



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 10 Issue 1

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Roll Call – Doug Gilmore

First, I would like to thank Doug for



supplying this months Roll Call Bio. It is much appreciated! Also, Doug is the latest member to be contacted with the group.

In late January 1979, I suddenly found myself at McGuire AFB in NJ. I had just graduated

Cavalry Scout (19D) OSUT at Ft Knox, and having spent Christmas exodus at home, didn't yet have enough leave to do anything but report. We boarded a Seaboard World Airways DC-8-63, slightly used, bound for Rhein-Main AFB, which at the time was directly south across the tarmac from Frankfurt International Airport. About 8 hours later, we were groggily loaded onto buses, and we made it to the 21st Replacement Det, which at the time was somewhere in downtown Frankfurt, right next to the big TV tower. After the first of numerous, sometimes hourly formations to hand out assignments, it seemed clear that most folks stayed here about 2-3 days. I remember that to get to the mess hall, you had to go from the barracks into an underground passageway, which also led to a Frankfurt city U Bahn station. I arrived on a Sunday, which was extra slow, so sometime in the late afternoon they announced the next formation wouldn't be til tomorrow at whatever 30, and oh, by the way, don't get on the subway. Dismissed.

We got off the subway after about 3 or 4 stops and emerged to find that in 1979 West Germany, even Frankfurt was mostly dead quiet on a Sunday evening. We adventurous few who dared the Frankfurt U Bahn were rewarded with an introduction to a hearty German Helles, and our introduction to United States Army-Europe life at the tail end of the 1970s. The next couple days would be a case study in soldiers doing what soldiers do best...hurry up and wait. Busses left with the lucky, busses arrived with the jet lagged. The subway ran every 6 mins during the day.



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Names were called. Some of the guys I went to Basic with were told in formation that they were going to Beirut! They were freaking out...turns out, it was Bayreuth (Bye-riot in German) 2nd ACR. Got to love the lost in translation laughs!

After another day or 2 of these shenanigans, my name was called and heard something about Katterbach. So, once again, I performed the duffle bag drag and got on a bus to Katterbach, with a stop in Wuerzburg. Along the way, we kept passing tracks and tanks and jeeps and all kinds of military vehicle on the side roads, the Autobahn, nearly everywhere. We heard something about a Deforger or Reforger or something like that, but quite conspicuously the mostly white north Bavarian countryside was dotted in Olive Drab.

The routine in Katterbach was pretty much the same as Frankfurt, except there was no subway to escape Katterbach. The AAFES snack bar and endless formations are pretty much all I remember of snowy Katterbach for the next day or so. On 6 Feb 1979, my name was called, and bag and baggage, I boarded a bus for 1st of the 52nd Infantry (but.... SGT, I'm a Cav Scout ...Shaddup Private!) It seemed we hit just about every post from Crailsheim on up, and we reached our last stop, Warner Barracks early in the evening. We came in by the entrance from MUNA, and we had to wait a long time for a traffic jam of jeeps, Deuce-n-halves, gamma goats, tanks and artillery pieces trying to get back into their respective motor pools. The snow had turned to rain, and it was a sloppy, shitty mess. We got dumped off in the 3rd Brigade HQs, while some pissed off SSG pulling staff duty had to call our units and find out how to get rid of us. After quite a while a guy showed up looking for me, his name was Gonzo, and I'll leave it at that. He just looked at me and mumbled, "grab your shit and follow me", and off he went. Not even the slightest offer of, can I grab something? Walking in my now disheveled class A's, through a couple inches of slush, that scarlet letter big manila folder that screamed NEWBIE! A duffle bag, a laundry bag and some kind of gym bag, I remember walking by a raucous place off to my left, it reeked of fried foods, stale beer and cigarette smoke. Over some really loud Merle Haggard a bunch of guys were spilling out of the Fatigue bar, (we had a most politically incorrect name for the Fatigue bar, I'll leave it to your imagination) fresh from the field, hooting and hollering "Newbie...Fucking Newbie!!" Sucks to be you Newbie" "FTA" "SHORT!" "Fucking newbie", your Stewardess ain't even born yet newbie!" (Why were so many guys telling me they were short, and what is FTA??) I was pretty much gaped at and harassed up the 3 flights of stairs, past TOW platoon, 4.2, and finally Scout Platoon. They had literally just rolled in from Reforger just a couple hours before and had just finally been released....and of course, like a zoo animal... everyone had to come see the NEWBIE! They were dirty and loud, days of camo paint and field grime stained their necks, faces and hands, someone handed me a beer, a Rauchbier! I thought it was disgusting at first, but the way everyone watched me, I knew I couldn't choke. I managed. They asked me if I had any quarters, because at the time, there were still beer vending machines, next to the cola vending machines and snack machines. I gladly gave up my quarters for beer and settled in for what would be the next 2 and a half years with men who would become my brothers. Once they peppered me with questions, and a lot of ribbing, one of the guys, I think it was CPL Greth (soon SGT) asked me if I knew what PCT was, had I ever heard of Bad Tolz, or Green Berets, and did I think I'd be ready for something like that in about 2 weeks? They all had a great laugh at that one.... "Fucking newbies first field problem is gonna be Bad Tolz!" The night ended, or my first day in my first unit began just a little hung over, after being introduced to Mautkellers and whatever that little bar that was right across Zollner strasse from our motor pool.

