



The Scuttlebutt Newsletter  
P.O. Box 4561  
Glen Allen, VA 23058-4561  
**October 2019**



# **JAMES M. SLAY DETACHMENT MARINE CORPS LEAGUE MEETING**

**NOTE: NEW LOCATION—**

**LAKEWOOD**

**1900 Lauderdale Drive  
Richmond, VA 23238**

**The Fourth Saturday Of Each Month  
Next Meeting 26 October 2019  
[www.richmondmarines.net](http://www.richmondmarines.net)  
(804) 417-4569**

***This is a letter from the President of the University of Richmond to the University Community. As Dr. Heilman has been a key Detachment Member and special Marine, we wanted to notify everyone. Detachment plans regarding his Memorial Service will be forthcoming.***

“With deep sadness, I write to inform the University of Richmond community that Chancellor E. Bruce Heilman, who led the University through an era of profound transformation as president from 1971 through 1986 and again from 1987 to 1988, died peacefully overnight at the age of 93.

Dr. Heilman’s leadership came at a critical time in the University’s history, as he was effectively the first steward of the \$50 million gift by E. Claiborne Robins in 1969. During Dr. Heilman’s tenure, the endowment increased substantially as the Robins family and those inspired by them accelerated their support for the University of Richmond under his leadership. Dr. Heilman managed the influx of these new funds with great vision, elevating Richmond’s aspirations and overseeing the construction of the Robins School of Business, the Gottwald Center for the Sciences, Tyler Haynes Commons, Lora Robins Court, Grey Court, and the Robins Center basketball arena, among other initiatives. In 1986, the University named the Heilman Dining Center, which was also built during his tenure, in his honor. His imprint on our campus is momentous and far-reaching for every living Spider.

During my presidency, Dr. Heilman has always been generous with his friendship and wise in his counsel, and I have been profoundly grateful for his example. He was a daily presence on campus, a beloved guest and frequent speaker at University events, and a personal friend to countless alumni across generations. We will miss the benevolent spirit with which he shaped our campus community for nearly 50 years, and we offer our sincerest condolences to his family and their many, many friends.

Before becoming president of the University of Richmond, Dr. Heilman served the nation as a 17-year-old enlistee in the United States Marine Corps during World War II and experienced combat in the Pacific Theater. When he returned home, he attended college on the G.I. Bill, graduating from Campbellsville Junior College, now Campbellsville University, before earning his bachelor’s, master’s, and doctoral degrees at Peabody College, now part of Vanderbilt University. He became a well-respected national leader, and served as coordinator of higher education for the state of Tennessee and as president of Meredith College. He received honorary degrees from more than a dozen institutions, including the University of Richmond in 1986. His five children and nine of his 11 grandchildren are alumni of the University.

Dr. Heilman’s last wishes continue to demonstrate his abiding love for the University of Richmond. His memorial service will take place Sunday, October 27, at 2 p.m. in Cannon Memorial Chapel, and his ashes will be interred in the University’s columbarium alongside those of his wife, Betty Dobbins Heilman, who died in 2013. The family asks that gifts in his memory be directed to the E. Bruce and Betty Heilman Scholarship at the University of Richmond, the Greatest Generation Foundation, and the E. Bruce and Betty Heilman Endowed Scholarship at Campbellsville University.

The University of Richmond flag will fly at half-staff from Sunday, October 20, through Sunday, October 27, in recognition of his passing.”

**James M. Slay**  
**Detachment Marine**  
**Corps League**

**Richmond, Virginia**

[www.richmondmarines.net](http://www.richmondmarines.net)

# The Scuttlebutt

**NEWSLETTER**

**OCTOBER 2019**

- **Mark Moore**  
Commandant
- **Phil Hebner**  
Sr Vice Commandant
- **Walter Cornett**  
Jr Vice Commandant
- **Bruce Russell**  
Adjutant
- **Dave Schneider**  
Judge Advocate
- **Jim Ralls** Chaplain
- **Rick Barden**  
Sergeant at Arms
- **Fred Marotta**  
Paymaster
- **Spike Williamson**  
Quartermaster
- **Rich Schollman**  
Web Sergeant
- **Kevin O'Connor**  
Scuttlebutt Newsletter  
Editor  
[oonorsix@verizon.net](mailto:oonorsix@verizon.net)

## Commandant's Message

October is here and it feels like Fall has finally taken over. My wife and I were discussing just the other day that Christmas will be here before we know it. In just a couple of weeks our clocks will change, and we will head into daylight savings time. With the days seeming to fly by our detachment has been steadily busy. In September, several of our detachment members participated in the Travis Manion 5K while others manned the detachment tent. We met so many Marine veterans who came up to the tent wanting to know more about the Marine Corps League. It's amazing how many never knew there was even a league, or a detachment right here in Richmond. Hopefully, with becoming more active in the public eye this will change.



