



Marine Corps League
South St. Louis Detachment 183

The Scoop August 2018



Commandant's Corner: James Appelbaum



Greetings, it seems like summer just started and now it is almost over.

We had a wonderful parade July fourth in Webster and a great picnic on the 28th, I wish more members could have attended. The food was great!

We will also have a very busy September with our big, and I mean "REALLY" big BBQ, on the 8th at Dave Sinclair Buick. Please, if you are able, volunteer to work or be a customer. All the proceeds go to our Detachment. This is a great Fundraiser.

The Ladies Auxiliary is also having their annual blood drive on September 17. More information is on page 7 of The Scoop, please give if you are able.

Our Annual Trivia night on the 29TH of September, this is always a fun night. Please let Ed Dodson Know as soon as possible if you will be attending .

Wishing you all the best and thanks for your support

Chaplain's Desk: Ken Dieckmann

Change is natural if not always smooth. As we move from one phase of life to another. The month of September brings us a change of season. The warmth of summer gives way to mornings with a touch of chill in the air. The evenings come earlier as the days shorten in the rhythm of the seasons.

Change means letting go and accepting what will come. We must allow the comfortable to be replaced by new urgencies. Without the season of fall, summers growth would never become the harvest. It is now time for seeds to begin the process for the next life cycle.

This blessing may be used at a detachment gathering, or our outdoor bar-b-q for fund raising. The reflection will help us to draw attention to the signs of change which our natural surroundings provide.

Oh divine God, we give You praise for the wonders of his past summer that now draws to a close. We are thankful for such wonders as the sunshine, the rain and the song of birds.

Bless this change that is now occurring in and around us. Bless the passage and the transitions that happen in our lives. And when changes in life cause us pain and anguish, guide us to healing and deeper understanding.

May we let go with courage and allow You to lead us another step closer to Your promise land. We ask this through Christ our Lord. Amen.

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**LADIES
AUXILIARY
MISSION:
The Marine
Corps Auxiliary
was formed for
the purposes of
promoting the
interests of the
Marine Corps,
the Marine
Corps League
and to protect
and advance the
welfare of
Marines and
their
dependents.
Auxiliary
members
participate in a
wide variety of
programs that
benefit and
preserve the
fundamental
rights and
freedoms of
every person of
this Nation,
young and old.**

Ladies Auxiliary: Carol McCarthy

No ACT OF KINDNESS, no matter how small, is ever wasted.

Our Auxiliary Member and Dear Friend Jeanne D. Glesler passed on June 22, 2018. Jeanne was a Charter Member of our Auxiliary. On Tuesday, July 10 we draped our Charter. We have many fond memories of Jeanne. She was fun loving, selfless, thoughtful and kind. Jeanne had not been able to come to our meetings for the last several years. Her family had a health crisis and she was needed to step in and care for her granddaughters. Her soulmate Larry developed serious health issues and Jeanne developed health problems of her own. Larry is still struggling with his health. We will miss Jeanne and will pray for the repose of her soul. God bless Jeanne and her loved ones.

Friday, July 13th Our Auxiliary held a Girls Weekend at Tom & Carol McCarthy's home on the Lake of the Ozarks. It was so much fun! We enjoyed good food, swimming and the kayaks. It was a sunny and relaxing weekend. We learned all kinds of things we did not have the chance to know before, about each other. Our Auxiliary is truly blessed to have so many wonderful adies. Everyone had a GREAT TIME! We are looking forward to making Auxiliary Girls Weekend on the Lake a tradition. We can't wait until next summer!

Saturday, July 21 Tom & Carol McCarthy hosted a Bar BQ at their home in Whitmoor for our Auxiliary and the Auxiliary of Pvt. George Phillips. It is always nice to spend quality time with good friends who share the same priorities. We all strive to support our Veterans & their families. We all enjoyed wishing a very Happy Birthday to a couple of our favorite Marines, Bill Frazier and Hal Holmes. We wish these two devoted husbands, fathers and grandfathers many more blessings in the year to come.