That was my introduction to 1st of the 52nd Infantry, 3rd Brigade, 1st Armored Division, Warner Barracks, Bamberg, Bavaria, West Germany. Scout Platoon at Platoon Confidence Training at Bad Tolz is another story, for another day.

2023 Washington D.C. Reunion Hotel Code

By Mike Streff

Happy new year from the reunion committee.

As we turn the calendar to the new year, we also turn the calendar to our reunion year – 2023. Our reunion will be in the Washington DC / Crystal City area, Wednesday to Sunday, September 13-17, 2023.

Below are more details on the reunion – here are the three things you should do now to ensure you have the best possible reunion experience.

Plan your travel. You should make your travel plans now, especially if you are going to fly. As you are probably aware, as people have begun to travel again, flight availability is more limited, and costs can be higher. We recommend you make your flight plans early to ensure availability. There are three Washington area airports you can use. Our reunion hotel is in Crystal City, which is next to the Ronald Reagan Washington National Airport (DCA) for ease of travel. Other local airports are Dulles International Airport (IAD), which is now accessible the Metro, and Baltimore/Washington International Thurgood Marshall Airport (BWI) which is accessible by train. If you travel by air, we do not think that you will have to rent a car for the reunion, given the reunion buses/Metro for certain reunion events, the central location of our reunion hotel, and local transportation network (Metro and bus)

Reserve your room. The reunion hotel will be the Crowne Plaza Hotel Crystal City-Washington, D.C, which is in Crystal City, 1480 Crystal Drive, Arlington, Virginia 22202, 703-416-1600. You can make your hotel reservations now, using the link below. The basic hotel rate is \$99 a night, with taxes and parking extra, for the four nights (Wednesday, Thursday, Friday, and Saturday nights with check out on Sunday). Our contract with the hotel allows you to come early or stay later at the same rate. The rate is guaranteed for a set number of rooms – so the rate is first come first served. If you call our rate is under the code “Veterans of the 52nd & 6th Infantry”



[Veterans of the 52nd & 6th Infantry](#)

https://www.ihg.com/crowneplaza/hotels/us/en/find-hotels/select-roomrate?qDest=1480%20Crystal%20Drive,%20Arlington,%20VA,%20US&qCiMy=82023&qCiD=13&qCoMy=82023&qCoD=17&qAdlt=1&qChld=0&qRms=1&qRtP=6CBARC&qIta=99801505&qGrpCd=VET&qSLH=WASNA&qAkamaiCC=US&qSrt=sBR&qBrs=re.ic.in.vn.cp.vx.hi.ex.rs.cv.sb.cw.ma.ul.ki.va.ii.sp.nd.ct.sx.w.e.lx&qAAR=6CBARC&qWch=0&qSmP=1&setPMCookies=true&qRad=30&qRdU=mi&srb_u=1&qSHBrC=CP&icdv=99801505

