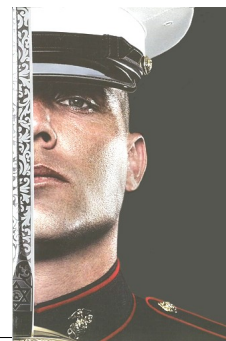




Marine Corps League
South St. Louis Detachment 183

The Scoop September 2020



Commandant's Corner: Ed Dodson

Volume 6 Issue 9



The Holiday Season will soon be upon us, and we have a few small gatherings and functions being planned. The Halloween Party, the Marine Corps Birthday Ball and Christmas Party will be held at the Detachment. Consider lending a hand to make sure these events are a success. We will also need Marines for the October Flag Retirement at the Elks Club on the 17th. Please contact Mike Lee to volunteer: 314-616-3726. See the Scoop for more information.

Toys for Tots plans are complete with regards to permits for the collection corners. This year we will be at Watson and Laclede Station Roads, Lindbergh & Tesson Ferry Road and Lindbergh & Big Bend. We will need as many volunteers as possible to make it a success.

The Detachment will be open from 1000 Hrs until 1400 Hrs Monday through Saturday, so stop by and visit. We will be having Social Nights starting the first Wednesday in October, so stop in and make good use of our new facilities.

Good news! We've had a few new members join over the past couple of months. Let's keep recruiting new members and reach out to past members and invite them to visit.

Remember the building belongs to all of us, so do your part to keep it clean and presentable. We have filed all of the necessary paperwork for County Tax Exempt status, and the paperwork to change our Corporate address. We are awaiting the responses.

Looking forward to seeing you at the next general meeting September 29, 2020.



Chaplain's Desk: Ken Dieckmann

As the trade winds blow and the nights become longer and the days are shorter, you know the winter weather is setting in.

Fables with many illustrated versions, depict the opening of doors to the cold, revealing a cozy interior complete with roaring fire, robe, and stacks of books next to inviting chairs. In addition to food, think ahead and imagine what will nourish your spirit this winter. Of course, we can't safely throw open our doors to invite others as the Corona Virus pandemic continues. But generosity is always a choice we have within our detachment, as many members donate cash to our food pantry to purchase the jelly, peanut butter, chili and so many things to help ease the burden to needy families.

If the clouds and fog of grief invaded your home and heart, then make this your prayer "Father, Lord Jesus let this winter of loss and pain become more glorious like summer to heal our hearts and restore our hope."

When overcast skies or bad weather get you down, you can turn to a prayer of thanks and praise. "God, thank you for this winter of snow and cold air. Let it give way to our glorious spring and summer of sun. Amen"

As traditions give way we check for gloves, hats, coats and boots on our list of gear for the winter warmth. It's time to check the car tires and make sure there is plenty of tread for those icy roads we know will be with us soon. We look forward to the snow-ball fights, snow angels, and our version of Frosty.

Instead of dreading the coming months ahead, listen for the sound in your soul with anticipation of the blessing that winter brings. Amen



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

COVID DEPRESSION

I don't think any of us expected a pandemic in our lifetime. And no one expected the physical or mental toll this is taking on so many. Dangerous increases in anxiety, isolation, suicide, depression and substance abuse are rarely addressed, as people remain fixated on "case counts" and "hospitalization rates". Thus far, less than 2% of Americans have been diagnosed with COVID-19, but over 40% have reported mental health issues related to the current pandemic.

While all of us receive a daily (if not hourly) deluge of information, a new report by the CDC showed that some groups are significantly more affected by COVID-19 related stresses. Overall, those age 18-24 (75%), age 25-44 (52%), Hispanics (52%), those with less than a high school diploma (66%), essential workers (54%), unpaid caregivers for adults (67%) or those previously diagnosed with anxiety (73%), depression (69%) or PTSD (88%) reported at least one specific mental health symptom related to the pandemic. Many of these same groups specifically reported high risk for suicidal ideation and increased substance use.

The elderly are also paying a particularly high price. Forty percent of the COVID deaths in the US are in those over age 60. AARP just published an article entitled "Is extended isolation killing older adults in long term care?" which discussed how the five months of lockdown for our most vulnerable is making many "lose the will to live", and "the feelings of loneliness, abandonment, despair and fear... are only pushing the pandemic's death toll higher". Current evidence shows that social isolation and loneliness can be as detrimental to health as smoking, obesity and high blood pressure.

So the next question is, what can be done about this? How can we help ourselves and our family and friends?

1. **Take care of your own health.**
Be sure to get enough sleep, eat healthy and stay physically active. Try to stick to your regular routines as much as possible. Avoid alcohol, tobacco and drugs. While you need rest and time to relax and refresh, too much sleep or too much "down time" often means dwelling on negative. Therefore...
2. **Be productive with your free time**
Make a list of activities you like to do and actually put them on your calendar on a regular basis. Is there a hobby you've always wanted to try? Now is the time! