



# Scuttlebutt

April 2007

A Squid newsletter for Doc's of all Services!



Fresh-faced Recruit (1984)

## Da-Chief is retiring

Yep, you heard right our very own Supreme Commander Midwest - Da-Chief is on his way to retiring with 23 years of service. You know what that means - He is going to have LOTS of time to spend on Corpsman.com keeping us up-to-date and in the loop.



23 years later

**HMC(AW) Darrell F. Crone**, Joined the Navy as a Split SAM (Sea Air Mariner) 23 May 1984 in Alameda, CA. He went to Boot camp in San Diego CA, and was discharged to reserve duty until "A" School in Great Lakes, IL which he attended in July 1985. Upon graduation from HM"A" School, October 1985, he was then sent off to Camp Pendleton, CA for a few glorious weeks of "MARINE CORPS TRAINING!" ;-). During his time at Camp Pendleton, he went home on liberty one weekend to sign a request to go on active duty as a "TAR" HM. He finished FMSS in November right after Thanksgiving and was once again discharged from Active Duty to reserve duty assigned to the MAG in Alameda. (note: I only drilled one weekend!) He was activated to the TAR program 2 January 1986 and has been on active duty since.

The following were his duty stations.  
Feb 1986 - May 1989: Naval Clinic NAS Dallas  
May 1989 - July 1989: AVT school, Pensacola  
July 1989- Feb 1992: VP-94 (Crawfishers)  
Feb 1992- Mar 1995: VFA-204 (River Rattlers) (Served with VADM Cotton, My CO)  
Mar 1995 - Jun 1998: NAS JRB NAVMED Clinic New Orleans  
Jun 1998 - Oct 2000: NARA/NARCEN Great Lakes  
Oct 2000 - Apr 2003: I&I BN MED CHIEF 1st BN 14th Marines  
Apr 2003- Nov 2004: Naval Hospital Great Lakes  
Nov 2004 - to present: Instructor Naval Hospital Corps School.  
Places he has been sent to; Rota, Spain, Germany, France, Africa, Portugal, Bermuda

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## Advice for Iraq

By Sean Dustman

Each year I do an update on this list, so this is my current version with new things added as technology gets more advanced. This list is geared towards the RAMF guy. If I were in the front lines living out of a bag, I wouldn't be carrying around a 10th of this gear. This is just general advice.

You don't know how much you miss music till all you hear is the local stuff all the time (sounds like circus music). Bring an MP3 player and a way to charge it, good headphones will pay for themselves fairly quick.

If you actually work out of an office and can afford it buy a laptop, half of the people out here have them. Mark it, put stickers all over it and use a password. A laptop is an endless source of entertainment, you can play games, write all of your emails off line, watch movies or make them. Lots of fun to be had, just make sure you have all of your programs installed before you make it to the sand box, some games you need to register online before you can play and you might not be able to hook up the laptop out here. Be careful of the heat, if it's hot for you, don't even turn it on also don't use them during dust storms.

CONTINUES ON PG 4

**WANTED:  
MEDEVAC/CASEVAC AND  
SAR CORPSMEN**

My fellow Corpsmen,  
I served as an HM2 MEDEVAC Corpsman in RVN, 1969-1970 with MAG-16. I flew with HMM-364 & HMM-263. I am now Chief Physician Assistant in Neurosurgery at the Seattle VA Medical Center

My purpose in submitting this to the newsletter is that I am writing a book about Navy and Coast Guard Corpsmen who have flown MEDEVAC, CASEVAC, and/or SAR. I am very interested in hearing and learning about your military experiences and putting them in my book if you would permit me to do this.

If interested, please contact me at my e-mail: ndms\_images@yahoo.com and I will e-mail you a questionnaire to fill out. There are no questions about finances, mental health, social security numbers or anything of the like. You are free to NOT answer any question you wish. I just want to be able to finally put into print the story about Corpsmen in a way that has remained unwritten. Once you review the questions you will see what I am talking about.

Please consider this and feel free to ask me any questions you wish as well.