Call a Buddy and Ask Him to Join You at the Reunion. We will spend a lot of time and money to publicize the reunion, using mailings, Facebook, emails, notices in Veteran’s magazines, and any other way we can think of. None of this will be as effective as you picking up the phone or texting your buddies you served with in Bamberg and asking them to join you at the reunion.

Please help us make sure everyone is aware of our reunion. This is a call for action for you to help us get the word out!!

More details about the day-by-day events and event sign-ups will come out in April. We are still working details with Arlington Cemetery about the details of our visit there and will not finalize them until March. Other reunion events will include a trip to the Army Museum, a trip the Air and Space Museum, Washington DC tours, and a banquet. We will have a hospitality suite at the hotel which will be open throughout the reunion, and of course all events are designed to maximize your time with those you served with. Veterans of the 52nd and 6th Infantry Regiments Stationed Bamberg reunion will be held Wednesday through Sunday, September 13-17, 2023, in Washington DC area.

Our reunion hotel will be the Crowne Plaza Hotel Crystal City-Washington, D.C, which is in Crystal City, 1480 Crystal Drive, Arlington, Virginia 22202. We will make an announcement when the hotel is ready to receive your reservations. The basic hotel rate is \$99 a night, with taxes and parking extra. More information to follow early in 2023.

Martin Luther King Day

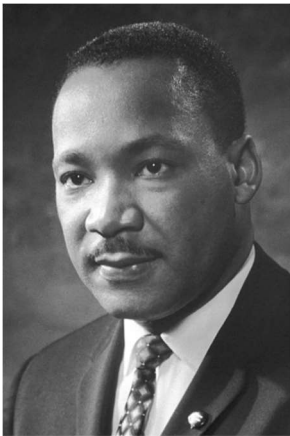
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Proclamation 5827- Martin Luthr King, JR

December 23, 1988

By the President of the United States of America

A Proclamation



During January, America celebrates a national holiday in honor of the birthday of the Reverend Doctor Martin Luther King, Jr. We do so in memory of a man who asked to be recalled by his countrymen not for any earthly honors he had won but as "a drum major for justice." That title he deemed greater than any other because earning it would mean that he had not lived his life in vain.

Today, America does remember Dr. King as a drum major for justice, as a giant whose life was far from being in vain. In a sermon on the eve of his assassination, he surely described his own mission when he asked, "Who is it that is supposed to articulate the longings and aspirations of the people more than the preacher? Somehow the preacher must be an Amos, and say, 'Let justice roll down like waters and righteousness like a mighty stream.'" Martin Luther King, Jr., did exactly that. He gave eloquent voice and powerful leadership to the long-cherished hopes of millions as he headed a crusade to end bigotry, segregation, and discrimination in our land; to foster equal opportunity; and to make universal America's promise of liberty and justice for all.

Dr. King's work is not done, but neither is his witness stilled. He urged again and again that all of us come to love and befriend one another, to live in brotherhood and reconciliation, to nourish each and every individual's dignity and self-respect. We must reaffirm in every generation the lessons of justice and charity that Dr. King taught with his unflinching determination, his complete confidence in the redeeming power of love, and his utter willingness to suffer, to sacrifice, and to serve. We must, and we can, all be drum majors for justice. That is our duty and our glory as Americans. On Martin Luther King, Jr., Day and every day let us unite in prayer and promise to be true to the American Dream he loved and renewed.

By Public Law 98 - 144, the third Monday in January of each year has been designated as a public holiday in honor of the "Birthday of Martin Luther King, Jr."