Saturday, July 28 our Detachment Picnic at Sunset Trails Park in Sunset Hills was a great family picnic. We enjoyed good weather, great Bar-B-Que and a wonderful variety of food. We presented two Scholarship Certificates, played Bingo and had 3 big raffle winners. The winners this year were Dan Hanks, Jim Applebaum and Jim Grimm. Rick Frazier and Bill Reinhart were the Grill Masters. Carole Lyston organized and ran the Bingo Games. Ed Lyston assisted in the raffle drawings. We all enjoyed talking and catching up with our friends. Our Auxiliary and our Detachment are blessed with so many wonderful people. People who share wholesome values and a great love of our Country. We are all grateful to all our Veterans.

Our 12th Annual American Red Cross Blood Drive will be held MONDAY, SEPTEMBER 17, 2018 3:00 - 7:00PM Our Blood Drive will be located at St. Lucas United Church of Church, 11735 Denny Road Sunset Hills, MO. 63126. Be a HERO DONATE BLOOD, Call Carol McCarthy at 636-244-0270 to set up an appointment or go online to schedule an appointment. Walk ins are always WELCOME.

Joan McCarthy joined our Auxiliary on Tuesday, August 14. We welcome her with open arms. Her advanced computer skills will be a great asset to our Auxiliary.

Trivia Night will be Saturday, September 29, 2018 in Vance Hall from 6:30PM to 10:30PM, Beer & Soft Drinks are included. An evening of great fun. raffles, 50/50 Drawing, \$ 20.00 per person. Please reserve your table for 8 people at \$160.00. RSVP to Carol McCarthy 636-244-0270. All funds raised will benefit our Veterans.

Our next Auxiliary meeting will be Tuesday, September 11, 2018 at 6:00PM. We welcome all ladies into our fun group.



August Dinner

Meals by the Ladies Auxiliary. Cost \$7.00 The dinner bell Rings at 1800 hrs.
Brats, Chips, Bean Salad, Pies and Cake
Remember the Special! Donate A Jar of Peanut Butter and a Jar of Jelly
and receive a \$1.00 off of your meal or a free Soft Drink or Draft Beer.



DUES NOTICE

CURRENT MEMBERS

The League no longer uses your birthday for membership renewals. All current members, (non-life), dues will be payable on 1 SEP. The annual renewal fee is \$35.00. Payable by Check, Cash or Credit Card

NEW MEMBERS

Members who join between 31 AUG and the last day of FEB.

Pay \$25.00 and expiration date will be 31 AUG.

Members who join between 1 MAR—30 AUG

Pay \$15.00 and expiration date will be 31 AUG

**For payment with a credit card, please see
Jr. Vice Commandant, Eric Salabay,
Paymaster Dan Hanks, or
Sr, Vice Commandant Eddie Dodson**

REINSTATEMENTS

Members who are reinstating and have been delinquent more than a year and do not want to pay all back dues and keep their length of membership.

Effective dates are the same as new members but the fees are \$20.00 and \$10.00 respectively

Marine Corps League South St. Louis Detachment #183 BBQ

Saturday, September 8th, 11am — 4pm

At Dave Sinclair GMC-Buick

5655 S. Lindbergh Blvd. Corner of Tesson Ferry & Lindbergh

Pulled Pork Sandwichers, Hamburgers, Hot Dogs, Pulled Pork Nachos,

Soda, Chips and Water.

Pulled Pork also available at \$10.00 per pound. Please pre-order by the pound.



"Stel" Steller, BBQ Smoker Par Excellence



Proceeds benefit Military Veterans and their families.

Contact 314-352-USMC for more information.

This Month in Marine Corps History



1 August 1960: The Corps' Enlisted Rank and Pay Structure Board revised the rank structure, incorporating lance corporals, E8s and E9s.

1 August 1965: Operation "Cam Nhe", Vietnam

3 August 1966: Operation "Prairie" began in Quang Tri Province, RVN

4 August 1855: Battle of Ty-Ho Bay, China

4 August 1855: Marines from the USS Powhatan captured 17 pirate junks near Hong Kong

4 August 1937: Marine Corps League incorporated by Congress

6 August 1847: LtCol S. E. Watson's Marines commenced their march on the "Halls of Montezuma" in Mexico.

8 August 1942: The 5th Marine Regiment and Company A, 1st Tanks, crossed the Ilu and Lunga rivers, meeting the first Japanese resistance on Guadalcanal.

