bayonets leaving eight Americans dead and ten wounded.

**April 19, 1989** - Forty-seven U.S. sailors were killed by an explosion in a gun turret on the USS *Iowa* during gunnery exercises in the waters off Puerto Rico.

**April 21, 1836** - The Battle of San Jacinto between Texans led by Sam Houston and Mexican forces led by Santa Anna took place near present day Houston. The Texans decisively defeated the Mexican forces thereby achieving independence.

**April 30, 1789** - George Washington became the first U.S. President as he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad Streets in New York City.

## Medal of Honor

<https://www.cmoahs.org/recipients/henry-f-warner>

### Medal of Honor Recipient Henry F. Warner



**RANK:** CORPORAL

**CONFLICT/ERA:** WORLD WAR II

**UNIT/COMMAND:**

ANTITANK COMPANY, 2D BATTALION, 26TH INFANTRY,  
1ST INFANTRY DIVISION

**MILITARY SERVICE BRANCH:** U.S. ARMY

**MEDAL OF HONOR ACTION DATE:** DECEMBER 20 - 21, 1944

**MEDAL OF HONOR ACTION PLACE:** NEAR DOM BUTGENBACH, BELGIUM

**AWARDED POSTHUMOUSLY:** YES

**BORN:** AUGUST 23, 1923, TROY, MONTGOMERY COUNTY, NC, UNITED STATES

**DIED:** DECEMBER 21, 1944, NEAR DOM BUTGENBACH, BELGIUM

**BURIED:** SOUTH SIDE CEMETERY (MH), TROY, NC, UNITED STATES

Serving as 57-mm antitank gunner with the 2d Battalion, he was a major factor in stopping enemy tanks during heavy attacks against the battalion position near Dom Butgenbach, Belgium, on 20-21 December 1944. In the first attack, launched early in the morning on the 20th, enemy tanks succeeded in penetrating parts of the line. Cpl. Warner, disregarding the concentrated cannon and machine-gun fire from two tanks bearing down on him and ignoring the imminent danger of being overrun by the infantry moving under tank cover, destroyed the first tank and scored a direct and deadly hit upon the second. A third tank approached to within five yards of his position while he was attempting to clear a jammed breach lock. Jumping from his gun pit, he engaged in a pistol duel with the tank commander standing in the turret, killing him and forcing the tank to withdraw. Following a day and night during which our forces were subjected to constant shelling, mortar barrages, and numerous unsuccessful infantry attacks, the enemy struck in great force on the early morning of the 21st. Seeing a Mark IV tank looming out of the mist and heading toward his position, Cpl. Warner scored a direct hit. Disregarding his injuries, he endeavored to finish the loading and again fire at the tank, whose motor was now aflame, when a second machine-gun burst killed him. Cpl. Warner's gallantry and intrepidity at the risk of life above and beyond the call of duty contributed materially to the successful defense against the enemy attacks.

## Warner Barracks History

[https://en.wikipedia.org/wiki/Warner\\_Barracks](https://en.wikipedia.org/wiki/Warner_Barracks)

Warner Barracks was a United States Army military base in the city of Bamberg, Bavaria, southern Germany. The base had been occupied by U.S. forces since the end of World War II. Elements of the U.S. Army's 3rd Infantry Division and 45th Infantry Division entered the town on 13 and 14 April 1945. But before the war, this military site had a colorful history that goes hand-in-hand with Bamberg's history, which began in the 10th century. Bamberg was originally a fort on a hill. The view enabled soldiers of the time to watch the city and guard it against possible attacks. In 973, the Duke of Bavaria gained control of the fort. The city and fort fell under Swedish Protestants' control during the Thirty Years War when the Swedes engulfed the city and took it forcibly in 1634.

In 1891, Warner Barracks, later known as "Lagarde Kaserne", was built by the Royal Bavarian Army as an infantry barracks. Many of the buildings to the west were constructed around the start of the 20th century, and several of these are classified as historical monuments. From World War I to World War II, almost every branch of the German Army was stationed here, the most famous being the 35th Tank Regiment and the German 17th Cavalry Regiment. In 1917, the present Muna area was established and, in 1928, the present airfield was added. After 1933, the forces here were augmented with the addition of the 79th Artillery Regiment, and in 1936, Warner Barracks I, the eastern portion of the military base, was constructed as "Artillery Kaserne".

