



APR - JUN 2009

Issue #22

Summer 2009

Adopt-A-Doc USS JOHN C STENNIS

Inside this issue:



In Mid-May I was contacted by HMC David Sisk of the USS John C. Stennis, he had just found our site and saw our “Adopt-A-Doc” section. He sent me an email explaining that there were 50+ Docs in his department, including those from the Air Wing. They were around the mid-point of their float, morale was beginning to wane and he wondered if we could get the staff of the medical department adopted

out for the remainder of the cruise. I was thrilled to have such a large group want to be supported by our members. Only one problem, my list of people wanting to send packages had dwindled to almost nothing. What to do? This was a LOT of people and I really wanted to get them the support from home that they needed. So the S.O.S. went out. First to Therese Thomas, who works with the Wounded Warriors Battalion in California, getting quilts to those who are recuperating there. She sent out a message to her quilting contacts who jumped at the opportunity to help out these sailors so far from home. My next message was posted on the Corpsman Mom’s group on Navy4Moms.com, let me tell you those mom’s are incredible. Some of them have kids who are deployed now, who are in training at FMTB or Corps School, or who are in DEP and lots of them stepped up to adopt from this list. There were members of corpsman.com who adopted and several of my friends saw my post on Facebook about what was going on and they offered to adopt some of the sailors too. We managed to get nearly everyone on the list adopted.

Thank you to everyone who adopted these sailors.

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July 2009

Some of our users have inquired on how to Sponsor a Netcast/Podcast.



Attack of Da-Chief, Corpsman.com Netcast

It's EASY!

Usually sponsoring a show costs \$50.00 per show. But for now, beggars can't be choosers..

For this week only if you wish to sponsor a show, and you donate \$25.00 to our site, you will get a show in your honor or whomever you want to sponsor the show for. (UPDATE: Ends Friday 31 July 2009 @ 2400)

Say you have HM3 Sonny Or Daughter serving overseas, You can donate and send me a message to put in the show and do the show in their honor.

All you have to do is click any of our PayPal donate buttons on our site. If I see \$25.00 I will contact you ASAP to get your information you want passed.

If you can't afford \$25.00 we understand, any donation will also be reflected during the show as well with a thanks to you for your generous donation.

Listen to last week's show and you can hear how we thanked those who donated this week.

So far we have 1 thank you for this week, helps us thank more..

Donate to Corpsman.com Today!

AOTC Tapes Sunday Mornings @ 1115 EST. You can listen to the recording here: [Corpsman.com Live](http://www.corpsman.com)
If you can't make the taping but want to listen later you can download our Netcast/Podcast from [ITUNES](#) or
Via [RSS](#)
Thanks!

Da-Chief Corpsman.com

Darrell Crone

HMC(AW) USN (Ret)

Owner Corpsman.com

<http://www.corpsman.com>

Email: hmc.crone@corpsman.com

admin1@corpsman.com

Twitter: twitter.com/corpsman_com

Rant from Da-Chief

by HMC Darrell Crone (Ret.)

08 July 2009

Happy Wednesday, (Two days Closer to Friday then Monday!)

The Bibs are now up and current on hospitalcorpsman.org.

While we have had the bibs for sometime on our site corpsman.com, most folks look on hospitalcorpsman.org as it has traditionally had them.

CrazyCajun has been upgraded on his software suite, and is getting back into the saddle again.

I want to thank the following people for their kind donation to Corpsman.com, but also let everyone know we can still use your help. If you would like to sponsor a netcast, have a question about donating, please email me @ admin1@corpsman.com , or you can click any of the donate buttons on all of our pages.

Thanks to the following Folks:

- ***Daniel Moffett***
- ***John Brown***
- ***Alan Friend***
- ***Deborah McClintock***
- ***Marcus Harris***
- ***Mike "0311_Doc" DiGaetano***
- ***Ben Psencik***
- ***John Knibbs***
- ***3rdLot.com***
- ***Bootcamp4me.com***
- ***Herb Eschbach***
- ***Fred Laurie***
- ***Michael Walsh***
- ***Cassie Brockett***

Please think about donating today!! We are using the monies for our site to only make it better for you the users!

As most of you know, I took over Corpsman.com back in 2004. We have grown from 2 users (Crazycajun and myself) to now at around 2,030 registered users in our forums.

The Front page of Corpsman.com, our news area, regularly gets about 5,000 unique hits (Visitors) per day. We have gone from a shared cheap hosting package for our services to a Virtual (Not so cheap) server to handle the load for the services we offer.

All of this has been free other than donations we have received from some users and the ad revenue we generate on our pages. Free to all.

We used to solicit for donations quite regularly 2 years ago, but stopped because our ad revenue was more than handling the obligations, that was until this year.

Our revenue is off by about 75 % due to the downturn in the economy. I am hoping that it picks up soon.

Until then though I have to come up with creative ways to generate revenue to keep the site going and upgrading. We have software and machines we need to upgrade etc. If you think I am the only one running this place your wrong, we have 4 folks who help me that I supply computers, and software to help out with the day to day operations.

Folks we need your help. If you can make a small donation for our site, please just click the donate button on any of our pages on Corpsman.com. You will be recognized in our quarterly Newsletter, unless you request to remain anonymous.

Another way to support us is to sponsor one of our Netcasts/Podcasts. Last year we had a user (Andirrt) who sponsored us for 10 shows. We have not asked for any recently, but if you're interested please drop me a line @ admin1@corpsman.com.

In August we are hosting a Corpsman.com Auction. Doc-Pardue, as well as others, have donated Artwork, signed works, and goods to support Corpsman.com. More on that in the coming weeks.

Thanks for becoming a part of our Corpsman.com Team. Please think about donating to our cause.

Thanks,

Da-Chief
Corpsman.com

Darrell Crone
HMC(AW) USN (Ret)
Owner Corpsman.com

<http://www.corpsman.com>
Email: hmc.crone@corpsman.com
admin1@corpsman.com

CPO FY-10 QUOTAS

Good Luck to everyone!!

Thanks to HM1 Jones for updating the numbers for Reserve and FTS!!

	Board Eligible	ECM Selected Quota	ECM OPP %
Active	1248	296	23.72%
FTS	81	20	24.69%
Reserve	177	100	56.49%

Good Luck all!

You can download all the messages/info here: [FY10-Quotas.zip](#)



ADOPT-A-DOC



WANTED: DEPLOYED DOCS FROM ALL BRANCHES

If you or someone you know is deployed, or leaving on deployment and would be interested in receiving care packages from home. Please contact DeeDee - deedee@corpsman.com - be sure to include your name, rank, mailing address, and approx return date.

Be sure to ask around your unit, there may be someone who is getting no support from home, we want their name too. Everyone should be getting support while on deployment.

WANTED: PEOPLE TO ADOPT DEPLOYED DOCS

Want to show support to one of our deployed Docs? Email DeeDee - deedee@corpsman.com and let her know. She will get you a name and address to start sending care packages.

Bits and Pieces

THOUGHTS, WORDS, ACTIONS

Things are to be used and people are to be loved,
But the problem in today's world is that,
People are used and things are loved...
During this year,
let's be careful to keep this thought in mind:
Things are to be used,
but People are to be loved ... Be yourself....
DON'T take life so seriously
It is time to get a sense of humor...
earn to laugh at yourself...and make others smile...
This is the only day we HAVE.

Have a nice day and Best regards.
Watch your thoughts; They become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits they become character;
Watch your character; it becomes your destiny.

I'm glad a friend forwarded this to me as a reminder..

THANKS DOC_PARDUE FOR SHARING THESE
WORDS OF WISDOM.



