



The FireFighter

Gung-Ho Means Work Together!

Iredell County MCL Detachment 1097 June 2018 Edition

June 28- 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,

During May, several of our Detachment Marines attended the South Iredell High School Marine JROTC Unit Awards and Promotion Ceremony. We provided our annual donation during this time. Additionally, we provided funding for the purchase of rings for the Marine JROTC cadets that were members of the National Drill Champions. We are working on a schedule to provide a \$2,500 donation to the Dale Wilson Scholarship and \$500 for the Charlotte International Airport USO.

The Detachment was well represented at the annual Memorial Day Ceremonies that honoring of our deceased veterans at the cemeteries. **Job well done.**

The Annual Troutman Independence Day parade will be on Saturday, June 30th this year and will honor our Vietnam veterans. At our last Detachment Meeting, it was determined that past parades did not provide enough Detachment members to ride the Detachment float and many of these members were Vietnam Vets. Therefore, the Detachment will not have a float, but we will enter my pickup to be in the parade for those veterans to ride in that are not Vietnam Vets. All our Vietnam Vets will ride on the floats provided by the parade organizers. I recommend that you wear the summer uniform or at the very least your red cover.

Parade Participants should be at the Iredell County Fairgrounds no later than 1000 and the parade will start at 1100. I recommend that you park your vehicles at the Troutman American Legion and ride the shuttle to the fairgrounds since the parade ends at the American Legion which will provide you quick access to your vehicle.

We will start distributing tickets for our annual fundraiser this month. The fundraiser will be at the Statesville Civic Center on November 1st and will start at 1830. Please note that this is a change from our normal plans in Mooresville because this is in Statesville and on a Thursday night. We moved the location since the Mooresville Charles Mack Center only lets us use their vendor to cater the event. 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.

Semper Fi,
Dick Camery, Commandant



<u>DATE</u>	<u>MEETING/LOCATION/TIME</u>
Jun 18	Iredell County Veterans Council – American Legion Post 217, Statesville – 1830
Jun 28	Detachment Meeting – Troutman American Legion – 1900
Jun 30	Troutman Annual Independence Day Parade – see Commandants Message
Jun 30	MCL Dept. of NC Convention – Hawthorne Inn & Convention Center – Winston Salem, NC – see Commandants Message for details
July 16	Iredell County Veterans Council – American Legion Post 401 Troutman (Hosted by MCL) – 1830
July 26	Detachment Meeting – Troutman American Legion - 1900
Aug 20	Iredell County Veterans Council – American Legion Post #65 Old Hwy 70 Statesville, NC - 1830
Aug 23	Detachment Meeting – Troutman American Legion - 1900
Sep 17	Iredell County Veterans Council – UAW Hosts at the Old Wayside School Statesville, NC - 1830
Sep 27	Detachment Meeting – Troutman American Legion - 1900



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

- **Stan Thompson and wife, Pat**
- **Buddy Hemric**
- **B.J. Thomas and wife, Sandy**
- **Jackie Vanderzanden – Steve's wife**
- **Ovella Turner, Frank's wife**
- **Joe Vallone**
- **Larry Lackey**
- **Verlone Cherry**
- **Pete Meletis**
- **Pete Blinn and wife, Flo**
- **John Hollenback**
- **Ray Lanier**
- **Dick Knapp**
- **Dennis Clary**
- **Wayne Wall's wife Martha**

ARE YOU PROTECTED AGAINST SKIN CANCER?

Summer is the time to kick back, relax, and enjoy being outside, but your time in the sun comes with significant risk: skin cancer. You can enjoy outdoor activities, but everyone needs sunscreen, a hat or frequent breaks from the sun's UVA/UVB rays to stop malignant melanoma. Prevent skin cancer today.

What is malignant melanoma?

Malignant melanoma is a serious type of cancer which is found mostly in skin but also (rarely) in other areas of the body. It is one of the less common types of skin cancer but causes the majority of skin cancer-related deaths. You can find a lot of information on Melanoma at the following link:

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20170509-are-you-protecting-against-malignant-melanoma>

STAY ON YOUR FEET: TAKE STEPS TO PREVENT FALLS

Fall prevention may not seem like a lively topic, but it's an important one. Falls cause the most broken bones and are the leading cause of injury deaths among older adults. As you age, physical changes, health conditions, and sometimes the medications you take make falls more likely. There are practical things you can do to reduce your risk of falling and related injury. Engaging in regular physical activity, monitoring or avoiding certain medications, and getting your eyes checked may reduce your risk of falling.