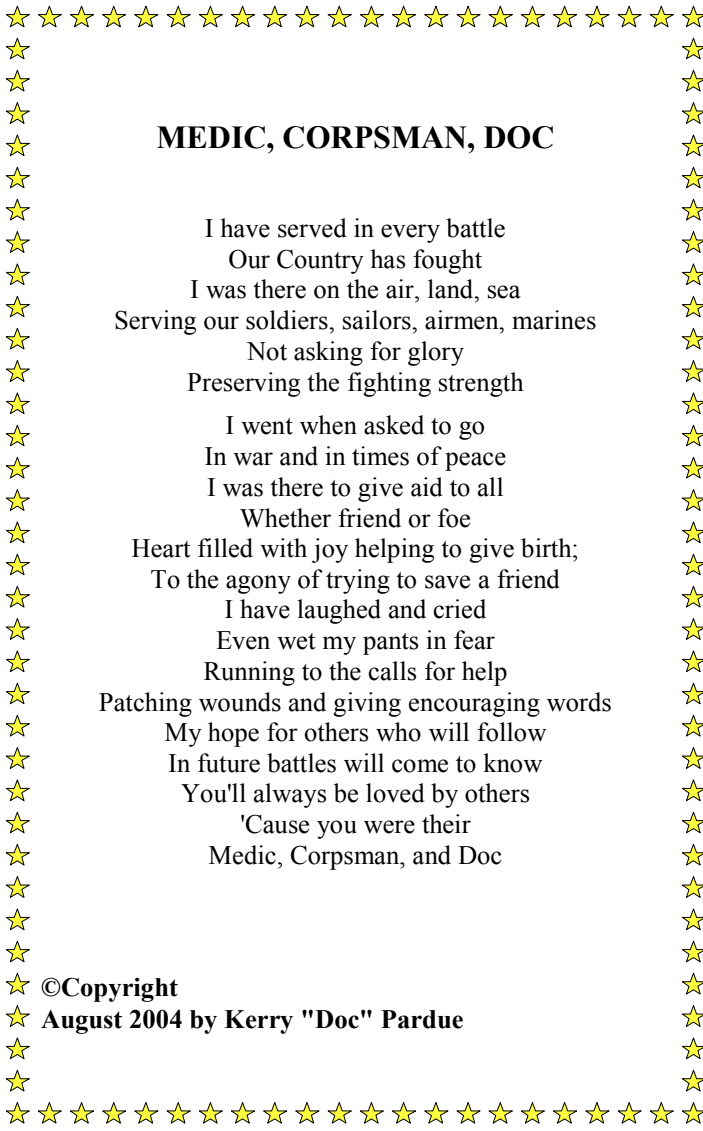
Thank you for your time and any consideration you may give my invitation.

Respectfully  
Bruce Williams Burden

**MEDIC, CORPSMAN, DOC**

I have served in every battle  
Our Country has fought  
I was there on the air, land, sea  
Serving our soldiers, sailors, airmen, marines  
Not asking for glory  
Preserving the fighting strength

I went when asked to go  
In war and in times of peace  
I was there to give aid to all  
Whether friend or foe  
Heart filled with joy helping to give birth;  
To the agony of trying to save a friend  
I have laughed and cried  
Even wet my pants in fear  
Running to the calls for help  
Patching wounds and giving encouraging words  
My hope for others who will follow  
In future battles will come to know  
You'll always be loved by others  
'Cause you were their  
Medic, Corpsman, and Doc



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August 2004 by Kerry "Doc" Pardue

**Site Feedback**

As you all know, we take your feedback seriously here at Corpsman.com. We strive to give you the stuff you want for your viewing pleasure and to keep you coming back. If there are things you'd like to see please post those under the Views/Feedback section of the Scuttlebutt Forum (<http://www.corpsman.com/forum/forumdisplay.php?f=29>). Please keep in mind, that some things do take time to develop, build and hack through. Though if there is a way to get you the user what you want we'll attempt to do it.