Prior to World War II, almost every branch of the German Army was stationed at Warner Barracks at some time, the most elite being the 35th Armor and the 17th Cavalry Regiments. The cavalry was composed of noblemen who were wealthy and had their own riding school. Claus von Stauffenberg, who was known for 20



July plot of 1944 to assassinate Adolf Hitler, served in the cavalry regiment; it was his family's traditional regiment. The stables and school occupied the PX, Commissary, and community engineering areas. After World War II, the headquarters of the U.S. Constabulary, created to occupy Germany, was located in Bamberg. The Constabulary was a highly mobile unit made up of the 26th Infantry Regiment and the 1st Infantry Division. The unit was responsible for patrolling the American occupied quarter of Germany.

1950 designation of Warner Barracks; named after Cpl. Henry F. Warner

In 1955 the 10th Infantry Division, by Operation Gyroscope, replaced the 1st Infantry Division at Warner Barracks. In June 1948, the Soviets imposed the Berlin Blockade changing the United States' role in Germany from occupier to defender. The Constabulary was eventually phased out. The current Warner Barracks complex was appropriated in 1950 by U.S. forces and renamed in honor of Cpl. Henry F. Warner. Warner was killed in action on December 21, 1944 after his heroic anti-tank actions in Bütgenbach, Belgium. He was posthumously awarded the Medal of Honor six months later, on June 23, 1945.

In 1951, development for long-term use of the post began. A dispensary, dental clinic, schools, a PX, gymnasiums and an education center were established. The post commander was always the senior officer of the infantry brigade until 1970 when Bamberg became an official U.S. Army Europe community with a general officer appointed as post commander.

In 1991, the Bamberg military community became the 279th Base Support Battalion, under the 99th Area Support Group in Nürnberg. In 1993, it joined the 98th Area Support Group, based in Würzburg.

In 2000, the 38th Personnel Services Battalion (PSB) headquarters moved to Warner Barracks from Giebelstadt.

Over the years, the installation was a sub-community of All the installations located in Frankfurt, Nürnberg, and Würzburg. U.S. Army Garrison Bamberg is subordinate to United States Army Installation Management Command – Europe and is an indirect report garrison under USAG Ansbach.

On September 12, 2014, the U.S. Army Garrison Bamberg hosted a joint American-German ceremony to officially close Warner Barracks and turn it over to the German government.

## VA News - Insomnia

[https://www.veteranshealthlibrary.va.gov/LivingWith/Insomnia/About/142,41441\\_VA](https://www.veteranshealthlibrary.va.gov/LivingWith/Insomnia/About/142,41441_VA)

### What Is Insomnia?

Insomnia is when you have a hard time falling or staying asleep, or you wake up too early. For most people, insomnia lasts for short periods of time and then goes away. But for some people insomnia is an ongoing problem. Insomnia can make it hard to function during the day. It can cause problems at work or school, and with relationships. It can cause concentration and mood problems. But insomnia can be treated to help you get back to a healthier sleep cycle.

### Causes of insomnia

You may have insomnia for a few nights in a row from time to time. Or your sleep trouble may be ongoing for a longer period of time. If insomnia happens at least 3 nights a week for 3 months, it can be diagnosed by a medical provider as insomnia disorder.

Insomnia can be caused by things such as:

- Stress
- Jet lag
- Short-term illness or pain
- Medicines for colds, allergies, or mental health concerns
- Hormonal changes due to menstruation, pregnancy, or menopause
- Major life changes (death, loss of job, moving, divorce)

Insomnia disorder can be caused by the same factors above. However, insomnia disorder is often maintained by behavior, lifestyle, and other factors such as:

- Lying in bed awake, trying too hard to sleep
- Sleeping later than usual in the morning
- Taking naps during the day

- Ongoing stress
- Watching TV or using electronic devices in bed
- Shift work that changes your sleep hours
- Caffeine, nicotine, or alcohol use too close to bedtime
- Thoughts and beliefs such as “I’ll never get to sleep”

Insomnia disorder can happen at the same time as other health problems such as:

- Ongoing illness or pain
- Stimulant medicines for the treatment of medical and mental health conditions
- Depression or anxiety
- Posttraumatic stress disorder (PTSD)
- A sleep disorder such as apnea or restless legs syndrome