Thought you might appreciate this poem. I spent six hours at the Iwo Jima memorial in Arlington, VA on memorial day; had an immediate invasion of smooth thought and wrote this poem ... hope it means something to somebody somewhere. HAVEZIM

GOOD QUESTION

Semper Fi ... do or die
It begs the question and the question is why
Was it for glory? Was it for fame?
Or was it simply that they were a bit insane?
Hot or cold; fed or starved
History has by their blood been carved
Bang bang bang ... boom boom boom
Will combat action some future doom?
Many live on; quite a few have passed
Either way a burden ... burden everlast
Dust off your boots Leatherneck!
Don't dwell on it or cry
But here we are at the same question my
friends
The question I ask
The question you ask
The question is ...

Searching for.....

My name is Paul Brown, MSC(AW), USN, Ret. I was the Chief Master at Arms for the Corps School From 1997 till I retired in March 1999.

I am trying to find a way of getting a list of all officers and enlisted staff that I work with during that time frame.

Do you know if this is possible and if so how I could go about getting this list. I was hoping to possibly get in contact with some fellow chiefs.

Thank you in advance for any assistance you may be able to send my way

Paul

cajungator99@ij.net

GOOD FACTS TO KNOW:

1. Kool Aid can be a dye in paint.
2. Pam cooking spray will dry finger nail polish
3. Cool whip will condition your hair in 15 minutes
4. Mayonnaise will KILL LICE, it will also condition your hair
5. Elmer's Glue - paint on your face, allow it to dry, peel off and see the dead skin and blackheads
6. Shiny Hair - use brewed Lipton Tea
7. Sunburn - empty a large jar of Nestea into your bath water
8. Minor burn - Colgate or Crest toothpaste
9. Burn your tongue? Put sugar on it!
10. Arthritis and insect stings ? WD-40 Spray and rub in
11. Bee stings - meat tenderizer
12. Chigger bite - Preparation H
13. Puffy eyes - Preparation H
14. Paper cut - crazy glue or chap stick (glue is used instead of sutures at most hospitals)
15. Stinky feet - Jello !
16. Athletes feet - cornstarch
17. Fungus on toenails or fingernails - Vicks vapor rub
18. Use Kool aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. (Wow, and we drink this stuff)
19. Kool Aid in Dannon plain yogurt as a finger paint, your kids will love it & it won't hurt them if they eat it!
20. Peanut butter - will get scratches out of CD's! Wipe off with a coffee filter paper
21. Sticking bicycle chain - Pam no-stick cooking spray
22. Pam will also remove paint, and grease from your hands! Keep a can in your garage for your hubby
23. Peanut butter will remove ink from the face of dolls
24. When the doll clothes are hard to put on, sprinkle with corn starch and watch them slide on
25. Heavy dandruff - pour on the vinegar !
26. Body paint - Crisco mixed with food coloring. Heat the Crisco in the microwave, pour in to an empty film container and mix with the food color of your choice!
27. Tie Dye T-shirt - mix a solution of Kool Aid in a container, tie a rubber band around a section of the T-shirt and soak
28. Preserving a newspaper clipping - large bottle of club soda and cup of milk of magnesia , soak for 20 min. And let dry, will last for many years!
- 29.. A Slinky will hold toast and CD's!
30. To keep goggles and glasses from fogging, coat with Colgate toothpaste
31. Wine stains, pour on the Morton salt and watch it absorb into the salt.
32. To remove wax - Take a paper towel and iron it over the wax stain, it will absorb into the towel.
33. Remove labels off glassware etc. Rub with Peanut butter!
34. Baked on food - fill container with water, get a Bounce softener and the Bounce towel will cause the baked on food to adhere to it. Soak overnight.
You can use 2 Efferdent tablets , soak overnight! (will also clean counter-tops)
35. Crayon on the wall - Colgate toothpaste and brush it!
36. Dirty grout - Listerine
37. Stains on clothes - Colgate toothpaste
38. Grass stains - Karo Syrup
39. Grease Stains - Coca Cola , it will also remove grease stains from the driveway overnight. We know it will take corrosion from car batteries!
40. Fleas in your carpet? 20 Mule Team Borax- sprinkle and let stand for 24 hours.
41. To keep FRESH FLOWERS longer Add a little Clorox , or 2 Bayer aspirin , or just use 7-up instead of water.
42. When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you 'squeeze' for freshness or softness? Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie. They are: Monday = Blue, Tuesday = Green, Thursday = Red, Friday = White, Saturday = Yellow. So if today was Thursday, you would want red twist tie; not white which is Fridays (almost a week old)! The colors go alphabetically by color Blue-Green - Red - White - Yellow, Monday through Saturday. Very easy to remember. I thought this was interesting. I looked in the grocery store and the bread wrappers DO have different twist ties, and even the ones with the plastic clips have different colors. You learn something new everyday! Enjoy fresh bread when you buy bread with the right color on the day you are shopping.

Don't forget " Gatorade " for Migraine Headaches. PowerAde won't work.

GX Hero

▶ **ALYSSA AND CASSY GADDIS**



The Price of Peace

[**Alyssa and Cassy Gaddis sing for military families**]

Story and photos by
Christian Anderson



Deployment ceremonies are never easy.
Emotions can be overwhelming as families and
friends gather together for their good-byes.

Twelve-year-old Alyssa Gaddis and her 16-year-old sister Cassy Gaddis, of Springfield, IL, know this first hand. They've been to many such events because their father, CW5 Jim Gaddis, is the command chief warrant officer of the Illinois Army National Guard. They've felt the power of families being torn apart.

These experiences inspired Alyssa to write a song—a song to lift the spirits of those enduring deployment, a song to inspire courage and hope. Alyssa titled her song, “The Price of Peace.”

Thinking positive

“I went to a deployment ceremony where kids were clutching to their dad’s neck crying,” Alyssa recalls, “and it just broke my heart. [Cassy and I] have it so easy right now with our dad at home. There are dads out there [with] loved ones going off to war.”

Cassy agreed, adding, “That particular ceremony was probably the saddest one I have ever been to because there were so many families there. I think that some people don’t really understand because they haven’t seen it with their own eyes.”

When Alyssa started writing her song, she knew there were other songs out there with similar themes. But many of them had sad endings. She wanted hers to be unique—by being positive. She wanted it to have a happy ending.

Cassy had the same idea. “I think that a lot of people want to focus on the negative,” she shared. “And [it’s] there ... but I always think there’s a silver lining to everything.”

Alyssa felt her original point of view could make the song stand out. “I wanted to write it from a girl’s perspective—‘My dad’s going off to war,’” she explained. “There aren’t any songs about younger kids with dads going off to war.”

“Hopefully this song will allow people to focus on the good. [Yes], it is hard when he’s gone, but he is coming home.”



**“I FEEL PROUD
FOR DOING THIS.
CASSY AND I ARE
VERY GRATEFUL
FOR WHAT WE
HAVE NOW, AND
KNOWING THAT
OUR WORK WILL GO
TO A GOOD CAUSE.”**

»ALYSSA GADDIS

Love for the Soldier

The Gaddis girls’ compassion extends beyond the families to the deploying Soldiers.

“I definitely respect [them] for their courage and strength, and their sacrifice,” Cassy stated. “I think in today’s society, especially now, people just want the war to end so much that they kind of forget what these Soldiers and their families face.”

“I know what they go through. Their sacrifice for us is just jaw-dropping. [While] we sit here, they are over there training and fighting to help us. I think self-sacrifice is the definition of ... a Soldier.”

