

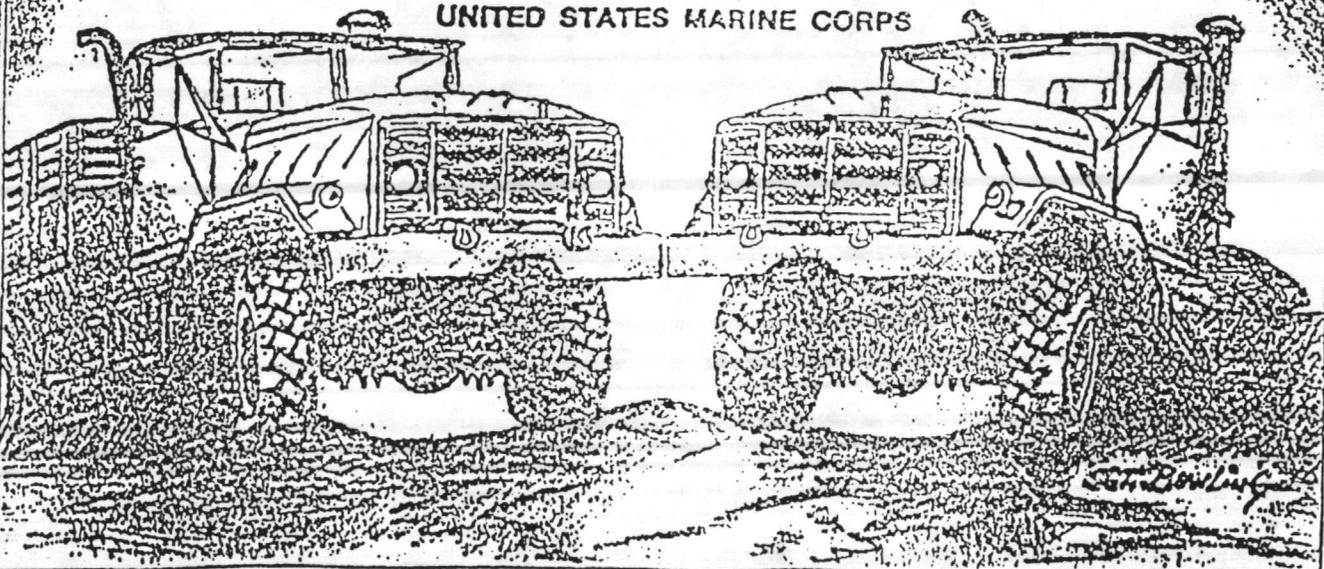
NEWS LETTER



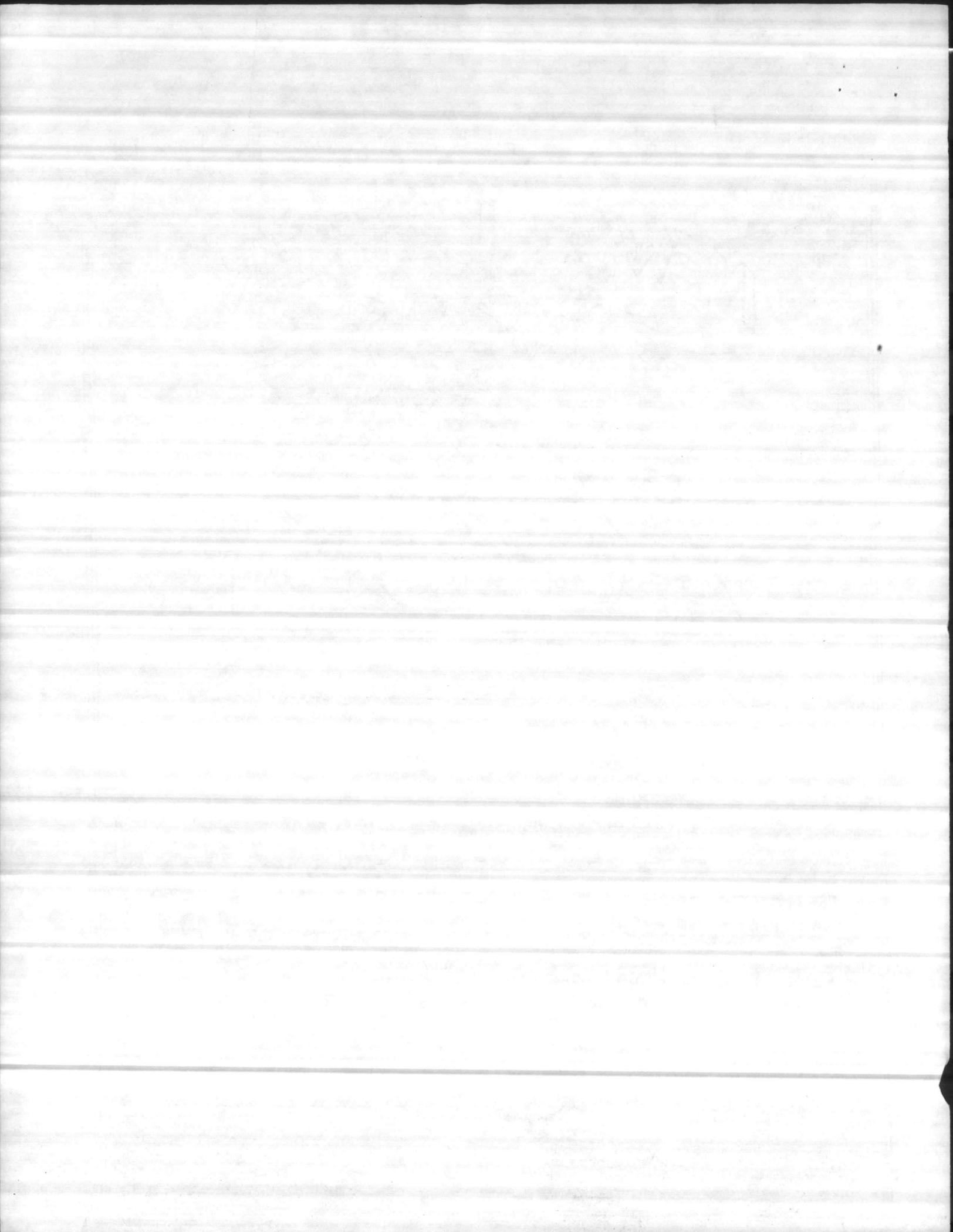
SEMPER * FIDELIS

* 8th MOTORS *

UNITED STATES MARINE CORPS



Sam Bowling



HAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAY
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LINEAGE

OF

8TH MOTOR TRANSPORT BATTALION

ACTIVATED 11 DECEMBER 1950 AT CAMP LEJEUNE, NORTH CAROLINA AS THE 8TH MOTOR
TRANSPORT BATTALION AND ASSIGNED TO SERVICE COMMAND,
FLEET MARINE FORCE, ATLANTIC

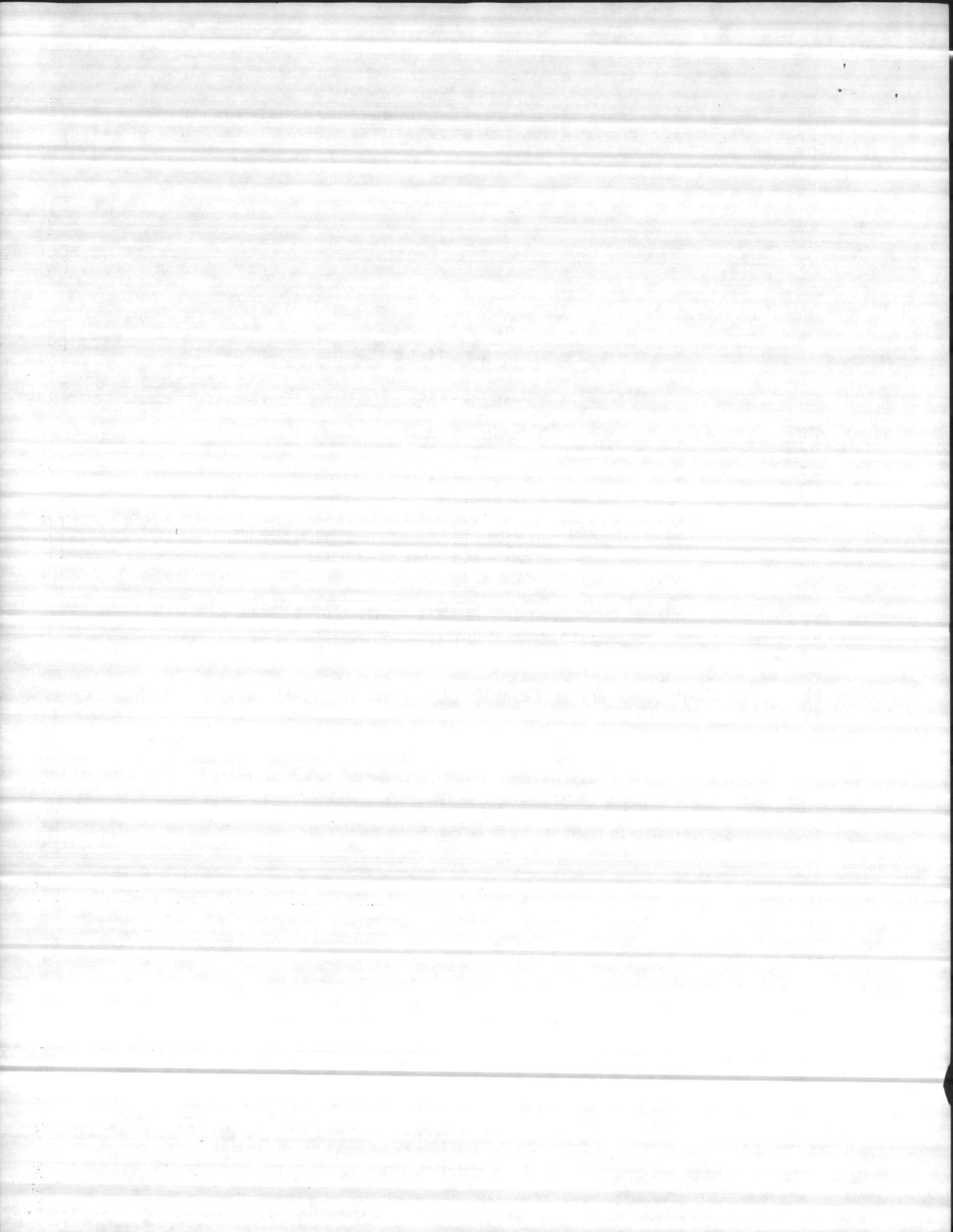
DETACHED DURING JULY 1956 FROM SERVICE COMMAND, AND REASSIGNED TO
FLEET MARINE FORCE, ATLANTIC

REASSIGNED DURING AUGUST 1960 TO FORCE TROOPS, FLEET MARINE FORCE, ATLANTIC

REDESIGNATED 1 DECEMBER 1975 AS THE 8TH MOTOR TRANSPORT BATTALION, 2D
FORCE SERVICE SUPPORT GROUP, FLEET MARINE FORCE, ATLANTIC

PARTICIPATED IN NUMEROUS TRAINING EXERCISES THROUGHOUT THE 1970s AND 1980s

HAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAY
HAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAYHAPPY BIRTHDAY





The support and enthusiasm for the Race of the Ranks was great. The final race was a terrific send-off for Thanksgiving. Congratulations, LCpl Bradford!!! But don't be complacent. The next time, 17:45 won't be good enough!!!

With November safely behind us, we can look forward to the Christmas and New Year's holidays and to 1986. I certainly hope that you and your's enjoy the holidays, but don't overindulge with either the C_2H_5OH in any of its form or Christmas buying. A hangover or a pending court date or too many unpaid bills or, worse still, all three make a lousy start for the new year.

1986 will be a challenging and exciting year for 8th MT. MMMWV and LVS fielding; FSMAO, CG's and IG's inspections; and operational commitments north, south, east, and west. I'm looking forward to a great year with you of learning, growing, and succeeding together.

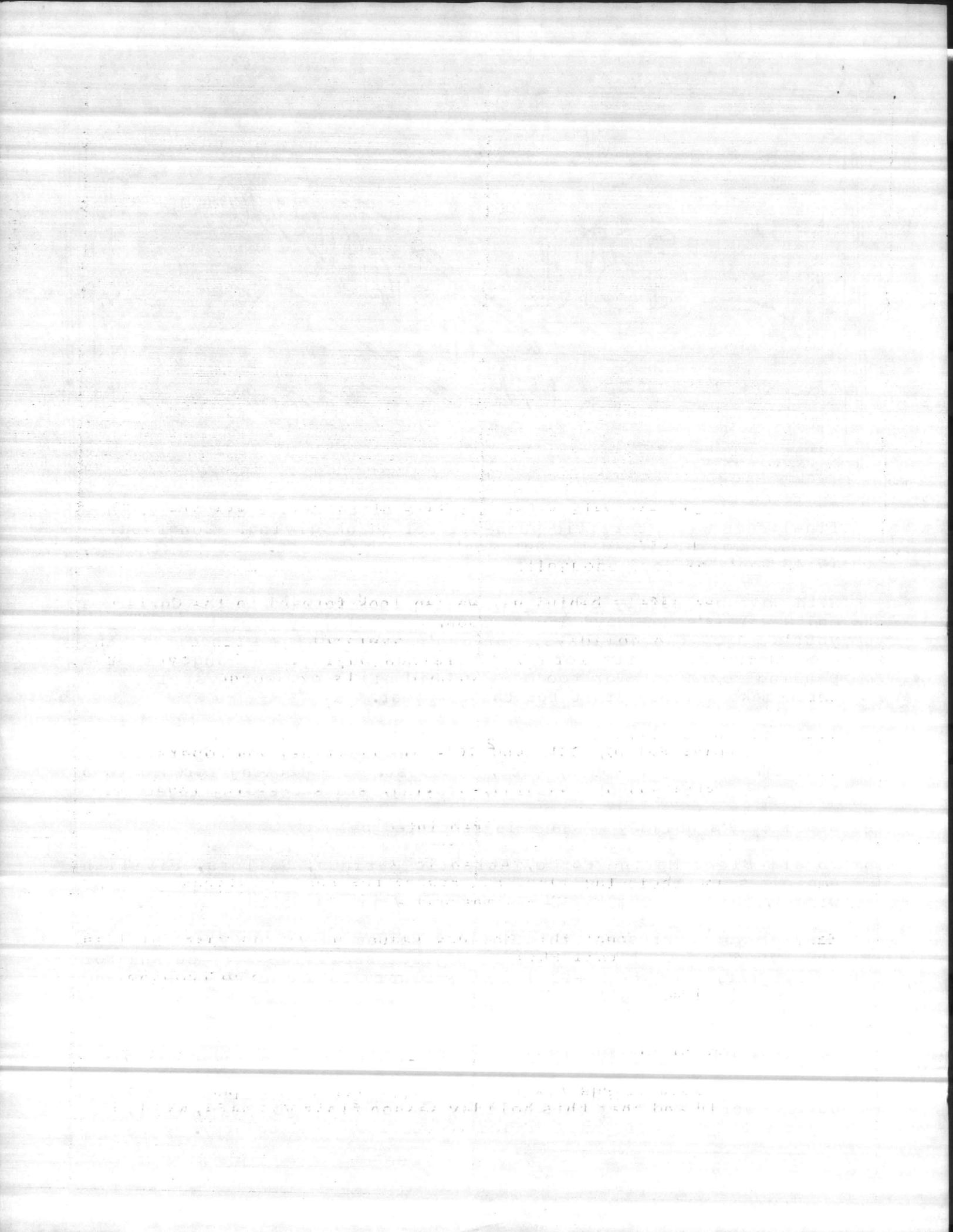
LtGen Gray's holiday message is reprinted below:

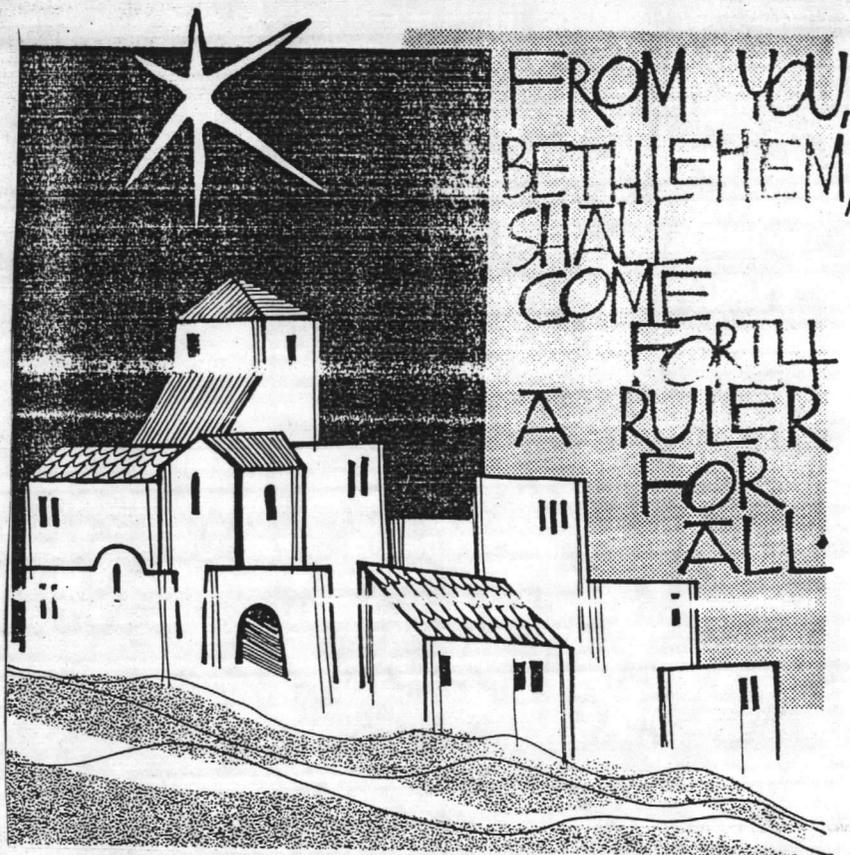
To all Fleet Marine Force, Atlantic Marines, Sailors, civilian employees and their families, my warmest personal greetings and best wishes, for a very merry Christmas and a joyous holiday season.

Many of you will spend this holiday season away from your families and loved ones. I know this is a great sacrifice for you and for them. Yet, such sacrifices are necessary to preserve freedom and our way of life.

May this special time of year bring each of you joy, peace, and a rededication to the ideals of democracy and our American heritage.

I pray that 1986 brings new hope and opportunity for peace throughout the world and that this holiday season finds you safe, well, and rightfully proud of your service to our Corps and country.





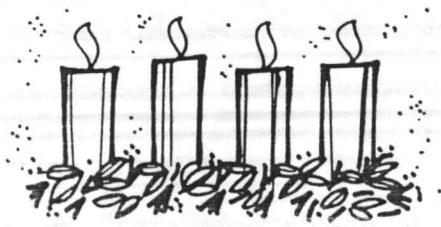
Each year we approach these last few weeks before Christmas and begin wondering where the time has gone to. Of course, there is always the last minute shopping, the parties to attend, before we can put away the decorations for another year.

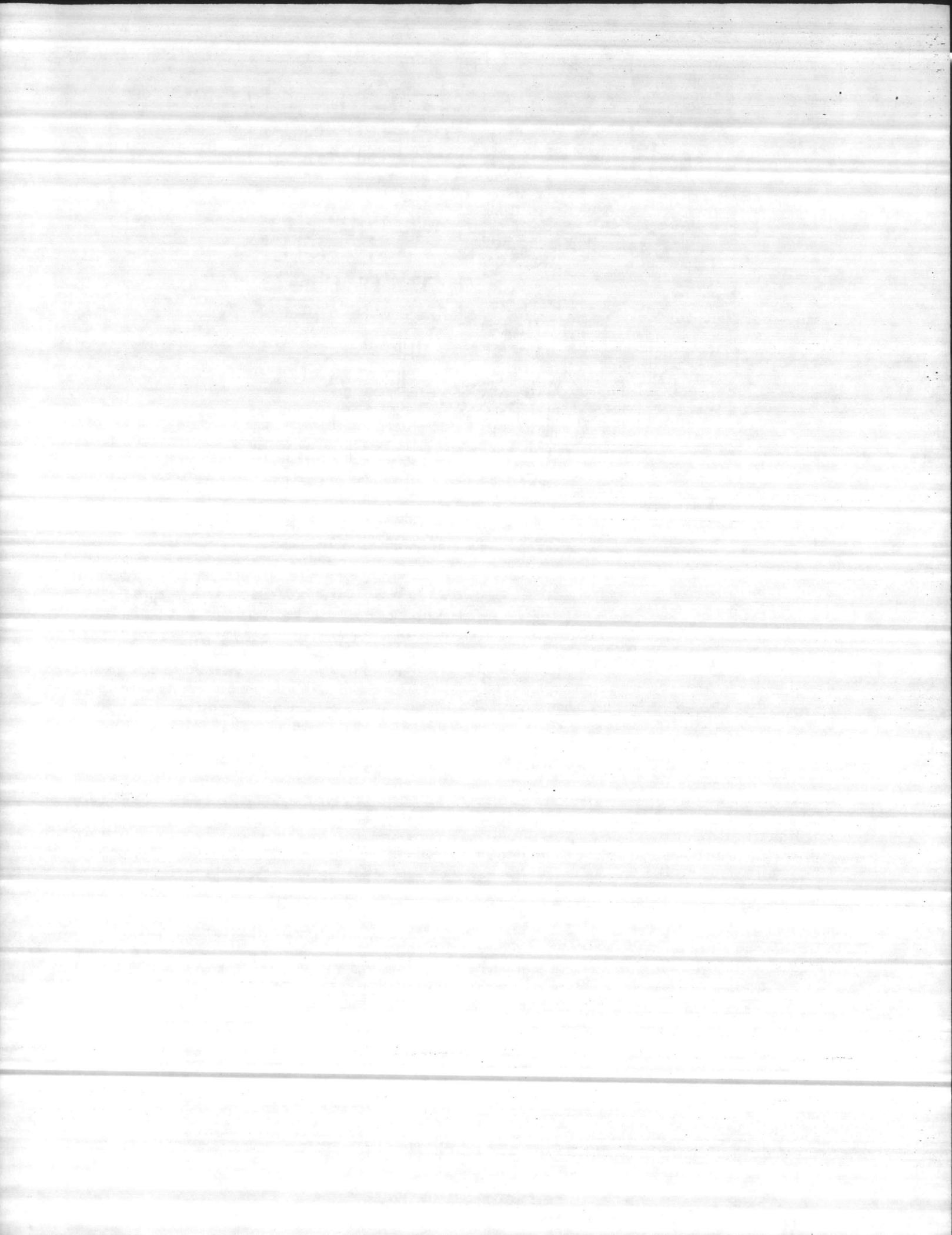
Why do we celebrate this event? The prophets of the Old Testament predicted the event. Each of us celebrate this event in our own way. But this marvelous event cannot be seen as an end in itself. Even though Christmas comes at the end of the year, it is not a climax. Instead it proclaims a new age, a new beginning.

We are given the title of "peace keepers" and that is what we truly are. Christmas is the birthday of the Prince of Peace. In the midst of a world torn apart by violence, anger, and greed, we need to think and pray for peace. Most of all we need to discover the "peace keeper" in each of ourselves and allow that peace to flow out into the surroundings.

The season which we celebrate is a time of joy and gift giving. A time to enjoy the peace which we take so much for granted. It is also a time to reflect upon our own positive contribution to that peace. "How can I make this Christmas a more joyful, peace filled time for others? The gift of myself is the greatest gift that I can give. May I always use it to its greatest potential."

May your Christmas be a time of joy and peace for you and your loved ones.





Recently this Battalion conducted six three-mile races. These races were conducted by rank categories in which each rank competed against itself. The top five finalists from each category then ran in a finalists' race on the 27th of November. Below are the results of these races.

PVTS/PFCS

1. PFC WALSH, R.S.
2. PFC WILLIAMS, G.C.
3. PFC POZO, F.
4. PVT BEAUFORD, J.C.
5. PFC CARLSON JR, C.A.

LCPLS

1. LCPL DUDLEY, R.W.
2. LCPL SUGAR, J.B.
3. LCPL MCNABB, B.E.
4. LCPL SILER, A.B.
5. LCPL KLEIN, A.G.
6. LCPL BRADFORD, B.G.

CPLS

1. CPL GALLOWAY, P.S.
2. CPL BROWN, P.E.
3. CPL WILLIAMS, J.J.
4. CPL MORNING, W.B.
5. CPL HEMPSTEAD JR, R.A.

SGTS

1. SGT ORLAND, D.
2. SGT NILES, W.A.
3. SGT SEAY, L.A.
4. SGT RUSSELL, R.K.
5. SGT SHEPPARD, C.
6. SGT MAPP, R.R.

SNCOS

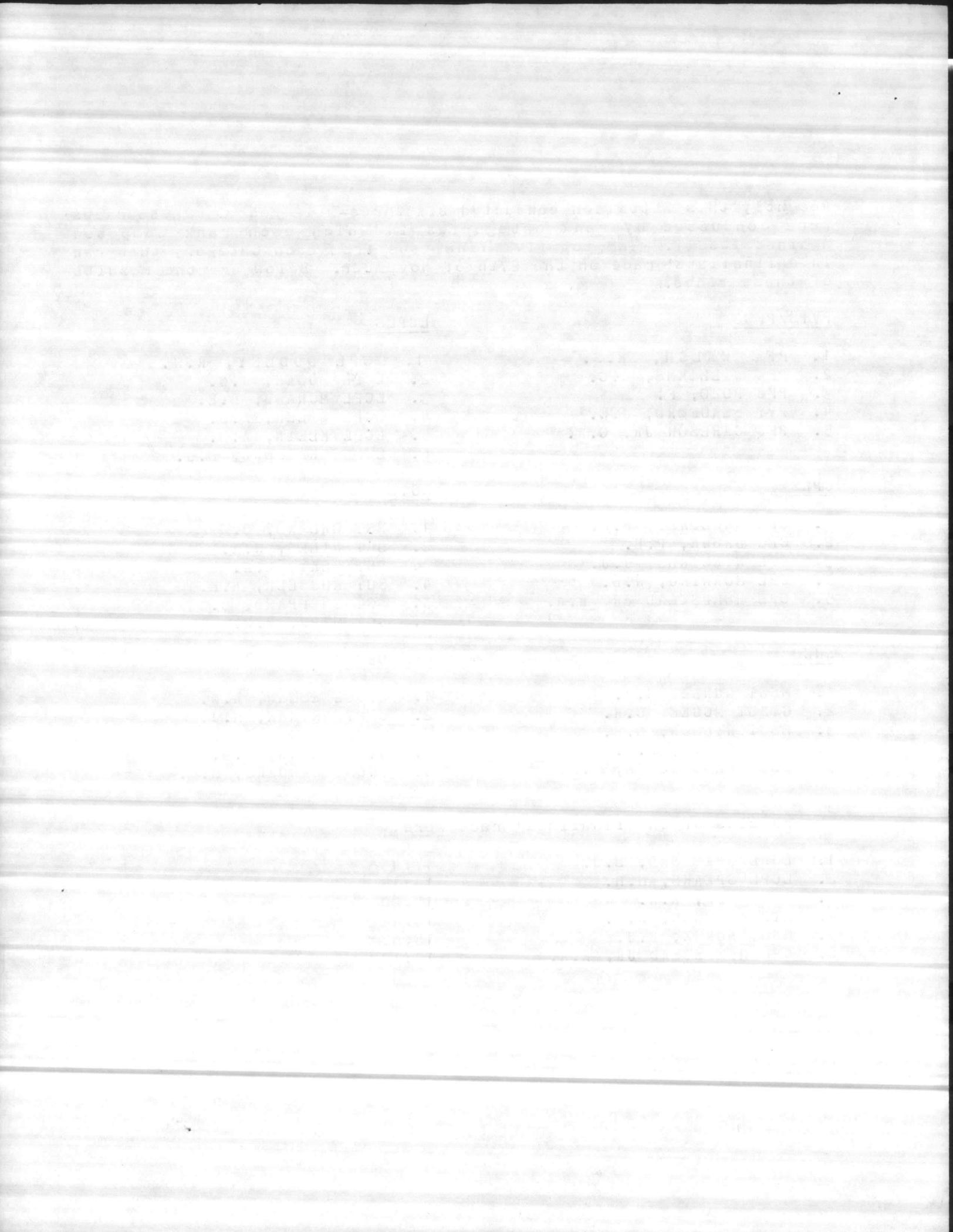
1. MSGT NUNEZ, R.J.
2. GYSGT MCGEE, C.R.
3. MSGT WILSON, G.E.
4. SSGT COTTO, A.M.
5. SSGT BLOODWORTH, S.W.

OFFICERS

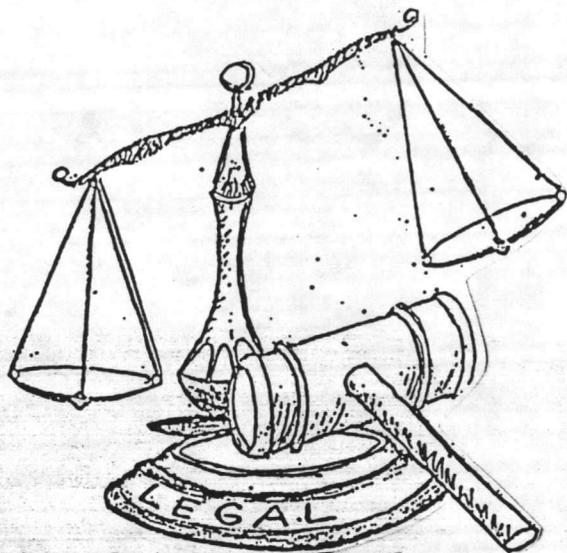
1. LTCOL ROMAN, R.N.
2. CAPT KRYNAK, M.J.
3. 2NDLT VEGA, J.J.
4. CWO2 BROWN, S.D.
5. 2NDLT SANDERS, M.D.

The results of the finalists' race were:

- | | |
|---------------------------|-------|
| 1. LCPL BRADFORD, B.J. | 17:45 |
| 2. LCPL SPEARS, M.H. | 18:15 |
| 3. SGT MAPP, R.R. | 18:20 |
| 4. LTCOL ROMAN, R.N. | 18:42 |
| 5. MSGT NUNEZ, R.J. | 18:57 |
| 6. CPL HEMPSTEAD JR, R.A. | 19:10 |



NJP FOR THE MONTH OF NOVEMBER



BN NJP

Eric C. Torris, LCpl/E-3
Viol Art 112a UCMJ: Did on or about 851006 and 851016 wrongfully use marijuana.
Forf of \$358 pay per month for 2 months, restr and extra du for 30 das. To be red to PFC/E-2 and to be orally reprimanded.

