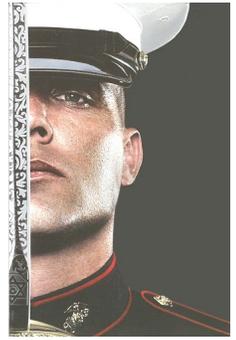




Marine Corps League
South St. Louis Detachment 183

The Scoop March 2020



Volume 6 Issue 3
The Scoop

Commandant's Corner: Ken McGuffey

Nominations for new Officers are scheduled for the March General Meeting. I am currently unable to seek another term as Commandant. I have accomplished my goals and with the help of many others believe we are in a better place as a Detachment. My thanks to all who have strived to get us where we are today. I know some of our members have moved on to other Detachments which is regrettable. However, it was their choice. I hereby endorse Ed Dodson for my replacement. But it is up to you, the membership, to select your Staff so please plan on attending on 31 March and make your vote count.



Membership: If you haven't paid your dues yet please get them in. We can accept Credit Card Payments if you like. Contact Ed Dodson to use Credit Cards. Send Checks Payable to MCL 183. PO Box 2739, St. Louis, MO 63116.

By Laws: The majority of Bylaw changes that were presented to the Detachment on 25 February were unanimously approved. There were additional changes that were outlined in two special mailings. Voting on these changes will be at the March General Meeting.

Nominating Committee: The Chairman of the nominating committee is Jr. Past Commandant Jim Applebaum. Please let him know if you are willing to step up for your Detachment.



Change to Bylaws Corrections — As Mailed 7 March 2020

A correction to the proposed Bylaws change was mailed on 7 March 2020. There was an error in one of the corrections. Following is the correct revision as mailed 16 March 2020. There will be a vote on the proposed Bylaw changes at the March general meeting.

Article VII — Officer's and Advisors

Currently Reads:

A. The Detachment officers shall be; Commandant, Senior Vice Commandant, Junior Vice Commandant, Adjutant, Paymaster, Judge Advocate and Sergeant at Arms. Detachment Officers shall be elected by the membership at the April general meeting.

Changed to Read: (As Mailed on 16 March 2020)

A. Elected Detachment Officers shall be: Commandant, Senior Vice Commandant, Junior Vice Commandant, Judge Advocate. The following Officers can be appointed at the discretion of the Staff and will be appointed after the election on an annual basis: Adjutant, Paymaster or (Adjutant/Paymaster), Sergeant-at-Arms, Chaplain, and three (3) Advisors, and other Officers based upon the need as determined by the Staff. Appointed officers will be appointed by the newly elected Staff. Detachment Officers shall be elected by the membership at the April general meeting and serve a one (1) year term, and may stand for re-election two (2) consecutive additional one (1) year terms. Or may run for a different office if they desire Advisors are appointed for a three (3) year term and serve staggered terms with one Advisor being appointed each year. Advisors cannot serve consecutive three (3) year appointed terms.

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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: Chris Drete

On February 25, 2020 we sponsored a pizza day at the VA Building 52, Jefferson Barracks. for our veterans with spinal cord injuries. A special thank you to all the Auxiliary ladies and Marines who helped make this a special day. The pizza was great, and the desserts were outstanding!

On February 15, 2020 the MCL held a Valentine’s Day party. The Auxiliary raffled off 2 baskets filled with chocolates, wine and other great items. Good food, music and friends!

Mark your calendar with the following events:

- Tuesday April 21 our Auxiliary will gather at Helen Fitzgerald’s for our annual “Little Angel” luncheon where we collect gift cards to help support their vital work.
- Saturday May 2, we will have a Night at the Races. More information to come later.
- The Department of Missouri State Convention will be June 5-7, 2020 in St. Joseph Missouri. Registration form needs to be sent in no later than May 22, 2020. Hotel must be reserved by May 5, 2020.
- Saturday June 13, 2020 will be Marine Rose day at Sam’s Club on Lemay Ferry. The Auxiliary will be collecting donations for different charities.

Our next meeting will be held on April 14, 2020 at Carole Lyston’s House at 6:00 pm.



Chaplain’s Desk: Ken Dieckmann

April showers bring May flowers. As I sit here looking out my back window I already see God’s change in the earth. Sure enough the grass is beginning to green up, the daffodils are busting thru the ground as if to say, “Here I am”, and the tree buds are almost ready to pop. As we wait to see the first robin, we know it is coming. Spring will bring light rain showers then pink flowers and the sound of the buzzing bees. When was the last time you really took a good look at a daffodil? How about a praying mantis, or a blue jay?