Now, Therefore, I, Ronald Reagan, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim Monday, January 16, 1989, as Martin Luther King, Jr., Day.

In Witness Whereof, I have hereunto set my hand this twenty-third day of December, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan

Families Military Tradition – Robert Pruitt

The Sitrep is featuring a new monthly article highlighting the military service of Veterans of 1/52 Infantry family members, both past and current. The following is the first in our series. This month's feature is submitted by Robert D. Pruitt who served in the Ready Rifles Battalion during 1984-1985.

At this time, I wish I could go back further down my family tree; however, I will begin with the military service of my grandfather John L. Pruitt. I don't know much about his origins outside of the fact he was from the Nashville, Tennessee area. He migrated to Detroit, Michigan as a young man to escape the racism and segregationist policies that existed at this time. As a result of his dislike of the South in the 1930's he rarely returned and never spoke of it. My father went to visit as a child and so disliked it he never returned or stayed in contact with relatives in Tennessee.

The little I do know of my grandfather's military service were the bits that were shared to me by my father, grandmother, and uncle, all of whom shared how my grandfather rarely spoke of his experiences. John L. Pruitt was drafted into the United States Army during WW2. He would serve in the 92nd Infantry Division also known as the Buffalo Division an all-African American unit in the segregated Army of WW2.



John was severely wounded while serving in the 92nd Infantry and would not return to Detroit until after the end of WW2, and after several years receiving rehabilitation to recover from his wounds. I knew my grandfather as a quiet man who would listen to the Detroit Tigers on a transistor radio while sitting on his porch. Family who knew him from before his wartime experience would comment that he was never the same man.

The last time saw my grandfather was in the summer of 1982, and he passed away shortly thereafter. By the anniversary of his passing in 1983 I was preparing to leave for Ft. Benning Basic Training.

My father Robert L Pruitt also served in the United States Military. He would join the United States Air Force at the age of 17. As a child he would fondly tell us stories of his time in the Air Force and all the places he was stationed. His favorite duty station was Okinawa, and he would tell us how he thought he was going on an adventure. The adventure ended when he boarded a US Navy ship in San Francisco and saw the Golden



Figure 2 John Pruitt Second from the Left 1955

Gate Bridge disappear behind him, and wide-open seas before him. Unfortunately, as a child I did not remember many of my father's stories into adulthood. Robert L. Pruitt passed on February 2, 2010. My father was a good man and was always there for his kids when we needed him. When I out-processed from Ft. Jackson, I didn't tell my family; I telephoned my older brother to pick me up from LAX as a surprise to my parents, but he was unable to do so because he was working overtime and wanted to make extra money (he promised to leave me a note in the mailbox). I flew across the country not knowing if I would be stranded at the airport. When I walked into the terminal, I saw my father there to greet me, the first person to welcome me home.

Indirectly, my father in-law, Buick "Billy" Monk is a Korean War Veteran. He would enter Boot Camp shortly before the start of the Korean War. Upon completion of training, he would ship out to Korea and arrive in Pusan with an All-African American Transportation unit. Segregation in the Army officially ended in 1948, however, at the start of the Korean War many units were still segregated. Billy shared with us details about the constant activity in Pusan harbor, though he was in a support battalion he could still hear fighting nearby. He also spoke about the infiltration of North Korean soldiers into the local workforce and how the support bases would be attacked at night by the saboteurs.