State Farm was there

Alyssa’s crafting of the tune was only the beginning of this project. The next question was how to get it “out there.”

Enter an unexpected ally—State Farm Insurance. Its Adopt-a-Soldier program was created to thank and support deployed troops by sending them care packages and has received national accolades. State Farm was also recently awarded the highest employer honor bestowed by the Department of Defense—the Freedom Award—for recognition of its support of employees serving in the Guard and Reserves.

Jim Gaddis ran into a State Farm rep at a Family Readiness meeting in Springfield and told the rep about his daughters’ song. The two discussed the possibilities, and State Farm offered to help pay for the recording studio time in Nashville, TN.

The Gaddis family also set up the Web site ThePriceofPeace.org, which promotes and sells downloads of the song. Profits from the song will be going to Illinois’ Family Readiness Groups and local VFWs.

“This is another effort to raise money for the Illinois Family Readiness groups, so they can support the troops,” said Bill Hrabik, President—Military Affinity Group at State Farm. “The goal is to raise money for the group and awareness of the separation issues of deploying Soldiers and their families.”

The man with the plan

People often make the mistake of assuming it is not that hard to record a song.

Well, it entails a little bit more than just singing into a microphone. You need producers to handle the project. They have to know the ins and outs of music. And they have to be passionate about achieving top quality.

Hart Steen fit that bill for the Gaddis girls. A young musician in Nashville, Steen’s love of music radiates from him. A chance meeting hooked him up with the Gaddis girls. Jim and his wife Annette were visiting Nashville and went to the Commodore, a popular music venue. Steen happened to be onstage and the Gaddis’ took a liking to

his music. After the show, the three talked about Alyssa's song, and Steen liked the concept.

Steen and the Gaddis' kept in touch, and shared ideas. After much discussion, the girls were on their way to Nashville to record their song with Steen as their producer.

"They have been awesome," Steen declared. "[I]t's been a joy to have them in my life."

Steen has his own investment in the concept of this song. A few years ago, his younger brother enlisted in the Air Force. Steen took notice of his brother's transformation during an emotional graduation at Lackland AFB in Texas. "It was very powerful," Steen recalled. "He had changed into a man."

Trip to Music City

So the Gaddis family packed their bags and hit the road, aiming for the global hub of country music.

Cassy and Alyssa were ecstatic to be able to go, not because they got out of school for a few days, but because they were going to a place that

is rich in musical history. For nearly half a century, countless country artists have traveled to "Music City" to see if they have what it takes.

"When I got there, I thought about how amazing it was to be doing this," Alyssa said, smiling. "I felt proud."

Being in the big leagues, so to speak, made the girls step up their game. Working with professionals in a recording studio was a big step forward. But the girls adjusted.

It was an especially powerful experience for Alyssa—barely in 7th grade.

"Her maturity just skyrocketed when we were in Nashville," Cassy revealed. "The fact that she wrote the song and took on all this responsibility—it made me really open my eyes. It made me look up to her. Even though she is my little sister."

The girls took their time behind the mic to let loose and give it their all. With so much riding on their shoulders, this was no time to goof off. They worked hard—but enjoyed every minute.

"It was a really good experience. It was amazing—and surreal," Alyssa shared. "I have never really done that before. I have gone

A GROUP EFFORT

CW5 Jim Gaddis and his daughter Cassy celebrate and relax after a hard day at work in the recording studio.



—Excerpt from "Price of Peace"

*The price of peace is paid by the families on their knees
praying tonight*

*By a Soldier's feet on some foreign street just trying to
save a life*

*By a daughter's tears as she sees her hero do what he
thinks is right*

The loss may run deep but if it's love we leave

Well that's the price of peace

to studios locally in Springfield, but this was different. I felt like I was a superstar."

"My wife and I are so proud of Alyssa and Cassy for what they have done to support the deploying Soldiers' families," Jim declared. "They genuinely care and want to make a difference in these people's lives."

The waiting is the hardest part

Returning home from Nashville, the girls left their song—and trust—with Steen. The process of mixing and editing music can take a long time, and the girls tried to be patient.

After anxiously waiting for several weeks, the finished piece was finally delivered, and the Gaddis family gathered at their Springfield home to listen.

"When we heard the rough version, it brought tears to my mom's eyes," Alyssa marveled. "It's amazing knowing that Cassy and I did that together."

Looking back on the experience, Alyssa shares, "People think that singers have it easy. They think all they have to do is sing. The day after the recording, I wanted to pull my hair out."

But that was only the beginning. "Now we get to do the really fun part of the process—send the message," Cassy shared. "To me, that's the most important part—talking to people and hopefully inspiring them the way [we've been inspired]."

Reaching out

The Gaddis' are invested in the success of the song not because of the chance to make it big but to help others.

"Hopefully, it will touch people deeply," Cassy said.

And, Alyssa adds, "It's for a good cause. All of the money made off of this is [being donated] to the military families."

It has been said that a picture is worth a thousand words. In the same way, a deployment is worth a thousand emotions. Maybe "The Price of Peace" will be worth a thousand smiles. **GX**

Recently I received an email from one of the North Texas Patriot Guard's leadership to all of the North Texas PGR membership. It was an after action report of when they escorted home the National Guard unit back home from a deployment. At the bottom of the email, it goes on to mention a song I posted in the shout box coupled with a moving video which State Farm helped to sponsor.

I'm usually not one to offer up content for newsletters etc.. but I feel this video and song helps those who serve to better understand what those who are left behind on deployments feel and go through while there loved is deployed.

The video is quite moving, especially when you see the face of the little distressed Iraqi girl. Regardless of political beliefs the song and it's associated video goes beyond those borders and hits home a powerful message inspired by two sisters, 12 and 16 years of age. Their father a Chief Warrant Officer 5 of the Illinois National Guard. Any proceeds for the purchase of their song goes to military families.

I have personally secured permission from CW5 Jim Gaddis, the father of these 2 little girls (his email: info@thepriceofpeace.org) he states we, "absolutely are approved to reprint and distribute the article to your group."

Consequently, I am hereby submitting **and attaching their written story** in PDF format for submission into the corpsman.com scuttlebutt's newsletter, but only with your approvals. You can listen to their song at: <http://thepriceofpeace.org/> scroll down and start the video. I would also like to make mention of their website, so that others may hear and see the video and song.

If you need assistance in formatting it for print, please do not hesitate to contact me.

Thank you for all you do;

Respectfully

8404

Story Number: NNS090626-27
Release Date: 6/26/2009 7:11:00 PM

By Senior Chief Mass Communication Specialist (SW/AW) Bill Houlihan, Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON (NNS) -- The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday.

In NAVADMIN 188/09, Chief of Naval Operations (CNO), Adm. Gary Roughead, expanded the occasion for wear policy, which has been in place for six months.

Roughead consistently stated that the possibility for changing the policy hinged upon a timetable driven by the Navy's chiefs' mess.

Once the leadership mess provided feedback to Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick West, indicating that Sailors across the Navy understood the correct manner to wear the uniform, it was understood that he would recommend to CNO and Chief of Naval Personnel (CNP), Vice Adm. Mark Ferguson, when the time was right to allow the uniform off base.

According to West, that time is now.

"Communication from the Force and Fleet Master Chiefs has been unanimously positive. Our Sailors are ready to introduce this uniform to the American public," said West. "That's what CNO was waiting for and this decision is a direct result of chief petty officer (CPO) feedback. It's been sincerely gratifying to be able to watch this process work as well as it has."

The policy differs from the language in NAVADMIN 343/08 in that, up to now, routine stops were not allowed. That meant Sailors were prohibited from visits to child care centers, gas stations, brief stops at convenience stores or banks. Now those stops are authorized.