If you see things that are broken or don't work on which ever browser you are utilizing please let us know by posting in those in the same place, Views/Feedback section of the Scuttlebutt Forum. We do attempt to test the stuff we are placing on the website with other browsers, not just Microsoft Internet Explorer. Periodically we have issues that take a little time to fix, like the faux pas with Firefox and our menu. Though it took a little time and research and we have it fixed for a little while now.

As most of you know, I'm still active duty and still have that mission to fulfill. I take the work on Corpsman.com just as serious because I want it to be a place that Corpsmen come to have fun, share experiences, learn from others and produce Esprit de Corps.

Again, let us know what we can do to make you keep coming back!

Semper Fi,  
CrazyCajun

# Rant from Da-Chief by HMC Darrell Crone

## SEMPER FI

When most people see this phrase they automatically think “MARINE”; and rightfully so. But do you know what it means?

Semper Fi = Always Faithful.

You can ask any Marine (they are never Former Marines, or Retired Marines), they are always MARINES” and they are always faithful to the Corps, anyplace anywhere. If a Marine put out a call for assistance, I can pretty much bet the farm, he/she would have responses up the wazoo to help with whatever was needed.

While serving with 1/14 in CA, one thing that didn’t stick in my brain housing group but does now is, “No one leaves until everyone is done”. Hence on the POW or POD or whatever we called it, you would always have a “REPORT TIME” and you had to be there 15 minutes early and in uniform of the day or woe be to you if the 1<sup>st</sup> Sgt or SGTMAJ got a hold of you. The Secure time though was always TBA, in essence when the work was done. No one left until everyone was done.

Why do I post this about the Marine Corps? Because I believe it is sorely missing in our Corps, the Naval Hospital Corps. How many times do you see a shipmate needing help or having to work late to get the mission done, yet most of his/her shipmates have scooted out the door at the 1<sup>st</sup> chance?

How many times have you been told at 1545, when secure time is 1600 that we have a “HOT” item that needs to get done? (Don’t get me started on the piss poor planning by the bigwigs; I will bring that up in another newsletter!) The LCPO needs someone to take charge and get’er done? At that moment look around the room, look at everyone start shuffling their feet, look out a window or just look up in the air, or better yet start reading something, like they are busy. (Who cares it is upside down?)

I worked for a CDR who instilled “TEAMWORK” into our clinic in New Orleans (CDR Terri Snow). Now I would be lying if I told you I didn’t think she was the second coming of SATAN when she took over. She drove me nuts. I had to get out of the paradigm of “It’s all about “ME”. How did she do this? She made me the LPO. She handed the reigns over to me, with the Chief of the clinic, and she and he let me go. CDR Snow’s motto was “Don’t come to me with excuses, come with Solutions”. Same with problems, she wanted us to figure them out. She did not need to be in on every decision. Now I would pass info on to her during our weekly meeting, but she let us make our own mistakes but learn from them. I am a CPO today because of her.

The lesson is that it is time we start training our juniors but also lead them. It is time we take accountability for decisions that were made, while all of them might not have been right, you have to stand beside your juniors and guide them; make it a teaching moment. How can you advance, if you don’t have anyone to fill your job when you move up in rank? Do you still want to be the Senior HN when you make HM3? Do you want to be the LPO when you make HMC?

It’s time to stop worrying about evaluations and start taking care of our shipmates and always be there for them. Hence “Semper Fi”, to the Hospital Corps...

The Chief.

## ADVANCEMENT

The new bibliographies for advancement are out. It's not too early for all my shipmates to start studying and preparing themselves for the next advancement cycle. Check out my website, [www.hospitalcorpsman.org](http://www.hospitalcorpsman.org) for all bibliography material and various study material that's been put together by many corpsman around the fleet.

I'm also looking for motivated individuals that want to put together some study material and have it posted on the website.

Please don't hesitate to contact me if you need any more information.

V/R

HM1(SW/AW) Jeremy Howell  
jeremyhowell1980@gmail.com



Bring a thumb drive to transfer files back and forth between your laptop and the world at large.

My old external hard drive was worth its weight in gold, I came home from my last trip with more music and videos than I'll ever be able to watch or listen too. I bought a new one for this trip and I plugged it in and it let out a cloud of smoke, sigh. Remember technology is touchy.

