

Semper Fi

"THE SCUTTLEBUTT"

<http://www.mcltraecoheedet115.org/>

May 2014 Edition



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SSgt Walter F. "Trae" Cohee III
Detachment # 115
Salisbury, MD

DETACHMENT OFFICERS

2013 - 2014

Commandant: Ed Elder

Senior Vice Commandant: Jim Siegel
Judge Advocate: Ed Hearthway
Paymaster: Andy Bouma
Sgt-At-Arms: Walt Cohee

Junior Vice Commandant: Bob Miller
Junior Past Commandant: Bill Marsich
Adjutant: Richard Hyson
Chaplain: Rhuel Goslee

Web Sergeant: Don Elseroad

Original Charter Date May 10, 1970

MEETING TIME & PLACE

Meetings are always held on the second Wednesday of each month. The next regularly scheduled meeting will be held on June 11th, 2014 at 1900 (7:00 P.M.) at the American Legion Post 64, 1109 American Legion Road, Salisbury, MD 21801. Please make every effort to attend.

Important Upcoming Dates & Events



2014 Mideast Division Conference will be June 27-29, 2014 at the Holiday Inn in Martinsburg, WV hosted by Eastern Panhandle Detachment 1143.

2014 MCL National Convention August 3 - 9, 2014, Charleston, WV

All information we have regarding lodging, prices, forms and so forth on the above conventions may be found on the following link:

<http://www.mcltraecoheedet115.org/calendar.htm>

"Sick or in Distress"

MCL Members Walt COHEE, Jimmy Lee HOWARD, and Tom CORCORAN are having or have recently had various health problems. Please keep these folks and their families in your thoughts and prayers.

"Membership Happenings"

(Please advise the Editor of any errors or omissions)

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| <p><u>JUNE "HAPPY BIRTHDAYS"</u> 4th Tina PEARSON 9th Helen TOMKO 21st Cecelia SIEGEL 24th Eric WILK</p> | <p><u>JUNE ANNIVERSARIES</u> 10th Cindy & Kevin GRIFFIN (8 yrs) 13th Missy & Richard HYSON (56 yrs) 20th Leslye & John BRENNER (39 yrs)</p> |
| <p><u>MAY MCL ANNIVERSARIES</u> None Known</p> | <p><u>MEMBERSHIP RENEWALS DUE IN JUNE</u> William WHEATLEY</p> |
| <p><u>WELCOME ABOARD</u> None reported to your editor</p> | <p><u>MEMBERSHIP'S RENEWED</u> Ralph CAPEN Carl EBAUGH William HOBBS Wayne LAWSON Jeff MERRITT David MILLS George MURRAY</p> |

DON'T LET YOUR MEMBERSHIP LAPSE

Please send your \$24.00 checks made payable to "MCL Det 115" to our paymaster.

Andy Bouma, Paymaster
 32175 Bonhill Dr
 Salisbury, MD 21804-1464



**DON'T DELAY...JOIN TODAY
 THEN CONSIDER GOING 'LIFE'
 NOW IS THE TIME TO DO IT**

Although the following is not an article you would expect your editor to be placing in this newsletter, however being the animal lover I am I can personally attest to the value of this article and I feel it worthy of print.

How owning a dog can improve your health

By Deirdre Imus

When illness or injury strikes, the road to recovery is often paved with medications and therapies, in addition to a healthy diet, physical activity and plenty of TLC. Healing is serious business, and you must be kind to your body when it needs you most. But what helps us heal is not always sold over-the-counter, nor is it always available in the produce aisle. Sometimes it is asleep at the foot of the bed, begging for a treat, licking your face or running circles around your yard. I'm speaking, of course, about the power of dogs.

