



November 2024

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 11

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2025 Reunion Reminder

The 2025 Reunion for the
Veterans of the 52nd and 6th Infantry Stationed in Bamberg

Monday to Friday
September 29th to October 3rd, 2025
In Fabulous Las Vegas!!



Plan Your Travel
Reserve Your Room
Tell a Buddy

The Veterans of the 52nd and 6th Infantry Regiments Stationed in Bamberg are pleased to announce our 2025 reunion.

We will gather in Las Vegas Monday to Friday, September 29th to October 3rd, 2025. Our reunion hotel is the Tuscany Suites and Casino, 255 E. Flamingo Road. They are offering \$79 a night room rate (plus tax) for the four nights without additional resort, parking, or internet fees.

In this document, we provide the information that we have now – a year in advance of the reunion. We will continue to update this information as our plan develops.

You should do the following things now:

- Plan your trip to Las Vegas
- Reserve your room
- Call a buddy and ask him to join you in Las Vegas.

Travel to Las Vegas

Air Travel –

- Las Vegas has outstanding regular air service from many US cities to Harry Reid International Airport (LAS).
- We selected our reunion dates (Monday to Friday, vs our traditional Wednesday to Friday dates) because airline rates are cheaper during the week than on weekends to Las Vegas – by 20-30% - opposite of what it is in most places.
- You probably don't need to rent a car in Las Vegas – the airport is a short taxi ride from the hotel, and the central location of our hotel means you can walk, take short taxi / Uber rides, or public transportation to get around.

Car Travel –

- If you drive, the reunion hotel offers free parking.

Reunion Hotel

Hotel Information

- We will gather in Las Vegas Monday to Friday, September 29th to October 3rd, 2025.
- Our reunion hotel is the Tuscany Suites and Casino, 255 E. Flamingo Road.
- They are offering a \$79 a night room rate (plus tax) for the four nights without additional resort, internet, or parking fees.
- The Clark County room tax is currently 13.38% - subject to change.
- The hotel also offers favorable rates for the days before and after these dates if you want to extend your stay (these are called shoulder rates.) The rates are
 - Sunday, September 28th - \$79 a night
 - Friday, October 3rd - \$195 a night
 - Saturday, October 4th - \$195 a night

Our History - Traveling Museum

As part of our corporate purpose, we are recording the history of our battalions during the cold war. To help us accomplish this we have started a Traveling Museum. Our goal is to have this museum at future reunions. It will also be an interactive museum. You, your family and others will be able to touch and try on different pieces of equipment that we used in our daily life as soldiers in the 1980's. We have a great start on items but are always looking for more. If you have any old items laying around and want to donate them please let me know. Also, you are more than welcome to bring items and display them during the reunion if you are not ready to part with them. Here are some of the items we have.



Needing Your Memories for Our History

In preparation for the Las Vegas Reunion 2025, we are collecting memories to share with your fellow soldiers. We want to hear your memories from your time in Bamberg. These can be of old friends and or experiences while in Germany. We will then incorporate all these memories together and make available to all members of our group. A few select memories will also be made into voice recordings. It is now anywhere from 30 to 50 years ago when we were young men serving in a cause that is now forgotten by many. But is it not forgotten by those who we served with.

Personally, I have many acquaintances who look back and say how they wish they had joined, but there was no need, and we must have had a great time in Germany just partying all the time. Germany was a great

place to serve, and we often talk about the great times when had when not in/on the field/exercises. Those who were not there do not know nor understand what those who were there serving were ready to give up while in uniform. We look forward to continuing to gather our memories of being a member of the "Ready Rifles".

Also, if you have any correspondence to loved ones from your time in Bamberg and would like to share, it will be great to hear your words from that time.

Contact Bill Bur to submit your memories and/or ideas of story at LMJWRB@msn.com

Below are a few examples, they do not have to be this long, even just a few sentences.

