

The BOBCAT Bulletin

5th INFANTRY REGIMENT ASSOCIATION, Inc.

For all who ever served with the "5th Infantry Regiment" US Army's 3rd Oldest Regiment - Established 1808

"BOBCATS"

Winter 2017 Web Page Address: http://www.bobcat.ws/ Volume IV

Granite Ranch - Veteran's Heaven

During the first week of November some of our members were invited to Granite Ranch (GR) in central Texas.

"Granite Ranch is owned and operated by Ronnie Rains. The former owners were Jim and Macy Chionsini who purchased the ranch incrementally over the past nine years. Virtually all of the improvements have been placed on the ranch during



that time frame while some older improvements have been renovated and preserved. The on-going improvements have been done in good taste and add to the natural beauty, charm, and utility of the ranch. Entertainment opportunities abound and range from a 9-hole lighted golf course, a 6-hole putting green, wildlife viewing of both native and exotic game, catch and release bass fishing in the 5-acre lake and Maynard Creek, and on occasions simply leaning on the bar in Marlintail Saloon and listening to the dance music originating from the adjacent bandstand. One thing for sure, when you are on the Granite Ranch, the water is clear, the air is fresh,

and the views are breathtaking.

(See GR on page 2)

2018 Reunion - Norfolk, Virginia

Tuesday May 15th - Sunday 20th 2018
The DoubleTree by Hilton
\$99 Single / Double per night

(See Norfolk on page 14)



HOLD THIS DATE - BOOK EARLY!!

BOBCAT WINTER SOCIAL

FEB. 8, 2018 to FEB. 11, 2018

(RATES SAME FOR LONGER STAY)
INCLUDES: FREE PARKING & SHUTTLE TO AREA
ATTRACTIONS
(Other Amenities Possible)

New Location

Hollander Boutique Hotel St Petersburg

421 4TH AVE North, St. Petersburg, FL



The Hollander Hotel is located in the heart of downtown St. Petersburg and is in walking distance of restaurants, shops and attractions. We are centrally located near the Salvador Dali Museum, The St. Petersburg Pier, Museum of Fine Arts, The Mahaffey Theatre, Tropicana Field and St. Petersburg Beach. Our new hotel in downtown St

(See Social on page 21)

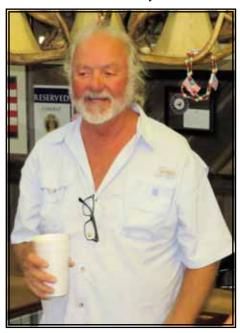
"I'll Try Sir"

(GR from page 1)

Granite Ranch is one of the most accessible, yet remote retreats in one of the most scenic places on earth! "

This was the second time that some of our members were invited to the ranch. Those invited were mostly Bobcats who fought in the Ben Cui battle in 1968. Approximately 25 members and spouses were lucky enough to be invited and to attend. Everything (food, beverages, snacks) you needed to have a great time was provided. Also in attendance was Michael Thornton who was awarded the "Medal of Honor" for bravery in Vietnam.

Ronnie Rains who himself is a Vietnam Veteran and an Honorary member of our association is a very successful



businessman in the oil industry. We are not the only group to be invited. He on a regular basis invites Veterans, especially those with disabilities, to the ranch.

Ronnie Rains was the moving force that had a post office and middle school in Odessa Texas named after Marvin (Rex) Young a Bobcat who gave his life saving others and was awarded the Medal of Honor for his sacrifice.

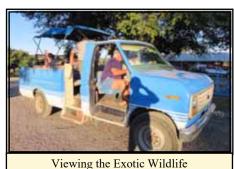
He flew in his private jet all who wanted to Odessa where we visited the grave site of Rex Young and the school named after him.

I know I speak for all in attendance in expressing heartfelt gratitude to Ronnie and his close friend Lori who went out of their way to make sure we all had a wonderful time.



Collection of Antique Cars



















PRESIDENT'S CORNER



While reading our wonderful Bobcat Bulletin (fall 2017) I took interest in the article written by Jeff McGrath about benefits Vietnam Veterans so richly deserve.

I too thought, the men with wounds more severe than mine needed the attention more than me. Until it was explained to me, there were benefits meant for me also. In 1969 after coming home, I went to the Philly V.A. and was awarded 20% for wounds received.

I went on with my life, getting married to the most beautiful woman on earth and started my family. Got a job, partied and life returned to normal, or so I thought.

It wasn't until I was talking with other veterans and told my story about the Battle of the Ben Cui, a friend suggested I go back to the V.A. for an upgrade.

I sat down with the service officer at our County Veterans office. She explained why I should pursue having my benefits increased. When the paperwork arrived I found it very confusing, so I paid her another visit.

She walked me through all the hassles, of the ton of paper work, the V.A. sent. I was helped through the process.

I went for an appointment with a psychologist and was told, as I sat by the side of his desk, that he was there to help me. WOW, that statement surprised me. I had written about my stressor, the battle of the Ben Cui, and within 2 weeks my disability went from the 20% in 1969 to 80% in 2008.

The next visit to the County V.A. office, the service officer said, now

we're going for 100%. About 8 months later I was approved for 100%

After that, it was explained to me, that we were applying for P&T. I asked, what the hell is P&T.P&T is permanent and total disability, unable to work. There had been a couple issues that happened at work. It took exactly 1 year to the date that I was approved for the P&T.

This all proved to me the system does work, but the V.A. won't come looking for you. You need to take those first steps to secure your benefits. To the veterans, and I don't care what war, don't ever give up on obtaining what is rightfully yours.

I know it can be frustrating at times, but don't ever give up. Make your local veterans office work for you. That's what they get paid to do.

Never ever give up. We didn't give up 50 years ago, so don't start now.

In closing I wanted to mention we had some new Bobcats join us at Granite Ranch this year, for the Ben Cui reunion, Frank Harvey, Fred and Carolyn Deverse and General Anderson. Everyone had a wonderful time and I hope they will be writing to the Bobcat Bulletin and offering up pictures and their stories.

To all my brothers and sister veterans and their families, please have a VERY MERRY CHRISTMAS and HAPPY NEW YEAR.

Tom FramePresident
5th Infantry Regiment Association

GO EAGLES!!!!



Lobby of Wilson Young Middle School

5th Infantry Association

President - Tom Frame
Vice President - George Chavez
Treasurer & Quartermaster - Jim Caudle
Secretary & Membership - Paul Robinson
Historian - Sam Kier
Media (Newsletter) Editor - Fred Deverse
Webmaster - Randy Kethcart
Past Presidents - Robert (Bob) Wood and
Bart Stanzione
Bobcat Board of Directors consists of the

Bobcat Board of Directors consists of the above and the following 5 elected directors:

Jon Blickenstaff Andy Gimma
John Snodgrass George Bates
Jon Cartwright

Chaplain (Appointed) - John Snodgrass

Reminder!

- **1.** Notify Paul Robinson about changes in address and phone number etc.
- 2. Check your membership If there is a **red** 17 on the address label after your name, your dues expires 31 DEC 17. Please renew now!

Reunions

HONORED BOBCAT MEMBERS

Honorary Colonel of the Regiment Andy Anderson (MG-R) Honorary Command Sergeant Major of

the Regiment
George Chavez (MSG-R)

Distinguished Members of the Regiment

SSG Eddie Barba(1/5), Jon Blickenstaff, Joe "Red" Burdick, Jon Cartwright, Jim Caudle, Fred Deverse, James Garner, Ron Henry(1SG-R), Randy Kethcart, Sam Kier, Ralph Laubecher, Denis McDonough, Victor Mercado (CSM-R), SGT John Paul Morgan 2/5, Daryl Niles (CSM-R), Jerry Peal, Paul Robinson, Roger Smith, John Snodgrass (MAJ-R), Bob Wood (COL-R), Bart Stanzione

Honorary Members of the Regiment Sue Caudle, Carolyn Deverse, Shannon Henry, Carolyn Kethcart, Teri Tringali Robert of the Veer

Bobcat of the Year

Roger Smith 03, Ron Henry (1SG-R) 04, Denis McDonough 05, Randy Kethcart 07, Hank Engelke 08, Gary Young 09, Joe "Red" Burdick 10, Paul Moir 11, Bart Stanzione 12, Jerry Peal 13, Jim Caudle 14, Sam Kier 15, Ed Kawczynski 16, Carolyn & Randy Kethcart 17

The **red** numbers after your name on the address label tells what year your dues expires. Need to renew?

ROSTER The Denis McDonough MORNING REPORT

Additions, Changes & Corrections

The information provided below is new since the last Newsletter was printed.

(Please let us know when any of your information like phone #, address or E-mail address changes or is incorrect. Contact Paul Robinson at:

paulandjulier@gmail.com or PO BOX 569, Frankfort MI 49635-0569 or 231-651-0052

E-mail Changes & Additions:

>>> If your E-mail address changes you need to notify us if you want to continue to receive Chapter E-mails and to have your correct E-mail address on the roster.

Lost Members:

We have no information on these members. Please contact us if you have information.

Anderson Jr., John "Andy

McFadden, Terri -

Roster Changes/Corrections:

Brady, COL Ed - Address change 368 Reasoner Road Honolulu, HI 96819 CDR 2/5th 2/13-2/15

*"I wanted to send along our new mailing address. Ed moved from Jerusalem to Hawaii. He is working at Fort Shafter."

Patricia Brady

DuFault, Peter - Address change 3517 Road 84 TRLR 123E Pasco WA 99301-1699

Bubas, Alexander J. - Address change 7505 Broad Creek CIR Seaford DE 19973-4216

Clemmer, Ronald P. - Address change 3013 Hunters Glen DR Plainsboro NJ 08536-2924

Harper, Milton - Address change PO BOX 25232 Durham NC 27702-5232

McMillan, Thomas S. - Address change 2015 6th AVE SPC 230 Clarkston WA 99403-1542

Wertz, Ernie - Address change 441 Walnut Neck RD Saluda SC 29138-7373

Diaz, Jenny - Address change

1329 S Southersby DR Mustang OK 73064-1255

New Members:

No new members

Taps:

Jones, Merriweather - Of Albany OR (C & HQ Companies 67-68) A SGT/ Squad Leader in Vietnam died 21 OCT 17 at the age of 87. We send our condolences to his wife Catherine.

"A good man has passed on, Merriweather Jones. My squad leader, taught me how to keep my head out of my butt." - Andy Gimma

"After high school, he enlisted in the United States Army where he served in the 5th Infantry Regiment, 25th Infantry Division for twenty-one years before retiring in 1971. During this time he married and had four children.

Upon leaving the Army, he went to work for the State of Oregon as a psychiatric aide at the institution for the developmentally disabled. There he met his second wife, as they were assigned to the same training class and work site.

*See Pictures of Merriweather on Page 8.

Taylor, Russ from Harrison AR, as reported by David Daugherty died on 27 NOV 17. Russ served in C Co. 3rd & 4th PLT 67/68. We send our condolences to his wife Stephanie.

Illnesses:

I am aware of that some of our members are experiencing serious health issues. Please keep them in your thoughts and prayers.

Words of Wisdom

"This is as true in everyday life as it is in battle: we are given one life and the decision is ours whether to wait for circumstances to make up our minds, or whether to act, and in acting, to live."

"Bravery is the capacity to perform properly even when scared half to death."

"I am convinced that the best service a retired general can perform is to turn in his tongue along with his suit and to mothball his opinions."

-Omar N. Bradley (A 5 Star General)

Coin For Sale

It was decided that we should design a new updated challenge coin. A committee was appointed made up of Sam Kier, Bart Stanzione and Jim Caudle. They along with Randy Kethcart came up with a new coin pictured below.

5th Infantry Regiment Challenge coin is 2 inches in diameter. It is made from brass and has a diamond cut twisted edge. Both sides are in color with a clear epoxy finish.

The price, which includes shipping, for this coin is \$10.50. You can purchase the coin online on our Website at:

http://www.bobcat.ws/quartermaster.html



Or you can send a check made out to "5th INF ASSN" to:

Jim Caudle / 5th INF ASSN 1501 Baychester AVE Norfolk VA 23503



Are You Getting This Newsletter by E-mail?

If you did not receive this newsletter in an E -mail that means we do not have your "correct" E-mail address. Please send your E -mail address to me at:

fpd@bobcat.ws

Members' Comments, Letters, E-mails & Information

Please send me your thoughts, comments, impressions, criticisms & suggestions etc. along with pictures for "your" Bobcat Bulletin!

MOH Recipient Saves Life of Another MOH Recipient

Fred,

"The article in the Bobcat Bulletin about Tom Norris was good, but incomplete.

Six months after this heroic event for which he earned the Medal of Honor, Norris was sent on a dangerous special reconnaissance mission that would take him deep into enemy territory. On this mission, he was with Navy Seal Petty Officer Mike Thornton and a Vietnamese team of Seals. They engaged a vastly superior force and Lt. Norris was severely wounded; a bullet entered his left eye and exited the left side of his face. The Vietnamese Seals thought he was dead and left him there so they could themselves retreat. Thornton, under heavy fire, fought his way back to rescue his officer. Thornton's act of courage marks the only time in modern history that the Medal of Honor has been earned by one soldier for saving the life of another Medal of Honor recipient.

Tom Norris and Mike Thornton together wrote a book about this event called "By Honor Bound", published by St. Martin's Press, NYC, NY"

Gary Young

Picture Used in PBS Special on the Vietnam War

Fred:

"Karl Karlgaard reports that two of the photos he took in Vietnam appear in Episode 7 of the Ken Burns/Lynn Novick documentary of the Vietnam War that recently aired on public television stations.

His photos appear about 15 minutes into the episode during a segment featuring Vincent Okamoto, who was acting company commander of Bravo Company, 2nd Battalion, 27th Infantry Regiment "Wolfhounds" of the 25th Infantry Division. In the episode, Okamoto talks about the battle at Fire Support Bast

Schofield on the night of August 24, 1968. Okamoto was put in for the Medal of Honor for his heroism during the battle, but it was downgraded to a Distinguished Service Cross. The photographs used in the documentary, more information on the battle, and Karlgaard's experience in returning to the site of the battle in 2009 may be found on his website at http://www.karlgaard.net.

Karlgaard reports that he was on the combat assault into the site of the base and worked furiously with the others to put together bunkers and string concertina wire, but then his platoon was sent out on the nightly ambush. In the middle of the night they heard movement all around them as a huge force of NVA regulars were moving to attack the base.



It was much too large a force to ambush, so they called in mortars and artillery on the enemy soldiers moving toward the base.

Karlgaard was drafted and sent to Ft. Lewis in 1968 for basic and infantry training. Along with almost everyone else in his AIT company, he got orders for Vietnam. He arrived in country the day before his 21st birthday in July 1968. Happy Birthday!

He was assigned to Bravo Company and arrived in the field in mid-September, when his company was working with 1/5 Bobcats around the Michelin Rubber plantation near Dau Tieng. His first month was spent as a rifleman, then his platoon leader asked him to be an RTO. He did that for about four months, then became a correspondent. He spent the last 10 months of his tour taking photos and writing stories for the "Tropic Lightning News" and other army publications

Nearly two dozen of Karlgaard's photos also appear in the book "Vietnam Album," authored by Chris Burns. This excellent book on the Vietnam War features about 500 photographs taken by

correspondents from the 25th Infantry Division. Burns was in charge of publications for the Division in 1968-69, and received an award for producing the top publication in the Army in 1969 for the Division's yearbook. Many of Karlgaard's photos were used in this publication.

One of Karlgaard's photos from Vietnam was also used for the background art for the DVD for Episode 7.

Karl Karlgaard 2/27th INF 7/68-10/58

*Karl is active with the Jerry Peal's 25th Infantry Division southwest state of Washington Organization. In the past he has sent me pictures of their activities.

"Three Dead In A Well"

Hello Fred,

"I have a comment about the below short story." (In the last newsletter) "Three Dead In A Well' By Frank Goins

"One afternoon in March 1968, at the Fil Hol, I saw some guys from Bravo Co. standing around in a circle. A couple of us from Alpha Co. went over to see what was going on and watched them lower guys into a well. They weren't coming up. The last guy they lowered down brought up the limp body of one of the Bravo Co. grunts. He was lowered down again and brought up another, then again bringing up another limp body. All three of the guys he brought up were dead. I never did find out what happened to them, but they weren't wet and there wasn't a mark on any of them."

"I arrived in March to Co. B just after this had happened, so there was still talk of it. The reason a trooper was sent down was that a dry well might just be the entrance to a tunnel. Later in my tour wells with water received a grenade to either destroy ammo or arms and to kill fish as they were used to store live fish for the VC. I was told the soldiers died because they first threw down a grenade which broke a glass vial of nerve gas left over from the French as

(See Comments on page 6)

Treasurer's Report

3rd Quarter Financial Report (1 July - 30 September 2017)

July 2017:	
Income:	
Membership Dues	\$100
Quartermaster (Hats etc.)	\$88.75
TOTAL	\$188.75
Debits:	
Postage (Sum. Newsletter)	\$174.67
Printers (Sum. Newsletter)	\$580
Bank Service Charge	\$4.00
Donation 1/5th Headquarters Project	\$500
Fact Finding Mission 2019 Reunion	\$101.31
TOTAL	\$1359.98
August 2017:	
Income:	
Membership Dues	\$350.00
Quartermaster Sales	\$127.00
Donations	\$100.00
ABQ Reunion (Tours Etc.)	\$4704.00
TOTAL	\$577.00
Debits:	
Bank Service Charge	\$4.00
Fact Finding Mission DC Reunion	\$325.38
TOTAL	\$329.38
September 2017:	
Debits:	
Quartermaster Purchases	43.92
Bank Service Charge	\$4.00
Donation - 25th IDA Scholarship Fund	\$1500
Fall Newsletter - Printing	\$394.50
Fall Newsletter - Postage	\$179.90
Postage - Quartermaster	\$92.35
TOTAL	\$2214.67
Assets:	
Checkbook Balance	\$8340.64

Business Account - Savings \$56747.75

TOTAL

\$65088.39

Treasurer/Quartermaster *Jim Caudle*

Donations to the Association

We are a 501c19 organization. Donations to our Association are tax-deductible.

Ronald Baehr - Hospitality room \$50

Chester Johnson -Hospitality Rm \$50

John Pughe - General Fund \$100

Kenneth McKenna - Hosp. Rm. \$25

Your name could be here.

Wishing consumes just as much time and energy as planning does Worrying consumes more.

Never do anything when you are in a temper, for you will do everything wrong.

-Baltasar Gracian

\$\$\$

(Comments from page 5)

they dropped them in wells.

At this late date I have my doubts about that story and here is why. Much later in my tour we were clearing jungle with Rome Plows around Dau Tieng and found an underground storage bunker. We threw in two grenades before our tunnel rat Cosma crawled in. We only heard him for a few seconds then silence. He was only in maybe 6' and was dragged out. He wasn't breathing yet semi aware and his lips were going blue. We had to keep yelling at him to breath, this went on for a while til a dust off came in. For some reason his involuntary action of breathing was stopped and all I can figure is the enclosed space and whatever gas was generated by the C4 in the grenades got to him. He was fine a few hours later.

I wonder what the official report was on the three KIAs?"

Wayne Grindstaff

I Knew I Could Be Killed

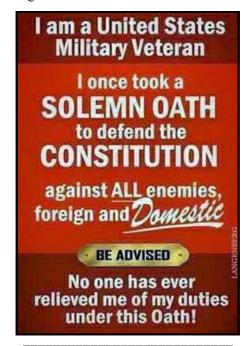
"I knew that I might have been killed going to Vietnam, I served with the Best

> Reconnaissance Platoon 1st Battalion 5th Infantry 25th Infantry Division Vietnam 67 - 68

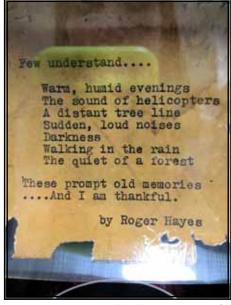
I believe every person who voluntarily joins the military knows either he may be deployed to hostile territory and may be wounded or killed.

Sam Alvarado

* Sam also posted on Facebook the red sign below



Roger Hayes posted the picture below on Facebook.



(See Comments on page 8)

Oldest Infantry Unit on Active Duty in 8th Army

5th INFANTRY REGIMENT (1808)

"Stan Baker, George Chavez and I visited the Ft. Sam Houston museum and the current historian found these for us.

The first page is a 1952 "Birthday Honor Series" for the 5th Infantry Regiment that the museum had in their files. Sorry but that's the best copy that Office Depot could get from the original page.

The second page is an Army "Return" (roster) for F Company who was stationed at Ft. Sam in 1891. It also shows the stations where the other companies (A-H) were assigned and the names of the personnel assigned to each company. At the top of the page it states our colonel at that time was Col. Osborne.

The museum historian found this page at Ancestry.com. See the bottom of the page for the website address. She said the U. S. Archives is now putting all military historical items on Ancestry.com.

Also, https://www.army.mil/article/166695 has some history of the Bobcats, some of which I don't remember reading about before. For example: The 5th Infantry Regiment captured Chief Crazy Horse (Sioux), Chief Joseph (Nez Perce) and Chief Lame Deer (Lakota) after their tribes had banded together and defeated Custer and his men."

Gary Young

May 1952 Birthday Honor Series (Eighth Army)

Oldest Infantry Unit on Active Duty in 8th Army

5th INFANTRY REGIMENT (1808)

"This distinguished outfit was formed near Detroit in 1815 by the consolidation of six existing regiments, its new number indicating the relative rank of its colonel among the commanders of the eight regiments newly formed. One ancestor was the 4th Infantry; the other regiments consolidated were the 9th, 13th, 21st, 40th and 46th. Thus the 5th Infantry shares with the 2nd Infantry the distinction of being the third oldest infantry regiment of the United States Army, for both had ancestors organized in 1808 when the threat of war led Congress to expand the Army.

The 5th Infantry took over the rich

traditions of all these units. It was the commanding officer of the 21st Infantry who, asked if his regiment could carry a British Battery at Lundy's Lane in 1814, replied "I will try, sir," and smartly did so. These words remain the motto of the 5th Infantry, and the seven captured cannon on its distinctive insignia are also there in commemoration of the same battle.

The Regiment's first serious action was at the Battle of Tippecanoe, fought in 1811 near the present Lafayette, Indiana. Then the 4th Infantry, it formed the Regular element of General William Henry Harrison's little army which had moved out against one of the largest Indian confederations ever to be formed in this country. With Tecumseh at their head, most of the tribes between the Ohio and the Great Lakes were in open defiance of the government.

The Regiment moved deep into the Indian country, and there was need for great caution. Since the savages normally attacked in the early dawn, all troops rose at four o'clock and stood to arms a precaution many soldiers who passed through submarine infested waters in the last war will recall. An historian of the period tells us about the early moments of the battle. On the morning of the 7th of November, General Harrison was just pulling on his boots, when a single gun was fired by a sentinel at the northwest angle of the camp. This was instantly followed by the wild yells of numerous Indians in that quarter, who opened a murderous fire upon the companies of the Fourth which held the angle. The foe had been creeping up stealthily to tomahawk the sentinels, but the sharp eyes of one of them had detected a moving savage in the gloom and he killed him with one shot. The whole camp was soon awakened by screaming yells and the roll of drums and the officers quickly placed their troops in battle order. Only one out of twenty men of the Regiment had ever been in battle, yet their conduct was cool and gallant, and very little confusion followed. Their steadiness saved the day and after a bitter fight led to the complete defeat of Tecumseh.

After a span of about thirty years in which the Regiment was stationed at various posts in the mid-west, the impending entry of Texas into the Union sent the 5th to the border as part of the occupational army of General Zachary Taylor. The Mexican War added seven

campaign streamers to the colors of the regiment. After a short tour of duty in Florida, the 5th moved into the far West where it remained during the Civil War. It stayed there, in fact, until 1888.

Of the officers of the regiment that have become famous throughout the years, two should be mentioned in particular: Frank D. Baldwin, one of the few men of the Army to receive two Medal of Honor awards, won for gallantry displayed during the Civil War in 1864 and during the Comanche and Kiowa operations in 1874. Then there was General Nelson A. Miles. General Miles' first military service was during the Civil War. He rose rapidly from a lieutenant in 1861 to a brevet major general of Volunteers in 1864. He was awarded the Medal of Honor for distinguished gallantry in the battle of Chancellorsville in 1863. The 5th Infantry had him as its colonel from March 1869 to December 1880, and served under his command during several campaigns against the Sioux.

In memory of his leadership the 5th adopted a modification of his crest, an arm in armor grasping nine arrows, each for an Indian campaign. The arrow on its shield also symbolizes the Tippecanoe campaign.

In World War II the 5th became an element of the 71st Infantry Division which was not committed to action until March 1945 when it relieved the 100th Infantry Division. The regiment received two campaign credits before its inactivation in Austria in November 1946. It was reactivated in Korea where it is now part of a regimental combat team."

*Mailed to me & Sam Kier by Gary Young

Grandpa Gary,

"Your letter arrived yesterday regarding your visit to the Fort Sam Houston museum with George Chavez and Doc Baker. I was pleased to receive the August 1891 "return" report for Company F at Fort Sam. Thank you for that. It lends support to my information that the company arrived there in July of that year. I sure wish that the army had had typewriters in 1891. Enlarging the document didn't help me that much. As you noted, COL Nathan Osborne was the regimental commander. In the fall of 1894, Company F left Ft. Sam Houston and moved to Ft. McPherson, Georgia. COL Osborne became gravely ill at the time of the move and was replaced

(See Oldest on page 8)

(Oldest from page 7)

by COL William Kellogg. One of our most famous Bobcats, CPT Hunter Liggett, served as his adjutant.

The brief regimental history from May 1952 was also interesting. That was a relatively quiet month for the 5th RCT, as it camped near Inje, in eastern Korea, and prepared for its imminent return to the MLR, Line Minnesota. It was a good time to celebrate the 5th Infantry's 144th anniversary. Three years later, I took part in the regiment's birthday celebration. We set up a little booth on the old gravel parade ground at North Ft. Lewis and I delivered a short talk to a small audience of officer's and NCO's wives, who dutifully endured the drippy skies of western Washington, and hoped that I would wrap things up quickly."

Thanks again for the documents,

Sam Kier

Merriweather Jones Died 21 OCT 17





Veterans ID cards to be available starting in November

"WASHINGTON — Veterans Affairs officials will start issuing new veterans ID cards next month, giving recipients an easy way to provide their military service for business discounts and other promotions.

The move, first reported by Military.com, comes two years after Congress passed legislation for the cards. A VA spokesman said they'll be made available for no cost to any veteran who applies through the department's website.

The new cards won't replace VA medical cards or official defense retiree cards, and will not carry any force of law behind them.

But supporters have called a national veterans ID card a simple way to honor veterans' service and a way to help them prove their service status for nonfederal activities. They have also argued that many veterans'

practice of carrying around copies of their military discharge paperwork or other personal documents to get corporate discounts leaves them open to fraud and identity theft.

Several states — but not all 50 — give veterans the option to identify themselves on drivers licenses. But the national ID card through VA would give a more standard way to verify military service.

VA officials have not yet said how long it will take to issue cards after a veteran has requested them.

Legislation authorizing the cards was sponsored by Rep. Vern Buchanan, R-Fla., and passed through Congress without objection. About 21 million Americans are veterans, with another 1.3 million individuals currently serving in the military.

About Leo Shane III - Leo covers Congress, Veterans Affairs and the White House for Military Times. He has covered Washington, D.C. since 2004, focusing on military personnel and veterans policies."

*Copied from "Military Times"

"Effective leaders bring out the best in people by stimulating them to achieve what they thought was impossible."

-F.A. Manske Jr.

(Comments from page 6)

Joe Lex posted the picture below of Bruce Cotta on Facebook.



Words of Wisdom

"Peace" is that brief, glorious moment in history when everybody stands around, and smart people are reloading."

Author Unknown

Sent by John Barnard

5th Helps Smithsonian

"This morning I was listening to a documentary on the Smithsonian channel entitled "The Last Buffalo". About 20-minutes into the program it said that a 5 man detail from the 5th Infantry was assigned to help William Hornaday to attain specimens of the approximately 200 remaining Buffalo so that they could be put on display at the Smithsonian in Washington D.C."

Gary Young

Eagle Standing Guard

George Bates sent me this picture of the eagle guarding the Veteran's Cemetery.



Bobcat Donates Korean War Bugle To The

"National Museum of the US Army"



Photo courtesy of Don Treadwell (USA-Ret.)

The National Museum of the U.S. Army recently accepted into its collection a rare and intriguing artifact-a battlebattered Chinese bugle. It is a relic of a forgotten battlefield and a forgotten conflict. Don Treadwell, a retired Army veteran who served in the 5th Regimental Combat Team (RCT) during the Korean War, recently donated the bugle used by Chinese communist forces during the siege of Outpost Harry.

Outpost Harry was a United Nations base situated sixty miles north of Seoul. It stood on the most direct route to the South Korean capital and was therefore highly prized by communist forces. Harry became the scene of intense fighting during June 10-18, 1953, when a division of Chinese soldiers tried to capture the garrison. As Treadwell reminisced, "the peace talks were in progress" and capturing Outpost Harry would give North Korea more territory to claim as its own when a demilitarized zone (DMZ) was established after the war.