Simply put, having a dog changes your life. These furry co-dependents fill our lives with meaning, and can teach us about love, loyalty and companionship. Despite their sometimes frenetic nature, dogs have a particular serenity about them. They are keenly in tune with human emotion at times of loss, strife, illness or other challenges, and may experience some of these same profound feelings themselves. Animal behaviorists note that dogs "mourn" in their own way, sleeping more, eating less and moving slower after long periods of time away from those they are bonded to, human or canine. And anyone lucky enough to love a dog can tell you about their profound ability not only to sympathize, but to help heal; it is no coincidence that dogs are brought into hospitals and rehabilitation centers to make people feel better, physically and spiritually.

People love cats and fish, but for me, dogs have always been the thing. And as it turns out, being a "dog person" has restorative benefits not unlike those of adhering to an organic diet and regular exercise routine. Last year, a study found that owning a pet – especially a dog – improved cardiovascular health by keeping

people active. It also reduced stress responses in the body, and lowered blood pressure, cholesterol levels and weight.

Other research has suggested that petting a dog makes us – and the dog – feel better, because it causes the body to release the affection-inducing hormone oxytocin. In addition to visiting health care facilities, specially trained dogs also assist the disabled with necessary tasks, can alert diabetics to low or high blood sugar levels and can help break down barriers with children on the autism spectrum. Canines are uniquely qualified to connect with other species. In fact, researchers at Duke University's Canine Cognition Center found that dogs appear to be the only species unafraid of strangers; by contrast, they adore them.

Taking care of a dog can be challenging at times, and losing a pet is pure, unadulterated heartbreak. But the positives of letting a dog into your life far outweigh any potential negatives. I have witnessed time and again at the Imus Ranch how caring for an animal – whether a horse, dog, chicken or cow – can bring people back to life. It allows children and adults battling illness to put that all aside, if only for a few minutes, to take care of another. While this is not a dog's intended purpose, it is a happy byproduct – just one of many.

I teach a lot about the importance of eating organic foods, avoiding chemical exposures, and exercising to achieve or regain health. Above all of those factors, however, I place a good sense of humor, fantastic music - and dogs. Any and all will do. As the season turns and we emerge from winter's doldrums, laugh a little, turn up the volume and allow some four-legged joy to enter your life.

A REMINDER IN HISTORY VIETNAM



General Vo Nguyen Giap

General Giap was a brilliant, highly respected leader of the North Vietnam Military. The following quote is from his memoirs currently found in the Vietnam War memorial in Hanoi: 'What we still don't understand is why you Americans stopped the bombing of Hanoi. You had us on the ropes. If you had pressed us a little harder, just for another day or two, we were ready to surrender! It was the same at the battle of TET. You defeated us!

We knew it, and we thought you knew it. But we were elated to notice your media was helping us. They were causing more disruption in America than we could in the battlefields. We were ready to surrender. You had won!

General Giap has published his memoirs and confirmed what most Americans knew. The Vietnam War was not lost in Vietnam - it was lost at home. The same slippery slope, sponsored by the U.S. media, is currently underway. It exposes the enormous power of a biased media to cut out the heart and will of the American public.

Marine receives Navy Cross for heroism in Afghanistan

Gunnery Sgt. Richard A. Jibson received the nation's second highest valor award on April 22, 2014 at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., for bravery he exhibited during a five-hour firefight in Afghanistan.

On May 28, 2012, Jibson, an infantry adviser with the Georgian Liason Team, Regimental Combat Team 6, was patrolling a village, Mazr Abad Janubi, with 1st Squad, 3rd Platoon, Charlie Company, 23rd Georgian Battalion, and partnered Afghan National Security Forces. A group of Marine explosive ordnance disposal technicians disarming a bomb nearby came under enemy small-arms fire.

Without hesitation, Jibson bounded towards the EOD techs, placing himself between them and the enemy until they could reach cover. As the enemy attack persisted, Jibson continued working to break the onslaught.

“Throughout the multiple engagements over the ensuing five hours, he bravely left covered positions and crossed open terrain many times under withering small-arms and machine gun fire to provide suppressive fire, inspire his comrades and direct the fire and maneuver of the entire coalition force,” his citation reads. “When a fellow Marine was shot in the head by an enemy sniper, Gunnery Sergeant Jibson fearlessly charged into a hail of enemy machine gun fire, pulled the exposed wounded Marine to cover, and then assisted a corpsman in rendering emergency measures to stabilize him.”