Howard W. Casnen, PFC/E-2
Viol Art 92 UCMJ: Disobey a direct order. Viol Art 117 UCMJ: Use of Provocative Words.
Restr for 60 das. Forf of \$300 pay per month for 2 months. To be red to Pvt/E-1 and to be orally reprimanded.

Tony J. Manley, PFC/E-2
Viol Art 134 UCMJ: Failed to pay a debt. Viol Art 134 UCMJ: Draft four bad checks worth \$280.
Restr and extra du for 30 das. Forf of \$319 pay per month for 1 month. To be reduced to Pvt/E-1 and to be orally reprimanded.

COMPANY NJP

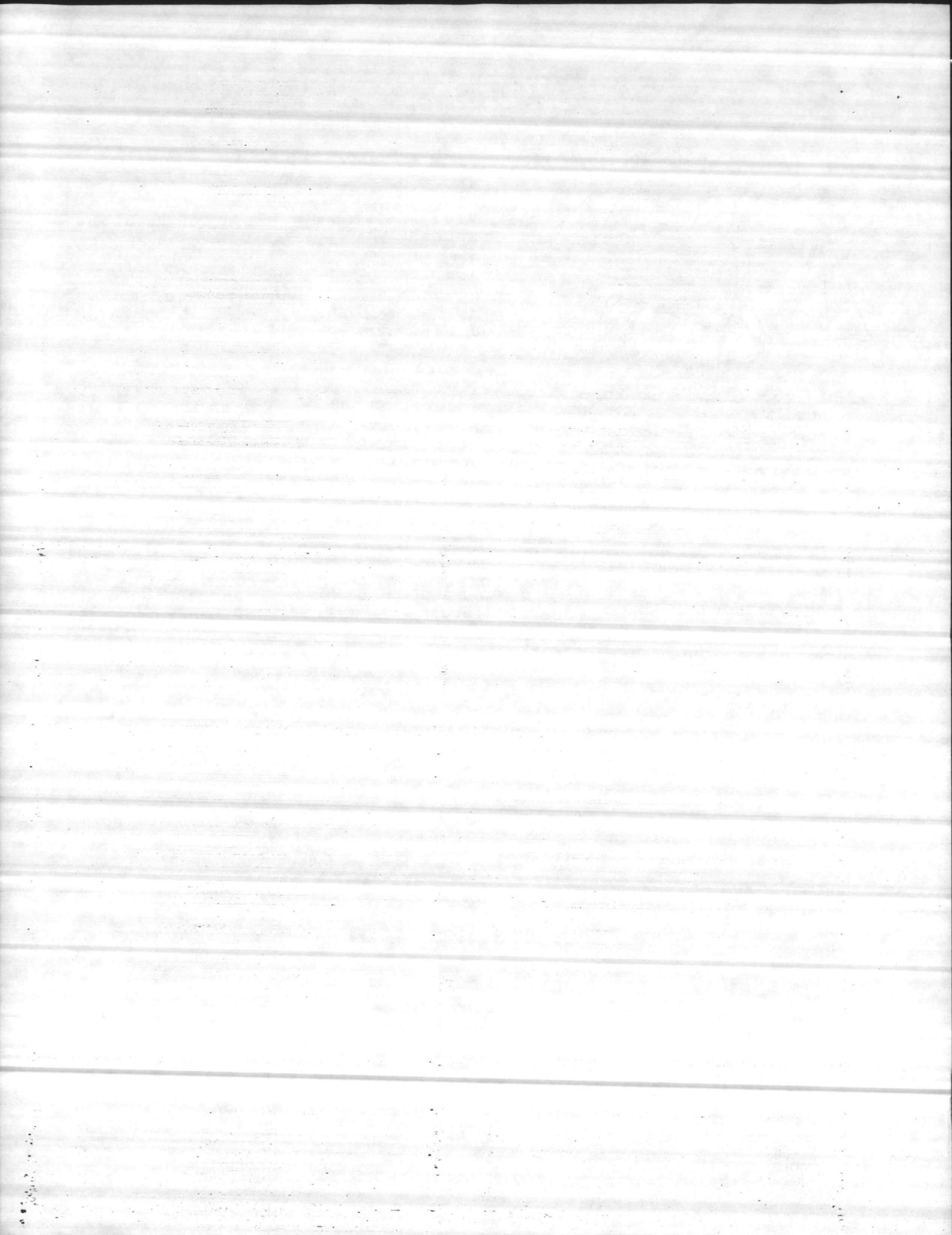
Gregory B. Knudson, PFC/E-2
Viol Art 86 UCMJ: UA from 0646, 851105 to 0645, 851106.
Restr and extra du for 10 das. Forf of \$167 pay per month for 1 month.

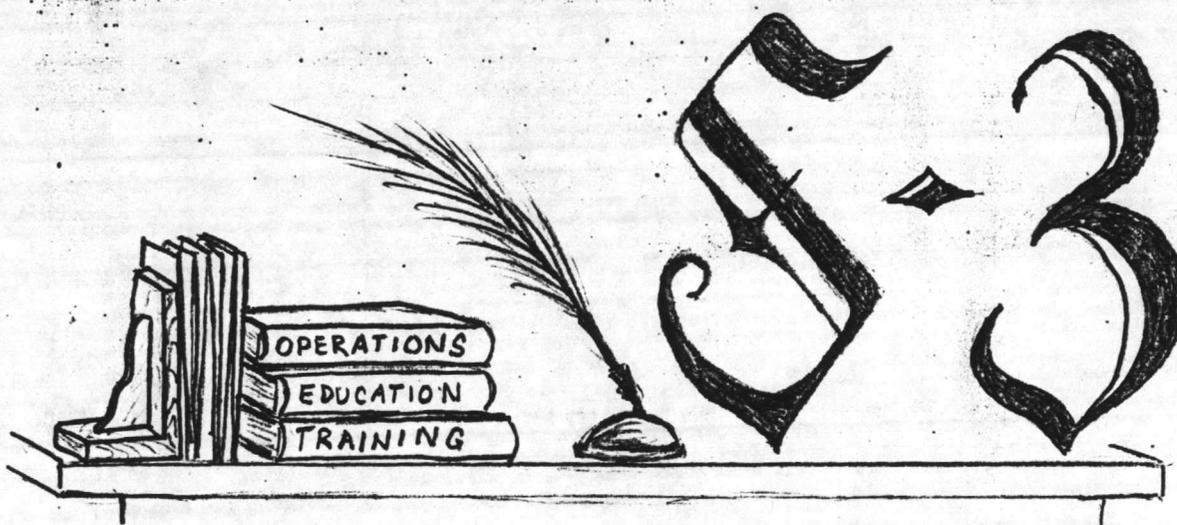
Freddie Fowler, LCpl/E-3
Viol Art 134 UCMJ: Did on or about 2050, 851029 viol MCO P5512.11 para 1004.1A by not having his ID Card in his possession.
Extra du for 14 das and forf of \$150 pay per month for 1 month.

Anthony W. Miller, PFC/E-2
Viol Art 86 UCMJ: UA from 0646, 851105 to 0645, 851106.
Restr and extra du for 10 das. Forf of \$167 pay per month for 1 month.

David E. Dostie, PFC/E-2
Viol Art 91 UCMJ: Disrespect to an NCO.
Extra du for 14 das.

Timothy S. Tennis, PFC/E-2
Viol Art 92 UCMJ: Did on or about 0130, 851028 violate FSSGO 5510.12 dtd 5 Jul 85 an order which was his duty to obey.
Restr and extra du for 10 das and forf of \$162 pay per month for 1 month.





13 Dec Officers Class 1530-1630.0 Club.

16 Dec 1 Marine to LVS School OshKosh WI.

17 Dec Battalion EST 0730-1600.

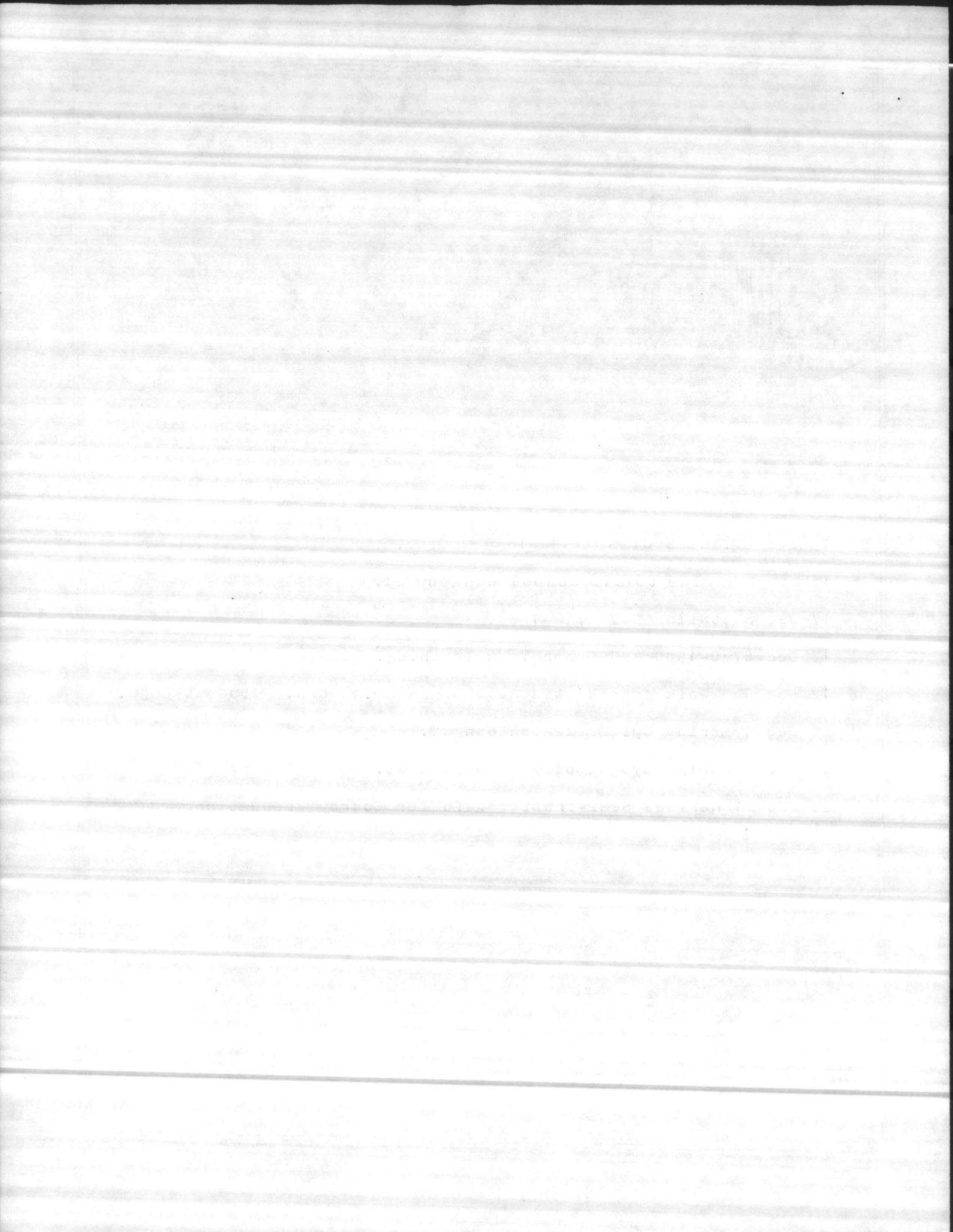
17 Dec 0730-1500 NBC Decon Team Training. TBA.

12 Dec Cpl Walker graduates Auto Organ Maint Crs. 1600 at 603B.

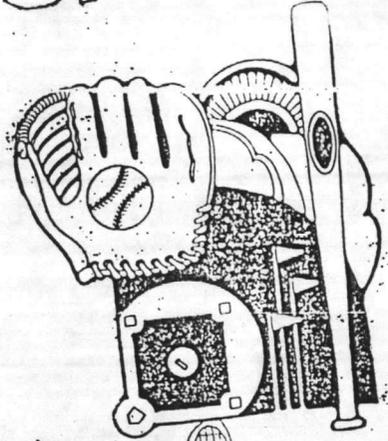
20 Dec 1 Marine Cpl. Drake OshKosh WI.

12 Dec 1 Marine GySgt Woliver OshKosh WI.

20 Dec 11 Marines Semi-trailer Refueler Course graduation. 0730 at TC 1063.



Special



Services

Introducing a deluxe 19 foot mobile camper that is fully air conditioned or comes with central heat, has a full bath, dining area, stove, oven, and hot water. You must have an approved permanent trailer hitch on your vehicle and be approved by the Camper Section Supervisor. Rate for this camper is \$25 per day, \$50 deposit. Call 451-3535/5694 for reservations and information.

Special Services has towbars and trailer niches for your use. There is a \$5 fee per day and a deposit of \$5. For more information, call the Information, Ticket & Tour Section at 451-3535/5694.

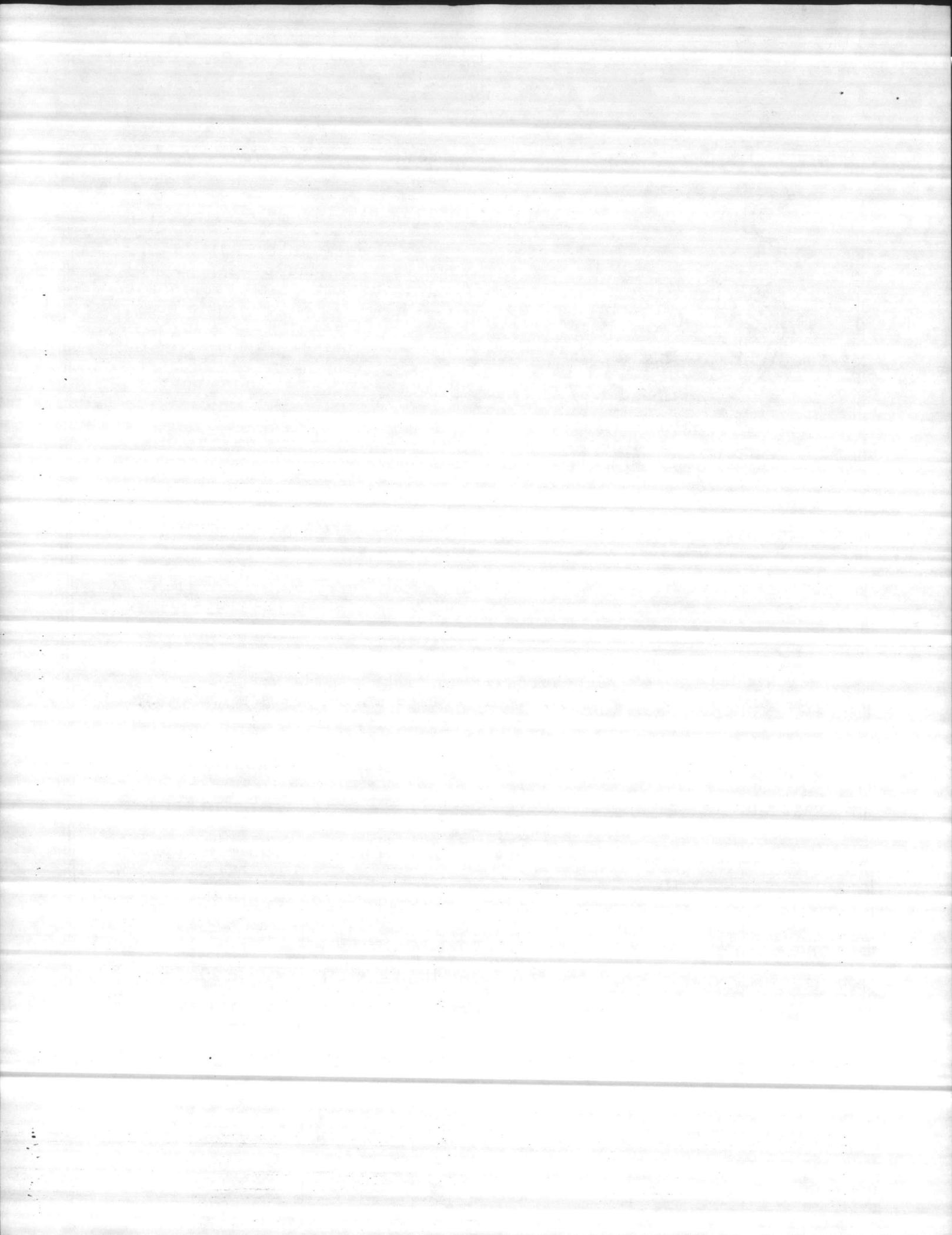
Special Services is sponsoring a 3 day cruise to the Bahamas utilizing Carnival Cruise Lines. The dates of the actual cruise out of Fort Lauderdale, Fla., are Jan 16-19. For more information call 451-3535/5694/5398.

