



The FireFighter

Gung-Ho Means Work Together!

Iredell County MCL Detachment 1097 July 2019 Edition

July 25 - 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,

During June, several of our Detachment Marines attended the Troutman annual Independence Parade. I was unable to attend but was advised that we were well represented. We provided a donation to Terry Oglethorpe to assist with veteran blankets that are presented at Iredell County Hospice ceremonies and at a veteran's funeral. Additionally, we provided a \$500 donation to a GoFundMe account for the Marines and families that were killed in a New Hampshire motorcycle ride. 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.

We have started to distribute tickets for our annual fundraiser. The fundraiser will be at the Statesville Civic Center on November 14th and will start at 1830. Please note this is in Statesville and on a Thursday night. Please make a concerted effort to sell as many tickets as possible – get your family and friends to help you sell tickets. You can even use the payment plan for some friends that can't afford \$100 at one time. If they start in June, they could pay you \$20 a month through October and have the ticket paid for by October. Additionally, please do all you can to purchase a ticket for yourself. Your assistance with this event is appreciated.

Our participation on the Iredell County Veterans Council Honor Guard has been good but we could use a lot more help. The Honor Guard is being overworked with all the veterans moving into the area and not volunteering to help. Just this week we completed 4 funerals and this year we have done around 70 funerals. If you can assist, please contact Luca Cotrone or myself to get signed up. It doesn't cost much except for gas since the Detachment assists with the cost of uniforms.

Semper Fi,
Dick Camery, Commandant



DATE

MEETING/LOCATION/TIME

- July 15 Iredell County Veterans Council – American Legion Post #65 (Hosted by DAV Chapter 68) Statesville – 1830
- July 25 Detachment Meeting – Troutman American Legion - 1900
- Aug 22 Detachment Meeting – Troutman American Legion – 1900
- Sep 16 Iredell County Veterans Council – American Legion Post 217 Statesville - 1830
- Sep 26 Detachment Meeting – Troutman American Legion – 1900
- Oct 24 Detachment Meeting – Troutman American Legion – 1900
- 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**



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

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.

COOL DOWN YOUR SUMMER WORKOUT

Despite the heat and humidity, stay active in summer

You don't have to let summer's blazing sun, heat and humidity stop you from taking your exercise and other activities outside. By taking time to plan, you can enjoy a safe and healthy experience.

Exercising outdoors in the summer sun allows your body to benefit from the sunshine, but your body needs about two weeks to get adjusted to the hot and humid conditions.

During this adjustment, your body begins to produce more dilute sweat more quickly than in cooler weather. This adjustment helps get rid of excess heat gained through exercise so that your core temperature and heart rate stay lower. This reduces the risk of dehydration and other heat-related problems.

Go slow until your body gets used to the heat. Start exercising in the heat for just a few minutes at a time and gradually increase the amount of time as your tolerance builds. Summer exercise tips:

- Avoid high-intensity exercises until you've fully adjusted to the heat.
- Avoid peak heat, humidity, and pollution that are usually most intense during the midday. Work out either first thing in the morning or in the late evening.
- Go with the shade. Exercising in shady areas, such as tree-lined trails and parks, will help you stay cooler when the temperature rises.
- Drink plenty of water in small amounts at a time to stay properly hydrated. The more you sweat, the more you'll need to drink to avoid heat cramps, exhaustion, or worse, heat stroke.
- Protect your skin with sunscreen and/or a light-colored, loose-fitting, long-sleeved shirt and a cap.
- Wear loose-fitting polyester/cotton blend clothing or other fabrics designed to wick away moisture to help keep your body cooler.
- Wear proper fitting shoes with good socks (moisture wicking, not cotton).

Heat exhaustion and heat stroke are the biggest concerns when exercising in the summer heat and humidity.

The first symptoms are usually stomach, arm and/or leg cramps. If you experience cramps, stop exercising, sit down in the shade and rest. Seek help if the cramps don't go away, or if you feel dizzy, nauseated, or start to feel cold and clammy.

TREATING PTSD – STAY CONNECTED

Discover how My HealtheVet can help

June is PTSD Awareness Month, a good time to stop and consider what type of help Veterans may need. PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

If you have PTSD, you might also have other health problems, such as depression or traumatic brain injury (TBI), problems with abusing drugs, or other physical health issues.

Whether you are getting treatment for PTSD or PTSD and one of these conditions, you need a way to keep track of appointments, medications, and sometimes vital signs. You will also need to have regular communication with your health care team.

My HealtheVet helps Veterans with PTSD manage their health care, access their records, and talk to their providers by logging in with a Premium account.

Army Veteran Jerry Tyler has been using My HealtheVet for several years, and even more since he started therapy for PTSD. "I use Secure Messaging to ask about medication refills, and even to ask about appointments," Tyler said. "Mostly, I would rather send a secure message than talk on the phone."

Veterans receiving treatment for PTSD often find using Secure Messaging to be a safe and secure way to communicate with therapists, doctors, and other members of the health care team. When you have questions about medications or treatment, you can more easily follow up with your doctor. You won't have to worry about getting bounced around on the phone.

Air Force Veteran Kenyon Campbell started using Secure Messaging after he took the PTSD screen. "I had TBI after a tour in Iraq, and I wasn't sure if I had PTSD, but I had symptoms that were upsetting me," Campbell said. "I signed up for My HealtheVet awhile back and saw an article in the health library about PTSD and thought I would check it out. Shortly after answering the questions, I sent a Secure Message to my provider to ask for a mental health referral." Campbell said. "My advice to anyone is to sign up for Secure Messaging. It's so much easier than calling."

There are many resources available for Veterans with PTSD. One of the newest online tools from the National Center for PTSD is the PTSD Treatment Decision Aid.

The Decision Aid helps Veterans and family members learn about effective PTSD treatment options, compare different PTSD treatments, and read or watch videos about treatments and how they work. Veterans can build a chart to compare treatments they like most, and at the end, print out a personalized summary they can share.