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Holiday Wishes to you all

The Board of Directors would like to wish everyone Merry Christmas, Happy Hanukkah and Happy Holidays a Great New Years! Please be safe out there with the winter storm that we are all experiencing or about to experience. Also, keep in mind all those that are deployed and their families and all the Gold Star families out there this Holiday season.

Ed Gomulak called and asked if I would share his Holiday greetings and a Merry Christmas to you all.

I am not an old-time musical movie fan, something about a song every other minute. I maybe slow sometimes but I just figured out that "I am Dreaming of a White Christmas" is not a Christmas movie but a

movie about 2 vets trying to help out another vet. Oh, just to point out that it's a Captain and a Privates that are behind all the Shenanigans and plans.

2023 Washington D.C. Reunion

https://www.arlingtoncemetery.mil/Explore/History-of-Arlington-National-Cemetery

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.

A Short Unit History of the 52nd Infantry Regiment

By Dennis Barletta

September 15, 2022, marked the 50th Anniversary of the activation of the 1st Battalion, 52nd Infantry in Bamberg, Germany, 3rd Brigade, 1st Armored Division.

1ST BATTALION, 52ND INFANTRY REGIMENT (READY RIFLES)

The history of the battalion began in Chickamauga Park, Georgia in 1917 when the 52nd Infantry Regiment was constituted in the Regular Army and assigned to the 6th Division. The lineage of the 1st Battalion, 52nd Infantry traces to Company A, 52nd Infantry Regiment.

Following combat in World War I with the 6th Infantry Division, the 52nd Infantry Regiment was repeatedly inactivated and reactivated, and assigned between the 6th and the 9th Infantry Divisions.

Redesignated as the 52nd Armored Infantry Regiment, and organized into three armored infantry battalions, the Regiment was assigned to the 9th Armored Division during World War II.

The 1st Battalion, 52nd Armored Infantry became the 60th Armored Infantry Battalion and Company A, 52nd Armored Infantry was redesignated as Company A, 60th Armored Infantry Battalion.

In the post WWII draw-down, Company A, 60th Armored Infantry was inactivated, then reactivated as Company A, 52nd Armored Infantry, then redesignated as Company A, 560th Armored Infantry Battalion, and then again redesignated as Headquarters and Headquarters Company, 1st Armored Rifle Battalion, 52nd Infantry.

The 1957 establishment of the Combat Arms Regimental System (CARS) provided a regimental structure that would permit perpetuation of unit history. As a result of CARS, armored infantry battalions were consolidated to reconstitute the 52nd Infantry Regiment. The Regiment now comprised of three infantry battalions and was assigned to the 1st Armored Division, Fort Hood, Texas.

In May 1967, the 1st Battalion, 52nd Infantry was reassigned to the 198th Infantry Brigade for duty in South Vietnam. A subsequent assignment to the 23rd Infantry Division in Vietnam was followed by its return to the U.S. and inactivation in August 1972 at Fort Lewis, Washington.

On 15 September 1972, 1st Battalion, 52nd Infantry was reactivated in Bamberg, Germany, and assigned to the 3rd Brigade, 1st Armored Division where it stayed until inactivation and relief from assignment to the 1st Armored Division on 16 November 1987.

The 1st Battalion, 52nd Infantry was reactivated at Fort Irwin in January 1988 and was assigned to the 177th Armored Brigade (OPFOR) until it was inactivated at Fort Irwin on 15 October 1994.

1ST BATTALION, 52ND INFANTRY REGIMENT HONORS

Campaign Participation Credit

World War I:

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- Meuse-Argonne
- Alsace 1918

World War II:

- Rhineland
- Ardennes-Alsace
- Central Europe

Vietnam:

- Counteroffensive, Phase III
- Tet Counteroffensive
- Counteroffensive, Phase IV
- Counteroffensive, Phase V
- Counteroffensive, Phase VI
- Tet 69/Counteroffensive
- Summer-Fall 1969
- Winter-Spring 1970
- Sanctuary Counteroffensive, Counteroffensive VII

Decorations

- Presidential Unit Citation (Army) for LUXEMBOURG
- Presidential Unit Citation (Army) for St. Vith
- Presidential Unit Citation (Army), Streamer embroidered BASTOGNE
- Presidential Unit Citation (Army), Steamer embroidered REMAGEN BRIDGEHEAD
- Belgian Croix de Guerre 1940 with Palm for Bastogne; cited in the Order of the Day of the Belgian Army for action at Bastogne.
- Republic of Vietnam Cross of Gallantry with Palm for VIETNAM 1969-1970
- Republic of Vietnam Cross of Gallantry with Palm for VIETNAM 1971

We are All Connected

By Bill Burt

My dad passed away in October. My dad served in the Navy from '55-'59. He was in aviation Electronics and flown in helicopters kind of like a crew chief. Since I was the only one his kids that went int the



military, I was assigned to make his Navy picture board for his visitation. In doing so, I seen a lot of pictures of dad while he was in the Navy, many which I had never seen before.