"Our Sailors are proud of this uniform," said MCPON. "This has been the number one feedback item from the fleet since I took office, (Dec. 12, 2008) and they have not been shy about their wishes to wear this uniform in town. Our Sailors have been trained to wear it and will wear it proudly."

West underscored the importance of waiting for the right time to open up the occasion for wear policy. He said that while many wondered why the original wear policy was put in place, it was important to ensure every Sailor knew how to wear it before allowing it outside the lifelines of ships and bases. He also said he kept a close eye on various regions to see how aggressive leadership was in training the fleet to wear the NWU. "I watched Navy Region Mid-Atlantic and I saw how the chiefs in that region were engaged in getting this right from day one. The training was consistent and it was effective. They deserve a lot of credit for the expanded policy, because they did it the right way in the largest fleet concentration area. Leaderships engagement coupled with Sailor feedback was what drove this recommendation (to expand the policy) to CNP and CNO."

The revision includes aligning the NWU and Camouflage Utility Uniforms (CUUs) occasion for wear policies and offers more flexibility than the rules governing the wear of other working uniforms.

The transition to the NWU will continue as stipulated in NAVADMIN 343/08. Multiple regions across the United States and overseas are still not wearing the NWU due to distribution constraints, so West pointed out that the manner of wear policy is even more critical now as Sailors transfer to those areas. Leadership (CO/CMC) has been authorized to wear the NWU since December and should already be wearing it in the areas where Sailors will soon be showing up.

"We have people rolling from one region to another and coming from boot camp, wearing the NWU. I'm looking to them as the Sailors who are going to meet the standards as set forth in the NAVADMIN and the Uniform Regulations, but more importantly, I expect the CPO mess to maintain the standards expected of our high caliber Sailors," said West.

The NAVADMIN also states that wear of the NWU/CUU will be restricted inside the National Capital Region (NCR). Navy personnel on staffs located in or visiting the NCR will not be able to wear the NWU or CCU as their uniform of the day. Commanders, according to the message, may prescribe the NWU/CUU for those Sailors in the NCR requiring that uniform for work that would soil the uniform of the day.

"I look forward to seeing the public's reaction to our new uniform," said West. "And I know our Sailors are eager to get out there and show it off."

For more news from the fleet, visit www.navy.mil.

NAVADMIN 188/09
RTTUZYUW RUEWMCS0000 1771511-UUUU--RUCRNAD
ZNR UUUUU
R 261511Z JUN 09
FM CNO WASHINGTON DC//N1//
TO NAVADMIN
INFO CNO WASHINGTON DC//N1//
BT
UNCLAS//N01020//
NAVADMIN 186/09
MSGID/GENADMIN/CNO WASHINGTON DC/N1/JUN//
SUBJ/NAVY UNIFORM UPDATE//
REF/A/MSG/CNO WASHINGTON DC/N1/092022ZJUL08//
REF/B/DOC/NAVPERS 15665I/01JAN2003/
NARR/ REF A IS NAVADMIN 190/08, UNIFORM UPDATE.
REF B IS U.S. NAVY UNIFORM REGS.//

RMKS/

1. THIS NAVADMIN ANNOUNCES CHANGES TO THE SCHEDULED FLEET AVAILABILITY OF THE E1-E6 SERVICE UNIFORM, AVAILABILITY OF THE IMPROVED PHYSICAL FITNESS UNIFORM (PTU) SHIRT AND PROCEDURES FOR ADDRESSING NAVY WORKING UNIFORM (NWU) COMPONENT ISSUES RELATED TO BUTTONS AND BOOTS.

2. THE SERVICE UNIFORM FLEET AVAILABILITY SCHEDULE AS OUTLINED IN REF A IS REVISED AS A RESULT OF ROBUST COMPONENT PRODUCTION EFFORTS AND HIGH POPULARITY THROUGHOUT THE FLEET. COMMENCING 1 SEPTEMBER 2009, SERVICE UNIFORM COMPONENTS WILL BE AVAILABLE FOR PURCHASE AND ORDERING AT NAVY EXCHANGE UNIFORM CENTERS LOCATED AT NAVY EXCHANGE REGION SOUTHEAST, NORTHEAST, EUROPE, JAPAN AND GUAM.

3. THE NEW "GENERATION 2" PTU-SHIRTS WILL BEGIN ARRIVING IN NAVY EXCHANGES AND WILL BE AVAILABLE ON LINE OR THROUGH THE UNIFORM SUPPORT CALL CENTER ON 30 JUNE. THIS NEW T-SHIRT IS 100 PERCENT POLYESTER, HEAVIER WEIGHT, MOISTURE WICKING, ANTIMICROBIAL, WITH A HIGHER THREAD COUNT. OPACITY AND LENGTH IMPROVEMENTS EXPRESSED BY THE FLEET HAVE BEEN INCORPORATED. GEN 1 SHIRTS WILL STILL BE AVAILABLE FOR PURCHASE UNTIL STOCKS ARE DEPLETED.

4. NWU COMPONENT QUALITY CONCERNS REPORTED BY LIMITED MEMBERS OF THE FLEET INCLUDE LOOSE BUTTONS AND BOOT DISCOMFORT. BOTH ISSUES HAVE BEEN THOROUGHLY REVIEWED BY THE NAVY CLOTHING AND TEXTILE RESEARCH FACILITY AND THE RESPECTIVE MANUFACTURERS. LIMITED EARLY PRODUCTION RUNS OF SHIRTS AND TROUSERS WERE FOUND TO HAVE INSUFFICIENT BUTTON STITCHING. THIS SITUATION HAS BEEN CORRECTED BY THE MANUFACTURERS. BUTTON REPLACEMENT IS AVAILABLE AT NAVY EXCHANGE UNIFORM SHOPS AT NO COST. NAVY EXCHANGE POC LISTED BELOW WILL PROVIDE REPLACEMENT BUTTONS TO DEPLOYED COMMANDS UPON REQUEST. BOOT DISCOMFORT HAS BEEN FOUND TO BE LARGELY ATTRIBUTABLE TO WEARING INCORRECTLY SIZED BOOTS. MANUFACTURERS HAVE BEEN CONDUCTING FIT CLINICS AT ROLL-OUT LOCATIONS TO HELP ENSURE CORRECT CHOICE OF BOOT SIZE AND PROPER FIT. SAILORS ARE ENCOURAGED TO TRY BOOTS ON PRIOR TO PURCHASE. SAILORS SUSPECTING THEY HAVE DEFECTIVE OR IMPROPERLY FITTED BOOTS CAN RETURN SAME TO THEIR CLOSEST NAVY EXCHANGE UNIFORM SHOP FOR REPLACEMENT.

5. FILE THIS NAVADMIN UNTIL CHANGES ARE INCORPORATED INTO THE QUARTERLY BUPERS DIRECTIVE CD-ROM CHANGE CONTAINING REF B. IN THE INTERIM, FOR MORE INFORMATION ON UNIFORMS AND UNIFORMS POLICY, VISIT THE NAVY UNIFORM MATTERS WEBSITE
[HTTP://WWW.NPC.NAVY.MIL/COMMANDSUPPORT/USNAVYUNIFORMS/](http://www.npc.navy.mil/commandsupport/usnavyuniforms/).

