



The FireFighter

Gung-Ho Means Work Together!

Iredell County MCL Detachment 1097 September 2019 Edition

September 26 - Detachment Meeting – 1900 - Troutman American Legion

Detachment website: <http://www.iredellmcl.org>

Once a Marine always a Marine

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"We served our Country.....Now we serve our Community"



Marines, Corpsman and Associates,

We are still working on scheduling to provide a \$2,500 donation to the Dale Wilson Scholarship and a \$500 donation to the Charlotte International Airport USO.

The Detachment will be reviewing and approving the revised By-Laws during our September meeting. I hope to see you there.

Most of the fundraiser tickets have been distributed. Please bring in any sold tickets to the meeting. The fundraiser will be at the Statesville Civic Center on November 14th. Please make a concerted effort to sell as many tickets as possible. Additionally, please do all you can to purchase a ticket for yourself. Your assistance with this event is appreciated. Additionally, if you need additional tickets please contact Lee Halverson, Daniel Rucker, Luca Cotrone or me. We will need several members to assist with the fundraiser to setup, distribute door prizes, check in attendees, manage the boards, etc. We will be feeding the help at 1700. I will be handing out a signup sheet at the September and October meeting. The uniform for the event is the winter uniform.

The Detachment has purchased a booth for the WSIC and Bull Moose Gun Show on September 27th and 28th. We will be setting up at 1300 on the 27th. We will be provided a 8 foot table and several adds for us and we will set up our red canopy and our ads. We will be using the event to recruit new members and sell fundraiser tickets. Please contact Glyn Powell or me if you can assist with the event. I expect to close our booth no later than 1700 on both days. The uniform will be the summer uniform with white short sleeve shirt, dress blue trousers, black socks and shoes, web belt and red MCL cover. If you do not have the full uniform, the red cover or Marine Corps Ball cap will work.

The correct uniform for our Detachment will soon be the winter uniform. At our Detachment Officers meeting on Monday, September 23rd, we will determine the date to change and I will communicate that date to the Detachment via email and on our website.. As always, the red MCL cover is considered the winter uniform. However, the uniform for the Honor Guard is the red MCL cover, white long sleeve shirt without a button-down collar, black tie, Marine Corps tie clasp, black trousers, black belt, black socks, black shoes and the red MCL windbreaker. The formal winter uniform is the same as Honor Guard except the windbreaker is replaced with the red blazer. Any questions look at the uniform standards on the MCL National website or call Luca or me.

I will be working with our officer team this month to determine the best date for the Detachment Christmas dinner and will be advising the Detachment as soon as the date is set.

Semper Fi,
Dick Camery, Commandant



DATE

MEETING/LOCATION/TIME

Sep 26	Detachment Meeting – Troutman American Legion – 1900
Oct 24	Detachment Meeting – Troutman American Legion – 1900
Nov 10	United States Marine Corps Birthday – any plans will be communicated
Nov 11	Mooresville Veterans Day Parade - TBD
Nov 14	Detachment Annual Fundraiser – Statesville Civic Center – 1830
Nov 18	Iredell County Veterans Council – American Legion Post 401 Troutman - 1830
Nov 22	No Detachment Meeting – Due to Thanksgiving Holiday
Dec ??	Detachment Christmas Dinner - TBD



Don't forget to pray for our sick, shut-ins, Marines and their Families.

- Pete Meletis
- Buddy Hemric and wife Sheila
- Flo Blinn, Pete's wife
- B.J. Thomas
- Ovella Turner, Frank's wife
- Larry Lackey
- Bill Rosser
- Dick Knapp
- Dennis Clary and wife Carol
- Verlone Cherry
- Ray Lanier
- Joe Valone
- Vic Horne and wife Pam
- Lance Hegler

- Dale Wilsons wife Linda

Casey Williams

Sadi King

If any of you know of other sick/shut-ins, please let our Chaplain or me know.

ADDRESS, PHONE # OR EMAIL ADDRESS CHANGES

If your address, phone # or email address changes, please let the Adjutant, Paymaster or Commandant know. We need correct info for these to ensure you get your newsletter and Semper Fi Magazine.

Five Things You Can Do To Stay Happy and Healthy

Happiness and health are more closely related than you might think. A healthy lifestyle can boost your mood and increase happiness, while a positive mindset can extend your life and help you avoid unhealthy ways. You don't have to run marathons; there are steps you can take to age well. Here are five simple things you can do to feel better:

1. **Exercise** - For many people, the word exercise sends shivers down the spine. But it doesn't need to be scary. Instead, it should be a fun and safe activity to share with friends and loved ones. In fact, exercise is one of the most effective medications we have...and it is free! Just 10 minutes of brisk walking at a time can reduce your risk of heart disease, diabetes, high blood pressure, and stroke. Exercise can help you lose weight and keep bones and muscles healthy. It can reduce the pain from arthritis, and can even help treat anxiety. Experts recommend that we get at least 150 minutes (2 hours and 30 minutes) a week of **moderate-intensity physical activity**. That is the same as 30 minutes each day, 5 days a week.
2. **Eat Well** - We all eat every day, but we do not always eat well. Having a well-balanced diet is another essential part of healthy aging. Just like exercise, good nutrition can reduce your risk of heart disease, diabetes, high blood pressure, and stroke. Experts recommend that we eat fruits and vegetables every day and try to limit foods that are high in fat, cholesterol, and salt. Older adults should also make sure they are consuming food with enough calcium, Vitamin D, and Vitamin B12 every day. You may find more helpful tips in the My HealthVet Healthy Eating Center.
3. **Don't Smoke** - Smoking dramatically increases your risk of heart disease, stroke, and cancer. Luckily, it is never too late to quit. Even if you have smoked for many years, quitting can make you feel better immediately and is the single most important thing you can do to improve your health. Quitting can be difficult, but if you are ready to stop smoking, help is available today. You may find it helpful to visit VA Tobacco and Health Resources.

4. **Visit Your Doctor** - Even if you are feeling great, it is still important to visit your doctor from time to time. Several preventive services can help healthy adults stay that way. Experts recommend that older adults get immunizations to help protect against influenza, pneumonia, and herpes zoster. People who get these shots are less likely to get sick from these diseases and are less likely to end up in the hospital. In addition to immunizations, it's essential to get screened for breast and colon cancer, both of which can be detected and treated before they make you sick.
5. **Stay Connected** - Getting older can sometimes be lonely. It is important to stay connected with friends, family members, and other important people in your life. Making sure your mind is active can help [prevent depression](#) and dementia. Use it or lose it! If you are working and you enjoy it, then keep on working. If you are retired, you can volunteer in your community, take classes to learn something new, or start a book club with some neighbors.

PATH TO BETTER SLEEP

If you have problems falling asleep, staying asleep or waking too early, you are not alone. When these sleep issues become an ongoing or chronic problem, they can develop into a condition called “Insomnia Disorder”- a condition many Veterans experience.

To find out if you have Insomnia Disorder, you can use VA’s [Sleep Check-up](#) and talk to your primary care provider about your symptoms. If it turns out that you have Insomnia Disorder, then Cognitive Behavioral Therapy for Insomnia (CBT-i) is the way to go. ([Read more about CBT-i in our previous blog post in this series](#)).

CBT-i is the recommended treatment for individuals with Insomnia Disorder. Although CBT-i is the best way to treat Insomnia Disorder, not all Veterans can come to a VA facility to meet with a provider to receive this treatment. It can be hard to find the time to visit a provider every few weeks. Luckily, studies have shown that online CBT-i effectively treats insomnia, and in some cases, it may be just as effective as in-person therapy to treat insomnia. To make CBT-i available to all Veterans, VA has developed an online version of CBT-i called [Path to Better Sleep](#). Path to Better Sleep brings this effective treatment directly to Veterans and allows them to complete the course at their own pace.

Path to Better Sleep is a free, anonymous course that delivers the core components of CBT-i. The course takes advantage of natural sleep rhythms to improve sleep. It includes a sleep diary, personalized sleep scheduling, and relaxation exercises to better “set the stage” for sleep.

Path to Better Sleep’s Sleep Diary is used throughout the course to create an ideal sleep schedule or “sleep prescription.” It helps track the timing of sleep and is also used to update your sleep prescription as needed. The diary can be printed and shared with a health care provider at regular appointments.

Path to Better Sleep was created with Veterans in mind. Veterans helped develop this course and were kind enough to share their experience in videos found in the course. Path to Better Sleep

can be used in many ways. If you are a Veteran experiencing sleep problems you can work with your health care provider to decide the best way to use the course, whether it is:

- Working with your VA provider on CBT-i and using Path to Better Sleep as another tool to support your treatment.
- Printing out your Sleep Diary and sharing your results with your provider.
- Completing the course at your own pace and following up with your provider during your regular appointments.
- Scheduling video check-ins with your provider to go over key points in the course and adjusting your sleep schedule if you need to.

To learn more about Path to Better Sleep, visit www.VeteranTraining.va.gov/insomnia. To learn more about insomnia and other sleep disorders, read [the first blog in our series on sleep](#).

A STATUTE AUTHORIZES COMPENSATION FOR UNDIAGNOSED ILLNESSES

Many Gulf War veterans encountered problems when trying to prove that their difficult-to-diagnose or undiagnosed illnesses were connected to military service. This affected these veterans' access to disability compensation.

In response, VA asked Congress for the authority to provide compensation benefits Gulf War veterans who are chronically disabled by undiagnosed illnesses. The 1994 statute authorizes VA to pay compensation for disabilities that cannot be diagnosed as a specific disease or injury, or for certain illnesses with unknown cause, including chronic fatigue, persistent rashes, hair loss, headaches, muscle pain, joint pain, neurological symptoms, neuropsychological symptoms such as memory loss, respiratory system symptoms, sleep disturbances, gastrointestinal symptoms, cardiovascular symptoms, abnormal weight loss, and menstrual disorders.

More than 3,400 Gulf War veterans have received service-connection for their undiagnosed or difficult-to-diagnose illnesses under this authority. Veteran from current conflicts in Afghanistan and Iraq are also eligible for this special benefit. Vietnam veteran will soon have the same benefit.