Letter Home, Wildflecken '84

Hi! Its been awhile hasn't it? I tried calling ya last night, but you were at work. I've only been back from Wildflecken a day and am still dead tired. You probably could find Wildflecken on a map because that's the name of the town we trained in. Well, I suppose you want to know what we did there.

First, we stayed in Tent City. It was 60, 30-man tents. They had showers and a dining hall. In tent city the discipline was so relaxed that you did not even have to salute officers. Also, we were up in some big hills, I called small mountains. For the first 2 days we had fog. This was the bean soup type of fog.

The first few days I had nothing but work details. I did everything from guarding tracks (APC) to washing pots and pans. We still worked a basic 8-5 job but some nights we worked overtime.

On the 13th we had a 12 KM (7 ½ mile) march with full ruck sac, LBE and heavy weapons. I was carrying about 125 pounds (almost my body weight). We had to do in under 2 hours to qualify and under 1 ¾ hours for an honorable rating. The beginning was easy because it was all downhill. The end part or last 4 miles was all up hill and I mean up. You might say it was hard. I fell way back out of the 8 people that started with me. Our Lt dropped back and coached me on! I ended up the 3rd finisher. It was a team effort, so really, we all crossed the line pretty much together. My squad leader or acting squad leader dropped out due to heat exhaustion. The finishers done it in 1 ½ hours. I'd say it was an ass kicker! After we finished, we had to shoot at some targets. It was dark by then and we were all so tired we didn't care if we hit any targets, but we got a few.

The next day our feet and legs were hurting. I popped 3 blisters the size of quarters on my heels! The first few steps that morning were killers but then the old infantry spirit came out and we drove on. Sorely but drove on.

They let me live fire a live claymore anti-personnel mine. It was fun and that's about it. A claymore is a mine that can kill anything up to 200 yards in front of it. It works like a high-powered BB gun because it has 750 BB's in it.

The rest of the time we just shot our weapons and played around. The last day there was the grand challenge, the Squad Tactics Course. The Squad Tactics Course is designed to be as realistic as possible. It's a ½ mile course, engaging targets. What we had to maneuver (march) through were cut down trees and logs with spikes in 'em. They left the branches on the trees so you couldn't really run through but fight through. Those spiked logs were everywhere.

We were the first to go through it that day and we almost made the honorable rating. We were graded on our roughness, shooting and teamwork. I got a "little" scratch on my neck from falling to close to a spiked log. Both my chines are bruised and torn to shreds but I must say it was the funniest course I went through. My Platoon Sergeant calls me combat Burt because of how I did it. I shot really well and even blew up a tank with a LAW at 150 meters. My squad leader forced me to the medics so that my neck wouldn't get infected so I'm good to go and ready for more.

The day we left, we got up at 3am and broke camp. Again, I was on a work detail and worked for 12 hours straight. I lifted more stuff than I ever thought possible. We loaded, unloaded a tone of weapons, 1 ½ tons of ammo and a ton of supplies. I tell ya my arms were hurting when I went to bed. But it was good army training.

Bill Burt

1st/HQ Platoon Delta Company 1st Battalion 52nd Infantry

Recollections of a “Cold War Soldier” Christmas 1984

We were in Hohenfels shortly before Christmas 1984. It was dark and cold, but not as cold as Graf would be a few months later. I remember the constant maneuvering and was glad I was not a driver. We didn't get much sleep out there, but those drivers and TC's seemed to be up all the time as we were constantly moving. Brian Whatley and I were selected to be an advance party prior to the Battalion returning to Bamberg. We were dropped off at a Mess Hall somewhere in Hohenfels and told to get a hot meal. This was a support unit Mess Hall. We walked straight in line and they refused to serve us until we cleaned ourselves up. We went to the latrine and looked in the mirror. We were covered in dirt and grime from the top of our head to our boots. We even had small branches inside our uniform from all the crawling we were doing in the field. We cleaned up the best we could, now that I think of it, I feel sorry for the person who had to clean that latrine it was a mess. We ate our meal, I do not remember what it was, but it was a hot meal and better than the MRE's we had been eating for days.

After the meal we went to wait at a highpoint and as I looked out all I saw were tanks, APC's, Artillery, and trucks for as long as I could see. I guess my mouth must have dropped in awe, it was an amazing sight, and I was looking at an awesome display of firepower. A grizzled older SFC was watching and walked over and said “That's an impressive sight isn't it?”, I responded “It sure is Sarge”, He then said in a way that made you think “The Soviets have 5 times that amount”, then he just walked away.

It was at that point I realized we not only had to be better than the Soviets, we had to be at least 5 times better.

Robert Pruitt

1st Platoon Delta Company 1st Battalion 52nd Infantry

Ft Benning – Introduction to Basic Training

I have always been an anti-establishment individual, it's not that I believe the establishment is wrong, I have just always questioned the rules. For as long as I can remember, I was bucking the system and creating havoc amongst authority figures. One of the first incidents is when I liberated the animals from the petting zoo while in Kindergarten. I can still see the teacher's running around attempting to recapture the animals while I was yelling “Be Free”. Throughout my K-12 grades I was a near straight A and Honor Roll student. However, I was constantly on the Principal's office not for awards and accolades but due to the constant struggle I had with authority. I did nothing criminal, but my struggle to accept the status quo and go along with the system kept me on their radar whenever something happened, like the teachers office desk being glued shut. However, I did learn to keep a low profile which would help me later on in life.

It is with this attitude I joined the Army, after a year attending College, which I enjoyed because I finally found a curriculum which I felt challenged me and met my interest. I figured I'd earn money while in the Military and find out what I would like to do in life.

I arrived at Ft. Benning Georgia to begin Basic Training on Veteran's Day 1983. This should have been my first clue to expect the unexpected and that the Army does not operate like the civilian world. I had expected to be met by the Drill instructors and hearing a bunch of yelling, just like in the movies. However, it was nothing like that.

Since it was a Holiday, we were just put in a barracks and told to wait. Some Cadre would check on us and take us to chow for meals and everything was pretty chill that first day. The next day we got our haircuts, went thru medical, and were issued our equipment and orders. We were told we would be transported to our respective Basic Training Companies the next morning. There was no yelling at all and I let my guard down, thinking this may not be as bad as I was expecting.

The next morning, as we were waiting to load up on the bus, we were reminded to take note of our assigned Basic Training Units and that we were going to Harmony Church to go thru Basic, which was not a bad sounding name. The first group was called to load up and it wasn't mine. They were instructed to fill up the bus from the back and to not leave any empty seats. Then we heard, “If your orders say B-9-2 get on they bus and do not leave any empty seats.” As this was my, Unit I did as I was instructed and noted that I was not with any of the guys I had met the past few days. The front of the bus was filled with guys going to the final group.

Thinking (I was to learn I should not think anything was obvious) we had at least one stop, I just take in my surroundings. We eventually left the main road and started down a dirt road where eventually I could see

some figures off in the distance. As we got closer, I could see the figures were laughing and slapping one another on the back and I thought to myself, "They do not look like bad guys." The only odd thing about them was most were really tall or really short in height.

As I sat in my seat expecting the group from the front to file off the bus I hear, "B-9-2 you have 10 seconds to get off the bus and 9 of them are already gone." From that moment onwards for the next three months life was a living hell. As we struggled to get off the bus climbing over duffel bags and suitcases, while trying to drag our own, we were called every name imaginable. Some of the names I had never heard before in life and struggled to comprehend what they meant. The only thing I knew was that by the tone each name was derogatory. Many of these terms would eventually become the common language of being in the Army.

As the first guy gets to the door, one of the taller Drill Sergeants grabs him by the face and pulls him out, and another Drill Sergeant grabs the next guy in the same manner and pulls him out. Struggling with my bags to work my way to the bus door and knowing we weren't moving fast enough I see an open window. I toss my small suitcase and duffel bag out the window then I dive out over the two guys sitting in the seats. I land on top of my bags, feeling I escaped the wrath of the Drill Instructors. I look up and one is in my face yelling and screaming, I can still see his red face and the spittle as he screamed at me to get on my feet.

They line us up in formation and just open up on us, and it seemed like they were everywhere. I don't know how I didn't fall on my face with my legs shaking so bad. I had friends who previously went thru Army or Marine Basic Training and their advice was never bring attention to yourself. I was at a point where I was pretty sure my legs would give out when someone from our group said something the Drill Instructors didn't like. As they all turned their attention towards him, I'm pretty sure I had never been happier in my life, as it allowed me a moment to regroup and get over my introduction to Basic Training. I knew at that moment I would do everything the Drill instructors told me without question.

I only had one personal interaction with a Drill Instructor during Basic Training, he surprised us and in my rush to lock my wall locker I did not lock it properly and thus the lock was hanging loose. I think he liked me since I didn't cause waves or trouble because he said in a low voice "if you ever leave a wall locker unlocked again I will take you in the woods and kick your ass", then he ordered me to drop and do 20.

Personally, I don't have fond memories of Basic Training, it was not a pleasant time for me. Your only respite was when you were asleep and even that was not guaranteed. We didn't even have a break between Basic and AIT, because, as per the Drill Instructors, we hadn't earned our blue cords as yet. I didn't expect Basic Training to be easy, fun, or anything nice and by the time AIT started I just took it day-by-day to day to get through. In actuality, it was the guys you went thru the experience with who helped you get thru Basic. Quite a few of these men would go to serve in the Ready Rifles, to name a few Juarez in Alpha Company, O'Kelly in Bravo, Martell in Charlie, and Delta's own Whatley. After all these years I take pride in the fact I was able to earn that blue cord as an infantryman. I was fortunate enough to go on to college (after a change in my major) after my time in the Army and earn a few degrees, however, they pale in comparison to earning that blue cord at Ft Benning. College was easy.

Though I am still a bit anti-establishment and accept I always will be, I still question the rules, I have a better perspective. It is from my days in the Army where I experienced camaraderie and esprit de corps as a unit I have not seen since. It was an experience that opened my eyes and it was not about the individual but about the unit as a whole and I am grateful to have served with such fine men one and all.

Robert Pruitt

1st Platoon Delta Company 1st Battalion 52nd Infantry

Gettysburg Address

<https://www.loc.gov/resource/rbpe.24404500/?st=text>

President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery.

Delivered at Gettysburg, Pa.

Nov. 19th 1863.

“Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal. “Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this. “But in a larger sense we cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead, who struggled here have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember, what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us, that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion, that we here highly resolve that these dead shall not have died in vain, that this nation, under God, shall have a new birth of freedom, and that government of the people, by the people, for the people, shall not perish from the earth.”

November Dates of Interest

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

November 2, 1962 - During the Cuban Missile Crisis, President John F. Kennedy announced on TV, "the Soviet bases in Cuba are being dismantled, their missiles and related equipment being crated, and the fixed installations at these sites are being destroyed."

November 4, 1862 - Richard Gatling patented his first rapid-fire machine-gun which used revolving barrels rotating around a central mechanism to load, fire, and extract the cartridges.

November 4, 1942 - During World War II, British troops led by Bernard Montgomery defeated the Germans under Erwin Rommel at El Alamein after a twelve-day battle.

November 4, 1979 - About 500 young Iranian militants stormed the U.S. Embassy in Teheran, Iran, and took 90 hostages, including 52 Americans that they held captive for 444 days.

November 5, 1911 - Aviator C.P. Snow completed the first transcontinental flight across America, landing at Pasadena, California. He had taken off from Sheepshead Bay, New York, on September 17th and flew a distance of 3,417 miles.