6. POINTS OF CONTACT:

- HEAD, NAVY UNIFORM MATTERS OFFICE: MR. ROBERT B. CARROLL AT (703) 614-5076/DSN 224 OR EMAIL AT [ROBERT.B.CARROLL\(AT\)NAVY.MIL](mailto:ROBERT.B.CARROLL(AT)NAVY.MIL).
- DEPUTY HEAD, NAVY UNIFORM MATTERS OFFICE: CMDRCM(SW/AW) ART RIVERS AT (703) 614-5075 OR EMAIL AT [ARTHUR.RIVERS\(AT\)NAVY.MIL](mailto:ARTHUR.RIVERS(AT)NAVY.MIL).
- NEXCOM: MR. GENE GONZALEZ (757) 631-4125 OR EMAIL AT [EUGENE_GONZALEZ\(AT\)NEXWEB.ORG](mailto:EUGENE_GONZALEZ(AT)NEXWEB.ORG).

7. RELEASED BY VADM MARK FERGUSON, N1.//

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COMPUTER BASED TRAINING AND NHCS: A Chief's View, How we did it and how it was fixed.

By HMC Darrell F. Crone (Ret.)

A bit of history.

As many of you know, I was an instructor at Naval Hospital Corps School from 2004-2007 upon my retirement. During this time, we were on the leading edge of initiating a Computer Based Training Curriculum for all of Naval Hospital Corps School. I will go into the positives and negatives that "I" found while working with this system. You might be surprised on what I thought throughout the process.

I will quote a portion of the IG Inspection report talking about NHCS below:

1. Hospital Corpsman. "A" School.

a. In 1999, the medical community was one of the first to embrace computer based training (CBT), with the implementation of a CBT Emergency Medical Technician (EMT) course. The Hospital Corpsman (HM) "A" School was moved to a CBT model in early 2006. Under the CBT model, there was an increase in failures, a large student backlog in the self-paced courses and increased disciplinary problems. Surveys sent to Military Treatment Facilities (MTF) on HM performance indicated that Corpsmen were unable to perform the basic skills such as draw blood, administer immunizations or record a blood pressure.

b. In 2007, the school house reorganized and introduced the Hospital Corpsman Interactive Course (HMIC), which features a blended training environment. This training curriculum, developed by on-site instructors was most impressive. It combines initial CBT and interactive course-ware with instructor led training (ILT), psycho-motor skills demonstrations, and hands-on laboratory motor exercises with simulation mannequins and clinical practicum enhancing the required corpsman knowledge, skills and abilities (KSAs). Additional self-study via CBT is available to all students. Under HMIC, there was an increase in test scores and a reduction in failure rates and disciplinary issues. Morale improved and cooperative team work efforts became commonplace.

c. By design, the HMIC purposefully foster an "*esprit de corps*" among students through a cooperative learning strategy. Students view the instructors as role models, and look to emulate them once in the Fleet. We noted a great deal of pride and professionalism in the HM rate and its history. The HMIC provides great insight on how the latest technology can be combined with ILT and hands-on application to yield an effective training program.

I have the entire IG report here for to read, it tells all the positives as well as the negatives of having Computers Train our Sailors. What I want to talk about though are the failures that "I" felt the command made when we switched to all computer based training, moving the instructors out of the classroom.

The Number "1" problem with how NHCS moved to the CBT 100% Training?

The decision was made at the top of the Chain of Command (COC). No input was gathered from those who had served as Corpsmen in Clinics, Hospitals, or more importantly, in the field. I can tell you having been a BN Medical Chief with a Marine Artillery unit, while we do train 24/7, our motto is train as we fight and fight as we train, there are certain things I expect my Corpsmen to be able to know and understand upon reporting to our unit.

Basics, the very basics, as the report accurately reported, we were sending folks out to the fleet who could pass a computer test, but could not put hands on a patient to administer a shot, do basic TPR's or even understand what the heck a TPR was!

Why did this go on?

Lack of Communication.

Big Navy wanted us to cut our Days in Curriculum down, in other words BUMED, BUPERS, wanted us to cut down the number of days a student was in our school house to cut down on \$\$.

At the time NHCS offered a computer based training program for Reserves who had never been to Corps School (Don't even get me started on that program, the old Advanced Pay Grade (APG) program). It was found that sending people to War in the 1st Gulf War who didn't understand the Navy or the practices in the Naval Medical Department were a drag to the medical program when they reported for duty. Reservists were activated to work in a medical department role alongside their active duty counterparts, but were showing up not knowing how to wear a uniform, lack of training in Navy Practices as well as our sister services etc.

Senior Chief Cangelosi, (Just selected to HMCM) saw the problem, and started pushing BUMED to have NHCS offer a program to get APG reservists up to speed. I can tell you having been the Program Manager at NHCS for this program, It was a "PAIN IN MY ASS". I can say this about it now though on hindsight, HMCM Cangelosi, NAILED IT.

She saw what others didn't, it wasn't necessarily the CBT Training, it was the hands on that actually provided what the Sailors needed.

While I was the Corps School Program Manager for the program, Master Chief Cangelosi, who was stationed up at BUMED in DC, would support our staff by sending me Veteran Reserve Doc's who had been deployed or were senior enough but had been through NHCS themselves as students back in the day. These Reserve Instructors would go through a intensive "Instructor" program to assist the Active Duty Instructors on all the Lab tests that had to be done for the Reserve Students. The program was so good, that we would often times have Reserve Instructors come throughout the year to supplement our active duty staff be it for IA deployments or leave or what have you. I can say without a doubt, this part of the program worked seamlessly. There were bumps along the way, but it worked.

Reservists would do 74 courses online while living at home. After completion of the coursework they would come to NHCS for 2 weeks and be *Classed Up* just as their active duty counterparts were. They lived in the barracks and were subject to the same rules and regulations as all the Sailors at Corps School.

The Students were taught by both Active as well as Reserve Instructors in the school house. It was sometimes quite comical to see us trying to jam a full 14 week training program into 2 weeks, and by this I don't mean the didactic portion, but the "Esprit De Corps" as was mentioned in the report. This is not something that can be taught, you have to *Live it*.

Right now you have Doc's who are out there doing the job on deployments, or even have gone back to active duty, all the while most cannot even tell they were APG students at one time.

All of this can be attributed to "1" Persons dream. HMCM Cangelosi.

Now, how does this differ from the active duty program? I can list them below.

- While I hate, and I mean HATE meetings, HMCM Cangelosi was a stickler about communication about this program. While I thought some of the info was redundant, She was taking EVERYTHING in from everybody and making decisions up in BUMED with the data that we collected. Never was a decision made without first hearing from those who were working with the students or the instructors. This is not to say like I said before that we didn't have our problems, boy did we, but we overcame them with communication.
- There were times HMCM drove me absolutely bonkers. But now looking back in hindsight, She nailed it, the whole program, to this I say "Congrats"

- The way the Active Duty side went off the tracks? "0" Communication, other than to be told we were "GOING TO DO IT". Never once did the Chain of Command go to the Chiefs who were leading the respective classes, what we thought about the changes etc. Almost all the enlisted staff at NHCS have been deployed in one fashion or another. I still remember the day when we were all called into a meeting and told that this change was going down. There was "0" discussion, it was to happen.
- Corps School went from having leaders teaching the chain of command, teaching teamwork etc, to basically throwing a switch and then all the students were now being taught by computers. There was no more class cohesiveness, You could come to Corps School one day and graduate sometimes 21 days later, others of course took longer, it was a *Self paced* program. Military bearing started to go out the window it became a race to see who could graduate the fastest. Students were not looking out for their shipmates, more so the opposite.
- You need to listen to your Chief Petty Officers, and Junior Officers who have been deployed. If you have been on Staff Duty for the last 5-10 years, you have no clue as to what is expected nor required in the operational theater. This is why you have Chief Petty Officers for crying out loud. It also did not help that we had a "YES MAN" in the CMC office at the time either, (My Opinion) to stand up for the Mess when we were telling or trying to tell the leadership what would happen. a "COVEY" Course does not the CMC make.