### Symptoms of insomnia

The symptoms of insomnia can include:

- Trouble falling asleep
- Waking in the night
- Trouble getting back to sleep
- Waking up too early in the morning
- Not feeling refreshed by sleep
- Daytime tiredness
- Low energy
- Mood problems (irritability, depression)
- Trouble concentrating

### Diagnosing insomnia disorder

Your health care provider will ask about your sleep pattern and your daily routine. Tell them how you feel during the day. They will ask about your medical history. Tell them about all your symptoms and any other health problems. Tell the health care provider about all medicines and supplements you take.

Insomnia can be diagnosed based on an interview. Your health care provider may also ask for other information such as:

- A sleep diary (for a week or more). A sleep diary helps you track information about your sleep. This includes information such as your bedtimes and wake times and how rested you feel.
- A sleep study. This is a painless test done in a hospital or clinic overnight. It uses wires and electrodes attached to your body while you sleep. These measure brain waves and other signals from your body during sleep. This helps to diagnose medical sleep disorders but is not necessary for an insomnia diagnosis.

### Treating insomnia

Insomnia often goes away on its own. Insomnia disorder is best treated with cognitive behavioral therapy for insomnia (CBT-I). This is a type of therapy to help change thoughts and habits about sleep. Cognitive therapy is done with a trained health care provider. It is shown to work well in treating insomnia. There are several CBT-I tools. Some can help you make lifestyle changes. Others can help you relax or change your thoughts. All the tools work together to support your body’s natural sleep system.

### **When Your Partner Has Insomnia**

Insomnia can be a strain on a relationship. Your partner’s insomnia may interrupt your sleep. It may have gotten so bad that you choose to sleep in different rooms. Persistent insomnia can also cause fatigue, irritability, and depression that can cause problems in your relationship. The good news is that there is a highly effective therapy for insomnia!

It’s called cognitive behavioral therapy for insomnia (CBT-I). CBT-I helps people to change thoughts and habits. There are several CBT-I tools that work together to improve sleep. Some can help a person make

lifestyle changes. Others can help a person relax or change unhelpful thoughts. There are ways you can support your loved one while they are getting treated for insomnia disorder.

With CBT-I, your partner may need to stop or change long-time habits, such as:

- Going to bed too early (before they are sleepy)
- Sleeping late on weekends or days off
- Lying in bed awake
- Having caffeine later in the day
- Using nicotine
- Drinking alcohol at night
- Watching TV in bed

### What to expect

Because you are a bed partner, this therapy is likely to affect your sleep or lifestyle habits. It may also affect your relationship. Your partner may feel sleepier during the day for several weeks. This is a normal part of CBT-I treatment for insomnia disorder. During treatment, your partner may also need to:

- Keep a daily sleep diary. This is a way to track sleep habits and quality. It's an important tool for the healthcare provider to see what treatment your partner needs, and how it's working.
- Have an earlier or later bedtime and wake time than you. An important part of CBT-I is adjusting time spent in bed. This can cause your partner's time in bed to be different from yours.
- Stop watching TV in bed. This guideline will help your partner train their mind and body to be asleep in bed instead of awake.
- Leave the bed in the middle of the night. Your partner will be told to leave the bed if unable to fall asleep or return to sleep after a certain amount of time. This is part of a CBT-I tool called stimulus control.
- Keep regular rise times. This means no sleeping in past the planned wake-up time. Your partner may also need to set an alarm to wake up each day.
- Create a relaxing bedtime routine. This may include turning off the TV and instead listening to music, reading, taking a bath, or using other methods to unwind.

### How you can help

Changing sleep habits and schedules can be hard to do. You can help your partner:

- Get treated for insomnia disorder. If your partner has signs of insomnia but is not being treated, you can help. Talk with your partner about seeing their health care provider. The VA has programs to treat Veterans with insomnia including self-help programs.
- Work out problems with your sleep schedules. Talk with your partner about any concerns you have about keeping different sleep schedules. Your partner's healthcare provider can advise ways to help you share time in bed that still works with insomnia treatment.
- Make lifestyle changes. Big changes such as giving up nicotine or alcohol can be hard to do. Your support will help. You can also help your partner find a group support program if needed.
- Be aware of symptoms. Talk with your partner about any new or changing signs of sleep problems they have. These may include kicking, moving legs, snoring, or talking during sleep. You can also help them keep track of symptoms of other problems. These may include depression, anxiety, PTSD, or alcohol abuse. These things can also cause insomnia.
- Be patient. When a person makes changes to sleep habits, it can take a while to feel better. Your partner may feel sleepier at first. CBT-I tools take time to work. You can help by reminding them to be patient and stick with the treatment methods for insomnia.

