



Scuttlebutt

FEBRUARY
2008

A Squid newsletter for Doc's of all Services!

It's A BOY!!!!



Congrats CowgirlMedicUSN

CowgirlMedicUSN and her husband Ben proudly announce the upcoming addition to their family - a baby boy due July 9th.

CowgirlMedicUSN's husband is a currently deployed Seabee

Have some news you would like to share with the rest of Corpsman.com?
Email: editor@corpsman.com and you too can be on the front page of Scuttlebutt for all to see.

Inside this issue:

Member Profile	2
Rant from Da-Chief	3
Coastie Corner	4
Pharmacy Tech "8482"	5
Semper Fi	6
Combat Basketball	7
Your PFT and You	8
Doc Pardue's Pick-me-ups	9-10
Scuttlebutt Sports	11
Engaged to a Doc	12
Classified Ads	13
Military Rules by Service	14-15
Adopt-A-Doc	16



Member Profile: FMF_DOC

HM1 Paul will be answering questions in the forums regarding FMTB and FMF

HM1 (FMF) W.L. Paul FMTB (East) Instructor

Hello everyone, I'm HM1 (FMF) W. Paul. I arrived here to FMTB in July of 2006 as a staff instructor. When I first checked aboard I was assigned to the Academics Department writing tests and the student manual you'll soon be issued if you arrive. From there I went to the curriculum developer's course and transferred to the MAA shack as the LPO and CMAA. After awhile in those positions, I was transferred to the Training department with the platoon advisors and have been there since. I currently work with fourth Platoon as an Instructor and run the Simulation Lab. I am the FMTB (East) Web Master and enjoy working with computers. I live in the house of estrogen as I have three lovely daughters who always have me running. I have been in the Navy since 1987 to current as Active Duty, a Reservist for seven years, and now fill one of the three slots as FMTB (East) FTS Corpsman. I have spent 18 years on the green side and love it. That's right. If you have questions concerning Reservists / FTS, you can drop me those questions also. I will be stationed here at Field Med until Sep 2009. Here's what to expect when you arrive to the school:

First expect to be looked at by the staff. What I mean is welcomed aboard to the Fleet side of the house. We will be looking at your uniforms, the way you carry yourself, and your personal appearance... **HAIR CUTS!!** We will also be asking you if you WANT to be here or even ASKED to come to this school. These questions let us know what frame of mind you're in and leads to our next question of your physical readiness. After a quick hello you will be placed into a platoon and taken to your barracks where you will reside for the next fifty some odd days until you graduate, if you graduate. We provide you with every opportunity to study the materials prior to your examination, let's face it some people don't take this school seriously and try to, "Shun" their studies thinking the tests will be easy and end up failing. Fail one test and you will be on mandatory night study until you pass the exam. Fail twice and you go to an S.P.A.R. board; you don't want to know what this is... liken it to a DRB. Fail three and you'll be staying for the next class after we change your orders. Fail the next three classes as a new class-up and you can find yourself on your way to a ship...but not as a Corpsman.

We have implemented some new Exciting classes here, The Marine Corps Martial Arts Program. You will be working hard to obtain your tan belt prior to graduation. It's a terrific class enjoyed by everyone!! We also just started qualifying with the corpsman's new T/O weapon, the M-4. What a time. Over half of our current students in this class just qualified EXPERT thanks to our Marine Instructors. Look forward to Field week, the Obstacle course, and the Litter Course. You will be without a doubt dirty, tired, and exhausted...but in the end, its worth it. Remember, you only get out of this school what you put into it!

Semper-Fi
HM1 Paul

**WANTED: Corpsman.com members interested in having their profile put in Scuttlebutt.
Email: Editor@corpsman.com for more information**

Rant from Da-Chief

by HMC Darrell Crone

Ahoy there Swabbies, Zoomies, Brown water Navy, and of course my favorite.. Army..