That being said, the good thing about the Military,

ROTATIONS!!!

Those who had made poor decisions moved along and new folks came in who did listen. A new CMC transferred in from the Marine side of the house, who was a *chief's mess* Master Chief. He listened passed up the chain our views etc. He had the gumption to stand up for what was right etc. He also had a birds eye view of what we were sending to the fleet and had heard the complaints from our customers out at Division, the Squadrons, Ships etc. Not only had the prior leadership not listened to us the staff, they were not listening to the customers at FMTB, nor at the commands.

Ultimately it came down to \$\$, pressure was being put on our C.O. to cut the days of students at school, but it came at a price to our LPO's and Chiefs working in the units in the fleet who should have been getting ready for deployments etc, taking care of their Sailors, Marines, Soldiers etc, but now had to also take the time out to train the basics to new Corpsmen.

My Advice to leaders,

“ GET ADVICE FROM THOSE WHO ARE CURRENTLY DOING THE JOB!!”

Never shoot from the hip, Believe it or not OFFICERS; Chiefs have a better grasp on the day to day goings on in your command. We listen to those who work for us and with us.

The soapbox is now open for comments. :-)

But first my Comment:. This was discussed as it was happening on our Forums which you can read @ <http://www.corpsman.com/forum/> I and our staff went over this again and again during this time frame. The forums are free and I hope you look into it!

You can read the entire CBT IG report here: [CBT IG REPORT](#)

CHAPLAINS MESSAGE

"Amazing grace, how sweet the sound..." So begins one of the most beloved hymns of all times, a staple in the hymnals of many denominations. The author of the words was John Newton, the self-proclaimed wretch who once was lost but then was found, saved by amazing grace. John went to sea at age 11 with his father on a merchant ship and made six voyages with him before the elder Newton retired. He was then pressed into military and served on a Man of War. Finding conditions on board intolerable, he deserted but was soon recaptured and publicly flogged and demoted from midshipman to common seaman.

Finally at his own request he was exchanged into service on a slave ship, which took him to the coast of Sierra Leone. He then became the servant of a slave trader and was brutally abused. He soon found service with another sea captain who knew his father and finally he got his own ship and plied the slave trade. He fell overboard one night during a storm and he was rescued by a slave on his ship. He experienced what he was to refer to later as his "great deliverance." He recorded in his journal that when all seemed lost and he would drown, he exclaimed, "Lord, have mercy upon me." Later in his cabin he reflected on what he had said and began to believe that God had addressed him through the storm and that grace had begun to work in him.

He married and soon became a preacher and wrote the song Amazing Grace. He finally left the slave trade and began to fight to abolish slavery. His life became different because of his deliverance by God. His relationships with his family, church, and God took on an intimacy that amazed people.

Today I am going to discuss intimacy. Intimacy is something that we all need and desire. Sometimes we search for intimacy in unhealthy relationships. Some even have paid for it. The intimacy I am talking about is one that God wants with each of us. He desires for us to have a close and familiar relationship with Him. It is both concrete and real. Just as we gain intimacy with our children when we pray with them by their bedside or develop intimacy when we marry and go on a honeymoon. The intimacy is both warm and close with someone else.. It is sometimes like we are wearing someone else's skin, we become one with another, so to speak.

God makes Himself known to us. As we grow closer to Him we become vulnerable and open. We then surrender to Him and as He reveals His love towards us and that changes us.

We are acutely aware of His love and we change our relationships, not only with Him, but others as well. Our intimacy with God helps us to root sin out of our life and we begin to live in freedom to become intimate with the people who love us.

As I close with the words to this hymn, I am reminded once again how much I am loved by God...

**Amazing grace! How sweet the sound
That saved a wretch like me.
I once was lost, but now am found,
Was blind, but now I see.
'Twas grace that taught my heart to fear,
And grace my fears relieved.
How precious did that grace appear
The hour I first believed.
Through many dangers, toils and snares
I have already come;
'Tis grace hath brought me safe thus far
And grace will lead me home.
The Lord has promised good to me
His word my hope secures;
He will my shield and portion be,
As long as life endures.
Yea, when this flesh and heart shall fail,
and mortal life shall cease,
I shall possess within the veil,
A life of joy and peace.
The earth shall soon dissolve like snow,
The sun forbear to shine;
But God, who call'd me here below,
Will be forever mine.
When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.**

My Heroes Have Always Worn Boots by Doc_D



October 5, 1945 Whalen receives Medal of Honor from President Harry S. Truman

As I sit here this evening thinking about the passing of one of my true heroes, I feel compelled to write something. Heroes are a funny thing. They don't do what they do because they are chasing recognition or because they are seeking some kind of gratification. They do their part because they typically see something greater than themselves. They rarely, if ever, see themselves as anything other than a Shipmate, a member of a squad or a Brother/Sister. I have often thought of these Patriots as Icebergs. You only catch a small glimpse of their greatness and the bulk is left unseen. This much is true, in the case of Pharmacist Mate 2nd Class George E. Wahlen. Many Corpsmen recognize the name from one of the many MoH displays, memorializing Hospital Corpsman who earned the Congressional Medal of Honor, often found in every Naval Hospital. Mr. Wahlen was awarded the MoH for his gallant actions while serving as Fleet Marine Force Corpsman with Company F, Second Battalion, Twenty-Sixth Marines, Fifth Marine Division, on the island of Iwo Jima. Having been wounded 3 separate times during the onslaught, he refused to be evacuated from the battlefield, even going to render aid and assistance to a nearby Platoon, in effect treating up to 14 patients before he returned to his own Platoon.

A little known fact is that Mr. Wahlen, who was awarded the MoH in 1945, returned to service when he re-enlisted in the United States Army and served in both the Korean and Viet Nam Wars before retiring at the rank of Major. Having been a Warrior for the better part of his adult life, his service to our country did not end when he retired. He continued to work for the Department of Veterans Affairs for an additional 14 years. Major Wahlen, Doc, passed away on 05 June 2009 at George E. Wahlen Department of Veterans Affairs Medical Center in Salt Lake City, Utah, from lung cancer. This Hero's status is evident in the fact that Congress approved the naming of the Medical Center while Major Wahlen was still alive.

Thank you for leading the way, Sir. You stand relieved, I have the Watch....

Happy 4th of July

from Doc_Pardue

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned.

Two lost their sons serving in the Revolutionary Army; another had two sons captured.

Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes, and their sacred honor. What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated, but they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly.. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill

were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished.

So, take a few minutes while enjoying your 4th of July holiday and silently thank these patriots. It's not much to ask for the price they paid. Remember: freedom is never free!

It's time we get the word out that patriotism is NOT a sin, and the Fourth of July has more to it than picnics, and baseball games.

National Chaplain, Medics & Corpsmen 2008-2010

<http://www.medics-corpsmen.org/>

<http://www.kerrypardue247.com/Index.html>

Cool Facts about Human Body

-Scientists say the higher your I.Q. The more you dream.

Last night I didn't remember any dreams so does that mean today I am dumber than a sack of rocks

-You use 200 muscles to take one step.

No wonder I am so tired at times

-The average woman is 5 inches shorter than the average man.

So if I married someone the same height as me I am no longer average

-A pair of human feet contains 250,000 sweat glands.

-There are about one trillion bacteria on each of your feet.