Special Services will operate the F11 small bore range each Saturday from 1000-1430 for recreational shooting. There will be targets and free ammunition on hand. For more information call 451-2094/2108.

December 1985

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 Base Stables Open Trail 451-2238	2 Open Swim 11:30 a.m.-12:30 p.m. 4:30 p.m.-9 p.m. Area 2 Pool 451-2024	3 AUDITIONS FOR "STAR SEARCH 86" Talent Competition Midway Park Theater 5:30 p.m. Info. 451-1759	4	5	6 Midnight Special Camp Theater Every Fri. 11:30 p.m.	7 Bowling Center Open 7 Days 451-5121/5485
8 Riseley Pier Fishing Info. 451-7154	9 Camper Sect. Rentals 451-1368	10 Auto Hobby Shop 2-10 p.m. Info. 451-1550	11 I.T.T. Field House for Travel & Tour Info. 451-3535	12 Courthouse Bay Marina Deep Sea Fishing 451-7386	13 Wood Hobby Shop 451-5191	14 Ornament Exchange Ceramic Shop 451-2077
15 Auto Body Hobby Shop 451-2042	16 CHRISTMAS TURKEY SHOOT Skeet Range 451-3889	17	18 Auto Hobby Shop Courthouse Bay 451-7453	19 DEPENDENT XMAS PARADE & PARTY Midway Park Community Center 451-1549	20 DEPENDENT XMAS PARADE & PARTY TT Com. Center 451-2253	21 SPECIAL SERVICES FREE DAY Dep. Xmas Parade & Party Marston Pavilion
22	23 Auto Hobby Shop Camp Geiger 451-0157	24 MOUNTED CAROLINA Base Stables 451-2238	25 Merry Christmas	26	27 2d FSSG Boat Crew Deep Sea Fishing 451-7493	28 Scotch Doubles Tournament Bowling Center 451-5121
29 Skeet & Trap Range 451-3889	30 Div. Boat Crew Deep Sea Fishing 451-7264	31 Happy New Year	7			





KUDZU



KUDZU



KUDZU

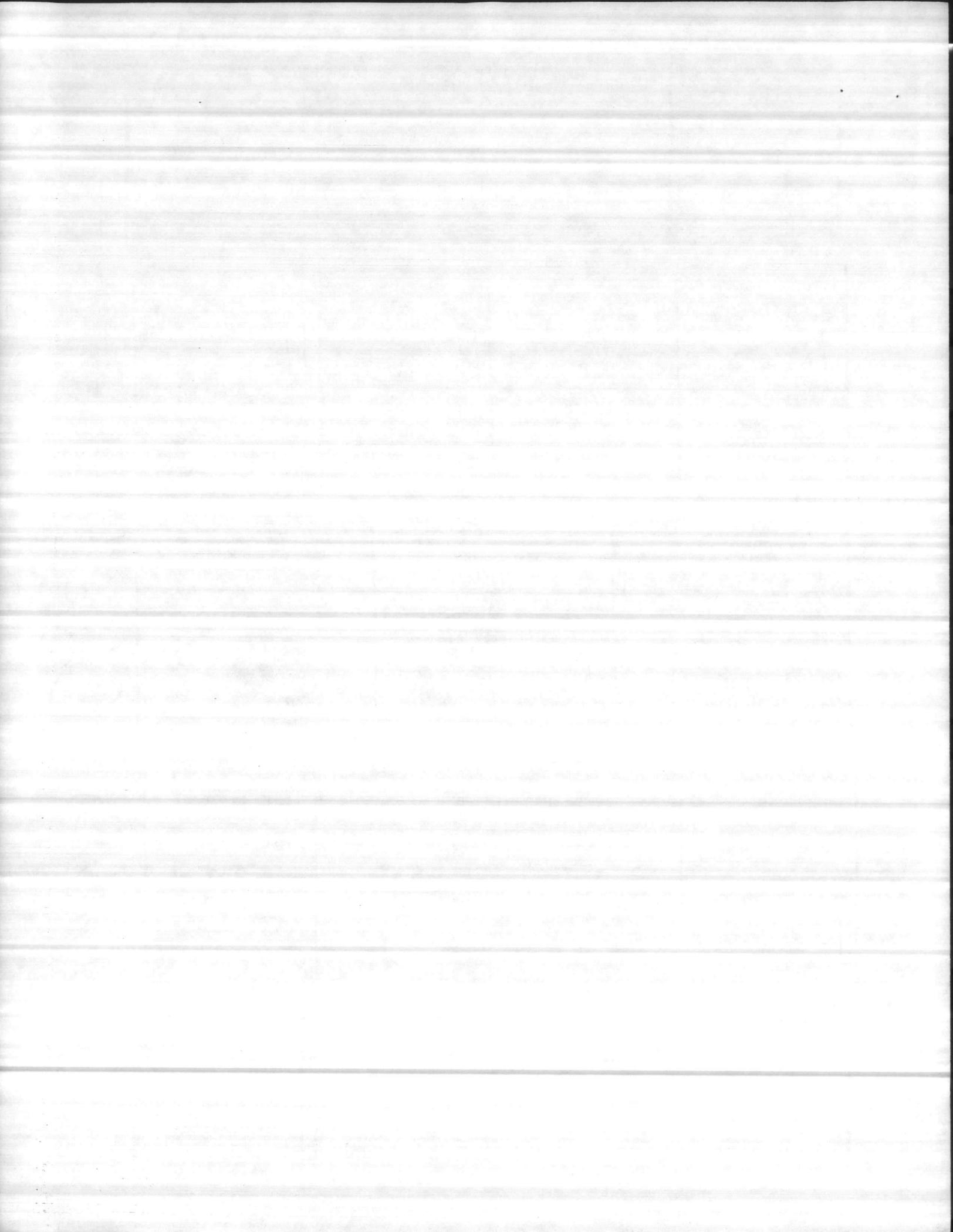


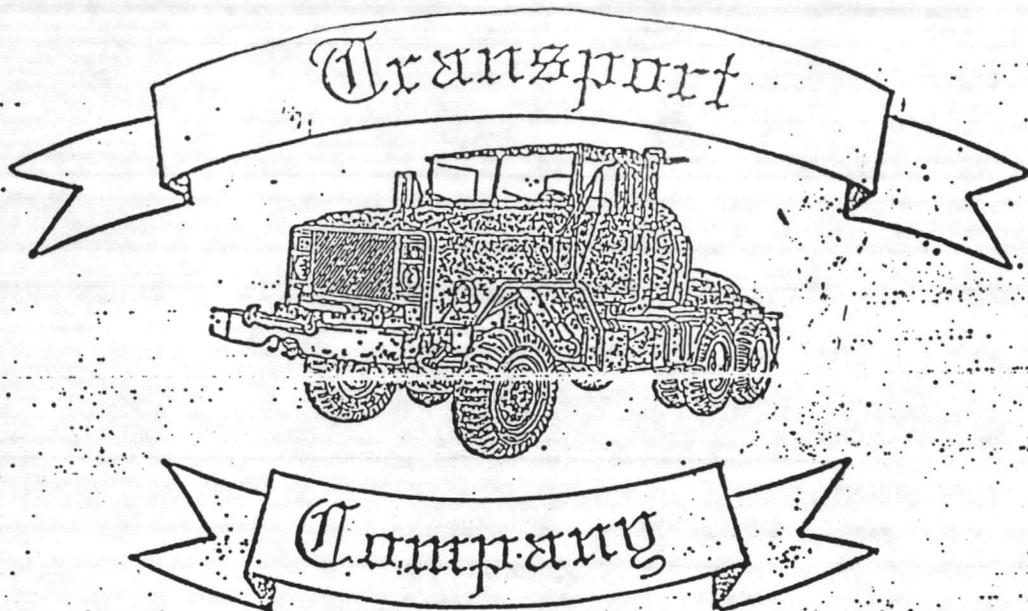
KUDZU



Chuckles

Chaplain's





Good luck to the following Marines who are currently attending Refueler School: Cpl Alexander, Cpl Ingram, Cpl Haligus, Cpl Dudley, LCpl Lenzer, LCpl Quinton, and LCpl Goff.

Farewell to the following Marines: Capt Ingles, Cpl Downs, Sgt Eddy, and LCpl Downing.

Welcome aboard to Capt Dunnum, Sgt Niles, Sgt Hoffman, Sgt Taylor, SSgt Beedie, and LCpl Shank.

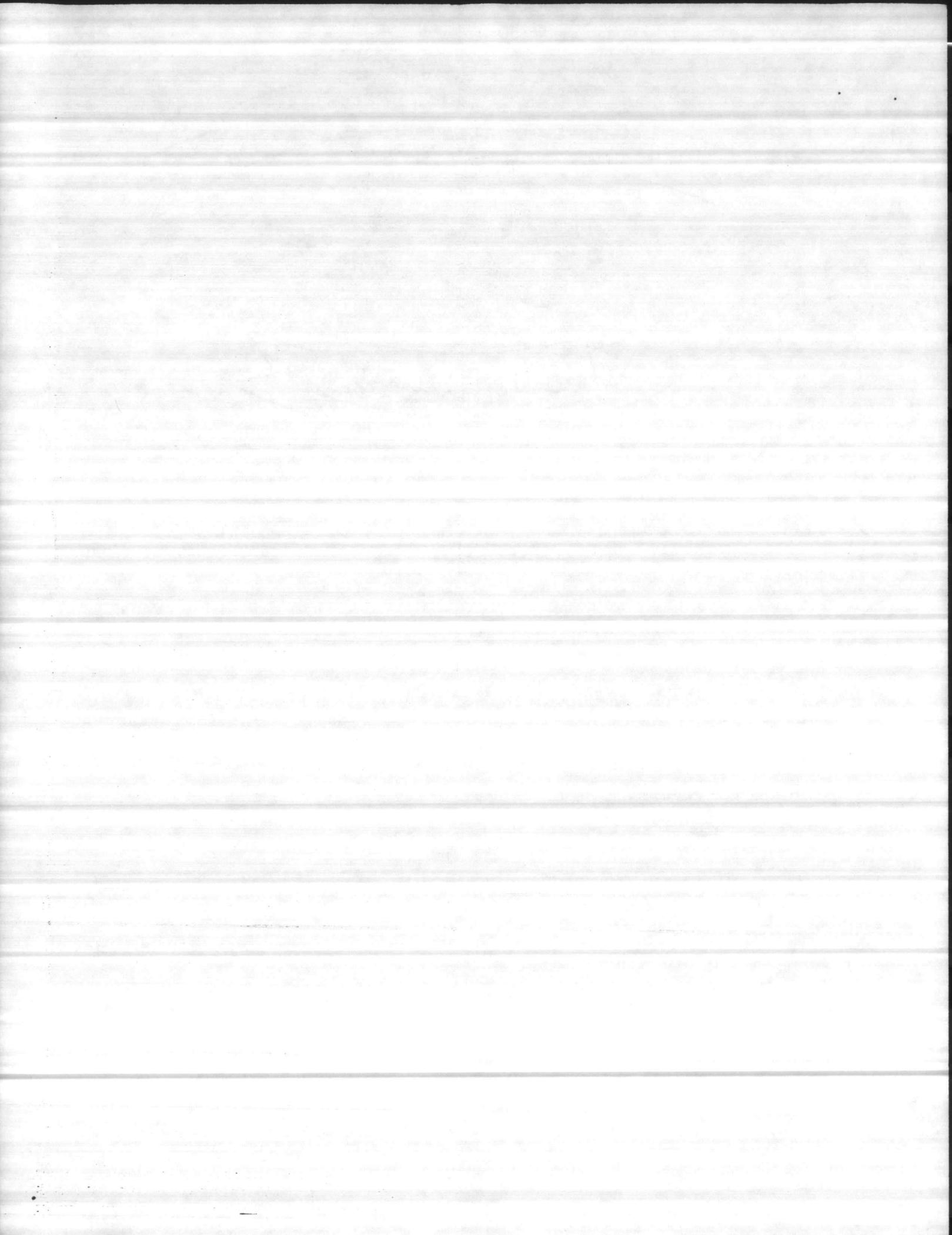
Congratulations to GySgt Youngblood, SSgt Sullivan, Sgt Yocum, and Sgt Perez for recently completing a course of instruction on the LVS.

Congratulations to LCpl Bradford, winner of the Battalion Race of the Ranks with a time of 17:45.

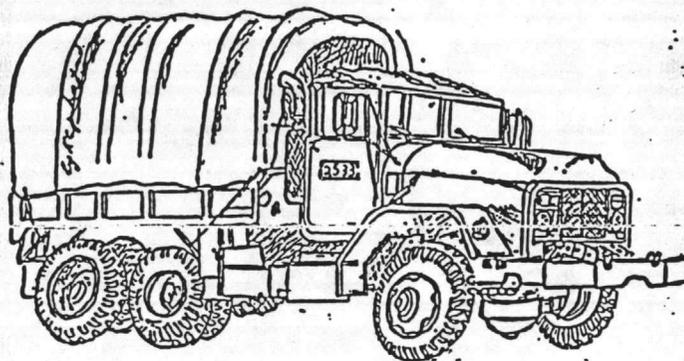
Congratulations to Cpl Butcher for recently graduating NCO School.

Congratulations to Cpl Dudley and Cpl Haligus for being recently promoted meritoriously to their present rank.

Just a reminder that the green wool scarf is now mandatory. Get them in time for inspection.



TRUCK COMPANY



YOU CALL

WE HAUL

Truck Company would like to say farewell to the following Marines: SSgt Beedie, Cpl Berdequez, LCpl Reddick, and LCpl Day.

Welcome aboard Lt Young and LCpl Tabor. Hope that you enjoy Truck Company.

Congratulations to the following Marines who were promoted to their present rank: Sgt Singley, LCpl Kramer, LCpl Crowder, LCpl Smith, PFC Campbell, and PFC Travis.