Remember, fear of falling doesn't need to rule your life. Instead, consider these eight fall-prevention tips:

1. **Remove small throw rugs** to prevent tripping and falling. If you choose to use them, anchor them with double-sided tape or anti-slip mats underneath.
2. **Improve the lighting** in your home. As you get older, you need brighter lights to help you see well. Hang light-weight curtains or shades to reduce glare. You could use night lights or motion sensor lights for the path to the bathroom at night.
3. **Wear shoes** inside and outside the house. Avoid going barefoot or wearing slippers.
4. **Take away things** from stairs and pathways. You will be less likely to trip if you install handrails and lights in all staircases.
5. **Keep items you use often in cabinets** that you can reach easily without using a step stool.

6. **Install grab bars** next to your toilet and in your tub or shower. Don't forget the non-slip mats in the bathtub and on shower floors. Pad sharp edges so that if you do fall injury is minimized.
7. **Use a walker or a cane** for extra support. Ask for a physical therapy evaluation to determine if you need other devices such as a walker.
8. **Physical activity** may reduce your risk of falling by increasing strength and balance. Lack of physical activity leads to weakness and increases your chances of falling.

If you want to learn more about how to prevent falls, talk with your VA health care team using [Secure Messaging](#) and schedule an appointment. They can also help if you have questions about making healthy living changes.

IS IT ALZHEIMER'S? STAY AHEAD OF MEMORY PROBLEMS

Many older adults are not willing to be tested for memory problems. They worry about losing insurance or their driving license. Many older adults fear they may be showing signs of [dementia](#) or [Alzheimer's disease](#). Not every memory problem is a sign of something serious. It is common to sometimes:

- Forget names or appointments, but remember them later
- Make a mistake when balancing your checkbook
- Need help to use the settings on a microwave or to record a television show
- Get confused about the day of the week but figure it out later
- Have trouble finding the right word
- Misplace things from time to time, such as a pair of glasses or the remote control
- Make a bad decision
- Feel weary of work, family and social events
- Have a set way of doing things and be cross when that is upset

But there are warning signs that should be shared with your Health Care Team. Memory loss that begins suddenly or that gets in the way with your daily life may mean a more serious problem is present. If you have had **at least one** of the following happen for no known reason **in the last month**, talk with your Health Care Team.

- Anxiety - being very worried and afraid
- Depression - feeling miserable and worried to the point of not being able to carry out your usual actions
- Apathy - not interested in anything, not wanting to do anything
- Agitation/aggression - being nervous and anxious, feeling violently angry towards someone or something
- Irritability - being annoyed and impatient
- Disinhibition - lacking a block on spur of the moment actions that you would not otherwise do
- Hallucination - seeing an imaginary scene or hearing an imaginary sound as clearly as if it were really there

Depression and anxiety are often seen in loss of memory and mental ability. This may happen for reasons other than dementia. Apathy is the most often reported warning sign. Also talk with your Health Care Team if you notice a **continued change** in:

- Sleep - poor sleep, or sleep problems
- Appetite - your interest in eating food
- Eating - unusual pattern of eating, refusing to eat for fear of getting fat, eating too much then making yourself throw-up or using a laxative so you will not gain weight
- Sense of smell - things smell different or you cannot smell things you once could
- Sense of touch - trouble telling the shape of something by touch (stereognosis); trouble making out a number or letter written on your skin by touch (graphesthesia)
- Balance - your ability to stay upright
- The way you walk - wider or shorter steps than usual, need to take more care when you walk
- Driving Skill - less than safe
- Personality - the way you think and act that makes you different from anyone else
- Judgement - trouble making decisions
- Money management - having a hard time taking care of your accounts

Finding a problem early gives you the best chance for treatment, support and future planning. Your Health Care Team wants to know about memory problems or warning signs that happen more than once a month. They can check out what is going on. Then they can help you find ways to better handle these problems.

STAYING FIT IN THE SUMMER HEAT

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.