There was one picture that caught my eye. It was not an action picture or one of him riding in a helicopter doing his job or some other Navy duty or chore. It was simply a picture of him and a buddy sitting down inside a ship somewhere. On the back it just said, Joe Lemon and Me. I can recall dad saying his name a few times, but I never met him. I do not know if dad kept in touch. I do know that dad had a lot of respect for him. Joe was also in Aviation but was a mechanic. They would work hand in hand on the helicopter, keeping it serviced and flying. For some reason, this one picture

touched something inside me. I could not get it out of my head. I came back many times and just looked at it.

So, I finally did what I do well, I started looking for Joe Lemon. It took me about a week, but I finally located his son, Joe Lemon Jr. from San Diego. Like me, Joe Jr. was the only one of his siblings that joined the military, the Marines. Joe Jr. told me his dad ended up doing 24 years in the Navy. He passed away in 2004. His mother passed in 2014 and his sisters emptied the house and put everything in storage. For some reason, everything in storage was lost. All his dad's Navy pictures, cruise books, mementos were destroyed. Earlier this year Joe Jr lost his eldest daughter. Since then, he said he was in a slump that he couldn't get out of. During this past summer another one of his daughters moved back in with him to go to school. This is where we see how connected we are.

One day at school, his daughter had a substitute teacher, an old guy. As he was doing attendance, he stopped on her name and asked if she was related to a Joe Lemon that served in the Navy. She didn't know and had to ask her dad. She went back to school and told him, yes. Turns out that the teacher also served with Joe Lemon Sr. and told her that Joe had given him some things way back when and he wanted to return them to the family along with some pictures.

Then a week later Joe Jr gets a random email from me stating that my dad passed and wanted to get Joe Lemons pictures to him or his relatives. I have about 18 pictures of just Joe Sr I am working on getting sent to him.

We both said we do not believe in coincidence or chance, that something guided not only me but the teacher to be where he was at this specific time. Since this he has said that he is coming out of his slump and feels like is dad is there, whispering in his ear, "I am here with you, and you got this!"

To me, this seems to just prove that we are all connected somehow, that the tiniest thing or kindness can change someone else's life and we should pay attention to what our minds and bodies sometimes are trying to tell us.

Buddy Check

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Once again, the holidays are upon us. This is a time of joy and celebration. For some it is a time of loneliness, anxiety, and depression. I am included in the second group. Take time during the season and throughout the year to reach out and chat with an old buddy. Just check in and chat.

If you are like me, don't be afraid to talk to someone about it. If you are really having trouble, please call a buddy or the hotline listed in this newsletter.

One day my 8-year-old grandson asked me, "Grandpa, why do you always look like this?" I asked how I look, he made a face and said sad all the time. That really struck me, what's that saying, "from the mouth of a child". I got thinking, I don't feel any different since I don't know when, but he noticed a difference. I talked to my VA doctor about the incident. She referred me to another doctor. Long story short, it has really helped me. It hasn't changed me, my personality or who I am. I am still me but the me I remember being. Give it a chance, it's worth the risk.

My Christmas in Germany

Sorry guys for another trip down memory lane but..... Most of you guys probably never saw this but my room



mates and a couple other guys from 1st platoon used this in 1984. I come from a family with 6 kids, I am in the middle. My little sister, 9 years old at the time, sent me this Christmas tree in the mail. She was afraid Santa Claus would not be able to leave me presents because I did not have a tree. Once I received it I taped it to my wall locker above one of our 2 drawer chests. I know the guys in my room and a few others in the platoon started putting their Christmas gifts they received from their families under it. Somewhere I have a picture of it with about 10 gifts under the tree. Then on

Christmas day everyone just came and got their gifts and had their own Christmas. I still have that tree and

thank my sister every year for sending it. The thing I get a kick out of the most was the instructions she put on the back of it. She likes to tell me that at the time she did not think I was to smart.