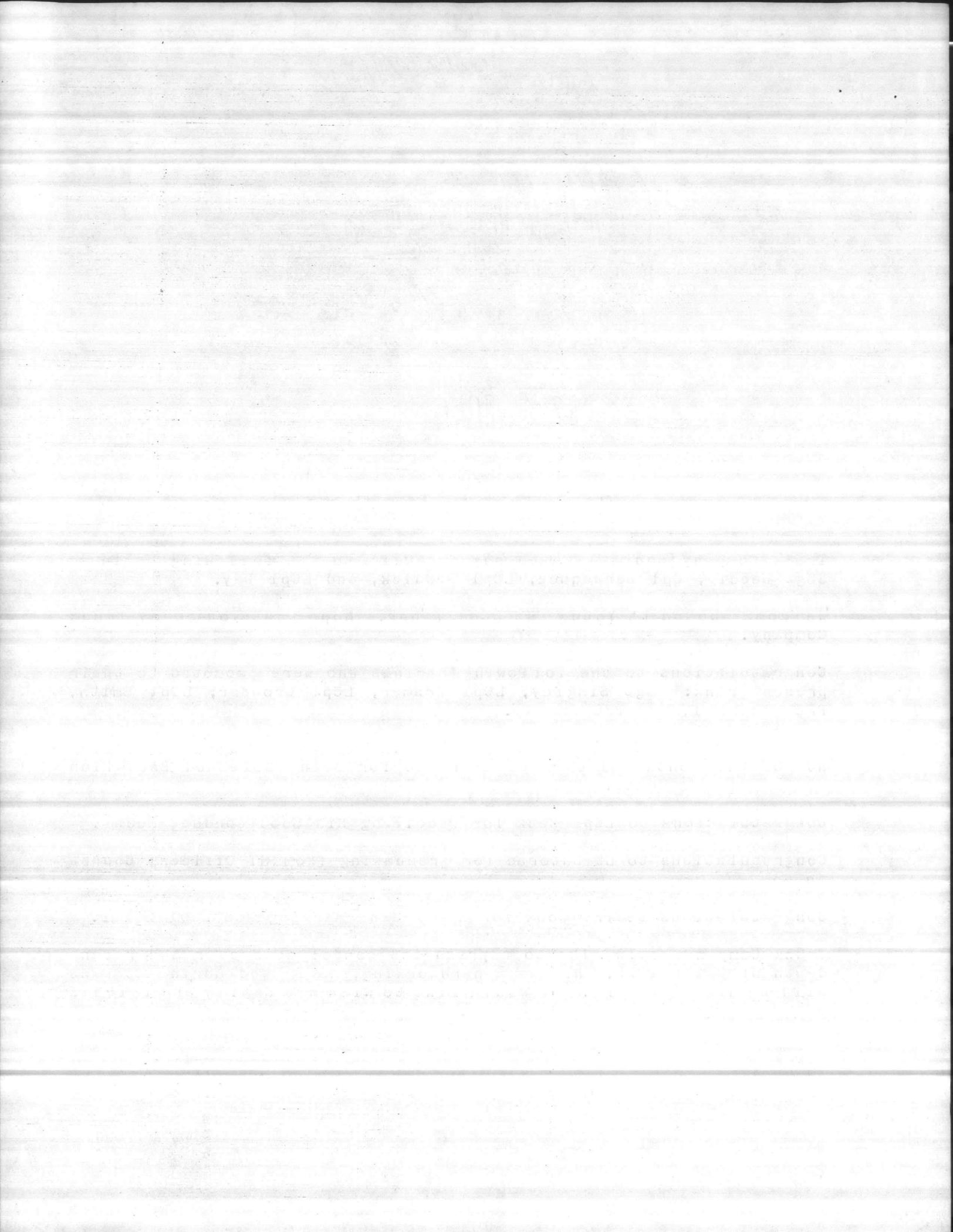
Congratulations to Cpl Hatcher for being selected as the Battalion NCO of the Month and to LCpl Serratos for being selected Battalion Marine of the Month.

Congratulations to LCpl Beck for receiving his Good Conduct Medal.

Congratulations to Lt Butorac for graduating from MT Officers Course on Nov 27:

Congratulations to PFC Cook for her recent marriage to LCpl Siler.

Truck Company would like to express its condolences over the recent death of Cpl Geiser. He was a hardworking, motivated Marine NCO who will be missed by all. We would like to wish his family and friends well during their time of sorrow.

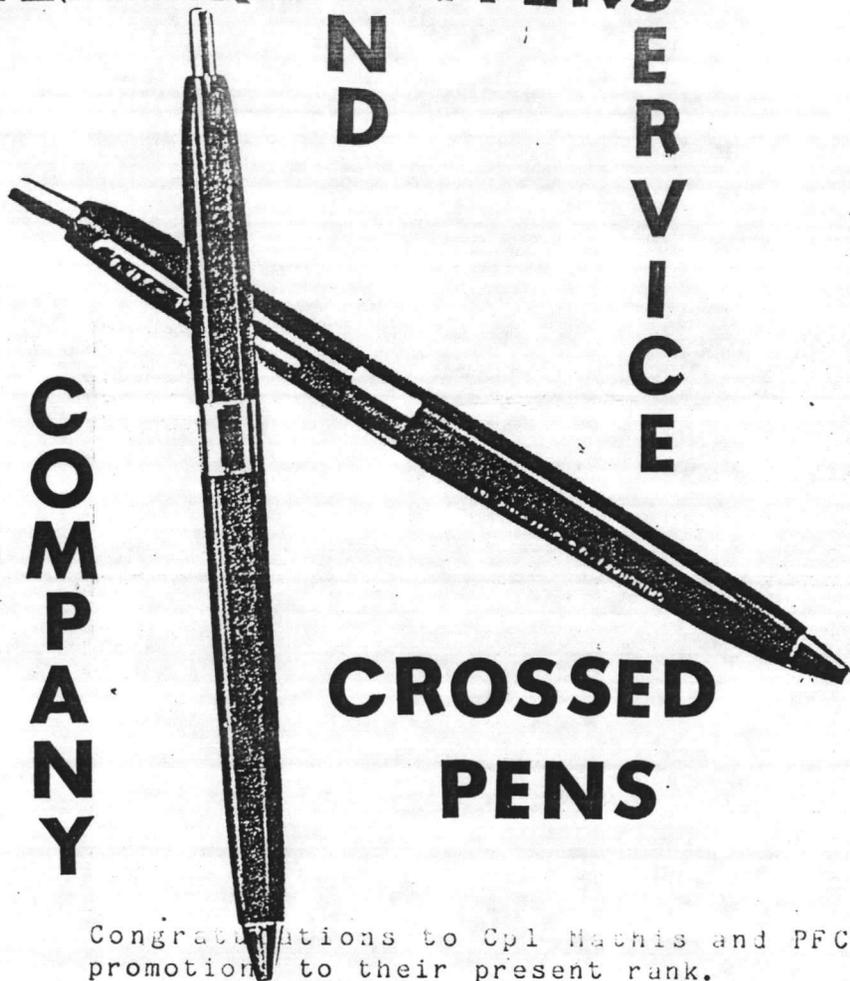


HEADQUARTERS

AND

SERVICE

COMPANY



CROSSED PENS

Congratulations to Cpl Mathis and PFC Beaufort for their recent promotions to their present rank.

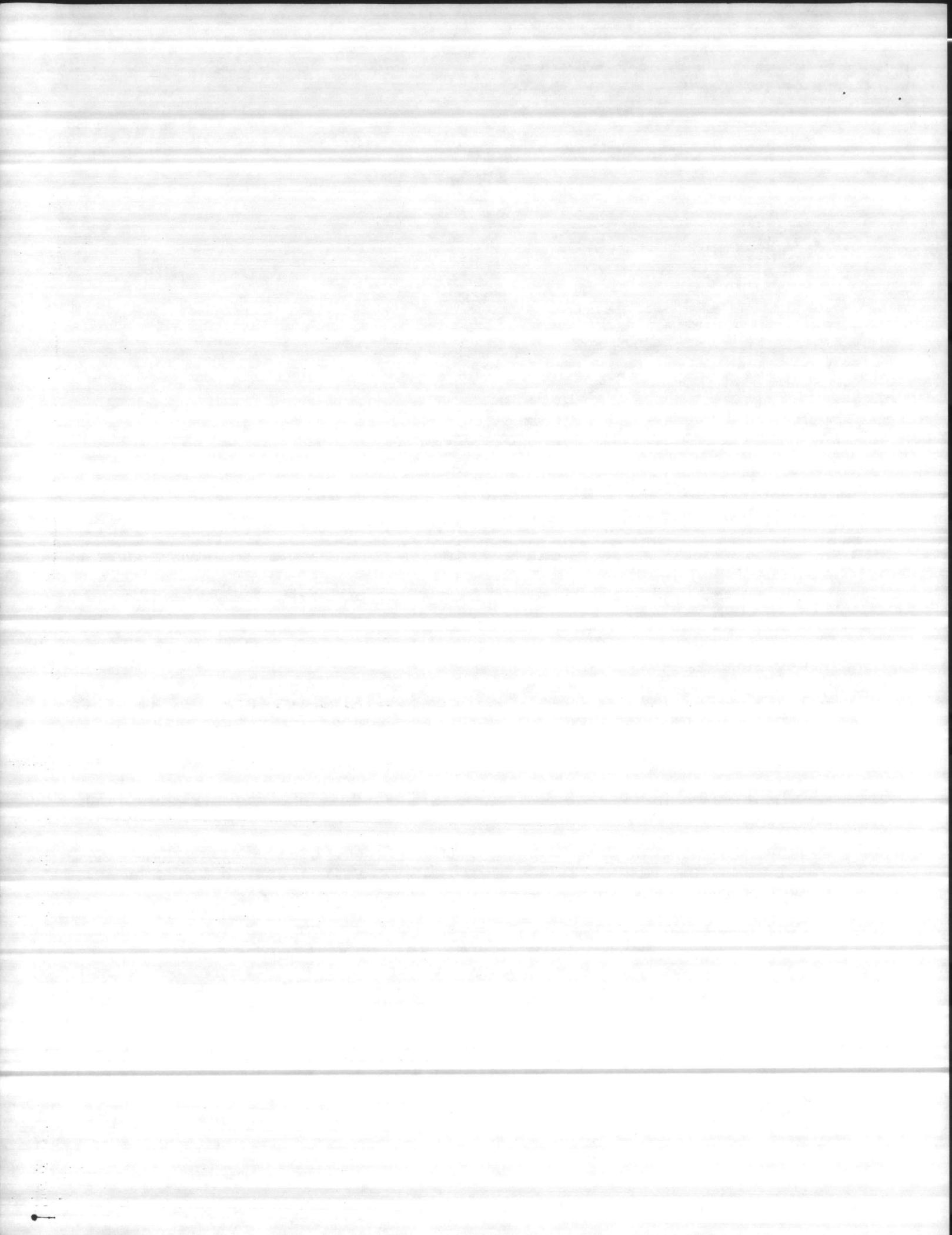
A heartyatta boy goes to Cpl Morris for being selected as the H&SCo NCO of the Month and to LCpl McCarthy for being selected as H&SCo Marine of the Month.

A welcome aboard is extended to the following Marines who reported aboard during the past month: GySgt Edwards, Cpl Jones, LCpl Wallace, LCpl Rodriguez, LCpl Clark, PFC Alkins, and Pvt Lane.

Congratulations to Cpl McManamy, LCpl Smith, LCpl Hentges, and LCpl Deigrosso for receiving Letters of Appreciation and to Cpl Sanseverino and Cpl McCoy for receiving Meritorious Masts.

A big congratulations and good luck to Cpl and Mrs Mathis for the recent birth of their first child, Clinton Jacob.

H&SCo would like to take this opportunity to wish everyone a Merry and Safe Christmas and a Happy New Year.



PCP —

The Most Unpredictable Drug...

Drugs are most frequently placed in one of three categories by the effect they have on the human body. Stimulants speed up, depressants slow down, and hallucinogens cause hallucinations. This ability to put things into categories generally makes for a nice, neat way to think and talk about drugs. But nothing is ever as simple as it seems—there is almost always an exception. PCP or phencyclidine, is such an exception.

PCP has been classified as a stimulant, a depressant, and a hallucinogen. Why all three? Because the observed effects have, at one time or another, resembled the effects of other drugs in those same categories: Now there is a new category. Because PCP often has different effects with different people and different effects within the same person, and since the effects are unpredictable and often uncontrollable, there is a new category for PCP. The new category is the "phencyclidines."

PCP was first made by a drug manufacturing company in 1957 and was successfully tested with monkeys before it was introduced as a surgical anesthetic in humans. Although it was effective as an anesthetic, a large percentage (30 percent) of patients demonstrated numerous adverse effects during a recovery period. After additional study of these adverse reactions, PCP was taken off the market for human use in 1965. In 1967, PCP became available for use in veterinary medicine as an anesthetic or immobilizing agent. Many of the same adverse reactions that had been observed in humans were also observed in animals. PCP also became a popular "drug of abuse" and was classified as a Class I drug with greater controls on its manufacture and distribution. Finally, in 1978, because of the availability of better anesthetics, ever tightening controls on its legal manufacture, and the increase of PCP misuse, all legitimate manufacturing of PCP in the United States stopped.

PCP shares the properties of many commonly used street drugs. It may act like a depressant, a stimulant, a psychedelic, and a tranquilizer. However, to assume that PCP belongs in any one of these groups is inappropriate. It produces a unique combination of these effects in addition to removing physical pain. Therefore, PCP requires treatment methods that respond to the drug's unique effects.

The duration of action of PCP will vary greatly depending on the dosage, frequency of use, and individual differences such as in the metabolism of

the drug. The following will provide guidelines for the duration of these effects:

- If a person took two "tokes" from a PCP cigarette, a "Sherm," the onset of the effects would usually occur within two to five minutes.
- The effects would peak after 15 minutes.
- The effects would wear off within 48 hours.
- When PCP is administered through the nasal passages (snorted), the onset is more rapid, usually 30-60 seconds. PCP remains in the body for several days, collecting in the fatty tissues. Consequently, with frequent ingestion, PCP accumulates in the body.