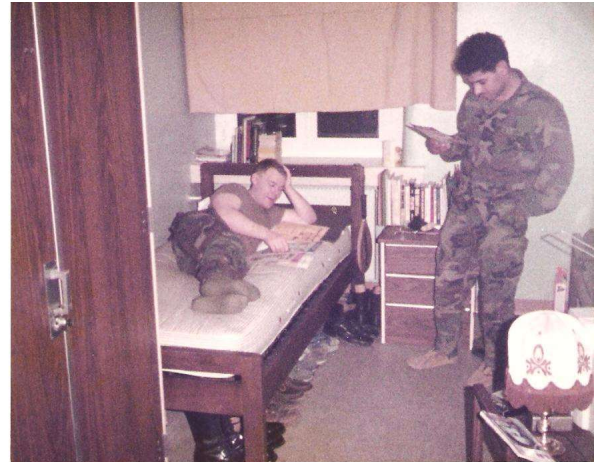


Figure 1 Dan Harris and Robert Pruitt

Billy Monk would spend a total of 19 months in Korea and would be south of the 38th Parallel when the Chinese joined the war and thus would not take part in the withdrawal from North Korea. He did say that during this conflict the US Army would finally start integrating. One of the first Caucasian men in his unit was a big guy named George (he does not remember the last name), who happened to be from Georgia. Billy, who is from Arkansas, said he just knew they both would get into conflict. However, George would be assigned the bunk next to Billy and would later become one of his best buddies while in Korea.

We hope to add your stories to future Sitrep circulations and want to hear your stories. Please contact Bill Burt to highlight your family members who have served in the US Military. Thank you and happy new year!

Statement by Secretary of Defense Lloyd J. Austin III on Martin Luther King, Jr. Day

<https://www.defense.gov/News/Releases/Release/Article/3268523/statement-by-secretary-of-defense-lloyd-j-austin-iii-on-martin-luther-king-jr-d/>

Jan. 16, 2023

Seventy-five years ago this year, President Truman signed an executive order banning segregation in the U.S. Armed Forces. And nearly 60 years ago, Dr. Martin Luther King Jr. delivered his immortal "I Have a Dream" speech on the steps of the Lincoln Memorial.

Today, the United States has the strongest fighting force in history. Our diverse, formidable, 21st-century military shows how much progress America has made toward Dr. King's vision of full citizenship for all Americans. We are proud and thankful for every patriot in our extraordinary, all-volunteer force. Our ranks are comprised of Soldiers, Sailors, Airmen, Marines, Guardians, and DoD civilians from all walks of life, representing every color, gender, ethnicity, and creed from across our great nation.

These American warriors protect our country every hour of every day and defend U.S. interests around the globe. Today's U.S. military is simply the finest, most combat-capable fighting force that the world has ever known.

Dr. King's call to action still reminds us that the great American experiment of democracy, freedom, and equal rights requires us all to come together in a spirit of citizenship and service. Yet as a nation, we also know we still have much more to do to ensure equal rights, liberty, and justice for all.

As Dr. King famously said, "Injustice anywhere is a threat to justice everywhere." As we commemorate this year's Martin Luther King Jr. holiday, I encourage all of us to reflect on how far we've come, but also on the important work that we have left to do.

Buddy and Roster Check

As we pass the shortest day and our days become longer, we all look forward to the spring and getting outside. For some this still is a time of loneliness, anxiety, and depression. Take time during this season and throughout the year to reach out and chat with an old buddy. Just check in and chat.

Also, I will attach a copy of our Roster. Look it over and reach out to someone you haven't talked to for a while. Look at the names and see if you know someone not on the roster that we can reach out to. We were a family back then and that has never stopped. It is a great feeling talking to an old buddy. You will pick up right where you left off.

The Purpose of our Nonprofit Organization Veterans of the 52nd and 6th Infantry Regiments Stationed in Bamberg Germany 1972 to 1990

- Locate former members of the battalion and increase the active membership.
- Provide remembrances and memorials for members that have passed.
- Expand the battalion succession roster; you can help by adding names and dates to the roster. More information is in this SITREP.
- Gather information on the history of the battalion during the Cold War years. We are looking for Annual

Historical Report(s) for the years 1972 to 1990 (so far, we have the one from 1978), look in your files, you might have a copy, as well as soliciting information on activities (exercises, competitions, trips) that involved members of the battalion during those years.