A 1952 Korean War Christmas Story

by Charlie Nelson

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https://sites.rootsweb.com/~txrha/f-nel01a.htm

I had arrived at Kimpo Air Force Base, Korea in early December 1952 and was living in a tent, eating C rations, bathing out of a helmet, using an outside john, and freezing my butt off because the Air Force didn't have any cold weather gear. That wind blowing down from North Korea was truly as cold as a well digger's fanny in Alaska. We were being promised that on Christmas Day we would get a hot meal that included turkey, and everyone including myself was pretty excited about the prospect of that. The rumor was that some canned or frozen turkey was being flown in from Japan for the occasion.

Christmas Eve morning our squadron command post received a radio message that one of our remote homing beacons near the 38th Parallel that was used by our aircraft when flying missions North was down and they needed radio maintenance assistance. I was the most senior and experienced radio technician in the unit, and it was my job to respond to all such emergencies for all our remote sites in the Northern part of South Korea. I hated the thought of the long drive to the remote site in an open jeep and the cold, and most of all missing that hot Christmas meal.

My buddy, who was a power specialist, and I reluctantly grabbed our carbines, a box or two of C rations, some cartons of cigarettes, and a couple of bottles of Canadian Club Bourbon and hit the road. The CC and cigarettes were for recreational use plus trading material. In the Air Force we could get all the booze we wanted and plenty of cigarettes but few of the more practical necessities. On the other hand the Army had plenty of necessities, but little or no booze and cigarettes. So barter was the name of the game if one were to survive more comfortably.

The homing beacon site was typical of the many remote communication sites throughout Korea. A couple of mobile radio vans, gasoline generators, vehicles, and 12 to 15 guys sleeping in tents. The site was surrounded by a high fence with the tents and equipment protected by sand bags and there were plenty of fox holes. It was not uncommon for these sites to be bombed at night by civilian type aircraft from North Korea dropping mortar shells. These bad guys were called Bed Check Charlies because they usually came about bed time to keep one from sleeping as well as to do material damage. Guerrillas were also an every present danger, and the fence was also needed to keep locals from stealing supplies.

When I arrived on site, we immediately started working on the radio equipment. During the late afternoon, I noticed that a lot of Korean orphan kids were standing outside the fence begging for food. The guys didn't seem to be paying much attention, and were even sort of sheepish about the situation. GIs are usually so generous, I couldn't understand what was happening. After the equipment was restored and working properly, I finally I asked the NCO in charge, a very young sergeant, what was going on with the kids. He told me they were orphans living in caves up above the site and fending for themselves. He said they come every day begging for food, and we have given them everything we could spare plus more, and now we really don't have enough left for ourselves. I asked why don't you go to the Army supply point and get more rations. He told me they were only allowed to get supplies once a month at the Army supply depot, and it would be three days before they could get more.

So instead of celebrating Christmas Eve with those two precious bottle of CC, we took off for the supply point. We traded our two bottles of CC for a jeep load of rations and headed back to the site. On Christmas day the guys invited the kids in, and we heated up C rations and all had a Christmas feast of sorts with Spam, Lima beans, etc.. We had a communications receiver tuned into Armed Forces Radio playing Christmas tunes loudly and some of the guys were trying to teach the Korean kids to sing hymns with them. Every box of C rations had cookies and the guys gave those to the children for Christmas presents.

Christmas was a cold and snowy day, and as I looked around at all the fellows there that day, it dawned on me that I was the senior person in rank as well as the oldest person on the site. I had turned 22 three weeks before. We were all just a bunch of kids, Koreans and all. I would spend another Christmas in Korea in 1953, but the war was over then, and I finally got that hot Christmas meal with fresh turkey and stuffing, but it didn't measure up to the one with the orphans.

Taps

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Bothers that have recently passed away. **Timothy "Tim" Smith** A Co. '73 - '76



Smith, Timothy "Tim", passed away, Tuesday, November 29, 2022 at the age of 68.
Beloved husband for 42 years of Cynthia "Cindy" Smith (nee Zeger); loving father of Jonathan (Claire) Smith and Kathryn (Cody) Altman; loving grandfather of Eloise Altman. Services: Memorial Service at the Twin Oaks Presbyterian Church, Ballwin, Saturday, December 10, 2022 at 11:00 a.m. Interment Jefferson Barracks National Cemetery. In lieu of flowers, contributions may be made to American Cancer Society. Memorial visitation at the church, Saturday, December 10, 2022 from 9:30 a.m. until time of memorial service at

11:00 a.m. As a service of the SCHRADER Funeral Home and Crematory, friends may sign the family's online guestbook at Schrader.com.

https://www.schrader.com/obituary/8334964

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.