The defenders of Outpost Harry had known that Chinese forces were in the area since June 1, but the front had remained quiet until the night of June 10, when flares suddenly illuminated the

Trophy of War KORFAN WAR BUGLE

Jimmy Price, Programs & Education Department National Museum of the U.S. Army



Bugle photo by Zack Cyphers, National Museum of the United

landscape and bugles sounded from the distant tree line.

Over 3,600 enemy troops swarmed through devastating artillery fire, launching human wave attacks designed to overwhelm the defenders. Outnumbered thirty to one, the Americans were reduced to calling in artillery strikes on their own position. During this first night, Army gunners of Company C exceeded the 2nd Chemical Mortar Battalion's record for the number of rounds fired in a single engagement-6,082 artillery rounds.

The Chinese would continue to attack each successive night. One Soldier recalled the evening of June 11 in vivid detail:

It was close to midnight and everything was black as hell. I was hunkered against the wall of the trench, waiting like everyone else....The floor of the trench was slimy with blood-and God knows what else....Suddenly the silence was shattered by the eerie blare of a bugle coming from the blackness beyond the trench.

As the fighting raged on, Soldiers of the 5th RCT were fed into the battle to reinforce the beleaguered garrison. One of those Soldiers was Don Treadwell, who recalled that "orders were sent to all of the units to hold at all costs. In the event that Harry fell into... Chinese hands, my platoon was designated as the lead platoon in the counterattack."

Thankfully, Treadwell never had to participate in that counterattack—by June 18 every assault had been repulsed and the Chinese division besieging the outpost had suffered so many casualties that all further attacks had to be called off. Outpost Harry had held at a cost of 114 American and UN Soldiers killed and another 577 wounded or missing.

When the guns fell silent, Don Treadwell received an unexpected gift:

"[The bugle] was given to me by one of the survivors who withstood the onslaught. I have had it in my possession since that time and I treasure it as a memorial to the brave men who 'held at all costs'."

The bugle will be displayed in the National Museum's Cold War Gallery, along with other rare and significant objects from the Korean War.

Historian Sam Kier Trying To Help Others

Did You Know MOH Stephen Doane

Good evening, Gents,

"I write you as a group to ask for your assistance in providing any information you might have on one of your own—1LT Stephen Holden Doane, Medal of Honor recipient, Company B, 1st Battalion 5th Infantry who was awarded this honor posthumously for his heroic actions on 25 March 1969 in Hau Nghia Province. I realize you were not members of B Company but from what I can tell, your tours might have overlapped with LT Doane's and you might have known him.

LT Doane was one of the 13 men from Gettysburg College, Gettysburg, PA who were killed during the Vietnam War, and 50 years after our classmates deaths, a small of alums is coordinating with the college to dedicate a memorial in their honor. This past June a ceremony was held during Reunion Weekend to recognize their sacrifice. All names were read as well as LT Doane's Medal of Honor Citation and when the roughly 275 person audience was asked to stand if they had served in Vietnam, many of us were stunned to see how many men stood up. We are interested in insuring that today's students at our small college recognize and reflect on the sacrifices fellow students made a half century ago.

We are specifically looking for personal remembrances, perhaps a copy of a photo, letter, remembrance or something that would help us make this young soldier become something more than a name chiseled on a black slab of granite.

Any help or assistance would be most appreciated and I would welcome contact with you."

Sincerely,

Bill Bock

Artillery Forward Observer Vietnam '67-'68 Gettysburg College '66

703-660-6348 wpbock@cox.net

Gentlemen,

"Sam, is there any information you might have that would help Mr. Bock? And Fred, could we have this placed in the newsletter?"

Thank you **Tom Frame**

Carolyn and Randy,

"Didn't Stephen Doane's sister attend our 2014 reunion at Niagara Falls? As I recall, she was quite intent on preserving the memory of her brother. She certainly would have pictures and probably letters home. Do you still have her contact information for Mr. Bock?"

Sam Kier

"Should you folks be able to find and contact Leslie (Doane) and husband Michael Sibalik of Falls Church, VA (very close to where I live in Mount Vernon) and inform her of what we are doing, that would be wonderful. Initial contact coming from the "family" she knows would certainly be the best and most welcome introduction."

Bill Bock

Involved With The Liberation Of Gunskirchen

Dr. Kier,

"I understand you are writing or have written a book on the 5th Infantry. I will search it out if it is out or for look for it if it is coming!

My father, Sgt. Horace Sulfridge, was in the Army 5th Regiment, 71st Division in WWII. I have requested his records from the National Personnel Records Center. Good news: I only asked for records and they are sending me his medals. I guess they thought I wanted replacements.

Bad news: I got very few actual records – basically only discharge paper and discharge certificate. I know by his patches and pins that he was in 5th Regiment, 71st Division. I have followed that regiment through different accounts and the places and battles match what he mentioned. I think he was involved with the liberation of Gunskirchen as well

My question: Is there a way I can find out which battalion, company, platoon, and/or squad he was in? I thought his discharge papers would say so but they do not.

Any advice on where to look would be deeply appreciated!"

Jay Sulfridge, Ph.D. Dean of Academic Affairs Clear Creek Baptist Bible College

Hi Jay,

"I assume that the discharge paper that you received was his War Department Form 53. I've never seen a soldier's company or battalion entered on that form unless it was a separate battalion of some kind (artillery, engineers, etc). If Horace was, indeed, involved in caring for the survivors at Gunskirchen Lager, then he was in 3rd Battalion and in one of 5 companies: Hqs, I, K, L or M. If he ever complained about having to carry the base plate for a mortar or lug a recoiless rifle or heavy water-cooled machine gun, he was in Company M because that was a weapons company. I, K, and L were rifle companies. When the war ended on May 8, Companies K and M were still involved in the cleanup of the concentration camp.

Did your father ever join the 71st Infantry Division Association? If he did, he would have informed them of his company assignment and it would be in their directory. It has been a couple of years since I corresponded with their secretary, Robert Funke. I believe that his daughter now serves as his secretary. That e-mail address was RFunke2246@aol.com. If you want to try it.

I'm sorry that I don't have a more definitive answer for you. Let me know if what I've said jogs any memories or further questions. There is a description of my book, Two Centuries of Valor, on my website

www.twocenturiesofvalor.com.

Please let me know how things go.

Sam Kier

Sam

"Thank you so much for your quick reply! I found your book on Amazon today and have a copy coming. Looking forward to it.

I'm not sure about Gunskirchen Lager - he talked about standing guard on a food supply, keeping control over starving people and some little details he said just made me think of the account of that camp. It obviously hurt more when he talked about it than anything else he remembered.

I know he trained mortar squads before they went overseas and he said "The last one I trained, I went with them." By the dates of when he went

(See Sam on page 11)

Stand Down In Cu Chi

Stand down in Cu Chi. Take everything out and clean it. Test fire all the weapons. (Probably designed to keep us out of trouble. Yeah, right....) Charlie Company, 1/5th (Mech) 25th Infantry Division, 68

A Roger Hayes Facebook post





(Sam from page 10)

overseas, that was the last group from Fort Benning. Apparently that group swept the place and everyone shipped out. He was to land in England but the dock was fogged in so they went on to France and hit ground there. He talked about crossing the Rhine. I also know he had enough points to be discharged soon after the war was over in Europe. He also talked about being able to see land in New York when he came home and having to stay on the ship because of a dock workers strike. I found newspaper accounts of that strike and the date matched his return to he states.

Sorry, I am rambling on with things that don't matter, except I know for sure he was a mortar squad leader. He did not join the Association; I doubt that he knew about it. He would have liked that. Dad didn't talk much about the war until he got older, then he seemed to want to talk about it.

Thank you for your help. Again, I look forward to reading your work."

Jay Sulfridge

Jay,

"Mortar" squad leader sounds like Mike Company to me. They had the larger crew-served mortars. 3rd Battalion also found several box cars loaded with emaciated, dead and dying Russians near the city of Schwandorf in late April so that was another horrible scene that he might have been describing, but I imagine that he was at Gunskirchen.

I'm attaching an article that I wrote about PFC Bill Lathrop of Company M. Thought it might interest you." (Bill Lathrop article appeared in a previous newsletter.)

Sam Kier

Entered West Point At Age 14

"Received today the Fall 2017 issue of ARMY HISTORY. As I was flipping through it, I saw on pages 20 and 21 a section titled U.S. ARMY ARTIFACT SPOTLIGHT which is featuring The Hunting Frock of Capt. Alexander Johnston, 5th Infantry Regiment. The article tells us that Johnston graduated from West Point in 1924 (he entered at the age of 14. So, I assume he was 18 when he graduated.) Lt Johnston participated in the Black Hawk War and wore the hunting shirt during the war. A photo of the shirt is included in the article and apparently the shirt is currently maintained by the Museum Support Center at Fort Belvoir.

Unfortunately, the 5th Infantry is only mentioned as the unit of assignment for Captain Johnston."

"I found the article interesting due to the fact that Johnston entered USMA at age 14. I am not well versed in the history of USMA. However, I was surprised to learn that cadets could enter at that young age. In 1970-73, I taught English at the Military Academy of Guatemala and served as its advisor. The cadets there were of high school age, not college-aged."

Colonel (R) Nevin R. Williams Cary, NC

"Thanks, Nevin, for catching that. Are you referring to On Point: The Journal of Army History? I haven't received the fall issue yet. There is a brief bio for Alexander Johnston in Cullum's Register. He was born in 1806 so he was, indeed, fourteen years old when he entered West Point. Johnston served with the 5th Infantry from July 1, 1824 until his untimely death on June 8, 1845 at the age of 39. He must have been commanding Company F during the Black Hawk War because he was present at the Battle of Bad Axe River and that was F Company's fight. Throughout his 21 years of service, he remained in the northwest; Minnesota, Wisconsin and Michigan. He died just about the time that the 5th Infantry packed up and marched south for the Mexican War."