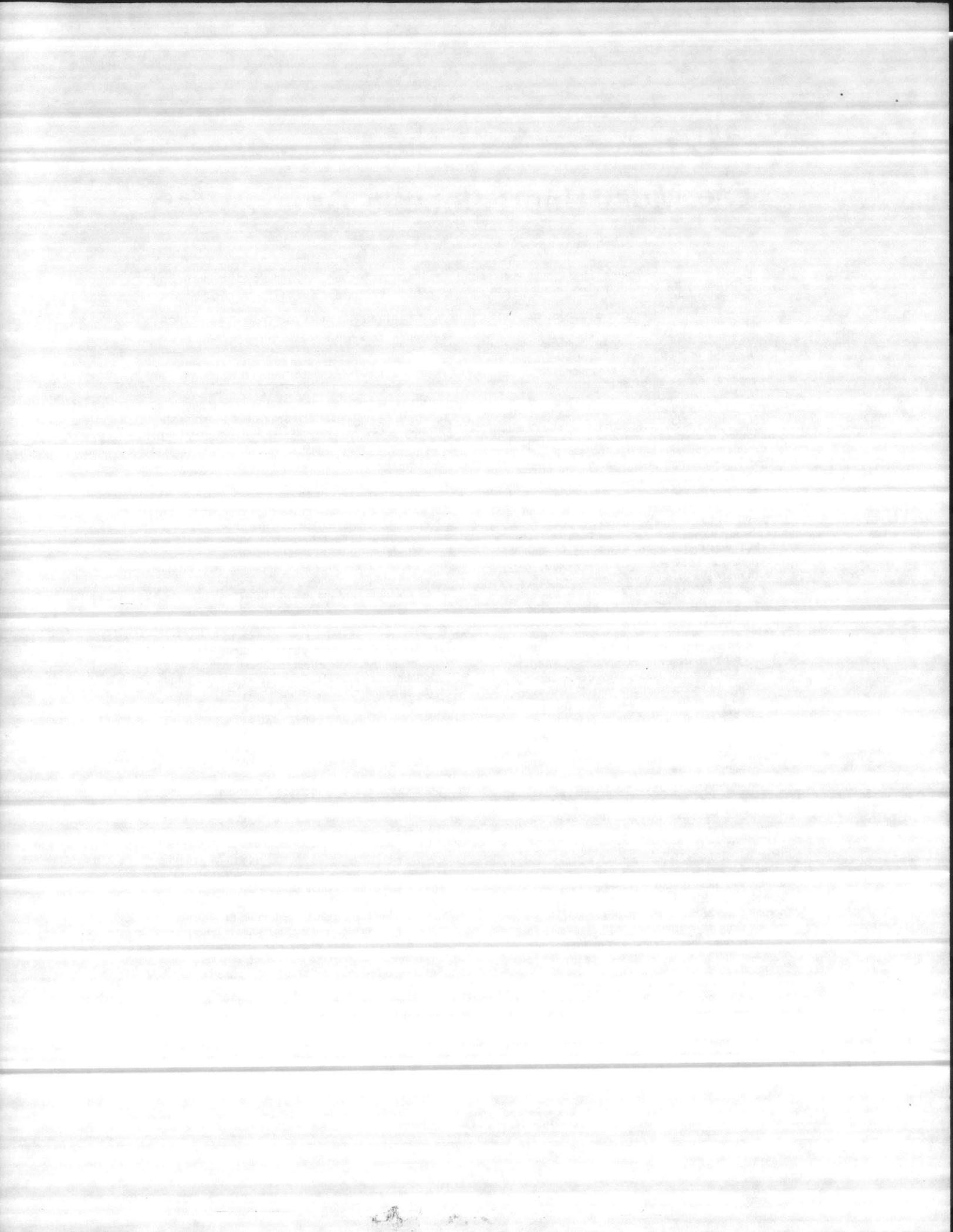
Studies have been conducted of chronic users who have ingested PCP three or more times a week for a period of at least six months. After the drug is discontinued, users experienced lingering problems with speech, memory, concentration and abstraction for up to several months.

Chronic users may experience long-term effects of the drug for months up to one or two years after discontinuing the use of PCP. These may include memory loss, thinking disorders, depression, speech problems, anxiety, personality changes, and anti-social tendencies.

Tolerance or needing larger amounts of the drug to cause the same effect, has been demonstrated in laboratory animals. Users report a craving and need for the phencyclidines.

Although all aspects of PCP-use are dangerous, perhaps the most dangerous aspect is that many people use PCP unknowingly, thinking that they are using something else. PCP is sometimes sold as other drugs, most commonly LSD or cocaine. It is also used to spike weak THC and to lace poor quality marijuana to increase the effect. Because PCP is inexpensive to make, it can be sold as a much more expensive substance, like cocaine, at a greater profit.

A white crystalline, water-soluble powder, PCP is used orally, injected, sniffed, but most often smoked after being sprinkled on parsley, marijuana, or tobacco. In small doses, PCP effects can be very unpredictable, but it generally produces a state resembling drunkenness. Also there is evidence of violent anti-social behavior (murder) as an after effect of PCP use. PCP street names, to mention a few, include angel dust, dust, crystal, superweed, rocket fuel, killer weed, and DOA, which stands for "dead on arrival." The last street name is most fitting, for if you use PCP you may be just that—"DOA".



Health Consequences of Marijuana

It is against Navy regulations and civilian laws to use, possess, or sell marijuana. This means there are legal consequences to be paid for use, possession, and sale.

However, there are also health consequences to be paid. How much do you know about marijuana? Take the quiz to find out. NOTE: Commanding Officers are encouraged to make this quiz available to members of your commands as part of your drug abuse prevention program.

MARK THE FOLLOWING STATEMENTS TRUE (T) OR FALSE (F)

1. You can overdose on marijuana; i.e., your body will shut down and you'll die if you use too much.
2. Marijuana can cause painful physical dependency.
3. Marijuana can cause psychological dependency; i.e., people can get hung up on it and use it so often that it starts to mess up their lives.
4. Marijuana stays in the body longer than alcohol.
5. Some eye disease patients are given marijuana by the government.
6. The active ingredient in marijuana is PCP.
7. Marijuana generally helps a musician play better.
8. Some cancer patients are given prescription marijuana by the government.
9. Possession of marijuana is a felony in some states.
10. Marijuana is legal in Alaska.
11. You can tell by looking if the marijuana has been "dusted", meaning that "Angel Dust" or some other drug has been added.
12. Cigarette for cigarette, smoking marijuana is not as harmful to the lungs as tobacco.
13. Marijuana stays in the bloodstream longer when it is eaten instead of smoked.
14. Marijuana can impair vision if people are wearing contact lenses.
15. Marijuana can cause bronchitis or an irritated throat.
16. Marijuana impairs driving skills.
17. Using marijuana causes the heart to beat faster.
18. Glaucoma can be caused by marijuana.

THE HISTORY OF THE UNITED STATES

The history of the United States is a complex and multifaceted story that spans centuries. It begins with the early Native American civilizations and the arrival of European settlers in the 17th century. The American Revolution of 1776 marked a turning point in the nation's development, leading to the formation of a new republic.

Over the years, the United States has expanded its territory and influence across the globe. The Civil War of 1861-1865 was a pivotal moment in the nation's history, resolving the issue of slavery and preserving the Union. The 20th century saw the United States emerge as a superpower, playing a central role in the Cold War and the space race.

The United States has also been a leader in social and economic progress. The Industrial Revolution transformed the country into a major manufacturing power. The Great Depression of the 1930s led to the New Deal, a series of programs that reshaped the nation's economy and social structure.

Today, the United States continues to face new challenges and opportunities. The 21st century has seen rapid technological advancement, globalization, and a focus on environmental sustainability. The nation's history remains a source of inspiration and a guide for the future.

The United States is a land of diverse people and cultures, each contributing to the rich tapestry of the nation's identity. From the rugged mountains of the West to the bustling cities of the East, the United States is a place of endless possibilities and potential.

As the United States moves forward, it is essential to remember the lessons of its past. The values of freedom, democracy, and equality that have defined the nation since its founding are the foundation upon which it must continue to build.

The history of the United States is not just a collection of events and dates; it is a story of human resilience and achievement. It is a story that reminds us of our shared humanity and the power of the human spirit to overcome adversity and create a better world.

In the years ahead, the United States will continue to shape the course of world history. By embracing innovation, fostering unity, and upholding the principles of justice, the nation can ensure a bright and prosperous future for all its citizens.

The United States is a land of hope and opportunity. It is a place where dreams are made and where the future is being written. As we look back on the history that has brought us to this point, we can see the path ahead with confidence and optimism.

The United States is a land of endless possibilities. It is a place where the past informs the present and the future is within our grasp. Let us continue to strive for a better tomorrow, one that is built on the foundation of our shared history and the values that have made us a great nation.



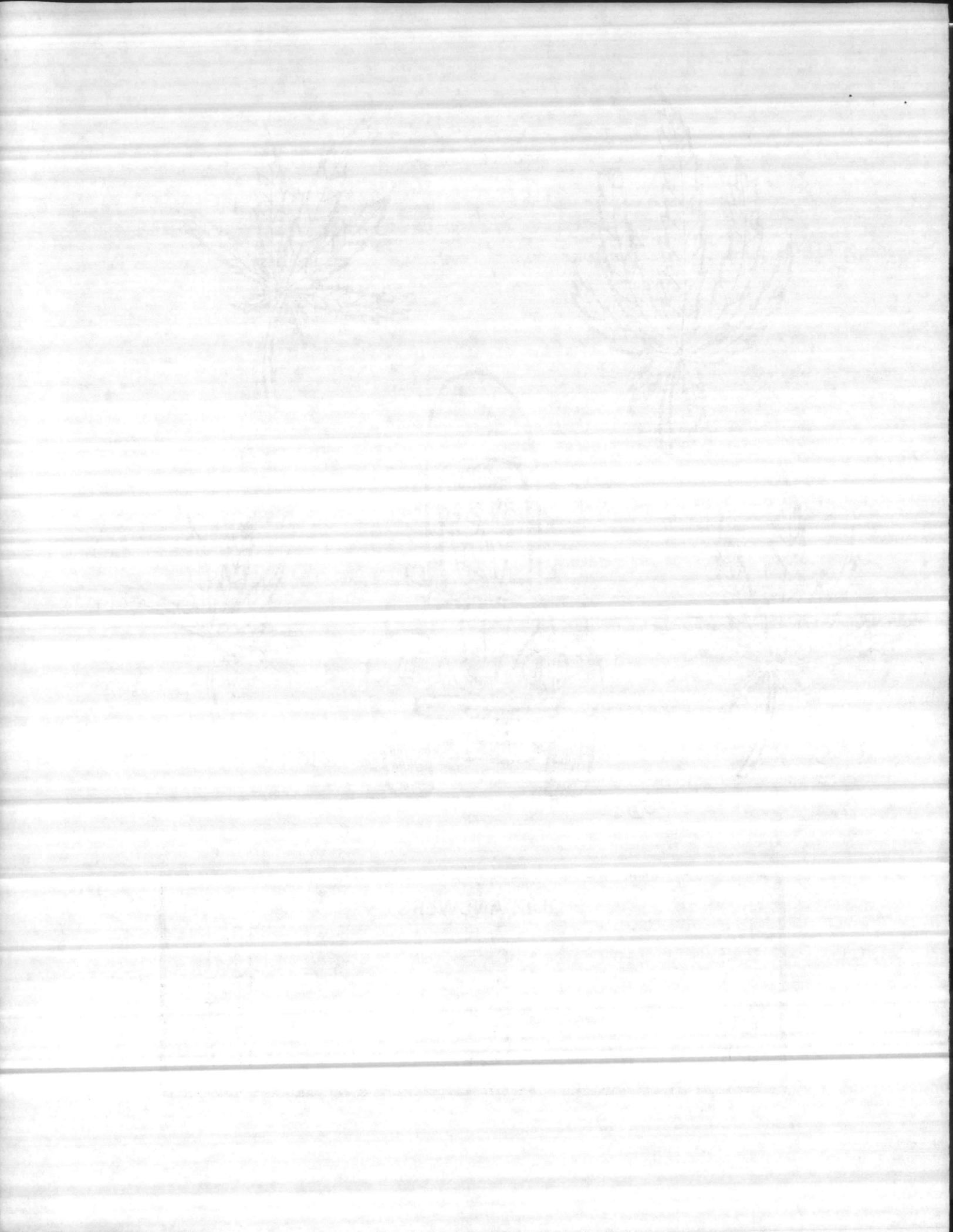
JDA

QUIZ ANSWERS

- 1. F
- 2. F
- 3. T
- 4. T
- 5. T
- 6. F

- 7. F
- 8. T
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- 18. F



NBC EDITORIAL

SOVIET THREAT

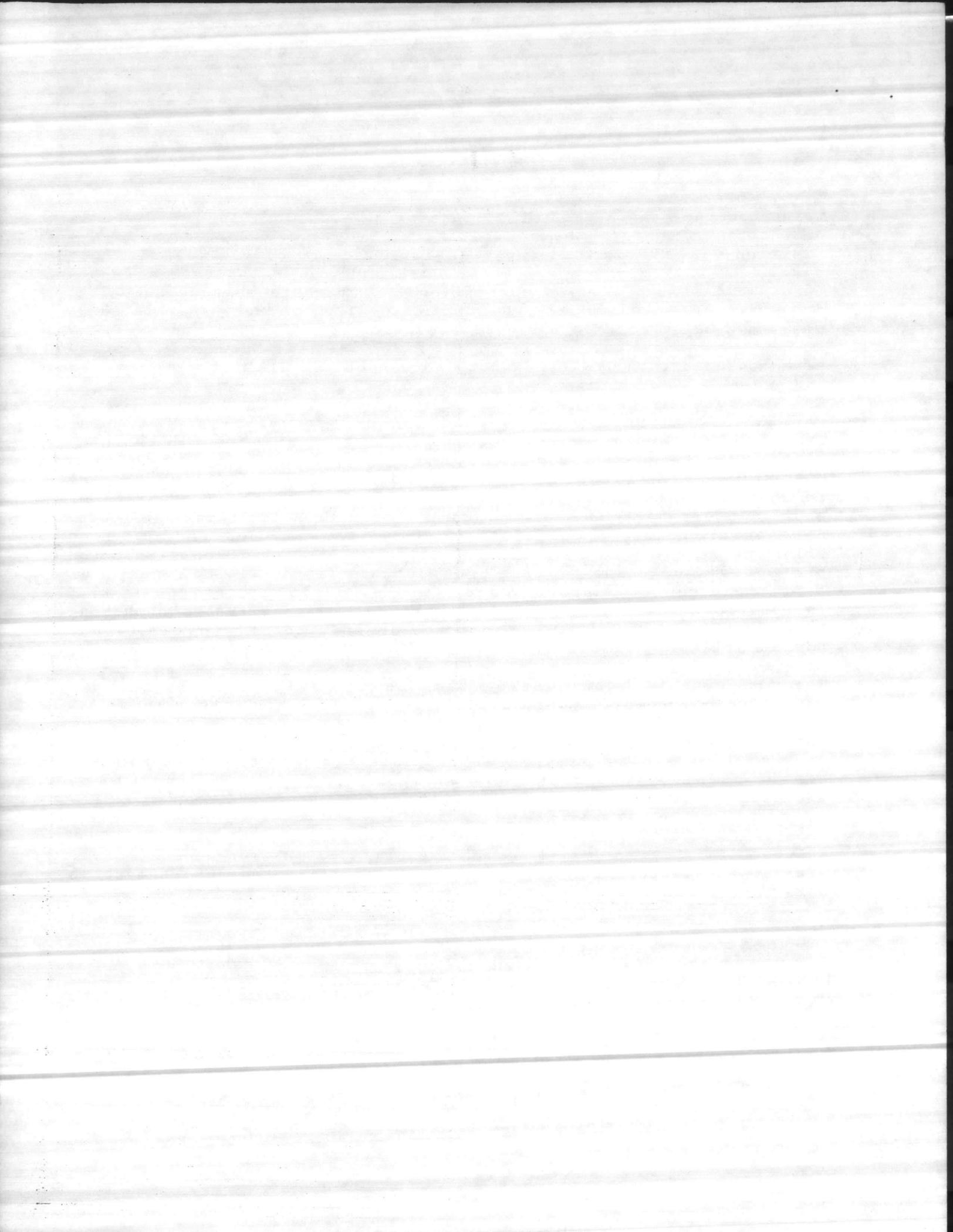
Today there exists a definite threat of NBC Warfare with the Soviet Union and the other Warsaw Pact countries. The Soviets have clearly demonstrated through their military organization, doctrine, training and equipment, that they consider the use of NBC weapons very likely in any future war. They consider Nuclear and Chemical Warfare as an alternative to conventional warfare to achieve surprise, decisive force, and maneuverability. Chemical weapons are viewed as playing a major role in the neutralization of enemy nuclear delivery means. Afghanistan, Laos, and Cambodia are a few modern day examples to support their willingness to use chemical agents.

The amount of NBC training that is conducted in the U.S. Armed Forces is well below the level it should be maintained at. The Soviets, on the other hand, train extensively in NBC. This training begins long before military service. The 1967 Soviet Law on Universal Military Service instituted a program of premilitary training for Soviet youth, both male and female. This training consists of approximately 140 hours of military instruction with civil defense, particularly NBC, accounting for 35 of the 140 hours. But even prior to this, as early as 2nd grade, students are given classes on protective masks and masking procedures. Within the military all combat and combat support troops are extensively trained in NBC. In addition they have a corps of chemical defense troops numbering 80,000 to 100,000. These troops are organic to all levels of the Soviet Military Organization.