Navy Hospital Corpsman 3rd Class Andrew Owensby, who ran through the machine gun fire with Jibson, will receive the Bronze Star.

“After pulling the Marine to safety under enemy fire, he immediately recognized a lack of airway due to extensive trauma to the mouth,” Owensby’s citation states. “Not able to establish an airway, he performed several advanced lifesaving techniques, including a cricotracheotomy. When the Marine stopped breathing, Petty Officer Owensby began breathing directly into the airway adjunct.”

He restored the Marine’s pulse and stabilized him for 45 minutes until casualty evacuation arrived.

All the while, Jibson continued to coordinate defenses. His leadership, tactical expertise and calm under fire are credited with allowing for the successful withdrawal of the 53-man Georgian force he advised and the evacuation of casualties “with minimal loss of life.”

Secretary of the Navy Ray Mabus presented Jibson with the award during the ceremony aboard MCAGCC Twentynine Palms.

A Great Crusade: Free Flights Help WWII Veterans Visit Memorial



The World War II Memorial in Washington, D.C. was a long time in coming. The Vietnam and the Korean War Memorials were built before it and they have been solemn, welcoming places of honor and remembrance

— places of healing — for those who fought in those two wars. But those who fought in the most significant and world-wide conflict of the 20th century, World War II, had no place to call their own until relatively recently.

A Race Against the Clock

The numbers of our World War II veterans who are still with us and able to enjoy the new memorial in their honor are shrinking very rapidly. They are in their 80s and 90s now. Their health is not that great, many of them are unable to get around without the aid of others now.

With the completion of the WWII Memorial, there has been an organized effort to get these old warriors to Washington, D.C. to see this beautiful monument dedicated to the service they offered and the sacrifices they made for this country in their youth. One organization that is doing this is called Honor Flights. They arrange flights for these WWII veterans from various parts of the country several times a year. The veterans are accompanied by family members and military escorts. They are put up in hotels and taken as a group to the memorial. On these flights they are able to share the stories of their lives with one another and to remember their friends who did not come home from that war or who have died over the years since. You can imagine that it is a powerful experience for all of them.

RAO Bulletins

Each month your editor attempted to review all RAO Bulletins and put articles deemed important to veterans into our newsletters.

However, what may be important to me may not be important to you and I may very possibly overlook something you as a veteran might like to know about, so I am providing a link below that will take you to the current bulletin so that you might look it over. The below bulletin is dated May 15th, 2014 and needs to view before June 1st or the link will no longer work.

<http://www.nhc-ul.com/Bulletin%20140515.pdf>

EVERY DAY PRAYER REQUEST

Life in Afghanistan is very difficult to bear right now. Our troops need our prayers for strength, endurance and safety. Stop for a moment each and every day and say a prayer for our troops around the world.

"Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen."

The Final Roll Call



The following Marines and/or Corpsman paid the ultimate sacrifice for God, Country and Corps since the last Newsletter

None

If You Are Not Willing To Stand Behind Our Troops,
Please, Please Feel Free To Stand In Front Of Them!

On behalf of a grateful nation.

FREEDOM IS NOT FREE
Support Our Troops



I pledge allegiance to the flag of the United States of America and to the Republic for which it stands,
One Nation under God, indivisible, with liberty and justice for all.

From your editor

If you are receiving this newsletter via “Snail Mail” and have email capability, please email me at 53usmc73@bvunet.net so that I can add you to my address book and cut down on the postage. *Any comments or suggestion on what should be in our newsletter! Articles/information you need! Let me know!* The newsletter will go to press on or about the weekend following each meeting.

Don Elseroad, Editor

LINKS TO CHECK

Many of you if not all skip over these links. If you do you are missing out on some good stuff.
<http://www.youtube.com/watch?v=1WFblWuweis>

God Bless America

-- Once a Marine, Always a Marine --