I apologize for your newsletter going out late this month. It is my fault plain and simple. DeeDee has been done with it for about a week now just waiting for me to get my rant in. At first I had writers block then came upon a idea but I have had a hard time fleshing it out as I am sure it will piss a few folks off (I honestly hope not but I am sure it will).

So here goes..

February is BLACK HISTORY month.

For a while I thought it was not needed anymore as when you are in the service we all serve as one happy family. At least I did. I did not look at color, creed, or sex of anyone. A SAILOR, MARINE were just that a Sailor or a Marine. They were all my brothers and sisters in arms. I loved or hated em all depending on their character. Were you a stand up person? Did you honor your word etc.. I honest to god did not look at race.. A person was a person.

Well my whole thought process was turned on its ear recently. You see, I am a "OBAMA" fan. (Here we go..). I don't expect everyone to think like I do and I really enjoy a hearty debate. But what I have seen recently discourages me.

Twice now I have received emails from folks on my site who have "SLANDERED" this man who is running for president, I of course didn't jump in the fray but sent them to [SNOPEs](#) to get their facts straight. I cannot understand why anyone would want to slander someone just to be mean? And let me get this straight some of this was down right racist stuff. I am glad that none of it came from the active side, but did come from some of the Vets.

Can someone, anyone tell me how you have Sweated together, Bled together, Cried together at losing ship-mates, soldier, fellow Marines, or Coasties, could you ever think this way? I don't get it.

This is why we still have "BLACK, ASIAN, WOMEN" history months, because some folks forgot that "ALL MEN AND WOMEN" are created EQUAL.

Our whole premise of our country is this; we live by the Constitution, and the Declaration of Independence and the Bill of rights. These same folks are calling Al-Qaeda animals or slam the Islamic religion, yet they are doing the same thing to our folks here in our state.

I had a neighbor who I really respect.. He is 81 years old, tell me to my face he would not vote for OBAMA, because he is a "BLACK MAN". I couldn't believe it.. Don't vote for him because you don't like his ideas, but to say because he is black?

This article is to make us think. Plain and simple and I realize now we still need these months. Hopefully some day we won't.

Da-Chief

COAST GUARD CORNER

Are We There Yet???

The sun has made quite a permanent appearance to this Alaska acclimatized Corpsman.....to feel its warmth and rays into my skin not just once every other month....but EVERY DAY has really become a treat. One can never take such a simple thing like sunlight for granted. I see lots of my shipmates bundled up in the USCG blue parka each morning.....and I laugh to myself.....sleeves updid I even BRING my parka???)

Each morning I rise at 0515, my roommate a first class Corpsman headed to an isolated duty station, sleeps still, and feel my way to the head. Another day.....I am the honorable MAA staff.....the Coffee Mate.....I arrive to the classroom earlier than all of my shipmates each day to ensure they have a steaming black cup of java waiting for them. I am quite a coffee enthusiast so its a job I don't mind at all, and nothing beats a nice crisp California morning.

Class starts ever so promptly at 0730, computer screens are to be DOWN at this time (we each have a computer screen that lowers into the desk) with our piles upon piles of notebooks, Navy/CG manuals, and logs. The chosen instructor of the morning arrives on deck, and usually we are graced with the School Chief standing quietly eyes upon us from his coffee cup in the back of the classroom. Thus far we have completed Safety & Environmental Health, and Ship Training (GTMO 8!) we do galley inspections in the lower galley on the base, room inspections on the A School students, maintain gun bags, PML's (portable medical lockers) , and we maintain a log about our daily routines.....they are getting us into that mindset of routine and documentation. LOGS LOGS LOGS!

On top of this we are required to maintain our IV (National Registry EMT -I) quals and advanced airway quals....so therefore we have two practical scenarios assigned to us per week. Stress is of a notable term here with several tests per week. One doesn't exactly feel as though they can truly let their guard down, I often feel I should always be doing something.....reading my A&P book.....studying my books.....heck I even dream of medical terminology test questions! :)

So that is school summed up so far20 Corpsman walking the path.....two months down.....March I turn 27 years old, I signed the papers when I was still 17.....so they call this the halfway junction. First class crews would be an excellent 27th B-Day gift.
See you in March.

