

Semper Fi

"THE SCUTTLEBUTT"

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

November 2016 Edition



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

DETACHMENT OFFICERS 2016 - 2017

Commandant: Bob Miller

Senior Vice Commandant: Ed Elder
Judge Advocate: Ed Hearthway
Paymaster: Andy Bouma
Sgt-At-Arms: Jeff Merritt

Junior Vice Commandant: Roger Martinson
Junior Past Commandant: Ed Elder
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 would be held on December 14th, 2016 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.

Upcoming Holiday's & Events

<u>December 7</u>	<u>December 21</u>	<u>December 25</u>	<u>December 31</u>

2017 MCL Midwinter Staff Conference will be March 2 - 4, 2017 at the Fredericksburg Hospitality House and Conference Center, 2801 Plank Rd, Fredericksburg, VA 22401. Group code: MCLMDWINTER17
Phone: 1-540-786-8321. Room rate includes up to 4 breakfast vouchers per occupancy.

2017 Mideast Division Conference will be June 23-25, 2017 hosted by Department of North Carolina at the Double Tree Hilton Hotel Raleigh-Durham Airport at Research Triangle Park, 4810 Page Creek Lane, Durham, North Carolina, 27703. Tel: 1-919-941-6000 after May 17, 2016 for reservations. Room rate: \$99.00 plus room tax. Free breakfast and parking provided. Check out the hotel on the following link: <http://doubletree3.hilton.com/en/hotels/north-carolina/doubletree-by-hilton-hotel-raleigh-durham-airport-at-research-triangle-park-RDUDADT/index.html> More information will be provided as it becomes available.

2017 MCL National Convention

August 13 - 18, 2017

At the Sheraton Overland Park at the Convention Center, 6100 College Boulevard, Overland Park, KS, 66211. Sheraton Web-Site: <http://www.sheratonoverlandpark.com/>
 Book By Phone: 1-866-837-4214. Room rate: \$115.00 with 18% tax, free parking, free breakfast and free wifi.

More information will be made available ASAP

"Sick or in Distress"

MCL Members Lee HOLLOWAY, Ed HEARTHWAY, Gloria HOWARD, Walt & Jeanne COHEE 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)

<p><u>DECEMBER "HAPPY BIRTHDAYS"</u> 7th Jeff MERRITT 18th Jim SIEGEL 18th Rodger MARTINSON 19th Gloria HOWARD 24th Paul WARD</p>	<p><u>DECEMBER ANNIVERSARIES</u> 11th Tara & Richard CARRILLO (12 yrs)</p>
<p><u>DECEMBER MCL ANNIVERSARIES</u> Don ELSEROAD (22 yrs) Wayne LAWSON (14 yrs) Richard CARRILLO (13 yrs) George MURRAY, Jr. (8 yrs) David CHERRY (6 yrs) Dena HOLLOWAY (4yrs) Lee HOLLOWAY (4 yrs)</p>	<p><u>MEMBERSHIP RENEWALS DUE IN DECEMBER</u> Richard CARRILLO David CHERRY Dena HOLLOWAY Lee HOLLOWAY Wayne LAWSON George MURRAY, Jr.</p>
<p><u>WELCOME ABOARD</u> None reported to your editor</p>	<p><u>MEMBERSHIP'S RENEWED</u> None reported to your editor</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**

PTSD Isn't Something of the 21st Century; It's As Old As We Are

Herotodus, the Greek historian, wrote that Spartan leader, Leonidas, after realizing they were mentally exhausted from fighting, dismissed his men from combat.

In Homer's *Iliad*, the fierce warrior, Ajax, is said to be under Athena's spell when slaughtering a herd of sheep he mistook to be the enemy.

Even William Shakespeare described symptoms of PTSD in his play, *Henry IV Part 2*, when Lady Percy observes Harry Percy having nightmares after traumatic events.

Essentially, wherever this is war, there is some form of PTSD. But that hasn't always been what it's referred to as. In fact, it took quite a while for the symptoms to be diagnosed as such: for each war, there was a new name, and new points of view on something that has transcended time.

Below, you will find these names and descriptions that bring their respective eras to life.

SOLDIER'S HEART (United States Civil War)

Soldier's Heart, as thought by cardiologist Jacob Mendez da Costa, was believed to be strictly physiological. After the Civil War (1871), da Costa discovered that many soldiers suffered from "chest-thumping", as well as anxiety and shortness of breath. At this point, what the soldiers experienced was not thought to stem much from psychological trauma. In fact, throughout the war, if a soldier showed any sort of "insanity" (as deemed by the doctors), they were simply discharged and left to wander home.

SHELL SHOCK (World War I)

Shell Shock was ultimately thought to be brought on by the overwhelming sounds of the artillery—it was believed that the physical demands of that, as well as trench warfare, disrupted neuronal connections. A 1919 study by Frederick Walker Mott introduced that Shell Shock wasn't only physical, but psychological. Symptoms included staring eyes, violent tremors, cold extremities, and unexplained deafness, blindness or paralysis. Treatment included placing psychiatrists in combat units, as well as treating the soldier as near to the battlefield as possible.