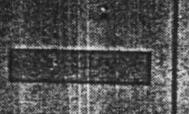
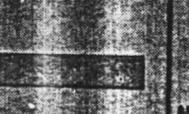
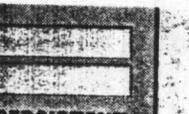
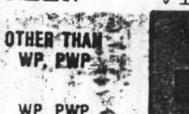
The final point that must be made about Soviet training is the psychological conditioning which is combined with NBC training.

The Soviet soldier is conditioned to regard the employment of NBC weapons a very real possibility in modern warfare. He is further conditioned to regard the NBC environment not as a disastrous situation, but one in which a skilful, well trained troop can survive and use to his advantage.

In short the Soviet Ground Forces capabilities to protect themselves against NBC Weapons and to operate in a contaminated environment is unmatched by any other military force in the world.



COLOR
 SYMBO
 COLOR &
 RATE
 DETECTION
 PERSISTENCY
 TIME OF
 ACTION
 EXPOSURE
 SYMPTOMS
 PERSONNEL
 CONTAMINATION
 FIRST AID

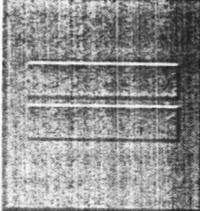
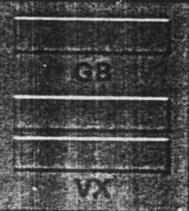
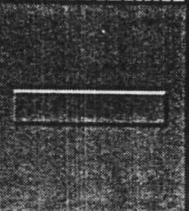
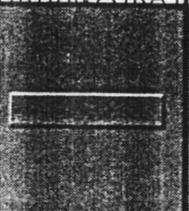
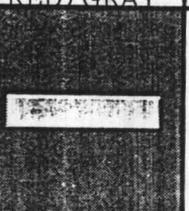
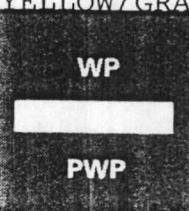
	GREEN ON GRAY	GREEN ON GRAY	GREEN ON GRAY	GREEN ON GRAY	RED ON GRAY	RED ON GRAY	GREEN	GRAY ON VIOLET
								
	BLISTER*	NERVE*	BLOOD*	CHOKING*	NONPERSISTENT EFFECT AGENTS	PERSISTENT EFFECT AGENTS	OTHER THAN WP, PWP WP, PWP SMOKE	INCENDIARY
	HD, HT—colorless to yellow liquid. HN, HL—dark liquid. PD, ED—colorless liquid. CX—colorless liquid.	GA, GB, GD, VX—colorless to brown liquid.	AC, CK—colorless gas or liquid.	CG—colorless gas or greenish liquid.	CN, CS—white or tan solid. CNB, CNC, CNS—tan liquid. DM—yellow to green solid.	BZ—white or grayish solid. CS2—white solid.	FM, FS—liquid. HC—solid. SGF—liquid. WP, PWP—solid. Colors vary for all smokes.	Th, Mg, NP, PT1, PTV—colors vary, may be liquid or solid.
	M18A2 Chemical detector kit; M8 Chemical detector paper; blue band tube for H, HD, HT, HN, CX; yellow band to be for L, ED, MD, M15A2 & M256 kits; M9 paper.	M18A2 Chemical detector kit; M8 Chemical detector paper; enzyme detector—G, V; blue band tube—G, M15A2 & M256 kits; M9 paper.	M18A2 Chemical detector kit; blue band tube—CK; red band tube—AC; M15A2 & M256 kits.	M18A2 Chemical detector kit; green band tube—CG; M15A2 kit.	None. Check for symptoms.	None. Check for symptoms.	Not required.	Not required.
	Normally persistent.	G—Normally nonpersistent. V—Normally persistent.	Normally nonpersistent.	Normally nonpersistent.	Normally nonpersistent.	Normally persistent.	Normally nonpersistent.	Normally nonpersistent.
	HD, HT, HN delayed. HL, L, PD, ED, MD, CX immediate irritation.	G—very rapid. V—Moderately rapid.	AC—very rapid. CK—rapid.	Delayed up to 3 hours.	Very rapid.	BZ—delayed up to 1½ hours. CS2—very rapid.	Immediate.	Immediate.
	Irritates eyes and skin. Produces same damage as heat burn. Blisters skin.	Running nose, tightness in chest, dimness of vision and pinpointing of pupils, difficulty in breathing, excessive sweating, nausea, jerking and twitching, cessation of breathing.	Immediately irritating, throat and nose burn, coughing, dizziness, and headache; skin turns pink.	Throat and nose burn, coughing, choking, difficulty in breathing, occasional vomiting, headache and excessive tears.	Highly irritating, excessive tears and/or vomiting, stinging of skin.	BZ—mental confusion, increased breathing rate, dryness of skin and mouth, loss of coordination. CS2—same as CS.	FM, FS—acid burns. HC—irritation. WP, PWP—severe burns.	Severe burns.
	Eyes: Flush with water. Skin: Kit M258 and M13.	Eyes: Flush with cold water. Skin: Soap and water. Kit M258 and M13.	Eyes: Flush with water. Skin: Soap and water. Kit M258 and M13.	Skin: Soap and water. Seek medical aid.	Eyes: Flush with water. Skin: Wash with soap and water.	Eyes: Flush with water. Skin: Soap and water.	FM, FS, HC, SGF—flush eyes and skin with water. WP, PWP—smother with water, mud, wet cloths, or copper sulfate. Remove particles.	None.
	Seek medical aid. Keep affected area clean.	Atropine. Artificial respiration as required.	Two amyl nitrite ampuls in mask at four-to-five-minute intervals until eight ampuls have been used. Give artificial respiration as required.	Move into fresh air. Rest and keep warm.	Move into fresh air.	BZ—none, seek medical aid. CS2—move into fresh air.	Treat for burns. Move into fresh air.	Treat for burns.

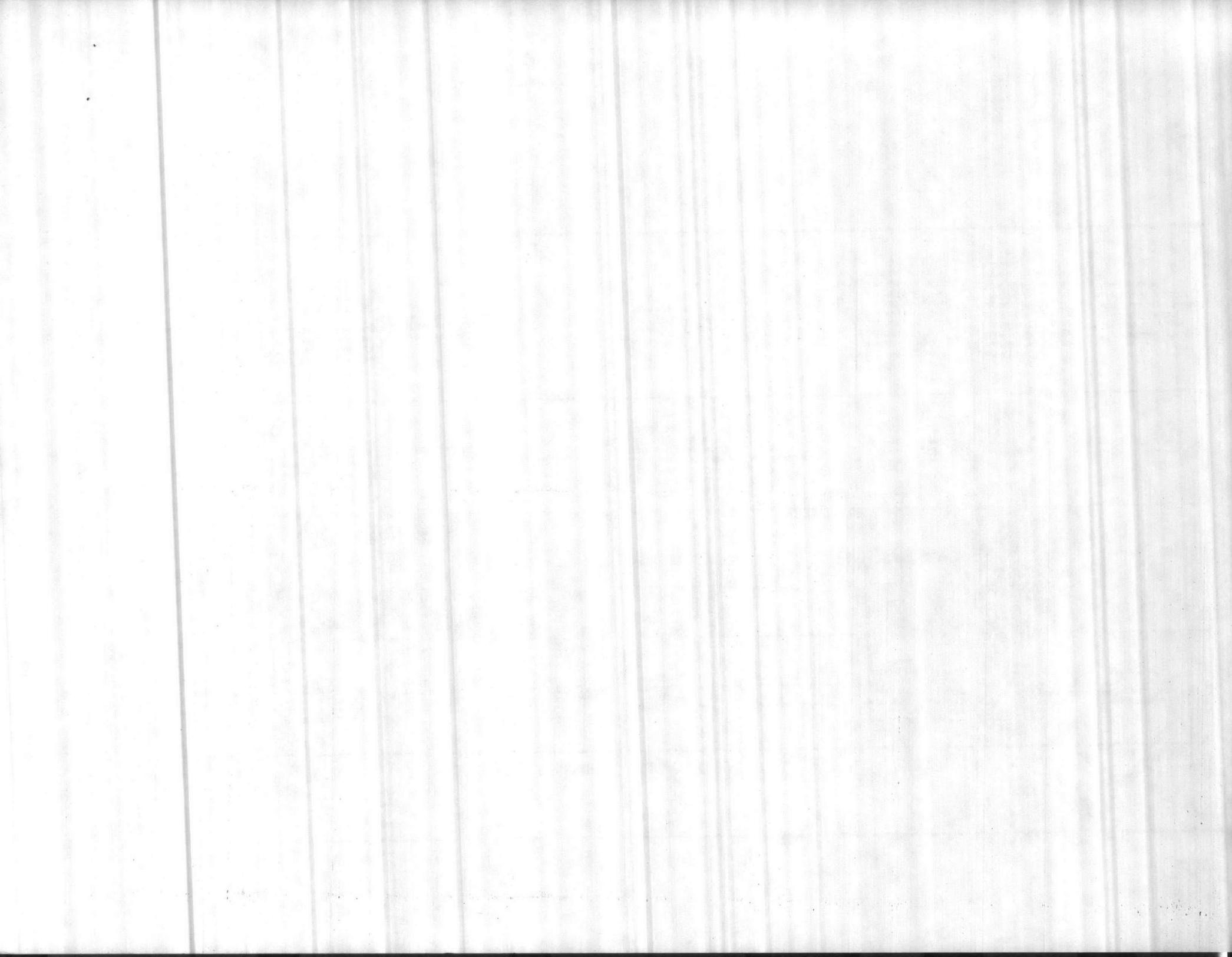
THE FOLLOWING CHARTS OUTLINE ACTIONS TO BE TAKEN AND FACTS TO KNOW ABOUT CHEMICAL CONTAMINATION**



AGENT

PROTECTION
NEEDEDID COLOR
SYSTEMECON-
OMINANTSSPECIFIC
SAFETY
PRECAUTIONS
AND
HAZARDS

	BLISTER	NERVE	BLOOD	CHOKING	RIOT CONTROL	UNIDENTIFIED POWDER	SMOKE	INCENDIARY	UNIDENTIFIED LIQUID
	Protective mask, impermeable ensemble with impregnated undergarments	Protective mask, impermeable ensemble over field clothing. Impregnation required with V agents.	Protective mask, impermeable gloves, apron, and boot covers; normal field clothing.	Protective mask, impermeable gloves, apron, and boot covers; normal field clothing.	Protective mask with hood, cotton coveralls, impermeable gloves and boot covers.	Protective mask with hood, cotton coveralls, impermeable gloves and boot covers.	HC—protective mask. FS, FM—protective mask with hood, impermeable gloves and apron. WP, PWP—flameproof clothing with face shield. SGF—None.	Flameproof clothing with face shield.	Protective mask, impermeable ensemble with impregnated undergarment.
	GREEN/GRAY	GREEN/GRAY	GREEN/GRAY	GREEN/GRAY	RED/GRAY	WHITE	YELLOW/GRAY	VIOLET/GRAY	WHITE
						NA			NA
	HTH, DSL, STB or household bleach; kit M258 and M13.	G—Caustic soda, DS2, sodium carbonate, STB, household bleach, or hot soapy water. V—HTH, DS2, or STB. Kit M258 and M13.	DS2 or caustic soda. Kit M258 and M13.	DS2 or caustic soda.	CS—DS2 or alcoholic caustic solution. CN—caustic soda, sodium carbonate, or hot soapy water. DM—DS2 or caustic soda.	Alcoholic caustic solution.	FS, FM—alkaline solutions. HC, SGF, WP, PWP—not required.	Not required.	HTH, STB, caustic soda or DS2.
	Raw bleach reacts violently with H, HD, HL, HN and poisonous fumes. Never burn L, HL, PD, ED, or MD since smoke and residue contain highly poisonous arsenic. Pure undiluted HTH, MTB, STB reacts violently with DS2 to produce fire.	All clothing worn under impermeable garments may entrap significant quantities of GB vapors. DS2 in contact with STB reacts violently to produce fire.	Protective mask filters will deteriorate rapidly in strong concentration of AC or CK.	None.	Residue from burning DM contains highly poisonous arsenic.	DO NOT BURN.	WP, PWP—never approach a smoking munition unless absolutely necessary. Flameproof clothing required for handling leakers. FS, FM—will burn the skin (similar to strong acid).	Some incendiary munitions will explode when burned in large quantities. Take same precautions as for high explosives. Some munitions will explode when exposed to water.	Pack damaged munitions in airtight containers. Clothing worn under impermeable garments may entrap agent aerosols.

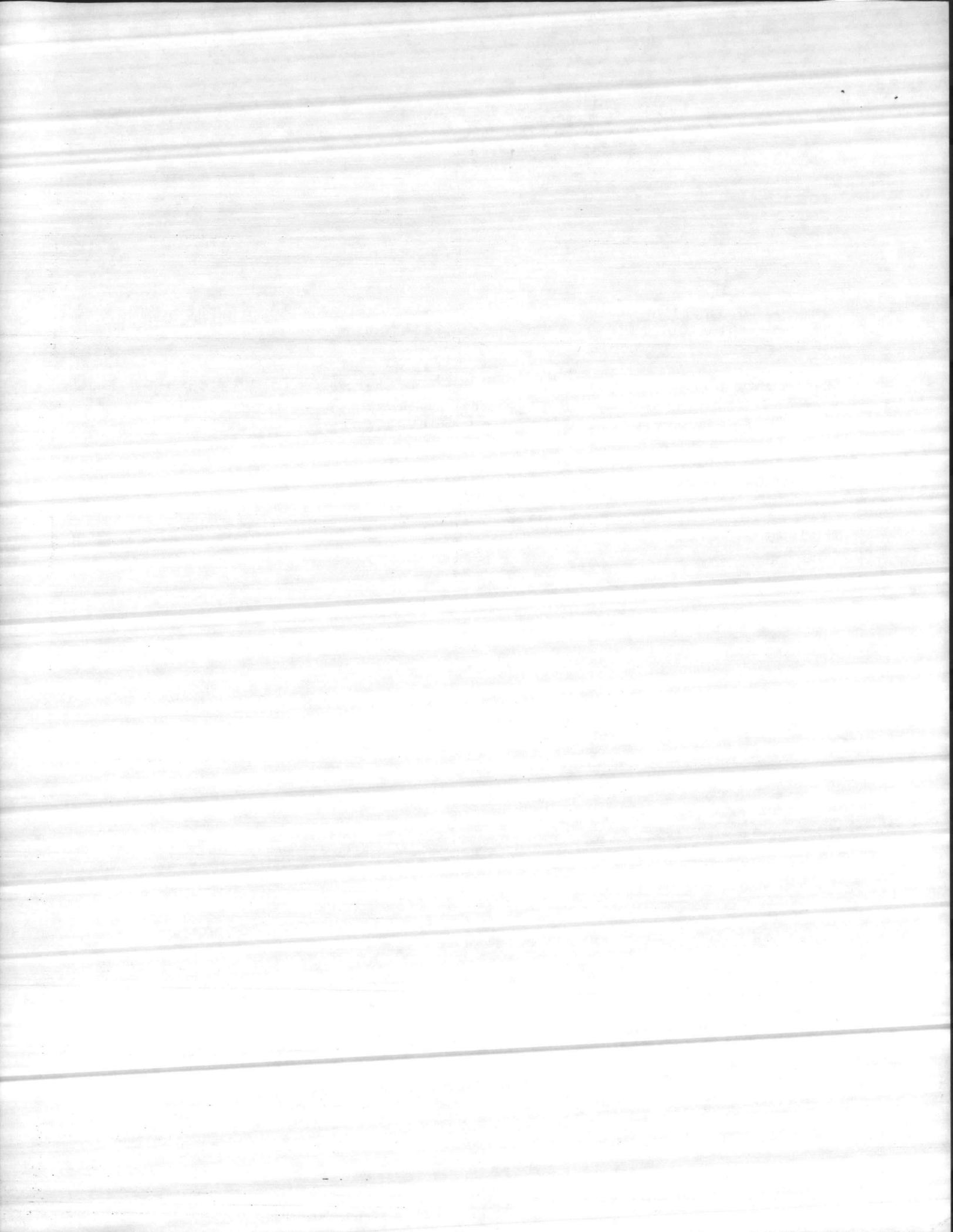


The following two pages are proposals for the French Creek Fitness Center. The Center will be located at the old French Creek NCO Club.