November 7, 1944 - President Franklin D. Roosevelt was elected to an unprecedented fourth term, defeating Thomas E. Dewey. Roosevelt died less than a year later on April 12, 1945.

November 7, 1989 - The East German government resigned after pro-democracy protests.

November 8, 1942 - Operation Torch, the Allied landings in North Africa, began as 400,000 soldiers under the command of General Dwight D. Eisenhower landed at Morocco and Algeria.

November 9, 1989 - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961.

November 11th - Celebrated in the U.S. as Veterans Day (formerly called Armistice Day) with parades and military memorial ceremonies.

November 11, 1918 - At 5 a.m., in Marshal Foch's railway car in the Forest of Compiègne, the Armistice between the Allied and Central Powers was signed, silencing the guns of World War I effective at 11 a.m. – the 11th hour of the 11th day of the 11th month. In many places in Europe, a moment of silence in memory of the millions of fallen soldiers is still observed.

November 11, 1972 - The U.S. turned over its military base at Long Binh to the South Vietnamese, symbolizing the end of direct American military participation in the Vietnam War.

November 13, 1942 - The five Sullivan Brothers from Waterloo, Iowa, were lost in the sinking of the cruiser *USS Juneau* by a Japanese torpedo off Guadalcanal during World War II in the Pacific. Following their deaths, the U.S. Navy changed regulations to prohibit close relatives from serving on the same ship.

November 15, 1777 - The Articles of Confederation were adopted by Continental Congress.

November 16, 1933 - President Franklin D. Roosevelt announced the U.S. and Soviet Russia had resumed diplomatic relations, suspended since 1919.

November 17, 1800 - The U.S. Congress met for the first time in the new capital at Washington, D.C. President John Adams then became the first occupant of the Executive Mansion, later renamed the White House.

November 18, 1916 - During World War I, Allied General Douglas Haig called off the First Battle of the Somme after five months. The Allies had advanced 125 square miles at a cost of 420,000 British and 195,000 French soldiers. German losses were over 650,000 men.

November 19, 1493 - Puerto Rico was discovered by Columbus during his second voyage to the New World.

November 19, 1863 - President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery. Famed orator Edward Everett of Massachusetts preceded Lincoln and spoke for two hours. Lincoln then delivered his address in less than two minutes. Although many in attendance were at first unimpressed, Lincoln's words have come to symbolize the definition of democracy itself.

November 19, 1939 - Construction of the first presidential library began as President Franklin D. Roosevelt laid the cornerstone next to his home in Hyde Park, New York. Roosevelt donated the land, but public donations funded the library building which was dedicated on June 30, 1941.

November 19, 1942 - The Russian Army began a massive counter-offensive against the Germans at Stalingrad during World War II.

November 19-20, 1990 - The Cold War came to an end during a summit in Paris as leaders of NATO and the Warsaw Pact signed a Treaty on Conventional Forces in Europe, vastly reducing their military arsenals.

November 20, 1917 - The first use of tanks in battle occurred at Cambrai, France, during World War I. Over 300 tanks commanded by British General Sir Douglas Haig went into battle against the Germans.

November 20, 1943 - The Battle of Tarawa began in the Pacific War as American troops attacked the Japanese on the heavily fortified Gilbert Islands. It took eight days for the 5th Amphibious Corps, 2nd Marine Division and the 27th Infantry Division to take Tarawa and the Makin Islands. Over 1,000 Americans were killed with 2,311 wounded. The Japanese lost 4,700 men.

November 20, 1945 - The Nuremberg War Crime Trials began in which 24 former leaders of Nazi Germany were charged with conspiracy to wage wars of aggression, crimes against peace, war crimes, and crimes against humanity.

November 20, 1962 - The Cuban Missile Crisis concluded as President John F. Kennedy announced he had lifted the U.S. Naval blockade of Cuba stating, "the evidence to date indicates that all known offensive missile sites in Cuba have been dismantled."