HS2 C.J BROCKETT
CLASS 02-08
USCGC NORTHLAND

Pharmacy Technician "8482"

Let me start out by saying pharmacy tech school is a great school to go to. It is very challenging and you will have a lot of late nights studying for exams. I did post a website on the C school forum that has some information about the school but I was asked to go into more detail about the school since I am now a pharmacy tech. On that website it says that there are only 25 students per class; that isn't true, my class started out with 34 and we graduated with 26 (stay within PRT standards and study).

The school is located in Portsmouth VA, they are in the process of moving it down to TX but said it should not happen until 2010, and it is about 6 months long. You will have 5 months of classroom and lab, then a month of clinical time. There are 5 subjects that the school covers; pharmacology, math, administration, sterile products, and compounding. Pharmacology and math are your 2 major subjects; they are about 75% of school. Pharmacology is broken down into 16 sections and there about 500 medications you will have to memorize. For each section there will be 2 quizzes and one exam. The first section does not have any medications but after that it will start with about 15-20 per section to about 40-50 per section. You will need to know the trade AND generic name, spell them correctly-can only miss one letter, what they are used for, the category they belong to, side effects, and contraindications. Flash cards are a big help, you will have to do them for each pharmacology section. I color coded the categories to study mine, it helped. As for spelling, just write them over and over again, that's how I studied mine. Each section there is also a lecture that goes over each medication in that section and how it affects the body. The lecture/medications are broken into sections that go over each system of the body-GI, respiratory, reproductive, etc.... The tests for pharmacology consist of multiple choice, true/false, matching, and of course spelling of the medications. One of my instructors that we had told us in the beginning, if you know your medications you will not fail a test.

Now onto math. Math starts out very simple, I mean elementary school math. They do give you calculators in school but I recommend getting a scientific calculator-those are allowed, it will help out a lot when you get to the fractions and algebra sections of math. Math is broken up into 10 sections; with at least one quiz and an exam. The scientific calculator will help out a lot during those because you only get 30 min for a quiz and an hour for an exam-have to show your work to receive partial credit. I thought math was the easiest part of school; but if you struggle in math get someone to help you-instructor or student. I helped out one of my fellow students; he struggled when the instructor taught but when I explained to him the way I did things he got it.

The administration section is pretty self explanatory; you will go over the history of the pharmacy tech, documentation, legal issues-laws, and the CHCS system (computer system) You will also learn how to read doctors horrible handwriting; reading doctors scripts is such a pain, if you can't read it or think you know what it says but want to be sure ask someone-pharmacist or another tech, I have to do that everyday here in Pensacola. For compounding you will learn the different instruments used to make different medications such as diaper cream, also weighing and counting medications. For sterile products you will learn how to make IV medications, everything has to be sterile, the lab for this section was difficult.

The lab portion of this school is mixed in with the lectures. Once you have learned the CHCS system and how to type in scripts; you will go down to the lab, a little 4 window pharmacy used by the school, to start dispensing medications. For each pharmacology section you will go down to the lab to dispense 2-3 meds from that section to an instructor who acts as your patient. You will be put into groups of 3 or 4 and work as a team during these labs, each group gets one grade. One person will type, one will be the window person-taking care of the patient, one will be the pharmacist and one will be the filler. The labs are pretty easy since you get to work in a group and work together. The instructors will mess with you a little bit so you can see how patients may act. For compounding you actually get to make things for the hospital; when I did this lab with my partner we made a nitroglycerin cream which is used for chest pain patients, that lab was fun.

One thing I wanted to touch on; the exams are all taken on the computer except for math. You will have at least 2 or 3 exams a week, pharmacology you will have one every week for sure. If you fail one exam you will be put on mandatory night study and retest before the next exam. If you fail the test a second time they will send you to an academic review board (ARB) and the board will decide whether to keep you or disenroll you. You will go through the clinical phase for the last month of school. They will split you up into groups to go to each clinic in the area, the hospital and Langley AFB. I went to Langley for my clinical phase and worked at a refill center the whole time, it was fun learned a lot. Each place runs there pharmacy different; I still think it's pretty easy here in Pensacola although we are short staffed.