The first page is a listing of equipment that will be on hand for use and from where the equipment is being purchased. There are quite a few modifications in the planning which are also listed.

The second page is a drawing of what is hoped to be the inside of the French Creek Fitness Center.

The Center will be opened by 2 Jan 1986. Hours of operation will be 0600-0900, 1100-1400, 1600-2100, five days a week except holidays.



French

Equipment on hand to be utilized:

French Creek existing gym

- 1) Universal multi-purpose machine
- 2) Universal chrome incline bench press
- 3) Universal chrome preacher bench
- 4) Dumbbell racks and dumbbells 35-85 lbs
- 5) Olympic bars (4) and all Olympic weights
- 6) EZ curl bar
- 7) scales
- 8) One heavy duty flat bench
- 9) Three verticle weight holders

Properties 1101

- 1) Universal roman chair (1)
- 2) Universal flat benches (2)
- 3) BSN incline bench (1)
- 4) BSN hack squat (2)
- 5) BSN squat rack
- 6) BSN calf machine (2)
- 7) 3 (310) lb. Olympic sets
- 8) BSN step squat rack
- 9) BSN three weight plate holders
- 10) Stereo with speakers

Equipment to purchase

- 1) Nautilus
 - A) Leg Extension
 - B) Leg Curl
 - C) Duo Squat
 - D) Super Pullover
 - E) Double Chest
 - F) Double Shoulder
 - G) Tricep
 - H) Bicep
 - I) Abdominal
 - J) Rotary Torso
 - K) Multi-Exercise
 - L) 4 Way Neck
- 2) Monark
 - A) 3 No. 9413 Stationary Bike-(purchase through Universal)
- 3) Universal Gyms
 - A) 6 flat benches
 - B) 6 seated incline benches
 - C) 6 decline benches

Modifications and improvements to facility:

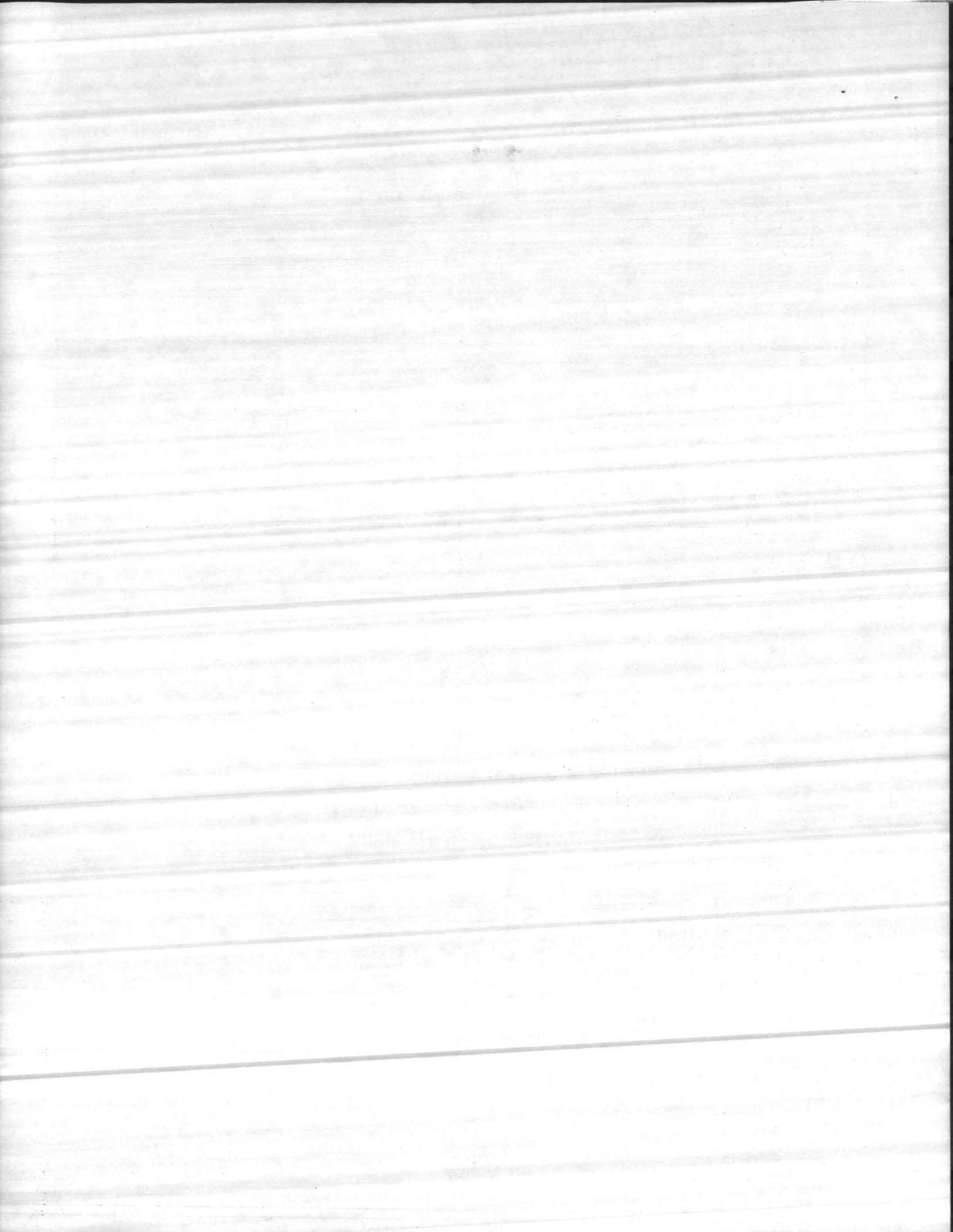
- 1) Steam clean carpet before equipment is moved in.
- 2) Remove counter top in main area.
- 3) Remove overhang structures on wall behind counter in main area.
- 4) Mirror walls-(approximately 80 feet of mirrors at 6 feet in height.)
- 5) Close off door to office and men's restroom.
- 6) Remove existing urinals in men's restroom.
- 7) Remove toilet in ladies restroom.
- 8) Construct door from ladies restroom to mens restroom and from mens restroom to office area.
- 9) Construct wall in rear lounge area to divide in half for locker area.
- 10) Construct men's sauna and shower area in present storage area and enclose.
- 11) Construct ladies sauna in present office space.
- 12) Install ladies shower in present mens restroom.

Hours of Operation

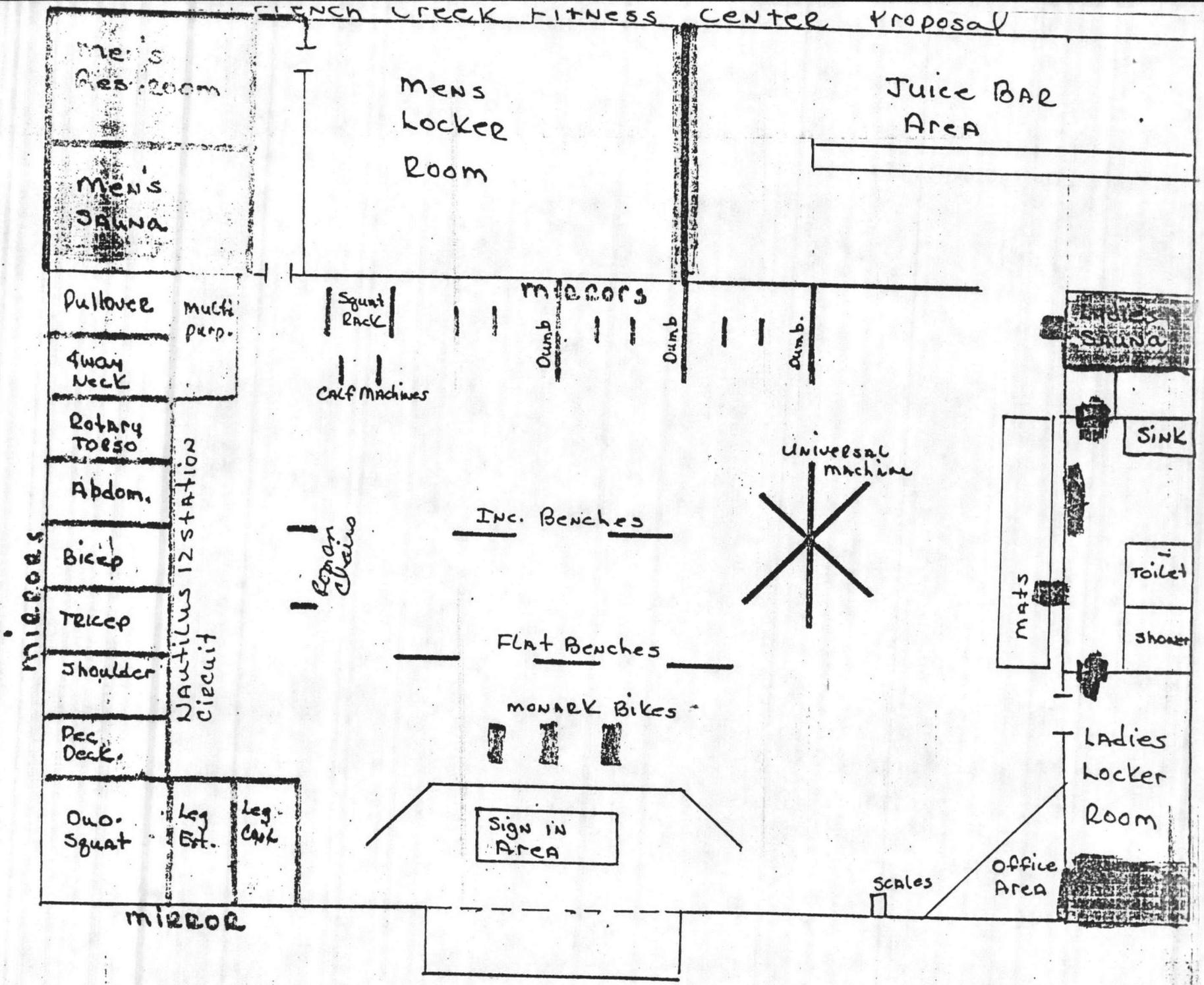
0600-0900
1100-1400
1600-2100

Closed Saturday, Sunday, and holidays.

To be opened no later than 2 Jan 86.

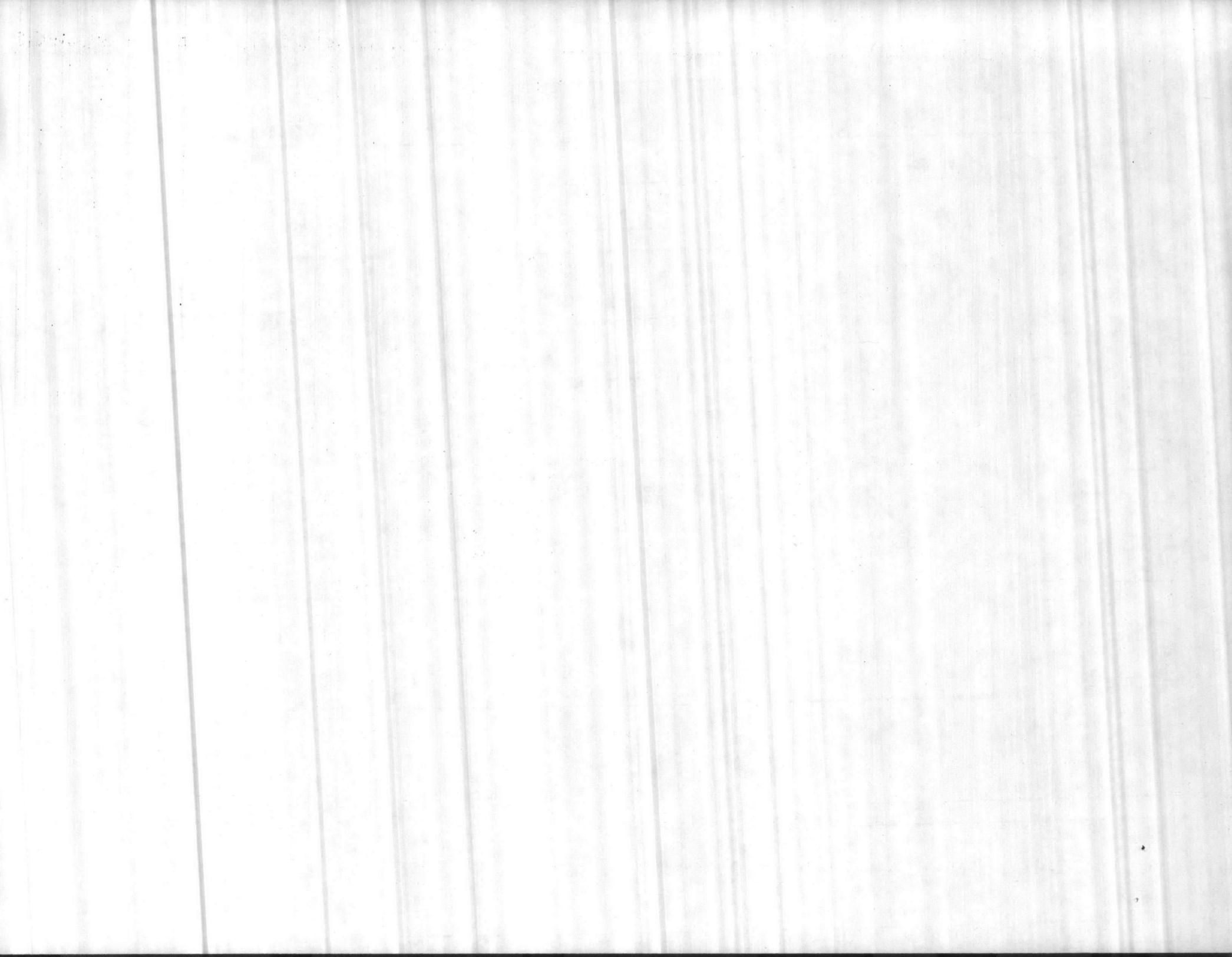


FRENCH CREEK FITNESS CENTER PROPOSAL



20

indicates work needs to be done in that area



WIN A 96 HOUR PASS

The Battalion is greatly in need of a new name and cover design for the Battalion Newsletter. If you are interested in submitting your idea(s), complete with name and drawn design, do so by the 20th of December. The best submission will win a 96 hour pass. Please turn idea(s) into the Battalion Newsletter Staff (LCpl Kerley), in the Battalion Adjutant's Office. For more information please call 1825/2951.