COMBAT EXHAUSTION/COMBAT FATIGUE (World War II/Korean War)

One theory of combat exhaustion was that it stemmed from a lack of unit cohesion, meaning that those sent as replacements to the front line were more susceptible to experiencing symptoms. Treatment of what was thought to be a short-term ailment included allowing the soldier to rest away from the front lines, as well as the administration of sodium pentothal, or sodium amytal.

STRESS RESPONSE SYNDROME (Vietnam War)

Though this term originated in 1952, it was the condition that veterans of the Vietnam War were diagnosed with. While it was the first time the word "stress" appeared, Stress Response Syndrome was inevitably lumped into the larger category of, "Situational Disorders". If symptoms lasted more than six months, soldiers were told that they had a pre-existing condition, rather than something that stemmed from their time in the service.

TODAY

Today, we know these symptoms to be of post-traumatic stress disorder (PTSD), a term coined only after several years of research. And, while we certainly have progressed in our understanding, there still is so much to learn.



The Responsibilities of Navy Fleet Marine Corpsman Are Many

The following was written by an unknown Marine AKA “Doc” by all Marines

The Navy Fleet Marine Corpsman is unique. He occupies a status unlike medics in the other services, because over the course of his career, he wears two different uniforms; one Navy, the other Marine.

If you scratched one who has lived with and fought with his Marine brothers deep enough, he will tell you he’s a Marine. His Marine brothers insist on that fact as well.

As you will see in this short video, a Corpsman will do anything to save his wounded Marine brothers. And his Marine brothers will do everything that is necessary to protect their “Doc.” There is no other relationship like it.

Corpsmen have gone into battle with their Marines since 1898 when then President William McKinley signed a bill into law creating the United States Navy Hospital Corps. Since that time, Hospital Corpsmen have earned 22 Medals of Honor, 55 Navy Crosses, 237 Silver Stars, and 1,582 Bronze Stars with Combat “V.”

It was my honor to serve as a Hospital Corpsman from January of 1966 to January of 1970. Two of those years were with the Marines; one at Camp Lejeune, NC in a sick bay with the 2nd Force Service Regiment, and 13 months in Vietnam with Bravo Co. 3rd Recon Bn, 3rd Marine Division.

I consider myself an adopted Marine and look forward to reuniting with those I fought with at the Khe Sanh Marines reunion in San Antonio, TX next month.

Honor and respect to all who have served in the United States Navy Hospital Corps, on ship, in its shore medical facilities and those who have served with Fleet Marine Force units.

For more view the following links.

<https://www.youtube.com/watch?v=rxi4ur4HH4s>

https://www.youtube.com/watch?v=ij6jrro_gGk

Military Dog Gets Full Honors At Amazing Memorial Service

Ireland, a Belgian Malinois, served two tours in Iraq with her handler, Sgt. Joshua Sutherland, USMC, before she was adopted by Sutherland and his family. The brave bomb-sniffing military dog passed away recently at age 13, but she was given full military honors at a memorial service conducted at Camp Nelson National Cemetery in Kentucky.

The memorial service at Camp Nelson National Cemetery included a 21-gun salute, taps, a cannon fire, and the presentation of the flag. Several canine and military units attended and assisted in the memorial service for Ireland including the American Legion, the Camp Nelson Honor Guard, and the Marine Corps Military Police Company Alpha of Lexington, among others. For Sutherland, it was an emotional but proper goodbye to a fellow veteran and loved one.



PHoto Credit: United States Army

VA facilities and resources are unacceptably understaffed to address women's health needs!

In 1901, the first women began serving in the military under the Army Nurse Corps. Since then, thousands of women have served their nation in a variety of roles in the armed forces.

Today, 15 percent of the United States' veterans are women. As service members, they are, in theory, entitled to the same benefits as their male counterparts, but in practice, this is far from true because VA hospitals are critically understaffed and unprepared to address medical issues specific to women.

Several new outlets including the *Wall Street Journal*, *Washington Post*, and the *St. Cloud Times* found there is a severe lack of gynecologists and the equipment and treatments gynecologists need to treat women. According to a report by Disabled American Veterans, or DAV, a third of VA medical centers lack a gynecologist on staff. Even the symptoms of everything from PTSD to heart attacks are different in women than in men. Thirty-one percent of VA clinics lack staff to provide adequate treatment for sexual assault, according to a recent report by the Institute of Medicine.

Our female veterans deserve the same level of care and professionalism that goes into treating male veterans.

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 November 15th, 2016 and must be viewed by December 1st, 2016 when it will go off-line.

[http://www.nhc-ul.org/Bulletin%20161115%20\(PDF%20Edition\).pdf](http://www.nhc-ul.org/Bulletin%20161115%20(PDF%20Edition).pdf)

EVERY DAY PRAYER REQUEST

"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."

**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.msn.com/en-us/video/animals/heroic-korean-war-horse-honored-by-marines-with-bronze->

[statue/vi-AAjrbSc?ocid=U348DHP](#)

-- *Once a Marine, Always a Marine* –
OOORAHHH !!!!!

GOD BLESS AMERICA





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ARISES, CHECK THEM OUT.**

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