Outside of the classroom you will have to PT 5 times a week with the other schools. PT is held from 0630-0730. You will have to run a mock PRT within the first week to see which running you will be in. You will have to run a mock PRT every month; you will go through the height/weight before each one. There will be one official PRT before you graduate and if you fail that they will disenroll you. Also the first and last height/weight, if you are not within standards they will disenroll you.

Well I guess that's all I have for you; if you have any questions at all don't hesitate to send me an email-sandy.clingenpeel@med.navy.mil or send me a message on corpsman.com.

HM3 Clingenpeel,Sandy
Pharmacy Technician "8482"
Naval Hospital Pensacola Pharmacy

Received this from a friend—Not sure if it is a true story or not but thought it would be a good one to share

Subject: FW: SEMPER FI

Seems good for any vet.
A great story about a great American.

As I came out of the supermarket that sunny day, pushing my cart of groceries towards my car, I saw an old man with the hood of his car up and a lady sitting inside the car, with the door open. The old man was looking at the engine. I put my groceries away in my car and continued to watch the old gentleman from about twenty-five feet away. I saw a young man in his early twenties with a grocery bag in his arm, walking towards the old man. The old gentleman saw him coming too and took a few steps towards him. I saw the old gentleman point to his open hood and say something. The young man put his grocery bag into what looked like a brand new Cadillac Escalade and then turn back to the old man and I heard him yell at the old gentleman saying, "You shouldn't even be allowed to drive a car at your age." And then with a wave of his hand, he got in his car and peeled rubber out of the parking lot.

I saw the old gentleman pull out his handkerchief and mop his brow as he went back to his car and again looked at the engine. He then went to his wife and spoke with her and appeared to tell her it would be okay. I had seen enough and I approached the old man. He saw me coming and stood straight and as I got near him I said, "Looks like you're having a problem." He smiled sheepishly and quietly nodded his head. I looked under the hood myself and knew that whatever the problem was, it was beyond me. Looking around I saw a gas station up the road and told the old gentleman that I would be! right back. I drove to the station and went inside and saw three attendants working on cars. I approached one of them and related the problem the old man had with his car and offered to pay them if they could follow me back down and help him. The old man had pushed the heavy car under the shade of a tree and appeared to be comforting his wife. When he saw us he straightened up and thanked me for my help. As the mechanics diagnosed the problem (overheated engine) I spoke with the old gentleman. When I shook hands with him earlier he had noticed my Marine Corps ring and had commented about it, telling me that he had been a Marine too. I nodded and asked the usual question, "What outfit did you serve with?" He had mentioned that he served with the first Marine Division at Tarawa, Saipan, Iwo Jima and Guadalcanal. He had hit all the big ones and retired from the Corps after the war was over.

As we talked we heard the car engine come on and saw the mechanics lower the hood. They came over to us as the old man reached for his wallet, but was stopped by me and I told him I would just put the bill on my AAA card. He still reached for the wallet and handed me a card that I assumed had his name and address on it and I stuck it in my pocket. We all shook hands all around again and I said my good-bye's to his wife. I then told the two mechanics that I would follow them back up to the station. Once at the station I told them that they had interrupted their own jobs to come along with me and help the old man. ! I said I wanted to pay for the help, but they refused to charge me. One of them pulled out a card from his pocket looking exactly like the card the old man had given to me. Both of the men told me then, that they were Marine Corps Reserves. Once again we shook hands all around and as I was leaving, one of them told me I should look at the card the old man had given to me and I said I would and drove off. For some reason I had gone about two blocks when I pulled over and took the card out of my pocket and looked at it for a long, long, time. The name of the old gentleman was on the card in golden leaf and under his name..... "Congressional Medal of Honor Society."