Sam Kier

5th RCT Commander in Korea

(See Sam on page 17)

1-5th INFANTRY - ARCTIC BOBCATS - FT WAINWRIGHT AK



DEPARTMENT OF THE ARMY 1ST BATTALION 5TH INFANTRY REGIMENT 3214 SANTIAGO AVENUE FORT WAINWRIGHT AK 99703-8000

December 7, 2017

Fellow Bobcats,

As the holiday season approaches, the men and women of the First Battalion, Fifth Infantry Regiment have been hard at work. Over the past several months they have shown an incredible dedication to their duties not only as Soldiers but also as Bobcats. In October of this year, we deployed to the Donnelly Training Area near Fort Greely, Alaska to lead the way for Arctic Avalanche. Avalanche is the latest field exercise undertaken by the 1st SBCT, and it allowed our Bobcats the opportunity to train in a variety of situations and scenarios, including force-on-force training and live fire exercises.

As it always does, winter came earlier to Alaska than it did to the rest of the country. Taking full advantage of the dropping temperatures and increased snowfall, the Bobcats have been working to sharpen our lethality in the unique arctic conditions we find here in America's Last Frontier. These conditions also create unique challenges for our Soldiers; weapons must be zeroed, movement techniques change in heavy snowfall, and special cold weather equipment must be utilized. The leaders all across our formation have done an excellent job ensuring our Soldiers know how to properly survive and thrive in the Arctic.

I want to wish everyone a happy and safe holiday season, and I invite you to join us on the Battalion's Facebook page ("1st Battalion, 5th Infantry Regiment") as we continue to highlight the effort and professionalism our fellow Bobcats have been showing every day. This tough and realistic training is designed to prepare our Soldiers to be ready to respond to any threat our nation may face. As always, the Bobcats stand ready to answer that call, whether that be the frigid conditions of the Arctic or the diverse climates across the Pacific Region. When that call comes. Bobcats lead the way.

> Christopher Barber First Lieutenant, US Army Battalion Historian







"Snow Mortars": The Bobcats have trained to use handheld 60mm mortars.



LT Barber in his letter mentions their Face book page. There are some great pictures and videos on the page at: https://www.facebook.com/1.5Infantry

A special thanks to LTC Lackey and 1LT Christopher Barber for the article and pictures.



"Snow Range": Snipers practice identifying and engaging targets during snowfall.



"B Co Shoothouse": The Soldiers of Bayonet Company practice room clearing procedures at the Fort Wainwright Shoot House.



"Thanksgiving Command Teams": The Bobcat Command Teams served a traditional Thanksgiving meal at the Fort Wainwright Dining Facility.



"Picture1": Bobcats conducted training at the Donnelly Training Area as the winter starts.





"Stryker in Snow": Bobcats continue to train with their Strykers even in difficult driving conditions.

2018 Reunion Norfolk Virginia

Tuesday May 15th - Sunday May 20st 2018

(Norfolk from page 1)
* Free parking

- * Complimentary Shuttle Service to/from the Airport & within a 3 mile radius of the hotel based on request
 - * 15% Discount at Max & Irma's Restaurant
 - * Free Wi-Fi in guestrooms
 - * Pet Friendly with a \$50 fee * Indoor swimming pool

To make reservations call:
1-(757) 466-8000
and when booking tell them
5th Infantry Regiment Association
* Booking prices are good up to 3 before and
after reunion dates

Schedule of events

Hospitality Room: May 15th - May 20th (No fee) Snacks & Beverages are allowed.

Tuesday May 15th

Arrival and Registration

Wednesday May 16th The Military Aviation Museum

9:00AM - 3:00 PM \$49 Per person

Depart via motorcoach with your Guide to visit one of Virginia Beach's most revered attractions, the Military Aviation Museum, home to one of the largest private collections of World War II and Korean War era fighters, bombers, trainers and seaplanes in the world. Many aircraft have been fully restored to their World War II condition and are used for flight demonstration, movie production or commercials. Enjoy a guided tour of the galleries and shopping in the gift shop which is stocked with all things flight related

Next, enjoy beautiful views of the Atlantic Ocean and the Chesapeake Bay as you learn about the history of Virginia's largest city and get the pulse on current day in Virginia Beach. See the First Landing Cross at Cape Henry where the English colonists first came ashore in 1607 prior to settling at nearby Jamestown. Walk out on the overlook to see where the bay and the ocean meet, and where the famous Battle of the Capes took place during the Revolutionary War.

Enjoy a stop at the Old Cape Henry Lighthouse, built in 1792, this lighthouse was active until the late 1800's and is currently a Virginia Historic Landmark. Guests may choose to climb to the top of the Lighthouse (small admission fee, pay on own) or shop in the gift shop for all things Lighthouse related.

Ride down the resort strip, see the historic Cavalier Hotel as well as the Tidewater Veterans Memorial, a unique structure which pays homage to veterans everywhere. Enjoy free time to stroll the Boardwalk and enjoy lunch on own.

Thursday May 17th

Naval Station Norfolk Tour & Spirit of Norfolk

9:00 AM- 3:00 PM

Luncheon Cruise \$79 Per Person Depart via motorcoach with your guide to tour the Norfolk Naval Base, which is part of Naval Station Norfolk - the largest naval installation in the world. Home port to 78 ships, ranging in size from aircraft carriers to submarines, 26 aircraft squadrons comprised of 133 aircraft and headquarters of the Atlantic Fleet. This naval complex occupies over 8,000 acres of land and is home to more than 100,000 military personnel. A Navy personnel will board the coach and take you past the 14 piers, through the Naval Air Station, and the historic homes built for the 1907 Jamestown Exposition on "Admiral's Row" which now houses flag officers.

Friday May 18th

Memorial Service at the MacArthur Memorial, Tour of Norfolk, Lunch and Tour of Nauticus & Battleship Wisconsin

8:30 AM - 3:30 PM \$69 Per person

A Riding Tour through Norfolk, lunch at the Freemason Abbey, and a self guided tour of Nauticus and the Battleship Wisconsin.

Visit the MacArthur Memorial for a glimpse into our country's history. Upon arrival, a memorial service will be conducted prior to the Memorial opening to the public. (Estimated time of service is 1 hour. Service will be planned and conducted by the reunion committee)

After the service, view the outstanding collection housed in Norfolk's historic city hall which trace the life and achievements of five-star General Douglas MacArthur. You will also have the opportunity to view the short film which chronicles the General's life. The General and Mrs. MacArthur are entombed in the rotunda of the memorial. Nine separate galleries arranged in two levels circle the rotunda and tell the story of General MacArthur and the millions of American men and women who served in the United States Armed Forces from the Civil War through the Korean War. A gift shop

with unique memorabilia is located on the premises.

Next, learn about Norfolk's colorful history of over three centuries as you ride through the lovely historic district and restored areas. View the stately homes along the Hague, old St. Paul's Church, the Moses Myers House, the Chrysler Museum of Art, MacArthur Memorial, the historic Freemason District and the restored waterfront area, as well as many other points of interest.

Saturday May 19th

9:00 - 10 AM - General Membership Meeting

9:00 - 10 AM - Ladies Breakfast @ Max & Irma's

10:30 - 11 AM Fragging

12:00 - 5 PM Free to explore Norfolk

Bobcat Banquet

5:00 PM - Cocktails

6:00 PM - Dinner 7:00 PM - Program

8:00 PM - Approx. Auction

Dinner Choices

1. Roasted Sirloin of Beef \$50 Made with a homemade rosemary and peppercorn Au jus

2. Chicken Marsala \$50

Pan sautéed breast of chicken with crimini mushrooms in a Marsala wine sauce

3. Baked Tilapia \$50

Served with a white wine scampi sauce

* All dinners include fresh garden salad, warm dinner rolls, Chef's dessert display, wild rice or red potatoes, vegetable medley, freshly brewed coffee and iced tea.

*If you wish to make a donation to help cover the expenses in hospitality room, any amount appreciated.

For information contact Carolyn Kethcart: carolynjk@bobcat.ws

Carolyn Kethcart 16054 Pine Drive Tinley Park, IL 60477 708-468-8624

Method of payment - You can pay via PayPal on the Bobcat website at: www.bobcat.ws, or send a check to Carolyn.

Make checks payable to the "5th Infantry Regiment Association"

For more Information, pictures and a video go to: http://bobcat.ws/reunions.html

Norfolk Reunion Pre-Registration

PLEASE complete this form if you are planning to attend this reunion.

By completing this form it will help us plan our needs for transportation and meals etc.

Name
Number of additional guests
Names of additional guests
E-mail Address:
Date of Arrival:
⇒ Do you plan on taking "The Military Aviation Museum Tour"? Yes No
⇒ Do you plan on taking the "Naval Station Norfolk Tour & Spirit of Norfolk Tour"? Yes No
 ⇒ Do you plan on attending the Memorial Service at the MacArthur Memorial? Yes No
⇒ Are you planning on attending the Ladies Break fast 9 AM SAT morning at @ Max & Irma's? Yes No
⇒ Are you driving? Yes No
⇒ Is this your first reunion? Yes No
COMMENTS:
Mail to or contact: Carolyn Kethcart 16054 Pine Drive Tinley Park, IL 60477 708-468-8624

See you in Norfolk VA!

carolynjk@bobcat.ws

Registration Form Norfolk VA Reunion

Name	
Street	
City	ST Zip
Phone #	E-mail:
Number attending	Date arriving

	Number	Cost
Registration fee - \$15 Per person or - \$25 Per couple		
WED 16 May - The Military Aviation Museum, A Riding Virginia Beach Tour, Free time on Virginia Beach's Boardwalk -\$49 per person		
THU 17 May - Naval Station Norfolk Tour & Spirit of Norfolk Luncheon Cruise - \$79 per person		
FRI 18 May - Memorial Service at the MacArthur Memorial - \$69 per person includes Lunch		
SAT 19 May - Banquet Dinner Choices		
1. Roasted Sirloin of Beef \$50		
2. Chicken Marsala \$50		
3. Baked Tilapia \$50		
* All dinners include fresh garden salad, warm dinner rolls, Chef's dessert display, wild rice or red potatoes, vegetable medley, freshly brewed coffee and iced tea.		
Reunion Donation (Help cover buses, hospitality room, etc.)		
TOTAL		
Is this the first reunion you have attended? (circle one)	YES	NO

Make check payable to **5th Infantry Association** and mail to:

Carolyn Kethcart - 16054 Pine Drive - Tinley Park IL 60477



OUR BOBCAT FOREBEARS

by Sam Kier

Major General Ben Sternberg



"Many of you may recall a scene from the movie Patton when George C. Scott and the actors portraying MG Terry Allen and his deputy commander, BG Teddy Roosevelt, Jr., are in a trench near the Algerian town of El Guettar, on March 23, 1943. They're observing an attack by tanks and infantry from the 10th Panzer Division. As the Germans cross the treeless terrain, they are being slaughtered by the 1st Infantry Division's howitzers as well as mortar and small arms fire from the 18th Regimental Combat Team. Patton turned to Roosevelt and said, "My God, it seems a shame to waste good infantry like that."