11 August 1923: MCRD transferred from Mare Island to its present location at San Diego.

14 August 1990: Advance elements of the 1st MEF and 7th MEB arrived in Saudi Arabia, joining other U.N. forces against possible Iraqi aggression.

15 August 1965: Da Nang and Chu Lai Marines reinforced by 6,400 arrivals.

16 August 1943: 4th Marine Division activated at Pendleton

21 August: 1814: Marines defended Washington, DC, at Bladensburg, Maryland, against the British.

24 August 1814: Marine artillery participated in the Battle of Bladensburg, Maryland. Almost encircled by the British, Marines withdrew from Bladensburg.

27 August 1893: A giant tidal wave swept across Parris Island, Port Royal, South Carolina.

29 August 1916: The Marine Corps Reserve was founded.

30 August 1945: 4th Marines land at Kurihama Naval Base - Yokosuka. (First Leathernecks in Japan in WW II.)

31 August 1950: North Koreans swarmed across Naktong River against the 1st Marine Brigade.

Honors and Color Guard:



July 2018—26 Honors 8,605 Honors Total

We need members for the Honor and Color Guards
Honor Guard — Ed Dodson 314-604-6254
Color Guard — Mike Lee 314-616-3726



**"Three
Spent Shells,
One for Country,
One for Duty,
One for Honor."**

**Presented to the
Deceased's next
of kin.**

Upcoming Events

17 September — 12th Annual Red Cross Blood Drive sponsored by our Ladies Auxiliary

27 September — Annual O'Neill Golf Tourney— Color Guard

29 September — Trivia Night

6 October—Town & Country Parade

27 October — Halloween Party

6 November — Soldier's Memorial

10 November — Marine Corps Birthday Ball

11 November — Veterans Day Parade

23-24 November — Toys For Tots Collections

1 December — Toys For Tots Collections

2 December — Christmas Party



RAFFLE

In the past, we have had raffles for Rifles, Pistols and Money.

This year we are going to support a Raffle with a prize of \$1,000. The drawing will be held at the Birthday Ball on 10 November 18.

Tickets are \$5.00 Each or 5 for \$20.00. Winner need not be present to win.

See Mike Lee for tickets. We can use your help in selling tickets.



Detachment Picnic 28 July 18 Sunset Hills Park

The Detachment Annual Picnic was held on Saturday, 28 July. It was attended by over 50 Members, Spouses and Friends. The menu was quite extensive with Hamburgers, Hot Dogs and Pork Steaks. The sides were too numerous to name. Many thanks to those who brought side dishes, desserts and salads. The Picnic could not have been successful without Bill Rinehart and Rick Frazier manning the grills. Many thanks to both.



Of those attending, we had our two senior members, Mike Sendlein age 101 and Charlie Stockhausen Age 93. Carole Lyston MC'd multiple games of Bingo. Prizes were Scratch-Off Lottery Tickets and Gift Cards to QT.

Thanks to Carole for providing the entertainment.



Corpsman:

Hospital Corpsmen (HM) perform duties as assistants in the prevention and treatment of disease and injury and assist health care professionals in providing medical care to Navy people and their families. They may function as clinical or specialty technicians, medical administrative personnel and health care providers at medical treatment facilities. They also serve as battlefield corpsmen with the Marine Corps, rendering emergency medical treatment to include initial treatment in a combat environment.

FOR YOUR HEALTH: Karen Bolhuis MSN, RN, FNP-BC (HM3, USN)

Trying to Understand the Opioid Epidemic

Opioids are a specific class of medications designed to help treat severe, chronic pain. They bind to nerve receptors to help decrease the intensity of pain signals and feelings of pain. Because they block painful stimuli, they also provide a feeling of euphoria and therefore have a high risk of misuse. There are also many side effects, including depression, severe constipation, nausea, vomiting, itching, sleepiness/drowsiness, dizziness, confusion, decreased testosterone and suppression of the respiratory centers in the brain, which can cause someone to stop breathing. They also cause tolerance (requiring increasing doses to have the same effect) and dependence (causing withdrawal symptoms if the medication is stopped). Sound like fun to you? Not to most people. But 1 of every 5 patients who complains of pain is prescribed an opioid. Physicians prescribed over a quarter of a billion prescriptions for them in 2013-enough for every American adult to have their own. Medications in this class include oxycontin, oxycodone (Percocet), hydrocodone (Vicoden), morphine, fentanyl and heroin.