So I guess the expression "I put my foot in my mouth" is a question of having really bad breath

-Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.

So I guess I really am "HOT"

-When you are looking at someone you love, your pupils dilate

So I guess love is blind is true

-Your thumb is the same length of your nose.

At this very moment I know you are putting this last fact to the test...!

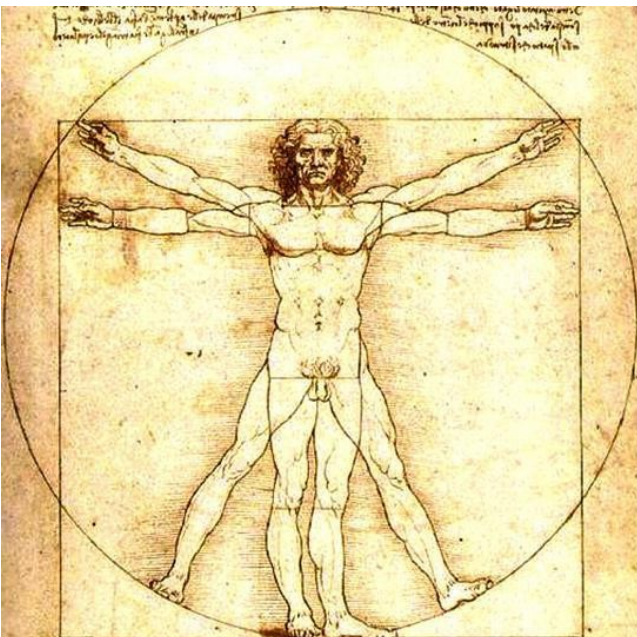
...now remove your thumb from your nose and pass this on to the friends you think might be interested in comparing their thumbs to their noses as well.

Doc_Pardue

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Soldiers urged to take advantage of mental health resources

June 25, 2009 - 6:10 PM

BRIAN NEWSOME

The Gazette

In recent years, the military has invested millions of dollars in mental health care, fueling a proliferation of treatment programs while attempting to reshape fundamental attitudes about mental illness.

But the stigma persists among the rank-and-file, keeping many troubled soldiers from taking advantage of help that is readily available, according to two Army generals.

The Army's top psychiatrist, Brig. Gen. Loree K. Sutton, and Fort Carson commander Maj. Gen. Mark A. Graham spoke with reporters, civilian health care providers and others Wednesday as part of an Army-sponsored Warrior Care Summit in Colorado Springs.

A 2007 scandal at Walter Reed Army Medical Center that revealed widespread medical neglect, coupled with a rash of soldier suicides and homicides, has led to major strides in how the military approaches health care.

Sutton described the Walter Reed revelation as a tragic "blessing."

"We're really good at the life-saving, white-knuckled, adrenaline-charged stuff," she said about the military's medical team.

But until recently, the military fell short when it came to taking care of soldiers coming off the battlefield or in need of longtime rehab.

This "cultural transformation," Sutton said, has changed medical protocols to place a greater focus on the "whole" soldier. Mental health, she said, is now taken as seriously as physical health. Her job title might serve as an example. She is the founding director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, a Defense Department organization charged exclusively with addressing the psychological needs of the military.

The changes aren't just at the top. Platoon leaders and medics, for example, are being trained to recognize signs of stress among their troops and to help those soldiers get help.

Army doctors and counselors have honed their questions to better identify conditions such as post-traumatic stress disorder and traumatic brain injuries. Fort Carson recently opened a center designed solely to help soldiers with traumatic brain injuries.

Yet such efforts are hampered by a tough-guy culture where words such as "stress" and "mental health" make people bristle. Graham said soldiers fear that if they seek psychological help, it might be seen as a sign of weakness and could jeopardize promotions or admission into selective programs.

Graham is a vocal advocate in addressing those stigmas. One of his two sons committed suicide, and the other died in combat in Iraq. And at Fort Carson, 14 soldiers were accused or convicted of homicides from 2005-08, he said.

"We take it very hard when a soldier goes downtown and does something horrific," he said. The question, he said: "How do we see that red flag?"

One of Sutton's strategies is a new \$1.8 million public awareness campaign built largely on telling the stories of soldiers who sought help.

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Call Newsome at 636-0198. Visit the Pikes Peak Health blog at www.pikespeakhealth.freedomblogging.com and the Gazette's Health page at Gazette.com/health

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68W Advanced Field Craft Combat Medic Skills.

FORT SAM HOUSTON, Texas -- The U.S. Army Medical Department's recently published "68W Advanced Field Craft: Combat Medic Skills," was named a "Hot Product" at the 27th Annual EMS Today Conference and Exposition, hosted by the Journal of Emergency Medical Services.

The text placed in the top 30 of tens of thousands of EMS products submitted according to Alisha Weisman, Jones and Bartlett Publishers, textbook publisher. "Hot Products" are granted distinction and selected for being innovative, functional, potentially life-saving, and offering remarkable improvements to patient care and provider performance she said.

"This book ultimately contributes to saving lives on the battlefield. The authors worked in the field and understand the imperatives that exist in insecure situations," said editor-in-chief Casey Bond. "Their dedication is visibly manifest in (an approximately) 92 percent save rate in current conflicts."

"This book covers those items that the medic must know to provide care that will make a difference on the battlefield, in disasters, and in austere environments.. The goal of the medic is to bring back a patient and not a victim. This book assists in that endeavor," said Lt. Col. Paul Mayer, director of combat medic training at Fort Sam Houston.

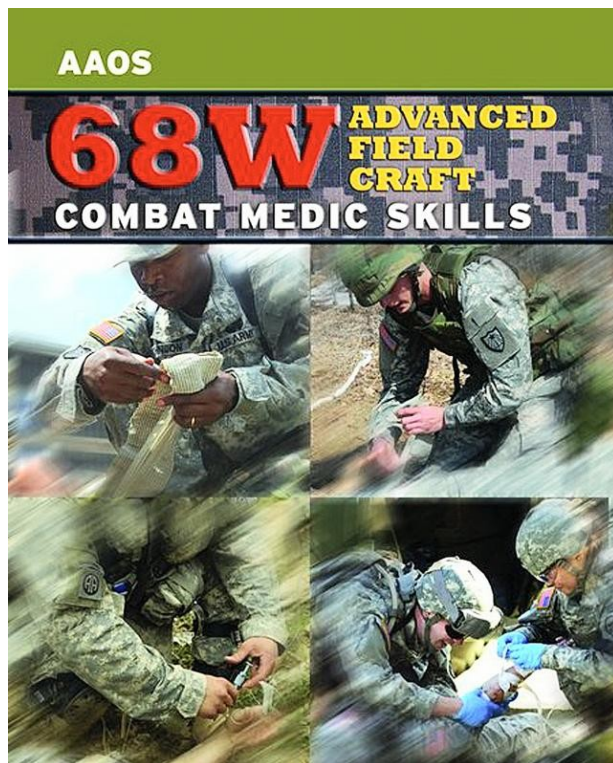
The Army Combat Medic Today is highly trained and technically advanced requiring a sophisticated teaching and learning system. Known by their military occupational specialty Sixty-eight Whiskey or 68W, their primary role is to provide medical treatment to wounded Soldiers.

Crucial to Army combat functionality, every squad is required to have a "Whiskey" in attendance during hazardous missions. Whiskeys initiate medical treatment on location, maintain medical treatment during evacuation, and provide treatment in medical facilities.

Prior to this reference book, 68W students were handed a stack of Xeroxes containing only outlines of lecture material that lacked anatomy and physiology illustrations, and had few explanations of treatment modalities.