 \cdot Expand the battalion succession roster; you can help by adding names and dates to the roster. More information is in this SITREP.

 \cdot 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.

 \cdot 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

Check Out Washington DC Facts During the 2023 Reunion

Taken from https://www.trolleytours.com/washington-dc/facts

Everyone knows that Washington DC is our nation's capital and that it's where you can visit some of the world's most famous monuments and memorials. But there are a few little known facts about DC that many people would be surprised by. Read on to learn more.

- TWO AMERICAN PRESIDENTS KEPT ALLIGATORS AT THE WHITE HOUSE. It's true; both Herbert Hoover and John Quincy Adams had pet alligators in the White House.
- PRESIDENT JIMMY CARTER LOVED TO WATCH MOVIES IN THE WHITE HOUSE.

To date, nobody has beat his record of watching 480 movies in the White House movie theater.

• WASHINGTON DC CITIZENS LOVE THEIR WINE. It's a fact that these folks drink more wine per capita than any other US state.

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- DARTH VADER ADORNS THE NATIONAL CATHEDRAL. This iconic building has many gargoyles and one of them is the sculpted head of Darth Vader. Bring binoculars and check him out on the northwest tower.
- WASHINGTON DC IS MISSING "J" STREET.
 Washington DC uses letters for streets traveling east to west. But numbers are also used for streets.
 Streets traveling north and south are numbered. The "I" and "J" were very similar in older English.
 Quite often they were interchangeable. Thomas Jefferson would often use the initials T.I. Oddly enough, this is also why there was no J company during WWII. So there is no J Street because it looks like an I.
- THERE ARE MARBLE BATHTUBS IN THE CAPITOL BUILDING. They were installed in 1859 to keep the senators from stinking; during that time, they lived in boarding houses that had no running water.
- THERE ARE ELEVATORS IN THE CAPITOL BUILDING THAT ARE OFF LIMITS. This is because they are reserved for senators.
- THERE ARE UNDERGROUND TUNNELS BENEATH THE CAPITOL. Miles and miles of tunnels are for senators and members of the House only and are never seen by the public.
- THERE'S A CRYPT UNDER THE CAPITOL BUILDING THAT WAS MADE FOR GEORGE WASHINGTON.

Although he was not buried there, the crypt still exists; they also had a viewing chamber built so people could go by and see him.

- DC'S METRO IS THE SECOND BUSIEST SUBWAY SYSTEM IN THE U.S. Beat out only by New York City, which has an average weekday ridership of over 9 million people.
- THE WASHINGTON FOOTBALL TEAM WAS NOT ORIGINALLY FROM WASHINGTON. The team was actually first based in Boston.
- THERE'S A MUSEUM DEDICATED TO BONSAIS.
- Among the 19 Smithsonian Museums and the many others in the city, the National Bonsai and Penjing Museum holds its own, featuring 200 bonsai trees.
- ONE OF THE UNKNOWN SOLDIERS HAS BEEN IDENTIFIED. In 1998, a soldier buried in the Tomb of the Unknown Soldier was identified.
- THERE'S A SPY MUSEUM HERE. One of the world's only museums of its kind, the International Spy Museum continues to intrigue guests in Washington DC.
- ALL ROADS IN THE CITY LEAD TO THE CAPITOL BUILDING. It's the dividing center for all the quadrants of the city, so all roads actually do lead there.
- THERE'S A GHOST CAT IN THE CAPITOL. In the Supreme Court chamber inside the Capitol, there are cat paw prints just outside the door. The floor was set before it arrived at the U.S. Capitol, so no one knows where they really came from, but legend tells of a ghost cat lingering.
- THERE'S A NUCLEAR FALLOUT SHELTER UNDER THE WASHINGTON CRYPT IN THE CAPITOL.

There are many more around the city and across the United States as well.

- WASHINGTON DC GETS MORE RAIN THAN SEATTLE. Only about 2 inches more on average, yet still surprising.
- JOHN ADAMS WAS ACTUALLY THE FIRST PRESIDENT TO LIVE IN THE WHITE HOUSE.

George Washington never lived there; it was built after he died.