· Funding. Nonprofit Organizations cannot operate without funds; we can all help by soliciting corporate donations, making individual annual donations, and suggesting fund raising opportunities.

· September 2023 Reunion. Although the next reunion in the Washington, DC area is 13 months away planning began back in 2021 before the San Antonio reunion had concluded. More information is in this SITREP

Board Members:

Dennis Barletta - President

Robert Pruitt - Vice President

Mike Steff - Treasurer

Bill Burt - Secretary

Bob Domenici - Board Member

Bill Patterson - Board Member

Zak Kozak - Board Member

Scooter in need of a Good Home



Chuck Paulson has approached the Board of Directors with request. Chucks dad passed away earlier this year. His dad had a scooter that Chuck has inherited. Chucks knows his dad would love it if his scooter went to a veteran. He would like to donate it to someone in the group that needs help getting around or has a scooter in need of a lot of repairs. The Board of Directors are willing to cover shipping cost. Please let me, Bill Burt, know if you are in need or have any questions.

What Did You do While in the 1/52 or the 7/6

We are looking for what you did as a squad, platoon, company, or battalion. Things like rifle team, Nijmegen Team, dates (specific or best guess) when companies went to ranges, REFORGERS, PCT training, Miesau guard duty, company trips, field problems, Celebration (Remagen Bridge Anniversaries), 100-mile marches, and anything else that one can remember. Please send anything you can think of nothing is too trivial. The more we collect the more others remember. Please send information to Bill.Burt@152-76inf-coldwarvetsbamberg.org, reply to the email that the Sitrep came from or send Bill Burt a Facebook message.

Who Served in your squad/ platoons/company.

By Zak Kozak and Bill Burt

Mission: 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.

In Search of

Please read it and if you can tell me any other information or their location. The littlest thing could be the one thing that locates them. Also, if there is someone that is not on the roster, let me know so that we can start the search for them.

- Timothy L. Gillichauer or Gillichbauer, A Co, was a PFC that graduated high school in approx. 1974
- Steven A. Hampton, possibly from Grover City CA, graduated high school in approx. 1975
- Gerald Imhauser, 74-77, was or became a First Sergeant
- Ed Kerr, HHC, was an SFC
- Edward J Kerr, E CO. '86 platoon leader
- Thomas C Mack, '82 was a sergeant
- Andy Ornatowski, HHC '88, was a 1st LT

Helpful Tips – MOVE Program to Lose Weight

<https://www.move.va.gov/>

Welcome to the MOVE! Weight Management Program, supported by VA's National Center for Health Promotion and Disease Prevention (NCP). We at NCP are proud to make this program available to our Veterans. Now in its second decade, MOVE! includes the most up-to-date approaches for weight management. Please explore our website to learn more about MOVE!

MOVE! is a weight management, health promotion program designed to improve the lives of Veterans. MOVE!'s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science. With the help of your MOVE! care team, you can reduce health risks, prevent or reverse certain diseases, improve your quality of life, and even live longer!

MOVE Frequently Asked Questions.

What is MOVE!?

MOVE! is VA's national weight management program developed for Veterans by the National Center for Health Promotion and Disease Prevention (NCP). MOVE! is an evidence-based self-management program that focuses on health and wellness through healthy eating, physical activity, and behavior change. MOVE! can help you lose weight, keep it off, and improve your health. Every VA Medical Center has a dedicated MOVE! Coordinator who is available to assist you. If you are interested in losing weight and want to participate in MOVE!, talk to your local MOVE! Coordinator or VA provider who can help you get started.

Why does VA offer weight management services?

In 2015, more than three quarters of Veterans receiving care in VHA facilities were considered to have overweight or obesity. Our goals are to annually screen every Veteran who receives care at VA facilities for obesity, refer interested individuals to weight management services, and make available different treatment options that fit the needs and preferences of our Veterans.

Does my VA have a MOVE! Program?