November 22, 1935 - Trans-Pacific airmail service began as the China Clipper, a Pan American flying boat, took off from San Francisco, reaching the Philippines 59 hours later. The following year, commercial passenger service began.

November 22, 1943 - The Cairo Conference occurred as President Franklin D. Roosevelt, British Prime Minister Winston Churchill, and Chinese Nationalist leader Chiang Kai-shek, met to discuss the war in the Pacific against Japan.

November 22, 1963 - At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

November 24, 1992 - The U.S. military departed the Philippines after nearly a century of military presence. In 1991, the Philippine Senate had voted to reject a renewal of the lease for the American military base.

November 25, 1783 - At the end of the Revolutionary War, the last British troops left New York City.

November 25, 1963 - Three days after his assassination, John F. Kennedy was buried with full military honors at Arlington National Cemetery.

November 26, 1789 - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic.

November 28, 1943 - The Teheran Conference began, attended by President Franklin D. Roosevelt, British Prime Minister Winston Churchill and Soviet Premier Josef Stalin. Among the major topics discussed, a second front in Western Europe, resulting in D-Day, the seaborne invasion of Normandy in northern France on June 6, 1944.

November 29, 1929 - American explorer Richard Byrd and Bernt Balchen completed the first airplane flight to the South Pole.

November 30, 1782 - A provisional peace treaty was signed between Great Britain and the United States heralding the end of America's War of Independence. The final treaty was signed in Paris on September 3, 1783. It declared the U.S. "...to be free, sovereign and independent states..." and that the British Crown "...relinquishes all claims to the government, propriety and territorial rights of the same, and every part thereof."

Medal of Honor

MEDAL OF HONOR RECIPIENT UNKNOWN SOLDIER

<https://www.cmohs.org/recipients/unknown-soldier-of-united-states-3>

Rank:

Conflict/Era: Korean War

Military Service Branch: Unknown

Medal of Honor Action Date:

Medal of Honor Action Place:

AN ACT TO authorize the President to award the Medal of Honor to the unknown American who lost his life while serving overseas in the Armed Forces of the United States during the Korean War.

Be it enacted by the Senate and House of Representatives of the United States of America assembled, That the President is hereby authorized and directed to award, in the name of Congress, a Medal of Honor to the unknown American who lost his life while serving overseas in the Armed Forces of the United States during the Korean conflict, and who will lie buried in the Memorial Amphitheater of the National Cemetery at Arlington, Virginia, as authorized by the Act of August 3, 1956, Public Law 975, Eighty-fourth Congress. Approved August 31, 1957, Public Law 85-251, Eighty-fifth Congress.

All four of the U.S. Unknown Soldiers have been presented a Medal of Honor in recognition of their sacrifice and the sacrifices of all who serve the country.

In addition, following World War I, the U.S. Congress passed special legislation allowing the Medal of Honor to be presented to the Unknown Soldiers of some of the U.S.'s allies from that war. Thus, the Unknown Soldiers of Belgium, France, Great Britain, Italy, and Rumania [Romania] all are listed as Recipients of the Medal of Honor. This is the only time members of a foreign country's military have been awarded the Medal of Honor.

Helping Veterans manage holiday stress

Focus on your mental health and keep stress levels in check

December 19, 2022

Matthew Miller

Executive director, VA Suicide Prevention, Office of Mental Health and Suicide Prevention

<https://news.va.gov/113447/helping-veterans-manage-holiday-stress/>

They come every year whether we're ready or not... the holidays. The holiday season is marketed as "the most wonderful time of the year," but it can also be one of the most stressful times of the year. Purchasing

gifts, preparing special recipes, decorating inside and out, and attending large family or social gatherings can be expensive, exhausting, hectic and overwhelming.

While there are many environmental and life factors that can increase stress, this time of year can highlight mental health concerns, like depression and anxiety, as it can be a time of self-reflection, loneliness and sadness. Specifically for Veterans, the holidays can enhance difficulties adjusting to civilian life, exacerbate posttraumatic stress disorder symptoms, put a focus on certain dates or anniversaries, and induce guilt.