I sat there motionless looking at the card and reading it over and over. I looked up from the card and smiled to no one but myself and marveled that on this day, four Marines had all come together, because one of us needed help. He was an old man alright, but it felt good to have stood next to greatness and courage and an honor to have been in his presence.

COMBAT BASKETBALL

BY
Sean Dustman

Every time there is an event that someone could get hurt, Marines ask for a Corpsman to provide medical coverage. In the civilian side of life, you worry about medical bills, how long it would take an ambulance to get there or just plain getting hurt. Overall most civilians I know are fairly careful about getting injured. Not so in my line of work.

I think with Marines, having their "doc" there adds a mental safety blanket. They don't seem to worry about girly things like bruises, twisted ankles or hitting like football linebackers but without pads. Since my ball game is sadly lacking, I usually get out of it by taking pictures.

Last Sunday, two of my shops challenged each other and an afternoon of it with a bar-b-q grill and hotdogs and hamburgers. I took a lot of pictures, in fact I took over 400 pictures with the new camera (Canon S3), a full gig on a 4 gig card. It was a perfect day to take the new camera though its paces, seeing what it could do and it held its own, taking some amazing shots. Even with the digital Rebel, it was hit and miss with sports shots, people getting out of focus because they're moving towards or away from you. Catching the action just right, usually I had to delete 1 out of every three picture, not that it was a big deal but it was still productive time lost.

Sunday was different, 4 pictures out of 400 were actual bad shots. Two were of a guy who jumped 6 inches away from the camera with his mouth open and the other 2 were lighting issues.

Marines don't play things halfheartedly, it was full bore in your face street ball, rank got left at the sidelines, the girls that played were just as rough as the guys, when someone got tired, another body jumped in. No quarter given, none asked.

Corpsman doing standbys for such events mostly just sit around and watch and if they're good at the sport, take part in it. Usually I tend to watch though a lens of a camera and on Sunday, my last picture of the day was a snapshot of an ankle turning in a direction its definitely not suppose to turn. My camera went back in its bag and we made a trip with some ice on the ankle to the ER down the street.

Know how rare it is to catch the mechanism of injury on a photo?

The ankle guy was able to walk out of the hospital that night, nothing was broken but he'll be sore for a while. He'll also have a picture for the rest of his life to go with the story. In a couple of weeks, he'll be as good as new. The next day, most of the people playing stopped me in the hallways or at my office for some vitamin M (Motrin) and being the thoughtful corpsman that I am, had little baggies ready in my pocket.

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Sean Dustman

Owner of...

<http://docinthebox.blogspot.com>

<http://dustmans.fotopages.com>

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

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



Your PFT and You

from
Ryan Barrios (indolence)

Joining the Navy is a big decision. With all the different material you need to learn it is easy to neglect the physical requirements necessary to pass your first PFT. You will hear things like “relax, it’s the Navy, you don’t have to be in shape!” but keep in mind, this is not true. Here are a few simple tips you can use to pass your initial, or any, PFT for the Navy.

First off you must set a goal for the number of reps you want for your curl-ups and push-ups and a time you wish to attain for a mile. By doing this you have something to work for. It is no longer “good enough” to stop when you start to feel fatigue. You can look at where your level of fitness is and see how much more you need to gain in order to achieve your goals.

Second, you should practice, practice, and practice some more. Consistency is paramount in achieving steady progress throughout your workouts. Do not kill yourself one day and be unable to move the next. A slow and steady gain over the course of time is ideal to meet your physical fitness goals.

Third, you should build in enough time before your assessment that you are able to address any problems in regards to physical shortcomings. There is no sense in trying out your own PFT a week before an official one only to realize that you are far short of your goals and do not have enough time to work on fixing the problems. Start as early as possible on your path to physical fitness; the worst thing that will happen is that you will surpass your own expectations of yourself!

Finally, find your motivation. Whether it is getting back into the shape you once were, getting the maximum points on your PFT, or just getting into the Navy itself; having motivation will make your workouts seem like less of a chore and more of a labor of love. If you set your mind to it there is not a thing in this world you cannot do.