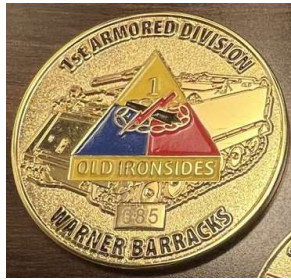
## Merchandise for Sale:

### Unit Crest Hats



We still have hats from the reunion, for sale. Contact me if you are interested. The cost is \$20.00 We have 6 left, but more can be ordered.

### Coins for Sale



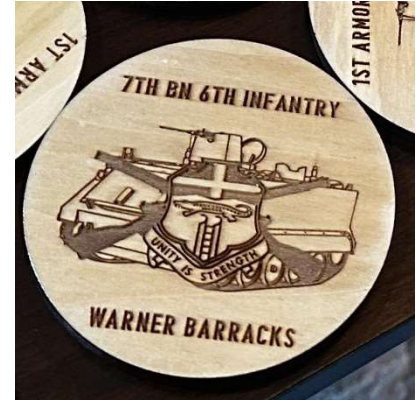
We have a several coins for sale.

They are left over from the 2021 San Antonio Reunion and the 2023 Washington DC reunion. See the pictures below.

You can buy one and we will ship it to you for \$10. There is a limited supply.

### Coasters for Sale

We also have sets of coasters. A set comes with one 1<sup>st</sup> Armor Division patch and one 52-unit crest. We do have some 6<sup>th</sup> infantry crests on a few if you want one of those instead on a 52-unit crest. The cost is \$12.50 for a pair. More coasters can be ordered.



You can pay for them in several ways.

#### How to Pay

Check, payable to "Veteran of the 52nd and 6th Infantry Regiments, Inc". Mail to Mike Streff 25 South Point Lane, Moneta, Virginia 24121 PayPal <https://www.152-76inf-coldwarvetsbamberg.org/support-our-cause> You can pay using credit card through PayPal or use PayPal to pay. Use "Support our Cause" button – and specify what items you are purchasing. All proceeds go into our general fund.

VENMO. @Michael-Streff-1

Zelle – Use phone number 703-599-3723

## Purchase your 52<sup>nd</sup> and 6<sup>th</sup> Infantry Gear



Figure 1 Left Sleeve

Bill Burt has information on the purchase of 52<sup>nd</sup> and 6<sup>th</sup> Infantry logo clothing and hats.

Go to the web site: <https://the52and6infantry.qbstores.com/home> or a link is posted on the groups website: <https://www.152-76inf-coldwarvetsbamberg.org/>

## VA Information and Helpful Phone Numbers

### Find a VA location

Main VA phone numbers

MyVA411 main information line

[800-698-2411](tel:800-698-2411)

Hours: 24/7

Telecommunications Relay Services (using TTY)

[711](tel:711)

Hours: 24/7

### **VA health care**

VA health benefits hotline

[877-222-8387](tel:877-222-8387)

Hours: Monday through Friday,

8:00 a.m. to 8:00 p.m. ET

My HealtheVet help desk

[877-327-0022](tel:877-327-0022)

Hours: Monday through Friday,

8:00 a.m. to 8:00 p.m. ET

Civilian Health and Medical Program of the  
Department of Veterans Affairs (CHAMPVA)

[800-733-8387](tel:800-733-8387)

Hours: Monday through Friday,

8:05 a.m. to 7:30 p.m. ET

CHAMPVA Meds by Mail

[888-385-0235](tel:888-385-0235)

Hours: Monday through Friday,

8:00 a.m. to 5:30 p.m. MT

[866-229-7389](tel:866-229-7389)

Hours: Monday through Friday,

8:00 a.m. to 5:30 p.m. ET

Foreign Medical Program (FMP)