At that time, the embattled 2nd Battalion, 18th RCT, was commanded by LTC Ben Sternberg. During the fight, Sternberg led by example, circulating throughout his battalion area, shifting critical positions, personally directing local counter-attacks and generally inspiring his men. In recognition of his courage and initiative, he was awarded the Distinguished Service Cross. Ten years later, Sternberg would become the sixty-fifth commander of the Fifth Infantry Regiment.

Ben Sternberg was born in 1914 and grew up in the small town of Starke in north-central Florida. His father operated a dry-goods store. Young Ben, stung by taunts about his Jewish heritage, became a proficient boxer and put an end to that problem.

Sternberg enlisted in the Army at the age of 19. After serving a year, he was appointed to the U.S. Military Academy and graduated with the class of 1938. Upon graduation, he joined the 18th Infantry at Ft. Wadsworth, New York. While stationed there, he met

Miss Elsie Wolfe of Brooklyn. They married following a six-week courtship.

Ben stayed with the regiment as it was assembled into the 1st Infantry Division at Ft. Devens, moved to Ft. Benning for training and engaged in the Louisiana and Carolina Maneuvers of 1940 and 1941. By the time that the 1st Division shipped to England in August, 1942, Ben Sternberg had risen to the rank of lieutenant colonel and had been given command of the 2nd Battalion, 18th Infantry.

The 1st Division was committed to combat on 7 November 1942. Sternberg's 2nd Battalion went ashore at Arzew, Algeria at 0800 and attacked west toward Oran. The city was encircled and the Vichy French capitulated. The plan then was to move eastward at all speed.

However, by the close of 1942, it was clear that the attack by the American, British and Free French forces had stalled due to a combination of bad weather, supply problems, German air power and a rapid build-up of Axis forces in Algeria. The low point came in February when the U.S. II Corps suffered 6500 men killed, wounded or captured at Kasserine Pass.

On a lighter note, Ben received word in December, 1942 that he was a daddy. Ben Jr was born in Brooklyn. He would follow his father to West Point and eventually serve with the 554th Engineer Battalion in the south highlands of Vietnam in 1970-71.

Meanwhile, the corps commander, General George Fredendall was fired and was replaced by General Patton. It took Patton seven weeks to finish the job. The war in North Africa ended on 13 May, 1943 and 200,000 Axis troops went into captivity.

Two months later, the 1st Division joined the Allied invasion of Sicily; landing at Gela, on the southwest shore, and pushing north toward Troina. By the time they captured Troina, they were behind schedule, according to Patton, so he fired Terry Allen, the division commander. It was during this shake-up that Sternberg was relieved of 2nd Battalion and appointed executive officer of the 18th Infantry.

Sternberg went ashore at Omaha Beach on D-Day as the regimental XO and stayed in that position until he attended the Command and General Staff College at Fort Leavenworth in 1948. That was followed by three years of teaching in the Tactical Department at West Point, a year with the Department of the Army, and a stint at the Army War College at Carlisle Barracks.

Colonel Sternberg went to Korea in

1953 to replace COL Lester Wheeler as commander of the 5th Regimental Combat Team at Chipo-ri. He moved the Fifth to Koje-do Island and then to Pusan before being relieved in May 1954 by COL Erasmus Strickland. It was Strickland (another World War II DSC recipient and the writer's regimental commander) who brought the 700 remaining members of the combat team home to North Fort Lewis. Sternberg remained in Korea serving as 8th Army G-1.

In 1964, Ben was appointed J-1 for the Military Assistance Command (MAC-V) in Vietnam. At the end of the two-year assignment, Major General Sternberg asked that he be assigned a new command; his old division, the Big Red One. His request was denied because he had already served two years in Vietnam and the 1st Division was currently deployed there. He was named commanding general of the 101st Airborne Division.



MG Sternberg (left) at Vung Tau 13 July1965

Sternberg was sent to Hawaii in 1967, serving first as G-3 for the U.S. Army in the Pacific and then Commanding General for the Pacific. During his tenure, the 4th Brigade, 25th Infantry Division was activated on December 16, 1969 at Schofield Barracks.

During the ceremony, at Lightning Field, Sternberg presented Brigade Commander COL Charles E. Spragins with the colors of the new unit. There were three infantry battalions in the new brigade: 3rd Battalion, 14th Infantry; 3rd Battalion, 27th Infantry and 2nd Battalion, 5th Infantry. LTC Jules Meyer was appointed commander of 2/5. Major General Ben Sternberg retired from the Army in 1971 and he and Elsie remained in Honolulu until his death in January 2004.

(Continued on page 17)

Throughout his life, Ben continued to receive letters from men who had served with him when he commanded Company E of the 18th Infantry at the beginning of World War II. He was a compassionate leader with a strong sense of social justice and a warm demeanor. That's probably why so many of his career assignments dealt with personnel; 8th Army G-1, Director of Manpower in the Pentagon and J-1 of MAC-V. On the other hand, he was a remarkable combat leader. Both tracks seemed to suit his personality."

(Continued from page 11)

5th RCT Commander in Korea

"I served in the 5th RCT while in HI between July 1949 and May 1950, just before the Korean War started. I'm writing a story about that short time and am looking for: who was the Commanding General at that time, of the 5th RCT. I thought it was General Ridgway??? Please help."

Frank Oneto

Frank,

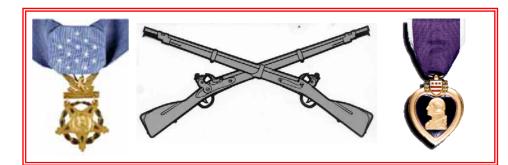
"Matthew Ridgeway was named to command the Eighth U.S. Army in Korea in December 1950 when LTG Walton Walker was killed in a jeep accident on December 23, 1950. General Walker had been 8th Army Commander since July 1950. Do you perhaps mean, who was the regimental commander of the 5th RCT when you served with it in 1949-50? COL James R. Simpson was in command from 2 January 1949 until 1 January 1950. He was followed by COL Godwin Ordway from January -August, 1950."

Sam Kier

Historian, 5th Inf Regt Assn



Granite Ranch Picture



Honoring Our Bobcat Heroes!

Congressional Medal of Honor is Awarded to:

DOANE, STEPHEN HOLDEN

Rank and organization: First Lieutenant, U.S. Army, Company B, 1st Battalion, 5th Infantry, 25th Infantry Division. Place and date: Hau Nghia Province, Republic of Vietnam, 25 March 1969. Entered service at: Alba-

ny, N.Y. Born: 13 October 1947, Beverely, Mass. Citation: For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. First Lt. Doane was serving as a platoon leader when his company, engaged in a tactical operation, abruptly contacted an enemy force concealed in protected bunkers and trenches. Three of the leading soldiers were pinned down by enemy crossfire. One was seriously wounded. After efforts of 1 platoon to rescue these men had failed, it became obvious that only a small group could successfully move close enough to destroy the enemy position and rescue or relieve the trapped soldiers, 1st Lt. Doane, although fully aware of the danger of such an action, crawled



to the nearest enemy bunker and silenced it. He was wounded but continued to advance to a second enemy bunker. As he prepared to throw a grenade, he was again wounded. Undaunted, he deliberately pulled the pin on the grenade and lunged with it into the enemy bunker, destroying this final obstacle. 1st Lt. Doane's supreme act enabled his company to rescue the trapped men without further casualties. The extraordinary courage and selflessness displayed by this officer were an inspiration to his men and

are in the highest traditions of the U.S. Army

VA Study Shows Parasite from Vietnam May Be Killing Vets

HEROLD, W.Va. — A half century after serving in Vietnam, hundreds of veterans have a new reason to believe they may be dying from a silent bullet — test results show some men may have been infected by a slow-killing parasite while fighting in the jungles of Southeast Asia.

The Department of Veterans Affairs this spring commissioned a small pilot study to look into the link between liver flukes ingested through raw or undercooked fish and a rare bile duct cancer. It can take decades for symptoms to appear. By then, patients are often in tremendous pain, with just a few months to live.

Of the 50 blood samples submitted, more than 20 percent came back positive or bordering positive for liver fluke antibodies, said Sung-Tae Hong, the tropical medicine specialist who carried out the tests at Seoul National University in South Korea.

"It was surprising," he said, stressing the preliminary results could include false positives and that the research is ongoing.

Northport VA Medical Center spokesman Christopher Goodman confirmed the New York facility collected the samples and sent them to the lab. He would not comment on the findings, but said everyone who tested positive was notified.

Gerry Wiggins, who served in Vietnam from 1968 to 1969, has already lost friends to the disease. He was among those who got the call.

"I was in a state of shock," he said. "I didn't think it would be me."

The 69-year-old, who lives in Port Jefferson Station, New York, didn't have any symptoms when he agreed to take part in the study, but hoped his participation could help save lives. He immediately scheduled further tests, discovering he had two cysts on his bile duct, which had the potential to develop into the cancer, known as cholangiocarcinoma. They have since been removed and — for now — he's doing well.

Though rarely found in Americans, the parasites infect an estimated 25 million people worldwide, mostly in Asia.