- THERE ARE 35 BATHROOMS IN THE WHITE HOUSE. Who knew? There are also 132 rooms and 6 levels in the residence. Even more staggering are the 412 doors, 147 windows, 28 fireplaces, 8 staircases and 3 elevators.
- THERE'S ONLY ONE US PRESIDENT BURIED IN WASHINGTON DC. Woodrow Wilson is entombed at the Washington National Cathedral.
- THE LIBRARY OF CONGRESS IS THE LARGEST LIBRARY IN THE WORLD. There are more than 160,000 objects in its collection, including 6,000 books originally owned by Thomas Jefferson.
- THERE WAS A TYPO IN THE ORIGINAL ETCHING OF THE LINCOLN MEMORIAL. It's been touched up since, but the letter E was accidentally chiseled into the beginning of the word Future on the north wall of the memorial.
- THE OLDEST FISH MARKET IN THE UNITED STATES IS IN DC. The Maine Avenue Fish Market opened its doors in 1805 and has been operating ever since.
- NOT EVERY PRESIDENT HAS LIVED IN THE WHITE HOUSE All except one, George Washington, have lived and worked in the iconic building.
- SOME THINGS NEVER CHANGE While most buildings in the city have changed throughout history, the Old Stone House dates back to 1765 and has remained unchanged since.
- YOU CAN SEE THE WORLD'S LARGEST OBELISK WHEN YOU VISIT The Washington Monument, rising to 555 feet, 5 1/8 inches, is the also the world's tallest obelisk.
- THE CITY IS NAMED AFTER CHRISTOPHER COLUMBUS DC stands for District of Columbia and it was deemed so to honor the famed explorer.
- THE WHITE HOUSE HASN'T ALWAYS BEEN CALLED THAT Until 1901, when President Theodore Roosevelt made it official after it appeared in a newspaper article, the White House was called the President's Palace or the President's House.
- MULTILINGUAL RESIDENTS ABOUND IN DC A very international city, DC is home to more than 170 embassies and international cultural centers. More than 15% of the residents in the city speak a language other than English in their home.
- THE LINCOLN MEMORIAL IS FAMOUS FOR MORE THAN HONORING HONEST ABE The memorial was created just two years after Abe Lincoln was assassinated and was constructed in 1914. It was also where Martin Luther King, Jr. made his famous "I have a Dream" speech in 1963.

Scooter in need of a Good Home



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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

The earlier article was about the regimental history. We are also 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.

What Can You Recall About Your Company

By Zak Kozak and Bill Burt

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Background: The succession list became a project at the Atlanta reunion when several 70s era Ready Rifles got together and tried to remember who served in what capacity when. We brought what we had to the San Antonio reunion hoping others would weigh in and remember more of the soldiers next to them 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.

Mission: Capture the names of as many as possible of the \sim 15,000 soldiers who served in 1-52 and 76 Inf in Bamberg during the Cold War. 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.

Below is the list of names with no assignment from Delta Company. This is what we need from you guys. IF you don't know the exact date but can narrow things to a year that all we need. I will do this for Delta Company right now to show what is needed.

The list from the Succession Roster: Breslin Borstnar Berrios Carr Ford Cook Lopez Duncan Chimoni Jennings McMillan Harris Dozier Colbert Nevin Jones Young Koinzan Freisher McMurran Kuwamoto Harnel Grett Mercer Lovett Harris Harnel Marecki Henderson Henderson Huckvale Reinwald Metcalf Jennings Rogers Pierre Ruddy Porcellino Lindsay Swinney Proett Mollen Souza Stone Vasquez Stone Swinney Volanos Weaver Weaver Zinra

Things that I can recall: Breslin – was always in the HQ plt because he was a Tow Gunner Cook – I believe was always in 1^{st} PLT Harris, Dan – HQ in '84, 2^{nd} in '85 Harris, Lee – was also always in HQ plt because he was also a Tow gunner Henderson was HQ plt end of '85-beginnng of '86 Pierre – was always 1^{st} plt and was a squad leader Lovett – '85 1^{st} plt squad leader Jones, Denver – always 2^{nd} plt , TC Jones, Brian – 1^{st} plt in '84, HQ plt in '85 maybe '86 RTO Steel - HQ company RTO '84 Ricard – always 3^{rd} plt Lastufka – always in 3^{rd} Proett – think '84 2^{nd} plt Dozier – think HQ plt '85 2plt member – Procellino, Biles, Morris (sgt lead) Bailey (plt sgt 84), Vargas (plt sgt 85), Holiday, Dixon, Green '85, Smith, ?, Hadorn (84-86) HQ in 86, Luman-3rd plt, Szkolka-HQ armour '84-85 Gomulak -HQ Armour'84-86

In Search of

I admit, I am stealing this idea from the American Legion Magazine. Each SITREP I will post several names of guys that we are looking for with what information I have on them. 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.