These simple steps have helped me recover from having several knee surgeries to getting in good enough shape to join the Navy. By following them in your own life I am entirely confident that every one of us can get into good enough shape to pass any PFT with flying colors. Remember, never settle for doing just enough, you will just sell yourself short by not doing your best.

Doc Pardue's Pick-me-ups

Sent to us via Doc Pardue - thanks for sharing

Miracles do have a way of happening up in the nick of time and in most peculiar of ways!!

Tampons to the rescue in Iraq !! Don't worry, it's a good story - and worth reading - it's even humorous in parts. It's From the mother of a Marine in Iraq .

My son told me how wonderful the care packages we had sent them were and wanted me to tell everyone thank you. He said that one guy we'll call Marine X, got a girl care package and everyone was giving him a hard time. My son said, "Marine X got some really nice smelling lotion and everyone really likes it, so every time he goes to sleep they steal it from him." I told my son I was really sorry about the mistake, and if he wanted I would send Marine X another package. He told me not to worry about Marine X because every time I send something to him, Marine X thinks it's for him too. He said when my husband and I sent the last care package Marine X came over to his cot picked up the box, started fishing through it, and said, "What'd we get this time?"

My son said they had the most fun with Marine X's package. He said he wasn't sure who we were sending the pack to, but the panties were size 20, and he said one of the guys got on top of the Humvee and jumped off with the panties over his head and yelled, "Look at me, I'm an Airborne Ranger!!!!" One of the guys attached the panties to an antenna and it blew in the wind like a windsock. He said it entertained them for quite awhile. Then of course.....they had those tampons.

When he brought this up, my imagination just went running, but he continued. My son said they had to go on a mission and Marine X wanted the Chap-Stick and lotion for the trip He grabbed a bunch of the items from his care package and got in the Humvee. As luck would have it he grabbed the tampons too, and my son said everyone was teasing him about "not forgetting his fem inine hygiene products."

He said things went well for a while, then the convoy was ambushed and a Marine was shot. He said the wound was pretty clean, but it was deep. He said they were administering first aid but couldn't get the bleeding to slow down, and someone Said, "Hey! use Marine X's tampons!" My son said they put the tampon in the wound. At this point my son profoundly told Me, "Mom, did you know that tampons expand?" ("Well....yeah! ")

They successfully slowed the bleeding until the guy got better medical attention. When they went to check on him later The surgeon told them, "You guys saved his life. If you hadn't stopped that bleeding he would have bled to de ath." My Son said, "Mom, the tampons sent by the Marine Moms by mistake saved a Marine's life." At this point I asked him, "Well, what did you do with the rest of the tampons?" He said, "Oh, we divided them up and we all have them in our flak jackets, and I kept two for our first aid kit."

I am absolutely amazed by the ingenuity of our Marines. I can't believe that something that started out as a mistake then turned into a joke, ended up saving someone's life. My sister said she doesn't believe in mistakes. She believes God had a plan all along. She believes that "female care package" was sent to Marine X to save our Marine.

Either way, our efforts have boosted the mo rale of many Marines, provided much needed items for our troops, AND saved the life of a Marine! God bless every one of you for your efforts and hard work, and God bless our Marines, Army, Navy, Air Force and all our military service personnel.

GOD BLESS AMERICA AND KEEP IT SAFE!

I used these a lot in the Nam, whenever I could get my hands on 'em. They had them on Freedom Hill and they were mostly sold out.

Big Doc

Artist erects sculpture of medic, soldier at Army hospital

Associated Press - January 28, 2008 10:44 AM ET
FAIRBANKS, Alaska (AP) - A sculpture installed at Fort Wainwright honors the medical personnel who assist wounded soldiers.

The larger-than-life aluminum sculpture by Fairbanks artist James Grant at Bassett Army Hospital depicts a wounded soldier being steadied and helped to his feet by an Army combat medic.