God is also faithful to cleanse us from all doubt. But we seem to forget. We try to fix our lives on our own terms then everything comes out of sync and out of the cycle of life. Just as Spring is right around the corner. God is “right there” whenever we mess up. He is ready to give us a new beginning another chance. So how can we see an ending as a new Spring or beginning? There is no other way we can live. The past is gone and the future is ours. The only place where we can live is in the present. We must focus all our energy not in trying to change our past, but to focus on the present. When doors close others open. A new chapter ends and another begins, how we choose to respond is in our hands. Our new chapter is a blank piece of paper with new opportunities to create the life that will bring happiness and joy. Amen

Dinner 31 March
1745 to 1845
Cost \$7.00

Baked Mostaccioli, Buttered Broccoli, Salad, Cheese Garlic Bread, Assorted Desserts, Iced Tea





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

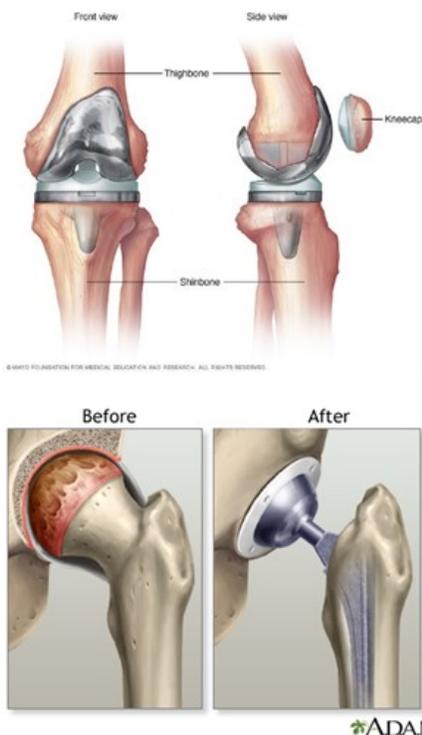
November’s article introduced osteoarthritis, the most common kind of arthritis, including some initial home treatments. Now we will discuss next steps. Since arthritis is a progressive joint disease, you can expect it to get worse over time.

The trend in healthcare is to try to keep things minimally invasive. Whenever we have to go through the skin, we risk other complications, and invading the joint space is not something to be taken lightly. Conservative treatment generally starts with an exercise plan. Your first thought is probably “how and why would I exercise when my joints already hurt?” Study after study show the benefits. An active lifestyle helps keep the lubricating fluid in the joint space and keeps the gel cushion healthier. In those with a sedentary lifestyle, the joints dry out, speeding up the destruction of the bone ends. Exercise also helps with weight management, and too much weight increases the rate of joint damage. It strengthens the supporting muscles, ligaments and tendons so that the bones have protection and shock absorption. One of the signs people with osteoarthritis often mention is that their joints are very stiff first thing in the morning, but then loosen up as they get moving. There should be a balance between muscle strengthening, flexibility and balance, and endurance. Preferred activities include walking, water aerobics and yoga. For guidance in getting started, your doctor may recommend a physical therapist to show correct form and technique for at home exercises.

There are other things you can try which may improve the symptoms. Heat and cold to the affected area can improve muscle pain, swelling and inflammation- especially cold application after exercise. Medications like Tylenol can help with pain, and NSAIDS like ibuprofen and Aleve (if you can take them) will decrease inflammation. There are some prescription NSAIDS which may be a bit stronger, but often over the counter ones are effective. Topical medications- both prescription and over the counter- may also help. Capsaicin is a chili pepper extract cream that has shown some benefit. Voltaren gel is a topical prescription NSAID that is especially helpful for hands and knees, and since it is applied to the skin does not cause as many dangerous side effects as the pills may cause.

The last thing to discuss with your doctor before trying surgery is an injection into the joint. These are generally simple, in office procedures where the doctor can put steroids, numbing medication and possibly even some replacement gel into the joint. This is a temporary help but can be given a few times a year to control symptoms and delay surgery.

Because arthritis tends to be progressive, eventually joint replacement surgery may be recommended. Previously it was thought to avoid surgery as long as possible because the artificial joints do wear out and may need replacement. However, the current recommendation is that recovery from initial joint replacement is optimal when the patient is still strong, healthy and motivated enough to actively participate in aggressive rehab after the surgery. If the supporting soft tissues are strong, recovery is faster and more complete than if they have already weakened from prolonged lack of use. Additionally, the rest of the bone has to be healthy enough to hold the new artificial joint parts. Most replacement joints now last at least 10 years, and some as long as 20 or more.