This past weekend we had our Department of Virginia Fall Conference. I must say the turnout was not as good as I had hoped for. We only had 30 members in attendance with 10 being from the Slay Detachment. Some how we need to get more Marines involved. I have some ideas that I will bring to our Department Commandant. In time, we can all hope to see these numbers climb in the future. With the event in low numbers everyone that stayed at the Hyatt West did enjoy their stay. I am in the planning stages for the May Conference which will be held at the same venue. There will be more information to follow in the days ahead.

The Green Top event was a great success and I want to say thank you to our Senior Vice Commandant Phil Hebner for his efforts in coordinating everything. Several of our detachment officers and members were out there Saturday and Sunday talking with the public. We also have four new applications for membership; look for those Marines joining our detachment soon. There was also a raffle for the two-day event, and we took in a little over \$1,000.00. Thank you to everyone who took the time out of their weekend to help with the event.

So, as you can see we have been extremely busy and now we are gearing up for our Christmas Gala. I must say things are going extremely well and tickets are being sold as we speak. At this time, I believe we have sold approximately 60 tickets and have a lot more to go. This dinner will be held in the new auditorium and will get you in the Christmas spirit. We have lined up a great meal and entertainment by Shane Crews. If you remember Shane did our detachment video honoring Dr. Heilman. He is also a magician and puts on a wonderful performance. We will also have Santa Claus making his rounds so make sure you bring your Christmas list. Hopefully, everyone has been good all year and not on Santa's naughty list. If you are interested in attending, please see Jim Ralls for the tickets. We only have one more meeting, bring your money to the October meeting. This event is open to detachment members, family, friends, EVERYONE! I want to pack the auditorium with as many people as we possibly can. Let's work together to have a great time and dinner.

Well that is all for now just wanted to give everyone a quick update on our detachment. Thank you, Marines, for all your hard work to ensure this detachment LEADS THE WAY! I know that is an Army Ranger saying, but we will use it for now. Lastly, please keep Cecil McNair, his family in your prayers. As well as anyone who has suffered a loss or is sick. Prayers work miracles Marines and we need the Lord's healing hand.

Semper Fi

Commandant Mark Moore

Please see notice on Page 2 regarding the passing of Dr. Bruce Heilman.

## *Obesity and Training Injuries in the Military*



*I'm sure many of you have seen the reports of Obesity In the Armed Forces. Below is the discussion and Partial analysis from Military.com. The good news was the The Corps has the lowest percentage of obesity but the highest rate of "acute injuries, such as sprains and strains.*

*The article implies that The Corps obesity rate may be lower because the average age of the Marines is younger. That might be true if in the general population younger people have lower obesity rates, but the article points out that 20% to 40% of the general young population are obese according to the National Health and Nutritional Examination Survey*

*Another note is the method of determining "obesity" is the Basic Metabolic Index which is admitted to be a less accurate method of determination. One of our League members related to me a situation where a fellow Marine was at risk of discipline and possible discharge because of his BMI. He was, in fact, a highly fit and successful athlete before his enlistment and his muscle mass was extremely high, throwing the BMI out of bounds.*

*Another point about the Corps rate of "acute" injuries could be the result of more continuous and demanding physical training standards rather than weight or "unfitness" issues.*

*Bottom line—I think our current Marines are still  
# 1 in "fit for duty"!*

Military.com September 2019

The [Navy](#) was the most obese and the Marine Corps was by far the least, but the overall rate across the military continued a steady increase, a Defense Department study found.

[Marines](#), meanwhile, were hampered most by back and knee injuries, said the Health of the DOD Force report, which also looked at the services' rates of injury, sleep disorders and behavioral disorders.

More than 17% of military personnel were considered obese across DOD, up from less than 16% four years earlier, said the report, published in the August edition of the military's Medical Surveillance Monthly Report.

For the Navy, the rate was 22%, compared to **8.3% of Marines**. The Army's rate matched the overall average and the Air Force was slightly higher at about 18%.

The findings follow earlier studies that have found dramatic increases in obesity among the services since 2001.

But while obesity had grown, overall rates of injury have decreased since 2016, the report found. As with obesity, the results were not the same across all the services.

The Navy fared the best with the lowest rates of acute and cumulative trauma injuries, and lower than average rates of sleep disorders and behavioral health diagnoses, such as adjustment disorder, depression and anxiety.

The Army, the largest branch, saw soldiers suffering the highest rates of injury, behavioral health disorders and sleep disorders, the study found.

Mission-specific training and operational requirements were likely to blame for the rate of injury that was about 26% higher than the DOD average, it said.

The Marine Corps, which is the smallest branch, also had the youngest force, which likely explains its relatively low rate of obesity.