Major Mike Williams says the hospital wanted a statue that displayed the sacrifices made by combat medics in saving lives of soldiers on the battlefield.

The 7-foot-tall statue stands in the middle of a traffic circle in front of the hospital.

The sculpture work was slowed by Grant's own battle with leukemia. He worked on the sculpture for two years and had help from his brother and a friend.



Thanks to Doc Pardue for sending this article in.

POWNCE

What is POWNCE you might ask.

Pownce is a way to send stuff to your friends.

What kind of stuff? You can send just about anything: music, photos, messages, links, events, and more. You can do it all on our web site, or install our lightweight desktop software that lets you get out of the browser. **Go to the Pownce**

website: <http://pownce.com> and check it out.

Get signed up and be in contact with your pals at corpsman.com. When you sign up be sure to add DA_CHIEF and DeeDee to your friends.

SuperBowl XLII Champions



ENGAGED TO A “DOC”

I got to see yet again what it's like to be a Navy FIANCÉE as opposed to WIFE. Before Shane left for Iraq, we were living 5 hours apart. The hope was that once he got home, we could get a place together and actually get to live as a family. I got a phone call from him the beginning of the month telling me that his request for BAH was declined. He's about to be capped to E-5 and even after that it isn't enough for them to approve it. I know that we can't afford to have an apartment without the BAH and if it doesn't get approved, we may have to continue living in two different states till we're actually married. I know that he will either come here or I can go there for weekends but it's really hard to not get to be with my fiancée the entire time we were dating and now our entire engagement.

I know it sounds like I'm whining and I don't mean for it to come off this way. Since we started dating, we have gotten to actually be together very little and I had really gotten my hopes up to finally get to enjoy being with my Doc. We're in a unique situation with the fact that even if I wanted to, I can't even spend the night on base because I have a child that isn't allowed to be in the barracks. In his paperwork, he had stated that his reason for requesting off-base housing was because of our baby, yet it didn't seem to make a difference. His gunny saw him moping around after finding out that it was declined and is going to see if he can do anything to change the decision. He said that they can't have him upset and distracted over this so he's trying to help. Hopefully something changes.

It's almost time for him to be relieved which will be a huge relief for me. Until next month, keep all deployed Docs and troops in your prayers and don't forget to thank them for everything they do.

By: Amanda

Lovinadoc@corpsman.com

CLASSIFIED ADS

Creative Memories

Scrapbooking in an awesome way to tell the story of your family, favorite team, etc.

Visit <http://www.creativememories.com> to see the products available.

If you are interested in purchasing CM (Creative Memories) products from me I will give you a discount and have the items shipped directly to your home.

If you would like more information or have any questions please contact me at sandylowerycmc@yahoo.com

Looking forward to hearing from you,
ladybird_9_2

Have something for
sale, trade, barter?
Email your information
to
editor@corpsman.com
and it will be included
in our next edition of
Scuttlebutt

Caduceus, Globe and Anchor

Hi all!

I recently finished a going away gift for a Corpsman at an I&I unit near mine. I wanted to get it out and visible to the Corpsman community, since I haven't seen anything like it before. If anyone likes it, feel free to email me. I do all sorts of plaques and gifts for the Marines and Corpsman at my unit. Drop me a note and let me know what you think!

<http://woodworks.wordpress.com/2008/01/22/walnut-and-curly-maple-corpsmans-caduce-globe-and-anchor/>

Semper Fi
Trev

CANDLES

Homemade Candles are now available to the members of Corpsman.com - I have lots of scents, colors and styles to choose from as well as many glass containers that can be made into candles - prices vary accordingly - shipping is \$10 per order as I will use Priority Mail through USPS to get your candles to you.

Contact me and I will get you the list of scents, colors and sizes of molds I have and the prices.

I have gotten great reviews from people who have my candles in their homes so I am sure you will be pleased.

