In attendance

Paul Turner (host)
Bill Atwell
Grant Hunter
Hub Ulrich
Reg Short
H. Shook

Reploglo — Norfolk Va.

Theory of Military — to weed at the weakling &
keep the strong. Try to drive out the unfit
before they go into service

One of the group inducted lost his mind
under the gruelling criticism & exertion. No limit
to what the instructors do to weed out the weakling
and undisciplined person so that the final product
will be first class fighting man.

Do not respect injury or sickness — weed
out the unfit.

Get up 4:15 A.M at 5:00 A.M. march to
large Athletic field. Run around at doubletime in
the dark. Do this for 12 week before breakfast.
After breakfast go to Classes. Teach a lot on
welfare, recreation, P.E.

Abut 1 out of 10 are sent out to set up a
program. Others may stay or go into other work.
Reploglo was put in Destroyer escort but still
Continues work with Phys. Ed. Gives exercises
without arms, with arms morning exercises. Find
a number of count i.e. 16 and stop. Do a
Number of exercises a few times rather than
a few many times. All exercises are numbered.
(obey)