Endemic in the rivers of Vietnam, the worms can easily be wiped out with a handful of pills early on, but left untreated they can live for decades without making their hosts sick. Over time, swelling and inflammation of the bile duct can lead to cancer. Jaundice, itchy skin, weight loss and other symptoms appear only when the disease is in its final stages.

The VA study, along with a call by Senate Minority Leader Charles Schumer of New York for broader research into liver flukes and cancer-stricken veterans, began after The Associated Press raised the issue in a story last year. The reporting found that about 700 veterans with cholangiocarcinoma have been seen by the VA in the past 15 years. Less than half of them submitted

claims for service-related benefits, mostly because they were not aware of a possible connection to Vietnam. The VA rejected 80 percent of the requests, but decisions often appeared to be haphazard or contradictory, depending on what desks they landed on, the AP found.

The number of claims submitted reached 60 in 2017, up from 41 last year. Nearly three out of four of those cases were also denied, even though the government posted a warning on its website this year saying veterans who ate raw or undercooked freshwater fish while in Vietnam might be at risk. It stopped short of urging them to get ultrasounds or other tests, saying there was currently no evidence the vets had higher infection rates than the general population.

"We are taking this seriously," said Curt Cashour, a spokesman with the Department of Veterans Affairs. "But until further research, a recommendation cannot be made either way."

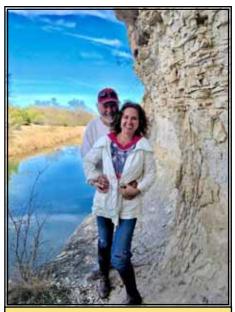
Veteran Mike Baughman, 65, who was featured in the previous AP article, said his claim was granted early this year after being denied three times. He said the approval came right after his doctor wrote a letter saying his bile duct cancer was "more likely than not" caused by liver flukes from the uncooked fish he and his unit in Vietnam ate when they ran out of rations in the jungle. He now gets about \$3,100 a month and says he's relieved to know his wife will continue to receive benefits after he dies. But he remains angry that other veterans' last days are consumed by fighting the same government they went to war for as young men.

"In the best of all worlds, if you came down with cholangiocarcinoma, just like Agent Orange, you automatically were in," he said, referring to benefits granted to veterans exposed to the toxic defoliant sprayed in Vietnam. "You didn't have to go fighting."

Baughman, who is thin and weak, recently plucked out "Country Roads" on a bass during a jam session at his cabin in West Virginia. He wishes the VA would do more to raise awareness about liver flukes and to encourage Vietnam veterans to get an ultrasound that can detect inflammation.

"Personally, I got what I needed, but if you look at the bigger picture with all these other veterans, they don't know what necessarily to do," he said. "None of them have even heard of it before. A lot of them give me that blank stare like, 'You've got what?'"

- --This article was written by Margie Mason and Robin McDowell from The Associated Press
- -- Michael Koehs recently died from this disease.



Ronny Rains and Lori Scott Posted on Facebook



The gravesite of Medal of Honor awardee Marvin "Rex" Young in Odessa TX. Very close to Young's grave is another Medal of Honor grave.

"Believe you can, and you can; believe you will, and you will. See yourself achieving, and you will achieve. Never give up, giving up is like letting go of a life preserver when you are almost saved."

-Gardner Hunting

5th Infantry Association Quartermaster

Items For Sale

Order these items by contacting

our Quartermaster Jim Caudle at:

757-588-0056 or

E-mail: jecaudle@cox.net

Prices listed include shipping.

- 1). Hats (black) \$12.75
- 2). 3.3" Patch Exactly like the one on the hat \$4.00
- 3). 5th Patch & Tab (Sew on type 4" patch + tab) \$7.50
- 4). 4" 1/5th Patch with green M-113 APC on it \$7.50
- 5). 3" Decals (Go on the outside of a window or any solid object) \$4.00.
- **6).** Pin Coat of arms For hat, lapel etc. (1/2 X 3/4 inch) \$5.50
- 7). Challenge Coin \$10.50
- 8). License Plate Frame (8A"US ARMY") or (8B "5th INF BOBCATS") \$10.50
- 9). Polo/Golf 100% cotton collared shirt Item #437M
 - 1). With 5th Crest and Combat Infantryman's or Medic's Badge \$29.00 With pocket \$32.00
 - 2). Same as #1 but with the 25th Infantry Division Patch & lettering added on "Right" sleeve \$35.00 With Pocket \$38.00
- 10). Winter Jacket with 5th Crest and CIB or CMB Badge \$61 or \$66 with the 25th INF DIV Patch & lettering added on "Right" sleeve khaki/navy, navy/khaki, forest green/khaki or black/khaki
- 11). Tri-Mountain Sanford Light Weight Summer Jacket (Item #4000). Colors: Black, Navy, Desert, Stone, and Moss with 5th Crest and Combat Infantryman's or Medic's Badge \$60 or \$66 with the 25th Infantry Division Patch & lettering added on "Right" sleeve
- 12). Long Sleeve Denim Shirt \$29 with 5th Crest and Combat Infantryman's or Medic's Badge or \$40 with the 25th Infantry Division Patch & lettering added on "Right" sleeve
- 13). T-shirt with logo pictured below on left breast \$19
- 14). 5th Infantry Crest \$6.50 each
- **15).** 5th Key Chain \$23.00
- 16). MIA Bracelet (16A Black Medium) or (16B Silver Small) \$4.00
- 17). 25th Decal with a "Bobcat" tab above (Size 3 3/4 X 2 1/2") \$4.00

















Have this Bobcat put on the lower left sleeve of your jacket or shirt

for \$5 (#18)



















DO YOU HAVE YOUR COPY?

"Hello Sam,

"I just got off the phone with Don Clancey . He received his copy of your book with the inscription that you wrote to him. He was very pleased with the recognition that you accorded him, and is proud to display it and share with his fellow veterans (at Kerrville VA Hospital). Thank you for your kindness and eloquence – he is quite deserving.

I also received my copy. Your book is quite an intensive research endeavor, considering the minute details that you have included over the span of the history of the 5th Regiment. Every person who has ever served in the 5th

Regiment should have a copy of this book for personal reference, and for a sense of pride in our military heritage.

Thank you for all of your efforts to provide this very valuable piece of history for us to cherish."

Ric Myers,

Medic, Recon PLT, 1967-68

History of The 5th Infantry Regiment

This book "Two Centuries of Valor: The Story of the 5th Infantry Regiment" written by Sam Kier our Historian traces the history of the 5th Regiment from its beginning up to the present day. Many of our members are mentioned in the book as are events and battles that you may

have participated in.
You can purchase this book by going to our website



http://www.bobcat.ws/quarter_master.shtml

where you can pay for the book using your credit card or you can contact Sam at:

Notice: If the address label on this newsletter has a **red 17** at the end of your name, your membership expires at the end of this year. You need to complete the form below and mail in your renewal. Do it now before you forget.

	Membership Application 5th Infantry Regiment Associa 25th Infantry Division Associa	ation, Inc.	
(Please Print) Name:	,		
	Renewal (Complete only items that need chan,	 ged)	
Street:			
City:	State:	Zip:	
Phone Number:	Spouse's Name:		
Unit (BN/CO/PLT etc.):		Dates with 5th INF: _	
E-Mail Address:			
<u>Donations</u> : (Tax Deductible): General Make checks payable to "5th Infantry F 5th I (You can join or rene	ears - \$60 Lifetime -Ages 1-49 = \$200 50-64 Fund Scholarship N Regiment Association" and mail this application NF REG ASSN PO BOX 569 Framework of the property of	Newsletter Ron to: nkfort MI 49635-0569 w.bobcat.ws and follow the	ne directions.)
	Membership Application 25TH INFANTRY DIVISION ASS		
Name	251H INFANTRI DIVISION ASS		
Ctuant	State		
Unit Served With	State		
in the 25th Div.		Dates of Service	;
DUES: Annual = \$30.00 L	tach copies of your DD-214 or other docur ifetime - Your age: Less than 30 = \$7 51-60 = \$350 61-70 = \$2	70 31-40 = \$645	41-50 = \$500
	5th Infantry Division Association' and sentry Division Association, P.O. Box 7,	d to:	0007

(Social from page 1)

Petersburg has been completely renovated. Our elegant rooms are here to provide a peaceful getaway just minutes away from restaurants and attractions. The water is about 3 blocks away...only a few minutes ride by complimentary Free Shuttle.



Heated Pool, Cabanas for Relaxing or Socializing and



Outdoor Bar Outdoor Heaters

DINNING - BREAKFAST / LUNCH / DINNER (large menu / delicious food)

TAP ROOM

(FOR DINING - ENTERTAINMENT - BABY GRAND PIANO)

COMMON GROUNDS COFFEE HOUSE: (DELICIOUS DESSERTS)

ACCOMMODATIONS & RATES FREE WIFI IN ALL ROOMS / NON SMOKING

QUEEN STANDARD RM - Mini-fridge, Microwave, Flat Screen TV, Coffee Maker - \$123 per nite (NO QUEEN POOL VIEW)



KING STANDARD RM - Mini-fridge, Microwave, Flat Screen TV, Coffee Maker - \$133 per nite

KING STANDARD RM - POOL VIEW - \$141 per nite G SUITE: King Bed, Sleeper Sofa, Walk-in Closet, Mini-fridge, Microwave,

Flat screen TV, Coffee Maker - \$160 per nite

TO VIEW HOTEL: www.hollanderhotel.com

RESERVATIONS

CREDIT CARD WILL HOLD YOUR RESERVATION CHARGE UPON CHECK-IN ONLY CANCELLATION - 48 HRS PRIOR TO CHECK-IN AVAILABILITY IS LIMITED - BOOK ASAP

CONTACT:

TERIANN - 727-482-4564 / Terianns Travels@aol.com FEEL FREE TO CALL FOR ANY REASON " PLEASE DO NOT BOOK THRU HOTEL"

STARLITE DINNER CRUISE

SAT., FEB. 10, 2018 / Boarding 6:30PM

Majesty Dining YachtRATE: To be determined pp Incl. Tax & Gratuity Delicious Food & Entertainment



Send check to:

Teriann Tringali 2 Mountainview Terrace APT 4311 Danbury CT 06810



RANDOM MEMORIES, OR VERY SHORT STORIES

By Frank (Tom) Goins

This was not looking good!