Email deedee@corpsman.com for more information

P.S. - 10% of all sales will be donated to corpsman.com - so order early and often

Subject: Military rules, by Service

Marine Corps Rules:

1. Be courteous to everyone, friendly to no one.
2. Decide to be aggressive enough, quickly enough.
3. Have a plan.
4. Have a back-up plan, because the first one probably won't work.
5. Be polite. Be professional. But, have a plan to kill everyone you meet - even your friends.
6. Do not attend a gunfight with a handgun whose caliber does not start with a "4."
7. Anything worth shooting is worth shooting twice. Ammo is cheap. Life is expensive.
8. Move away from your attacker. Distance is your friend. (Lateral & diagonal preferred.)
9. Use cover or concealment as much as possible.
10. Flank your adversary when possible. Protect yours.
11. Always cheat; always win. The only unfair fight is the one you lose.
12. In ten years nobody will remember the details of caliber, stance, or tactics. They will only remember who lived.
13. If you are not shooting, you should be communicating your intention to shoot.

Navy SEAL's Rules:

1. Look very cool in sunglasses.
2. Kill every living thing within view.
3. Adjust speedo.
4. Check hair in mirror.

US Army Rangers Rules:

1. Walk in 50 miles wearing 75 pound rucksack while starving.
2. Locate individuals requiring killing.
3. Request permission via radio from "Higher" to perform killing.
4. Curse bitterly when mission is aborted.
5. Walk out 50 miles wearing a 75 pound rucksack while starving.

US Army Rules:

1. Curse bitterly when receiving operational order.
2. Make sure there is extra ammo and extra coffee.
3. Curse bitterly.
4. Curse bitterly.
5. Do not listen to 2nd LT's; it can get you killed.
6. Curse bitterly.

Subject: Military rules, by Service (Continued)

US Air Force Rules:

1. Have a cocktail.
2. Adjust temperature on air-conditioner.
3. See what's on HBO.
4. Ask "what is a gunfight?"
5. Request more funding from Congress with a "killer" Power Point presentation.
6. Wine & dine 'key' Congressmen, invite DOD & defense industry executives.
7. Receive funding, set up new command and assemble assets.
8. Declare the assets "strategic" and never deploy them operationally.
9. Hurry to make 1345 tee-time.
10. Make sure the base is as far as possible from the conflict but close enough to have tax exemption.

US Navy Rules:

1. Go to Sea.
2. Drink Coffee.
3. Deploy Marines

U.S. Coast Guard Rules:

1. Get a cup of coffee
2. Turn on CNN
3. See the conflict unfolding
4. See what other services are doing
5. Comment: "If I were in charge, I would (put your comments here)."
6. Get another cup of coffee
7. Look at the message traffic and see what HQ has done to disrupt the work routine.
8. Go on liberty.
9. Thank God you didn't join the Marines.

Hope you enjoyed this as much as I did when it showed up in my mailbox from our resident Coastie HS2 Cassie J. Brockett

Adopt-A-Doc

IF YOU ARE DEPLOYED OR KNOW SOMEONE WHO IS DEPLOYED

Please email me mailing address and a wish list that I can forward to a member who wants to send out packages. The Adopt-A-Doc program is open to all enlisted medical personnel who are currently deployed. As well as deployed family members of Corpsman.com members regardless of job.

You know this is taking off when I can say that people who I have talked to that are friends are emailing me and asking to "adopt" someone to send packages to - C'mon this isn't just limited to members of this site - This is going to get bigger as people spread the word.

Senders - please email me your name and mailing address

Recipients - Address & wish lists should be emailed to me at this address -

deedee@corpsman.com

Please use the subject Adopt-A-Doc and either *Sender* or *Recipient* so I know where your message belongs

Looking forward to an overflowing inbox

DeeDee

Editor Scuttlebutt &

VERY PROUD Mother of a Corpsman—who just happens to be deployed

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Have a web site you would like to share?
Have something/someone you are looking for?
Have a special talent you would like to tell us about?

C'mon email me - editor@corpsman.com
I can make sure it gets into the next edition of Scuttlebutt