[877-345-8179](tel:877-345-8179)

Hours: Monday through Friday,

8:05 a.m. to 6:45 p.m. ET

Quit VET (get help from a counselor to stop  
smoking)

[855-784-8838](tel:855-784-8838)

Hours: Monday through Friday,

9:00 a.m. to 9:00 p.m. ET

MISSION Act

[800-698-2411](tel:800-698-2411), Select 1

Hours: 24/7

Spina Bifida Health Care Benefits Program

[888-820-1756](tel:888-820-1756)

Hours: Monday through Friday,

8:00 a.m. to 7:00 p.m. ET

Caregiver support line

[855-260-3274](tel:855-260-3274)

Hours: Monday through Friday,

8:00 a.m. to 10:00 p.m. ET, and

Saturday, 8:00 a.m. to 5:00 p.m. ET

### **VA benefits**

VA benefits hotline

[800-827-1000](tel:800-827-1000)

Hours: Monday through Friday,

8:00 a.m. to 9:00 p.m. ET

GI Bill hotline

[888-442-4551](tel:888-442-4551)

Hours: Monday through Friday,

8:00 a.m. to 7:00 p.m. ET

Students outside the U.S.

[+1-918-781-5678](tel:+1-918-781-5678) This isn't toll-free.

Hours: Monday through Friday,

8:00 a.m. to 7:00 p.m. ET

VA loan guaranty service

[877-827-3702](tel:877-827-3702)

Hours: Monday through Friday,  
8:00 a.m. to 6:00 p.m. ET.

National pension call center

[877-294-6380](tel:877-294-6380)

Hours: Monday through Friday,  
8:00 a.m. to 4:30 p.m. ET

Support for SGLI or VGLI

[800-419-1473](tel:800-419-1473)

Hours: Monday through Friday,  
8:00 a.m. to 5:00 p.m. ET

All other VA life insurance programs

[800-669-8477](tel:800-669-8477)

Hours: Monday through Friday,  
8:00 a.m. to 6:00 p.m. ET

Special issue hotline (Blue Water Navy Act, Gulf War, Agent Orange, and other information)

[800-749-8387](tel:800-749-8387)

Hours: Monday through Friday,  
8:00 a.m. to 9:00 p.m. ET

## **Burials and memorials**

National Cemetery Scheduling Office

[800-535-1117](tel:800-535-1117)

Hours: Every day, 8:00 a.m. to 7:30 p.m. ET

Headstones and markers

[800-697-6947](tel:800-697-6947)

Hours: Monday through Friday,  
8:00 a.m. to 5:00 p.m. ET

## **Other VA support**

Women Veterans hotline

[855-829-6636](tel:855-829-6636)

Hours: Monday through Friday,  
8:00 a.m. to 10:00 p.m. ET, and  
Saturday, 8:00 a.m. to 6:30 p.m. ET

eBenefits technical support

[800-983-0937](tel:800-983-0937)

Hours: Monday through Friday,  
8:00 a.m. to 8:00 p.m. ET

Debt Management Center (collection of nonmedical debts)

[800-827-0648](tel:800-827-0648)

Hours: Monday through Friday,  
7:30 a.m. to 7:00 p.m. ET

Vets Center call center

[877-927-8387](tel:877-927-8387)

Hours: 24/7

White House VA hotline

[855-948-2311](tel:855-948-2311)

Hours: 24/7

**Veterans Crisis Line** [800-273-8255](tel:800-273-8255), Select 1  
Hours: 24/7

## **Websites and Contact Info.**

We have 3 websites. Our main website for distribution of information is <https://www.152-76inf-coldwarvetsbamberg.org/>. This is also the one that you can register for the reunion on. Also we are on Facebook, search the groups for 1st Battalion 52nd Infantry Bamberg Germany. The Facebook group is a public group. The other site is on the Ning network at <http://deltacompany-52nd-inf.ning.com/>, which is a private site where you need to have served in 1-52 to be able to enter. Please answer the question when requesting to enter these groups. My contact information is either by phone at 507-696-8429 or Email at [Bill.Burt@152-76inf-coldwarvetsbamberg.org](mailto:Bill.Burt@152-76inf-coldwarvetsbamberg.org). You can also contact us through our main website <https://www.152-76inf-coldwarvetsbamberg.org/>.