However overwhelming this season can be, there are ways to focus on your mental health and keep your stress levels in check over the next few weeks.

Recognizing symptoms of depression and anxiety

The holidays are notorious schedule interrupters. If you have time off from work, you may stay up late and miss your usual workout. Parties usually offer a variety of food and drink you may not usually consume. Trying to squeeze in a multitude of obligations can leave you feeling worn out.

All of these things can make it difficult to take care of ourselves and increase the chance of ignoring our mental health.

Here are some of the symptoms of depression:

- Fatigue
- Irritability
- Difficulty sleeping
- Headaches
- Excessive drinking
- Overeating

Here are some of the symptoms of anxiety:

- Feeling restless, wound up, or on edge
- Being easily fatigued
- Having difficulty concentrating
- Being irritable
- Having headaches, muscle aches, stomachaches or unexplained pains
- Difficulty controlling feelings of worry
- Difficulty falling or staying asleep

People cope with stressful situations in different ways and can often work through them. If you feel like you might be heading toward a crisis, VA or community-based services could help. Take a confidential, anonymous risk assessment to see if stress and depression might be affecting you.

Causes of holiday stress

Often, tension-inducing situations revolve around three things:

- Relationships: Misunderstandings or conflict can be an issue, and if you're unable to be with your family and friends, you can feel lonely.
- Finances: It's easy to get caught up in spending too much on gifts, travel, food and entertainment, especially when the holidays add pressure and unrealistic expectations.
- Physical demands: There's no shortage of things to do... shopping, social gatherings, preparing meals and hosting house guests.

Coping and managing holiday stress

Here are some tips:

- Manage expectations: Learn to say "no." You can't be everything to everyone. Setting boundaries is normal and healthy.
- Look toward the future: The end of the year is naturally a time for reflection, but try to focus on the future, not the past.
- Do something for someone else: Serving others was likely one of the reasons you joined the military. You can continue to serve once you're out. Look around your community. Chances are, volunteers are needed for a variety of good causes.

- Look for free activities to enjoy: Take your dog for a walk, play board games with friends, or join a book club.
- Understand perfection doesn't exist: At this time of year, social media explodes with pictures of seemingly perfectly cooked meals, loving families and gifts that look like they took hours to wrap. Don't compare yourself to others. The reality behind these images may be quite different from what you see on the screen.
- Set differences with others aside: Focus on forging healthy connections.
- Make a budget: There are usually increased financial demands this time of year. Plan to make a budget and stick to it.
- Plan ahead, make lists, schedule activities in advance: There's only so much time in a day. Don't pack too much into a short amount of time.
- Try to keep up healthy habits: Find ways to stay active and if you're going to be drinking or around substances, consider decreasing use.
- Reach out for help if you're starting to feel overwhelmed: No matter what you're experiencing, we're here to connect you with resources and support systems. Even if you're not enrolled in VA health care or benefits, our resource locator can help you.
- Be flexible and give yourself a break when you need it: Sometimes plans change, presents don't get delivered on time, or loved ones aren't able to visit. Try to remain flexible and adapt when situations don't fit your expectations. Give yourself time to make decisions, take a breather, or take some time away from others when you do need it. Remember that it's ok to feel things as they happen. Learn from them and move forward.

You're not alone

Please use this information to have a safe and healthy holiday season. If you need help this month or any time of the year, the Veterans Crisis Line is here for you 24 hours a day, 7 days a week and 365 days a year.

Contact the Veterans Crisis Line to receive confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, dial 988, then press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255.

Merchandise for Sale:

Unit Crest Hats, Coins, and Coasters for Sale



Hats \$20
Coins \$10
Coasters \$12.50



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 52nd and 6th Infantry Gear



Bill Burt has information on the purchase of 52nd and 6th 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:+1918-781-5678) 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/>.