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.

The bottom line is, if you have joint pain related to arthritis, discuss options with your doctor. There are many things that can help improve symptoms and keep you active for a long time.

SOUTH ST. LOUIS UNIT MARINE CORPS LEAGUE AUXILIARY

SCHOLARSHIP PROGRAM

- \$500.00 will be awarded each to two young men or women that meet the qualifications established by the Auxiliary Scholarship Committee.
- The awards are to be given only to current high school seniors graduating in the class of 2020.
- The student must be a relative of a member in good standing of the South St. Louis Marine Corps League Detachment and/or Auxiliary. This member could be a parent, grandparent, stepparent, aunt or uncle even great grandparents etc.
- Complete the formal application and return it to the Auxiliary by April 30, 2020.
- Write an original essay (500 words or less) stating
 - “What the US Marine Corps Means to You and/or Our Country”.
- Enclose a Letter of Recommendation from your Principal or a Teacher. If you are Home Schooled, attach a signed letter of recommendation written by an adult who worked with you as a tutor or headed up an extra-curricular activity, music lessons, or sports team.
- List any or all your extra- curricular activities and any organizations outside of school that you actively take part in. Did you hold office in any of these activities? If so, what offices).
- What are your hobbies or special interests?
- Application must be signed by the sponsoring MCL or MCLA member and applicant.
- Additional applications are available at the Detachment.
- Award money will be sent out in August of 2020. This money will be sent directly to the school where the student plans to attend. The student can draw from this fund to pay for tuition, books or whatever is needed for his/her education.
- The student can choose to attend an accredited college or Trade school of their choice. They must show that they have applied and/or been accepted by that school. We will confirm this before issuing the check.
- These scholarships will be based primarily on merit. The award will be decided by the Scholarship Committee. We are interested in the students that show potential leadership and interest in the welfare of their fellow being.

All winning recipients of the scholarships will be notified by June 30, 2020. If you have not been notified by this date and wish to learn who the winners are please send a self-addressed stamped envelope along with your application.

If you have any questions, please contact: Carol McCarthy - 636-244-0270

**MARINE CORPS LEAGUE AUXILIARY
SOUTH ST. LOUIS UNIT
124 Roe Hampton Ln.,
Weldon Springs, MO 63304-0533**



Name: _____

Address: _____ City, State & Zip _____

Phone: _____ Email: _____

High School: _____ Class of: _____

Address: _____ City, State & Zip: _____

Sponsoring Member: _____

Extracurricular Activities: _____

Community Involvement: _____

Clubs/organizations of which you are an active member: _____

Have you held office in any of the above, if so, what office? _____

To what college or trade school have you applied and/or been accepted?

If you need more space please use the back side of this application.

Please attach a written (500 words or less) original essay on:

“What the Marine Corps Means to You and/or Your Country”

Please attach a signed letter of recommendation written by your Principal or a teacher, or Home School leader. .

Student Signature: _____

Sponsoring Member Signature: _____

Applications are due by April 30, 2020

Please send to:
Carol McCarthy,
124 Roe Hampton Ln.,
Weldon Springs, MO 63304-0533
Phone 636-244-0270

Scholarship Application Area For Additional Information.

MCL 183

**PO Box 2739
St. Louis, MO 63116
(314) 370-4601**

Monthly Meetings
Last Tuesday of the month 1900 Hrs
VFW Post 4223 • 215 Military Rd

Commandant

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maxftns@live.com

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Honors Commander**

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Marine of The Year:

2014 Mike Lee

2015 Bob Jost

2016 Charles Dooling

2017 Bob Scannell

2018 Ken Dieckmann

2019 Al Dreeste

Calendar of Events — 2020

2 May Night at The Races

Remainder of the Year TBA

EMAIL and PHONE

We are in the process of updating the Detachment Mailing and Phone List. Please send your phone number, mailing address, and email address to:

Mike Lee (314) 616-3726
theeditor.mcl183@att.net.

We are now providing updates through our Phone Notification System
If we don't have your current phone number, you will miss important phone announcements

Corona Virus COBD-19

As you are aware, the Corona Virus is spreading rapidly and all large gatherings are being discouraged.

Your MCL 183 Staff is aware of this and is watching events closely.

If it becomes necessary to cancel the upcoming 31 March 2020 General Meeting, you will be notified by our phone notification system.

Please make sure we have your correct phone number