The military data show more than one-quarter of troops over age 35 were obese, compared to less than 10% of those under age 25. Nearly 90% of Marines were under age 35, compared to about three-quarters of the other services.

But the Corps suffered higher rates of acute injuries, such as sprains and strains, compared to DOD as a whole. Back and knee joint disorders were the leading causes of limited duty.

Such injuries resulted in reduced deployability and increased medical separations, the study said.

To calculate obesity rates, the study used data for all servicemembers where height and weight were measured on the same day and cross-referenced that with birthdate, sex and branch of service information. It relied on body mass index, a measure of body fat based on height and weight, and excluded pregnant troops. A BMI of 30 or more was considered obese.

While less accurate than methods of direct measurement, high BMI is linked to many of the same negative health effects of increased body fat, the Centers for Disease Control and Prevention has said.

As a growing trend in America, obesity has also made it harder for the services to find people physically qualified to serve.

More than 20% of Americans age 12 to 19 and nearly 40% of those over age 20 were obese, the National Health and Nutrition Examination Survey said last fall.

## Statistics and Percentages Will Drive Me Crazy

In 1966, in college, I took a **Statistics** Course. I hated it because it was boring, dry and taught by a boring and dry professor. That's probably where my issues began with those numbers we are bombarded with every day. I quit college in 1967 to join The Corps. Statistically speaking the experts would probably have said the odds of my fulfilling my Marine Corps enlistment, including 19 months in Vietnam, and returning to college would have been very unlikely. We all know defying others negative expectations is very satisfying.

But getting back to Statistics, it's practically impossible to read a newspaper, watch TV news or read online almost anything that doesn't give you a "percentage" opinion.

For example, a recent WSJ/NBC poll tells us that "Patriotism", pride in being American, is just 47%, down from 70% in 2003. There are no subjects that are not subject to "polling data" or "think tank" expertise or university studies. **Firearms, Fracking, military deployment, healthcare, Capitalism/Socialism, pipelines and any social issues are constantly the subject of statistical analysis.**

So I've looked into the trustworthiness of polling. (No I'm not going to quote a statistic here) But I've identified many of the organizations giving us these numbers. Here's a partial list of those we see quoted every day: Pew Research, Quinnipiac, Rasmussen, Gallop, CNN/USA Today, Harris, WSJ/NBC.

There are at least four factors that we need to recognize impacts their results.

Demographics of the studies. Who, where ( specific part of the country or urban vs rural or suburban), age, income levels, etc., etc.

Poll Questions. How are they worded? Are they worded to limit and/or suggest the desired response?

Methodology of a Poll. Telephone, face to face, computer/online? Telephone polls are 75% land line and 25% cell. Who is actually answering those calls? Are you?

Timing. Polls regarding politics, world affairs and social issues are often "hot" news timed and may not reflect thought through perspectives.

After all is considered, I (we) are still impacted by Statistics and Percentage Polls without knowing the "who or how". And, of course, we are more likely to accept those that reflect our expectations or preferences. So while they can annoy or drive us "crazy" we just have to deal with them with a realistic measure of caution or skepticism.

Editor.

### From our Junior Vice Commandant Walter Cornett

In our efforts to expand the options for those that struggle with getting to the Saturday morning or weekday gatherings during working hours we have the **Marines At Mission BBQ** event on the 1<sup>st</sup> Wednesday evening of each month, 1800 hours, at the Glenside location of Mission BBQ and on the 3<sup>rd</sup> Wednesday of each month at the Midlothian Turnpike location.

I hope that a few of you will be able to join us. Not required but also hope that wearing the Marine Corps League cover will help in identifying ourselves to any Marines randomly dining during these times.



## Houston-Holicky-Sitter Luncheon 12 November 2019 William W. Shugarts III (“Bill Shugarts”)

Bill Shugarts is a retired corporate executive who held key Senior Management positions with Westvaco, American Greetings, Reynolds/Alcoa and CEO positions with two Craft Industry companies after his U.S. Army service in Vietnam (1969-1970) with the 23rd Infantry Division-Americal. He was a Battalion Transportation Officer running re-supply convoys throughout I-Corps, Vietnam. His citations and awards include three bronze stars.



In addition to being a NPS Volunteer, Bill is currently a **Board Member of Families of the Wounded Fund** ([www.fotwf.org](http://www.fotwf.org)) helping combat wounded veteran families and also No One Left Behind ([www.nooneleft.org](http://www.nooneleft.org)) an organization helping Afghan & Iraq Interpreters who have saved American Soldiers lives legally resettle in the U.S. under a Special Immigration Visa government program to avoid being killed by the Taliban.

Bill also does volunteer work in support of the Ft. Belvoir Warrior Transition Battalion, the Ft. Belvoir USO Warrior & Family Center, the Ft. Belvoir Hospital, leads Military Ministries at Christ & Wilderness churches, and recently Co-Founded the Fawn Lake Veterans Group. He also does photography around the National Mall and on international church missions as a published photographer.