Nothing is as important in life as a good pillow.

Write and call home often, you're afraid that people might forget you, well it might happen if you never call home.

If you like writing, start a blog, like taking pictures, start a photo page, there are a lot of people that enjoy this stuff, families back home will love you for it. Make sure you tell your command if you want to avoid trouble, there's rules for different services on how they handle blog writing.

If you get care packages, share, don't be a hog.

Be nice to everyone, remember everyone is armed, if someone wigs out and goes postal, an asshole makes a much better target than the nice guy.

Baby wipes can be used for anything, dusting, wiping down toilet seats, cleaning weapons, throwing at people, etc. It's also a common item in care packages so don't bring more than a box or two with you (they also sell them at the PX).

LED headlights are the bomb, if you forget everything else, don't forget this, they last 10 times as long on the same batteries and don't burn out, you'll probably get better deals in the states than you will out here. Bring two in case one breaks.

Always have a leatherman.

If you hear something go BOOM it's always best to duck and look foolish then have the second mortar take off your head.

You know you're used to the heat when it's 110 outside and you think it's a cool day. Whatever you do, drink water, even if you're not thirsty, you don't know if you're going to be running to some emergency 10 seconds from now.

It's always best to have more gear than too little unless you have to hump it, then it's the other way around.

If it's important to you, put it in a zip-lock bag, if you're going somewhere, lock it up and if you want to get it back if it's lost or stolen, mark it.

Don't smoke next to the tent and if your tent catches fire, no matter what anyone says, unless you're about to be burned to death, grab at least one uniform, your computer and weapon before leaving, most everything in a tent fire is history.

DON'T send all of your uniforms at once to the laundry mat.

Stay on your toes, if you see someone, who is not an American, doing something strange, accost him or her, it's better to look foolish than to have a bomb explode outside of a tent full of people, no need to be rude, just take a look at his badge, check out what he's doing. Plus, if you're right and the character was going to do something evil like and you calling him out stopped him. You are hereby known as a hero, just because you were paying attention. You have just saved X amount X amount of lives and chances are there's a medal involved without having to go through all of the angst of a firefight, dodging bullets and use of that posthumous word in your award (hopefully).

If you have a something wrong with you, get seen by medical, it's free.

This trip is as bad as you make it, whatever your situation, someone out here has it worse (hopefully you're not that guy).

Don't shoot people that piss you off.

Clean your weapon daily.

Check the power requirements before you plug anything in, remember most of the power out here is 220 while in the states it's 110, plug something 110 into a 220 plug and it's toast. Almost all laptops, external hard drives, portable DVD players and chargers for cameras and camcorders can take both but check it first. Power converters don't work that well so it's best to buy something that can handle both voltages before coming out here.

Sleep while you can, but don't sleep when you're needed.

If you feel like you're about to wig out or really mad, give your weapon to somebody else to hold, sometimes having a loaded weapon isn't the best thing to have when you think the world is out to get you. Step back and remember that the most important thing about being out here is getting home.

Sign up to some of these find support sites on my sidebar. You won't regret it unless you or someone else signs you up to all of them. You'll have more care packages then you know what to do with and when you get them, write these people back and let them know that you appreciate what they gave you.

Remember, stay calm. Find a routine and think of things that keep you happy, when you think of them, write them down so you can remember later. If it's material, tell some of these support site people about it and they might send it your way. If it's a person, call them or write, talk to people around you and try to take this trip one day at a time. If you think about how long you're going to be out here, counting the days off, it will compound your homesickness and make you miserable.

This trip is what you make of it, it's definitely not the end of the world (for most of us).

Sean Dustman

Owner of...

<http://docinthebox.blogspot.com>

<http://dustmans.fotopages.com>

<http://www.myspace.com/docinthebox>

<http://www.youtube.com/dustmans>

Ed. Note - Some great suggestions listed here - for some additional reading check out Sean's various websites—he is an incredible writer. DeeDee

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## Advertise on Corpsman.com!

Contact [admin1@corpsman.com](mailto:admin1@corpsman.com)

Have something for sale?