- Robert M Radin, HHC '79, was BMO, Parents Edward C Radin
- Pablo A Quezada, C CO 85-88, wife Yvettee, went to PLDC and once lived in or near News Brunswick
- A. Pankey, D Co '85
- Alphonso Nesbitt, lived in or near Darlington SC
- Brett Mordarski, lived in or near Ravenna OH
- George Moreland, B Co 7'6-77, was squad leader B-13
- John T Alexander, HHC, lived in or near Plantersville, AL

Helpful Tips - Eat Wisely

https://www.myhealth.va.gov/mhv-portal-web/helpful-tips-eat-wisely

Try using these five (5) Strategies for Eating Wisely:

Strategy 1: Be Flexible!

Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day. Eating right, while enjoying favorite goodies is a bit of a balancing act but not a tough act to follow when you keep the big picture in mind.

Strategy 2: Be Sensible!

Enjoy all foods, just do not overdo it. Eating is meant to be a pleasure. To enjoy foods that are higher in fat, salt, or sugar, just keep portion sizes sensible.

Strategy 3: Be Realistic!

Make small changes over time in what you eat and the level of activity you do. After all, small steps work better (and are safer) than giant leaps. All good things take time, including achieving a healthful lifestyle. Take it slow and watch those small steps add up to good health.

Strategy 4: Be Active!

Walk the dog, do not just watch the dog walk. Being physically active is a great way to burn off high-calorie treats. Plus, you will look better, feel better, and reduce your risk for heart disease, high blood pressure, diabetes, and osteoporosis.

Strategy 5: Be Adventurous!

Expand your tastes to enjoy a variety of foods. More than 15,000 new food products arrive on supermarket shelves each year, yet many people eat only eight or ten core foods most of the time. Expand your culinary horizons by trying foods you have not had before. You just might find some new favorites.

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"

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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 <u>800-698-2411</u> Hours: 24/7

Telecommunications Relay Services (using TTY) <u>711</u> Hours: 24/7

VA health care

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VA health benefits hotline <u>877-222-8387</u> Hours: Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

My HealtheVet help desk 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) <u>800-733-8387</u> Hours: Monday through Friday, 8:05 a.m. to 7:30 p.m. ET

CHAMPVA Meds by Mail <u>888-385-0235</u> Hours: Monday through Friday, 8:00 a.m. to 5:30 p.m. MT

866-229-7389 Hours: Monday through Friday, 8:00 a.m. to 5:30 p.m. ET

Foreign Medical Program (FMP) <u>877-345-8179</u> 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 Hours: Monday through Friday, 9:00 a.m. to 9:00 p.m. ET

MISSION Act 800-698-2411, Select 1 Hours: 24/7

Spina Bifida Health Care Benefits Program 888-820-1756 Hours: Monday through Friday, 8:00 a.m. to 7:00 p.m. ET

Caregiver support line <u>855-260-3274</u> 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 Hours: Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

GI Bill hotline <u>888-442-4551</u> Hours: Monday through Friday, 8:00 a.m. to 7:00 p.m. ET

Students outside the U.S. +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 Hours: Monday through Friday, 8:00 a.m. to 6:00 p.m. ET.

National pension call center

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

All other VA life insurance programs 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) <u>800-749-8387</u> Hours: Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

Burials and memorials

National Cemetery Scheduling Office <u>800-535-1117</u> Hours: Every day, 8:00 a.m. to 7:30 p.m. ET Headstones and markers <u>800-697-6947</u> Hours: Monday through Friday, 8:00 a.m. to 5:00 p.m. ET

Other VA support

Women Veterans hotline

Websites and Contact Info.

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

Debt Management Center (collection of nonmedical debts) <u>800-827-0648</u> Hours: Monday through Friday, 7:30 a.m. to 7:00 p.m. ET

Vets Center call center 877-927-8387 Hours: 24/7

White House VA hotline 855-948-2311 Hours: 24/7

Veterans Crisis Line <u>800-273-8255</u>, Select 1 Hours: 24/7

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.

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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 <u>http://www.specopsnet.org/faq.html</u>

To subscribe to the mailing list, complete the online form

at <u>https://lists.specopsnet.org/list/jobs.lists.specopsnet.org</u>. 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 <u>http://www.specopsnet.org/posting_jobs.html</u>

We do not sell or share the subscriber list nor will we every 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 <u>zak@specopsnet.org</u>. 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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