All VA Medical Centers and many VA Community-based Outpatient Clinics (CBOCs) offer MOVE!. Contact the nearest VA facility to inquire about program availability.

I live far from a VA facility and cannot participate in group classes. Is there another way that I can participate in MOVE!?

There are many ways to participate in MOVE!. Please ask your local MOVE! Coordinator or VA provider about options available at your local VA medical facility.

I am a Veteran, but I don't go to the VA for my health care. Can I participate in MOVE!?

Only Veterans receiving care in the VA can enroll in the MOVE! Program. However, the MOVE!11 questionnaire, found on the MOVE! website, can be taken by anyone. It produces a report that is individualized and includes a list of recommended resources. The questionnaire also produces a report for health care providers. You can take this report to your provider for further advice on weight management. MOVE! Coach is an app for iOS and Android devices. The app can be downloaded and used by Veterans and non-Veterans and encompasses the main principles of the MOVE! program in 16 modules.

I am not a Veteran. Can I participate in MOVE!?

Only Veterans receiving care in the VA can enroll in MOVE!. You are welcome to use any materials available on the MOVE! website.

I am a Veteran and considering participating in MOVE!. Can my spouse/partner participate with me?

For many, support from family members or friends is an important part of achieving weight management goals. Talk with your local MOVE! Coordinator about how your family member may be able to help!

Is there a separate MOVE! Program for women?

MOVE! is designed for both men and women. Talk to your local MOVE! Coordinator to find out if MOVE! groups for women only are available at your VA facility.

Is there a charge to participate in MOVE!?

No, the MOVE! Program is free of charge for Veterans.

What is the MOVE!11?

The MOVE!11 is a 11-item questionnaire that asks basic questions about your weight, health and prior attempts at weight loss. The questionnaire generates an individualized report that includes a list of recommended MOVE! resources for you.

I am looking for a calorie counter. Can you recommend a resource?

Many calorie counters are available on the internet and on mobile devices. There are pros and cons to using each one. Consider doing an online search for “the best calorie counter websites or apps” to determine which ones provide the information you desire. Be sure the recommended sites/apps come from a reputable source such as Health Finder, Centers for Disease Control and Prevention (CDC), or the US Department of Agriculture (USDA). Also keep in mind that some calorie counter sites or apps have a charge for their service, and this should be part of your evaluation. Last, kudos to you...self-monitoring is key to weight loss and evidence-based studies show that keeping a food diary and counting calories can help you lose weight.

I cannot afford a gym membership or a fitness trainer. How can I be physically active without one?

Exercising doesn't have to be expensive! In fact, the cheapest, easiest, and most accessible form of physical activity is walking (or rolling). It's free, fun, and you can do it almost anywhere! There are also great online resources such as photos, books, and videos that are free to use and easy to follow. You'll learn about some of these tools in MOVE! which can help you progress in your physical activity program.

How can MOVE! participants obtain pedometers?

Some MOVE! Programs provide pedometers to MOVE! participants. You can ask your facility MOVE! team if pedometers are available at your facility or for help determining the best pedometer for purchase at a local sporting goods store.

Do I have to have my doctor's permission before I begin exercising?

It is not always necessary to receive permission from a doctor to begin an exercise program. In fact, exercising is one of the best things you can do to promote good health. If you have concerns about becoming active, or symptoms that are associated with elevated heart rate that you may have experienced in the past, please contact your doctor before beginning an exercise regimen.

What is waist circumference or abdominal girth, and why is it important?

Fat stored around the middle of the body (the waist or abdomen) can put you at risk for high blood pressure, high blood cholesterol, type-2 diabetes, heart disease and stroke. This risk goes up with a waist size that is greater than 35 inches (88cm) for women or greater than 40 inches (102cm) for men. Studies have shown that extra weight around the waistline is more dangerous to the heart than extra weight that is on the hips and thighs. Measuring your waist, known as taking a waist circumference or abdominal girth measurement, is a great way to keep track of weight loss. This measurement will also show if you are/are not at risk for developing health problems. If your waist circumference is approaching the cutoffs (within 3 inches or 8cm), your risk is starting

to increase. It's important to do something about your risk now. Keep in mind that a modest weight reduction of as little as 5%-10% of your body weight can reduce high blood pressure and total blood cholesterol.