Looking for something or someone?

Email: [editor@corpsman.com](mailto:editor@corpsman.com)

and have it listed in our next issue

Have something you would like to include in our next issue?

Email your contribution to: [editor@corpsman.com](mailto:editor@corpsman.com)

Be sure to include your Name, Rank, and Location

## WANTED:

Corpsman/medic artwork,  
stories, poetry, etc.

for publishing in this

newsletter. Please email

your contributions to:

[editor@corpsman.com](mailto:editor@corpsman.com)

# Preparing for FMSS

Upon arrival at FMSS you will be measured for compliance with Navy height-weight standards - If you are over limit you **WILL NOT** start the training program.

During the first week of training ALL students will take the Navy Physical Fitness Assessment (PFA) which includes sit and reach, push-ups, sit-ups and a 1.5 mile run

Students must also complete the Marine PFT which includes sit-ups, pull-ups and a 3.0 mile run in less than 30 minutes or less without stopping.

Students are required to complete a Four (4), Six (6), Seven (7) and Eight (8) Mile Force March, with Combat loads.

One of your personal responsibilities while a student at FMSS will be to maintain a daily physical fitness program.

**The only training that will prepare you for the PFA/PFT is to do the sit-ups, push ups, pull ups, and runs**

**REMEMBER:** Duty with Marine units requires that you maintain a physical condition that enables you to perform at peak efficiency. The basic course you are taking at Field Medical Service School is a physically challenging course and unforgiving of a sedentary lifestyle. You must have the endurance and strength to perform your duties.

## **All personnel will report with a full Seabag.**

Senior personnel should check current requirements since they may be different from their initial uniform issues.

**ACTIVE DUTY** Enlisted students enrolled in the basic course will be issued all FMF uniform items.

**ALL** Reserve personnel enrolled in the basic course must be given a Field Uniform Issue at their reserve center before departing to this course.

**Items that have not been issued should be purchased at the Exchange as soon as possible**

**All students are required to bring the following items.**

- 1 Pair Navy Blue PT shorts
- 4 White T-shirts
- 1 Navy Blue Sweatshirt
- 1 Pair Navy Blue Sweat pants
- 1 Pair Running Shoes
- 2 Set Dog Tags
- 1 Military Issue White Towel and Rag set
- 1 Military Issue Olive Green Towel and Rag set
- 3 Black Master Lock Combination Padlocks
- 1 Red Lens Flashlight
- Whistle
- Pen
- 4 sets of boot bands
- 4 sets of rank insignias
- 1 Large white mesh laundry bag
- Camouflage Face Paint
- Yellow Reflective Belt

**Personal Items:** All personnel should bring a sufficient amount of toiletry articles and towels to provide for their personal comfort during the training period.

## **DO NOT BRING**

- Large Radios
- Television Sets
- Knives over 3 inches
- Personal Weapons (Guns)
- Expensive Jewelry, Watches or Cameras

**NOTE:** Cameras are allowed but may become damaged. Recommend a disposable type.

**All students must check in seasonal dress uniform.**

**No exceptions.**

**Taken from:** <http://www.lejeune.usmc.mil/fmss/> for more information on FMSS at Camp Lejeune visit this website or visit <http://www.pendleton.usmc.mil/schools/fmss/> for more information on FMSS at Camp Pendleton



"These photographs show students at Camp Pendleton's Field Medical Service School. The class graduated on March 1, 2007. Some of these photographs will be published in an upcoming in-depth feature article to appear in the Navy League's Seapower Magazine about the current state of the corpsman rating. The article will explore some of the things going on throughout the community, especially issues related to their service and accomplishments in the combat zone and the impact of multiple combat tours on corpsmen and their families. You may read Seapower Magazine online at the following link: [www.navyleague.org/sea\\_power](http://www.navyleague.org/sea_power)

## **Scuttlebutt Staff**

**Editor:** DeeDee Reno

**Contributing writers:**

Darrell Crone

Tracy Barling

Sean Dustman

Jeremy Howell

Bruce Williams Burden

Kerry Pardue

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