The current crisis has many causes, starting in the early 1990's. New "research" from drug manufacturers stating that opioids had very little risk of addiction, along with a drive from patient advocate groups stating the "right" to pain control from your doctor kicked off a significant rise in opioid prescriptions. Because we have created a society where "there's a pill for everything", the fast acting opioids were the quick and simple solution to the pain problem. More effective pain management strategies- physical therapy, non steroidal medications, antidepressants, psychotherapy and others- require effort, time and expense to be effective. Physicians often gave a prescription for the maximum dose (360 tablets per month). In general, acute or short term severe pain (from sprains, dental procedures, minor injuries and most surgeries) should only last a week or less. Extra opioid pills were often stolen by teens or "given" to family members who had pain. Even without insurance, a prescription for 60 tablets costs about \$35, but they could sell for \$5 apiece to someone without a prescription. An underground network grew, involving some immoral physicians and patients making significant incomes, and pharmaceutical companies happy that their products were doing so well.

And along came Fentanyl. Initially developed for severe pain in cancer patients, this synthetic long acting opioid is 30-50 times more potent than morphine. Those who had built a tolerance to earlier opioids were looking for something "stronger". As regulatory crackdowns on earlier opioids caused prescribing to at least flatten if not start decreasing, Fentanyl became available not only through prescriptions, but also from drug dealers, along with heroin mostly from Mexico, and even online from China to those who figured out how to order it. This has become a rapidly rising cause of overdose deaths currently. It is easily absorbed through the skin and has even caused overdoses in emergency responders while caring for overdose victims.

There is no easy solution to the current crisis. While I am not a public policy expert and do not claim solutions, there are things that each of us can do to help get these drugs out of the hands of those that may die from their use/ misuse.

1. Consider other pain control options. Besides over the counter medications, consider physical therapy, acupuncture, antidepressants, anti-seizure medications (help with nerve pain), yoga, psychotherapy, stretching and even ice or heat. Do not request "strong" pain meds as a first option. Realize that some pain can be present and decide what your acceptable level is.
2. Do not give others your extra pain meds. Keep them in a secure place, away from family or other visitors. Get rid of any unused medication at a National Drug Takeback Day, held several times a year by the DEA. Check with your local Police Department, they hold yearly drug drop-offs.
3. If you have a pain medication prescription, you should EXPECT to receive a random drug test by your doctor when you get a refill. It is a standard practice. We expect you to have that, and only that, in your system. Any other result indicates that you are high risk for abuse and death.


MCL 183

5700 Leona Avenue
St. Louis, MO 63116
(314)352-USMC

Monthly Meetings
Last Tuesday of the month 1900 Hrs
Dinner Bell 1800 Hrs
Meeting at 19:00 Hrs

Commandant

James Appelbaum
(314) 757-5364

Senior Vice Commandant**Honors Commander**

Ed Dodson
(314) 604-6254

Junior Vice Commandant

Eric Salabay

Paymaster

Dan Hanks
(314) 441-1806

Adjutant

Bob Cox

Chaplain

Ken Dieckmann
(314) 570-8211

Sergeant At Arms

Mike Venable
(314) 835-8554

Jr. Past Commandant

Bob Scannell
(314) 560-6791

Judge Advocate, Scoop Editor**Color Guard Commander**

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Advisers

- Hal Holmes
- Jim Grimm
- Kris 'Stel' Steller
- Russ Hitzemann

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The Scoop, the newsletter of
Marine Corps League 183, South St.
Louis Detachment is a monthly publi-
cation, self-published.
5700 Leona•St. Louis, MO•63116

Marine of The Year:

2011 James Vance

2012 Dave Winkler

2013 Dick Sopp

2014 Mike Lee

2015 Bob Jost

2016 Charles Dooling



**Red Cross
Blood Drive**

**JUST TAKES 10 MINUTES
FOR YOU TO SAVE THREE LIVES.**

**Marine Corps League
Ladies Auxiliary #454
12th Annual Blood Drive**

**Monday September 17, 2018
St. Lucas United Church of Christ
11735 Denny Rd
Sunset Hills, MO 63126
3:00 to 7:00 PM**

**Call Carol McCarthy at 636-244-0270
or go online to schedule an appointment.**