Are weight loss medications used with the MOVE! Program?

Some Veterans participating in MOVE! may benefit from the use of weight loss medications approved by the US Food and Drug Administration. To learn more, talk to your VA provider or local MOVE! Coordinator.

Is weight loss surgery available?

Weight loss surgery may be offered to some Veterans who have tried other ways to lose weight but continue to struggle with having extra weight or other weight-related issues. To learn more, talk to your VA provider or local MOVE! Coordinator.

Membership Donations

There is no membership fee to belong. We do ask that if you can afford a \$10 annual donation. This goes straight to cover cost of printings and mailings of reunion information, annual cost to register the non-profit group and other organizational cost. Once again this is not a requirement of being a member but would be greatly appreciated.

As of right now the organization has not set up any electronic payment options, we can only accept checks. We are looking into that currently and will update you as I receive more information. If you care to send in a donation, please make checks payable to "**Veterans of the 52nd and 6th Infantry Regiments**"

The address to send them to is:

Veterans of the 52nd and 6th Infantry Regiments
25 South Pointe Lane
Moneta, VA 24121

VA Information

Helpful VA 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. You can also contact us through our main website <https://www.152-76inf-coldwarvetsbamberg.org/>.

SpecOpsNet.org

SpecOpsNet.org is a NO FEE job list announcing positions primarily in the defense industry. Most, but not all, positions require some form of clearance.

The list began in 1994 as an effort to help military special operators find work at the end of their military careers. Since then, the range of jobs announced has expanded to include positions in intelligence, information technology, logistics, transportation, aviation, medicine, training, program and project management and other work veterans of all services might find valuable. If a veteran conceivably would take the position, we generally launch it.

We keep no records. We do not have a position database. We 'fire and forget' announcements. They are launched FIFO - first in, first out. We use the following general convention for our announcements:

One announcement per message. The message subject is: the position title, the location, and any clearance requirement. For example: Communications Specialist (Afghanistan)(TS/SCI req'd).

The announcement is in the text of the message, not as attachment.

The POC information is clearly stated at either the beginning or end of the announcement.

If you see something of interest, forward a message directly to the POC listed in the message - not to me nor the list. We hire no one. We merely run the list. Delete all messages you don't care to read.

The list is my free-time, volunteer effort and that of my good friend who performs the system administration. We reiterate this is a NO FEE list. We charge no one. We ask for no compensation. Decisions on what gets sent to the list are entirely mine - for better or worse.

Additional list information can be found on the Frequently Asked Questions page at <http://www.specopsnet.org/faq.html>

To subscribe to the mailing list, complete the online form at <https://lists.specopsnet.org/list/jobs.lists.specopsnet.org>. Experience shows that .mil and some company domains reject mail from specopsnet.org causing automatic unsubscription. To help avoid this issue put 'specopsnet.org' in your whitelist, and/or don't subscribe an email address with a .mil domain. Opt instead for other email providers, such as gmail, hotmail, or yahoo email addresses.

Information on how to submit job announcements for posting to the list can be found on the website at http://www.specopsnet.org/posting_jobs.html

We do not sell or share the subscriber list nor will we ever sell or share the list. Our only interest is hearing of successes from employers who find employees and list members who find work. Knowing this list connects people and jobs is sufficient.

If you have any questions, comments, or feedback please feel free to send email to zak@specopsnet.org. I'll attempt to answer it as quickly as I can.

Thank you. May God bless all those who serve and all those who care for them.

De Oppresso Liber.

G.M. "zak" Kozak
USA Special Forces, Retired
SFA D-4379-L
zak@SpecOpsNet.org

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