Developed by the Department of Combat Medic Training instructors, the book includes drills, vocabulary, field medicine tips, and interactive case studies giving 68W students solid academic reference material.

The "68W Advanced Field Craft: Combat Medic Skills" textbook is the first of this type of publication combining complete medical content with features to support instructors and students said Weisman.



Doc_Pardue

National Chaplain, Medics & Corpsmen 2008-2010

<http://www.medics-corpsmen.org/>

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HEALTHY CHOICES

EATING FRUIT

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits? **IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.**

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will not happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks **HEART ATTACK PROCEDURE'**: (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.. You may never have the first chest pain during the course of a heart attack . Nausea and intense sweating are also common symptoms.. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive...

Doc_Pardue

National Chaplain, Medics & Corpsmen 2008-2010

<http://www.medics-corpsmen.org/>

<http://www.kerrypardue247.com/Index.html>

All gave some, some gave all.



They gave all for us.



They are our sons & daughters, husbands & wives, mothers & fathers, friends & neighbors.



Will you join with us as we honor them?



The Patriot Guard Riders Making a Difference

On Memorial Day, May 29th 2006 members of the Patriot Guard Riders were honored to be invited to the White House as President George W. Bush signed the "Respect for America's Fallen Heroes Act". This act prohibits protests within 300 feet of the entrance of a federal cemetery 60 minutes before to 60 minutes after a funeral. The efforts of the Patriot Guard Riders to shield the families of our fallen soldiers at funerals from protestors played a part in bringing this legislation about.



Recognized by the United States Congress:

H.R. 731 resolves that United States Congress expresses its deepest appreciation to the Patriot Guard Riders who:

"Attend military funerals across the country to show respect for fallen members of the Armed Forces and, when needed, shield mourning family members and friends of the deceased from protestors who interrupt, or threaten to interrupt, the dignity of a funeral; and

"In so doing, help to preserve the memory and honor of the Nation's fallen heroes."

June 20, 2006



The Patriot Guard Riders



Join us as we honor
those who have paid the
ultimate price for our great
nation's freedom.

www.patriotguard.org

Mission Statement:

The Patriot Guard Riders (PGR) is a diverse amalgamation of over 150,000 riders from every state in the nation that ride together as the "Patriot Guard Riders" to honor fallen soldiers at funeral services across the country. We have one thing in common besides motorcycles, we have an unwavering respect for those who risk their very lives for America's freedom and security. If you share this respect, please join us.

We don't care what you ride, what your political views are, or whether you're a "hawk" or a "dove". It is not a requirement to be a veteran. It doesn't matter where you're from or what your income is. You don't even have to ride. The only prerequisite is Respect.



What we do:

Our main mission is to attend the funeral services of fallen American heroes as invited guests of the family. Each mission we undertake has two basic objectives.

1. Show our sincere respect for our fallen heroes, their families, and their communities.
2. Shield the mourning family and friends from interruptions created by any protestor or group of protestors.



We accomplish our mission through strictly legal and non-violent means.

The PGR is NOT a protest or counter protest group. If you do not agree with our mission statement then please do not join. If you do share this respect for our service men and women then please join us.



How we accomplish it:

Throughout America, the Patriot Guard Riders, have formed a network of members who use the DOD, Internet, and word of mouth to keep abreast of funeral service arrangements for fallen soldiers. Our website, www.patriotguard.org, spreads the word to our nation-wide membership in order to set up Mission Rides to pay their respects. Working closely with the family, local law enforcement, and the local community, the Patriot Guard Riders have gathered as many as 500 riders at a time to honor a fallen soldier.

What can you do?

Visit our web site at www.patriotguard.org to join the PGR. We are a national organization and welcome more members for our mission rides.

Join The Patriot Guard Riders at www.patriotguard.org

Help on the Home Front Visits our
wounded at Brook Army Medical
Center in San Antonio, Texas



The PGR are shown here with a
wounded Marine, Tyler Ziegel.



Barbara & Rick Monday of the PGR are
shown here visiting with Kevin Downs.
Kevin is holding the famous Rick
Monday flag!

Kevin went home this day!

How to Donate to the HOTH Program

1) Check or Money order should be
made out to: **"Patriot Guard Riders,
Inc."**

NOTE: To ensure your donation is
directed to the PGR HOTH Program
include the following in your letter, **"I
would like my donation to be used
for Help on the Home Front!"** Your
funds will then be directed to the Help
on the Home Front projects.)

2) Mail the Check or Money order to :

Patriot Guard Riders, Inc.
c/o Jon Tatum & Associates
2000 Mallory Lane
Suite 130-140
Franklin, TN 37067



**STANDING FOR THOSE
WHO STOOD FOR US**

www.patriotguard.org

Patriot Guard Riders



We Will NEVER Forget!

**Help on the Home
Front assisting and
helping our Veterans
and their families.**

Help on the Home Front

Our Vision:

Is for the Patriot Guard Riders (PGR) to assist the Veteran community by taking a proactive role in the reintegration of our wounded Veterans into the societies they protect & defend.

The National PGR Board set this directive which is intended to augment the PGR mission. The PGR wishes to serve all heroes; not only the ones who paid the ultimate sacrifice but also the one whose life has been forever changed by their service to the United States of America.



Our Mission:

1. Establish a strong presence and mentoring program on Brooke Army Medical Center, Walter Reed Army Medical Center and Bethesda Naval Hospital.
2. Work diligently towards the recommendations set forth by medical personnel regarding our involvement with wounded Veterans.

Our Mission Cont.:

3. Establish a support network for catastrophically wounded Veterans who are reentering their communities. This is a continuation of the inpatient program.
4. To develop a National plan to be carried out on the state level for an active and frequent PGR presence in all of the VA hospitals and homes nationwide.
5. Develop state Veterans' Assistance Officers to communicate effectively between the state and National levels.

What we do to assist Veterans:

To accomplish our Vision we have developed programs aimed at supporting our Veterans such as:

- Visit our wounded service men and women at all major military critical care hospitals
- Provide a framework when a critically injured soldiers is discharged, there will be a PGR member who can continue the relationship once they return home
- Benefits and Fund Raisers to assist Veterans with special needs
- Working in partnership with other organizations such as American Legion, Veterans of Foreign Wars, Gold Star Mothers, Soldiers' Angels, and many other fine organizations.
- Welcome Home & Send Offs Missions for individuals as well as troops

Success Stories:

The PGR has sent over 230 Flags to our troops!

We need your help in purchasing flags for our Troops. If you would like to have a flag donated in your name, please go to our the front page of our website



Building morale and showing support for our troops by taking donated PGR Flags and sending them to our deployed troops.





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FOR DOC'S by "DOC'S"***

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We are looking for items from far away locale's or created artworks etc to be donated to Corpsman.com to be auctioned off.

If Interested or questions
about donating Email:

admin1@corpsman.com

Or

editor@corpsman.com



SUPPORT
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&
HOSPITALCORPSMAN.ORG

FANTASY FOOTBALL 2009

If you are interested in participating in the Corpsman.com Fantasy Football League for the 2009 Season please contact [Da-Chief](#) and let him know. League will be set up soon and is limited to 12 participants.



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AOTC - Summer tapings are Sundays 1100 EST - check website for more details.

Live Chat - Tuesdays in E-Club Chat 2100 - 2300 EST

**GOT SOMETHING TO SAY?
ITEMS FOR SALE/BARTER?
LOOKING FOR SOMEONE/SOMETHING?
JOKES/CARTOONS/POETRY?**

Email your contributions for the next issue of Scuttlebutt to editor@corpsman.com