Bill has seven grandchildren who all love the National Parks and Bill's pictures from travels back to Vietnam with veteran's delegations and church mission trips around the world.

### Marine Corps Veterans Color Guard is still Seeking a Few Good Men or Women

The MCVCG is not an official part of the Slay Detachment but has been made up of members for most of its existence. With the retirement from the guard by two long time members, now in their 80's, and the inevitable changes in the future we are in need of new members.

I know that most Detachment members are not able or interested. But I am asking for help in finding some help. -

The basic requirements are that they have or are willing to get Dress Blues, able to meet grooming basics (no beards, hair, not “high and tight” but neatly cut and reasonable length, and physically able to perform the most basic Manual of Arms with our help in relearning and practice.

Our schedules are flexible and variable based requests. No member has to commit to more than they choose. Non-League members welcome. If you know of prospects help us out.

Contact: Kevin O'Connor— 804-387-1526 or [oconnorsix@verizon.net](mailto:oconnorsix@verizon.net)

## Houston-Holicky-Sitter Luncheon

MC: Col. Bill Parrish, USMC Ret.



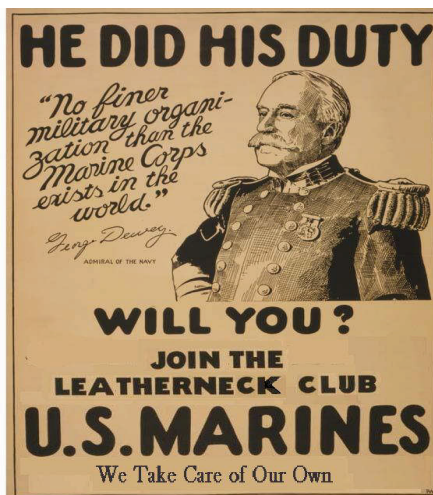
The Houston-Holicky-Sitter Veterans' lunch group is an informal forum for veterans of all branches of the armed forces. Col. Joseph J. Holicky, Jr. (USMC, ret.) and Congressional Medal of Honor recipient Col. Carl L. Sitter (USMC, ret.) began having lunch together in the mid 1970's following their retirements. Over the years other veterans and local active duty Marines joined them for lunch. In the early 1980's Lt. Col. L.W. "Chip" Houston (USMCR, ret.) became part of the leadership team and served as its Master of Ceremonies for over 25 years. Today nearly 100 veterans meet each month to carry on the HHS tradition and to hear prominent guest speakers address military history, national security issues, and other topics of interest to veterans.

HHS is apolitical, and promotion of political interests is prohibited. HHS is a not-for-profit group, but it is neither a 501c3 nor a 501c4 organization.

Uniform: Whatever you want to wear.  
 Cost: The chow: Optional but available at the Publix Deli on Main floor.  
 Date: Tuesday 12 November 2019 (The second Tuesday of every month)  
 Speaker: Bill Shugarts Bio page 7  
 Chow: 1130 - Speaker - 1210 - Secure at 1245.  
 Where: **"IMPORTANT" Location — Publix (Formerly Martins)**  
**2250 John Rolfe Parkway, Henrico, VA 23233**

## 2019 LEATHERNECK

Bill Akers  
 Jim Barrett  
 John Beall  
 Mike Boudreau  
 Herb Delbridge  
 Ron Echols  
 John Clickener  
 Phillip Gee  
 Bob Gilliam  
 Tim Godbey  
 Clint Harrington  
 Bob Hartley  
 Phil Hebner  
 Houston Holicky Sitter  
 Luncheon Group  
 Bill Jeffress  
 Ed Kemp  
 Greg Lee  
 Annebel Lewis



Tom Mraz  
 Tom Milhausen  
 Kevin O'Connor  
 John O'Connor  
 Wes Pruitt  
 Jim Ralls  
 Bruce Russell  
 David Schneider  
 Lou Seigel  
 Fred Smith  
 Bruce Steeley  
 David Taylor  
 John Thomas  
 Richard VanDamme  
 Joe Wadle  
 Bill Wagner  
 Joe Washington  
 Jerry Wells  
 Spike Williamson  
 Richard Zimmer

In Memoriam  
 Chip Houston Pat O'Hare  
 Bill Lyell



Begin or renew your Leatherneck Club Membership/Support for 2018. For a contribution of \$100 you will support our standard monthly donation to: , Virginia Dept. of Veterans and Family Services Project, USMC Wounded Warriors Project, USO Gift Cards in Richmond, and the Slay Det. Ladies Auxiliary.  
 Contact Det. Paymaster Fred Marotta at : [fredmarotta@gmail.com](mailto:fredmarotta@gmail.com)