"Heading to Katum. After a few days at French Fort, leaving all traces of civilization behind, the company started up the dirt road 20 miles to Katum in a convoy with an armor unit, the 2/34th. I don't think many of us knew we were going up to the Cambodian border, or that we would be up there for two months. The first six or eight miles was open country. After that it turned into triple canopy jungle, with the jungle closing in on the road. We saw burned out trucks and a tank that had hit a road mine. This was not looking good!

Accidental Suicide?

Accidental suicide? A hand grenade has a safety pin that holds the lever in place. The safety pin has a split prong that is bent. The prongs must be straightened in order to pull it out and release the lever. The lever is held in place with the hand, and when the grenade is thrown, the lever releases itself, then boom. We had a guy in our platoon who used to straighten the pins on his grenades so that they would always be ready and easy to pull. He was warned that this wasn't a good idea. One afternoon there was an explosion on one of the other tracks while we were waiting to move out. The cause of the explosion is unknown, but those of us who knew this guy think that the pin fell out of one of his grenades because it wasn't secured. He was blown into many little pieces, and unfortunately two other Bobcats were killed in the explosion.

A Jungle Swimming Pool

When we first got to Katum, we had the good fortune to set up our base camp near a fresh large bomb crater filled with muddy water. A swimming pool in the jungle, who'd have thought! We took advantage of it as often as we could. Just had to be careful not to step on any sharp shrapnel stuck in the mud on the sides and bottom.

Why We Have Bad Backs?

Some think that riding on a track is an easy way to get around in Vietnam. Truth is that we were usually in rough terrain and the ride was very bone jarring. Probably why some of us have bad backs today.

Blown Apart or Incinerated

When riding on or driving a track, we were always aware that if we hit an AT mine or were hit with an RPG, chances were that we would be blown apart or incinerated. After seeing this happen, most of us chose to walk, and at a safe distance from the track, leaving only the driver and 50 cal. gunner on board. Some of us took turns driving and most of us took turns manning the 50.

Didn't Wear Flack Jackets

For some reason we rarely wore our helmets or flack jackets. We used the flack jackets for pillows or for sitting on when manning the 50 cal, or riding on top for obvious reasons. Looking at pictures of my platoon brothers I noticed that we didn't wear dog tags either. Let graves registration figure out who we were.

Why Did We Have To Pull Bunker Guard?

Ahh! Civilization. Every couple of months we would get back to Cu Chi for a two or three day stand-down. This was a chance to eat steaks, take a real shower, eat in the mess hall, sleep in a hooch on a cot, go to the PX, catch a movie or go to a club. That is if you didn't have ambush patrol or bunker guard on the perimeter. I never could figure out why we had to pull bunker guard when there were so many rear echelon guys (I'm being polite here) living there 24/7. Then it was back to the boonies!

We Were Expendable

For most of us, there was no yesterday and no tomorrow, only the moment we were living. Life was very simple. It didn't take long to realize that staying alive was the main purpose of life. I don't think many of us thought we would ever leave Vietnam alive, but we didn't talk about it, just accepted it. We were expendable and we knew it. Body count was the only thing that mattered. None of us ever saw a USO show or Donut Dollie! The Donut Dollies only went to safe places that had latrines. We didn't have safe places and we didn't have latrines. We had bushes.

Ambush The first Night

The day I arrived at the 1/5, they

issued me an M79 grenade launcher, and that first night we went out on ambush patrol somewhere outside of Cu Chi. When we got back in the morning I gave back the M79. It was a good weapon, but I wanted a weapon that fired more than one round at a time. I got my M16.

I Thought My Head Exploded!

Four of us had to stay with a tank in the jungle at Katum and guard it for the night when the tank threw a track in the late afternoon. We pulled LP for them all night. Just four of us and the tank crew with no backup in the middle of nowhere. Those crazy tank cowboys called us into the tank in the middle of the night and then fired off a round without warning us. I thought my head exploded! I also thought that any VC within a mile of us now knew where we were. Never knew why they did that. Then back out on LP.

Did He See The 'Weed'?

In our platoon, we had black guys, white guys and Latino guys, but only one color, olive drab. We were brothers. On one occasion when we were at Cu Chi for a stand-down, we were in our hooch when a new young 2Lt. came in for an inspection of our foot lockers. Never had this happen before. Maybe looking for contraband? We all unlocked them and stood there while he opened each one and then moved on to the next. When the Lt. opened one of the foot lockers, there was a plastic bag full of weed right on top in plain sight. The Lt. closed the lid and moved on as if he never saw it.

Was The Body Still In The Cockpit?

When we traveled the road from Katum to Prek Klok, we always passed by an old Air Force single engine spotter plane that crashed or was shot down and lodged hundreds of feet up in the top of the teak trees near the side of the road. One of the wings was broken and swung in the wind, making a clanking sound. It was always an eerie sight. We knew the pilot was probably still in the cockpit. There was no way down, and too far up to jump out and live. I imagine his skeleton was still in the pilots seat.

* I bet you too could send me some interesting experiences from your Army

22

Bobcat Helps Active Duty and Veterans With Addiction

"Three-time Purple Heart recipient. Vietnam veteran Donald Elverd spent two years in Army hospitals, recovering from shrapnel wounds that ravaged his body. One bullet had pierced a lung; another, his arm. Bone splinters filled his chest.

When Sergeant Elverd of the 25th



SGT Donald Elverd, USA, was in Dau Tieng, Vietnam, a few days before he was shot in August 1968.

Infantry Division was discharged in 1970, he walked out of the Army with a lifetime prescription from the VA. From there, he dove headfirst into a downward spiral of drug addiction.

"If someone had said to me, 'If you take these drugs, you could become addicted.' I'd say to them, 'Give it to me [anyway], I hurt.'"

So Elverd intimately understands the struggles military officers who come to the Hazelden Betty Ford Foundation in St. Paul Miinn., for opioid-addiction treatment. Now a senior psychologist at Hazelden, he has helped veterans overcome addiction and mental health issues for 24 years. He sees everyone from junior officers to generals and admirals. They want to live without pain, and they see opioids - natural or man made chemicals that can reduce pain - as the only way to manage it, he says.

Washington takes note

In July, lawmakers and health care professionals met in Washington, DC., to discuss how the country's opioid affects the military community. Veterans are twice as likely to die from an accidental opioid overdose compared to the general population, according to a 2011 study of the VA health system. Active duty military personnel have a lower level of illicit drug use than civilians, but their abuse of prescription drugs is higher - and on the rise. In 2008, 11 percent of service members reported misusing prescription drugs, up from 2 percent in 2002 and 4 percent in 2005. Most drugs that are abused are opioid medications.

This year across the US, there will be more deaths tied to drug overdoses than there are names on the Vietnam Veterans Memorial - more than 58,000 - according to Rep. Tim Murphy, a commander in the Navy Reserve who practices psychology at Walter Reed National Military Medical Center in Bethesda, Md., and spoke at the July meeting.

As veterans come home with wounds and disabilities from far-flung conflicts, they join the ranks of the nationwide opioid epidemic. Whether from bouncing around in a Humvee, walking long patrols or standing guard duty, many service members and veterans experience chronic pain, a debilitating condition that often is difficult to treat. A 2014 study in JAMA Internal Medicine examined the prevalence of chronic pain and opioid use among 2,500 soldiers following deployment. Forty-four percent had chronic pain and 15 percent regularly used opioids - a rate much higher than the general population.

"In the veteran population, we have a lot of people with neck and back injuries," Murphy said. "Just about anyone who carried around a backpack of 100 pounds ended up with arthritis or some other pain - and there's a big push for opioids."

Murphy said the drugs were "everywhere he landed" after he was injured in a rollover accident in Iraq in November 2005. Unlike other health vitals, pain levels aren't measured by machines. Instead, troops and veterans are told to describe their pain based on a subjective scale from one to 10.

"'Here's some morphine, here's some fentanyl, here's something else,' "He said. "'That's the way it's done.' "

Too many service members are returning from overseas missions addicted to opioids, said Sen. Joe Manchin, who serves on the Senate Committee on Veterans' Affairs and also spoke at the July event.

"They can get a concoction of anything they want just to get through the day," he said. "There have got to be better ways of treating this."

When some of those service members return home, they hit up VA clinics to try to get access to the same medications they were able to get "free rein on for so long," Manchin said. "If they don't get it, then they call their senator or their congressman's office raising Cain about not getting good treatment from the VA, so we put pressure on the VA," he said. "It's just a conglomeration of things that we've got to get through."

Pleasure versus pain

Prescription opioids attach to parts of the brain called pleasure centers, creating a feeling of happiness or well-being. The drug makes the sensation of pleasure stronger than pain. Some common prescription opioids include Vicodin, Percocet, OxyContin and morphine.

"Most people, if they have to choose between pain and being numb, they go with numb," Elverd explains. "I see them here every day. These aren't dopers, addicts or criminals. They just hurt."

Most people who become addicted to opioids have had surgery or a serious injury, says Dr. A.J. Marsden, a former Army sergeant and surgical nurse who now is an assistant professor of human services and psychology at Beacon College in Leesburg FL.

The doctor gives them painkillers, and they slowly keep taking it, and it escalates out of control," Marsden says.

Marsden, who was stationed as a reservist at the 325th Combat Support Hospital in St. Louis from 2002-06, witnessed veterans battling opioid addiction."

*Copied from the September issue of "Military Officer".



Granite Ranch - Veteran's Heaven



5th Infantry Regiment Association Inc. 138 Glenrise Road Swanton MD 21561-2317

Address Service Requested

U.S. Postage PAID Oakland MD 21550 Permit # 4 Non-Profit Org.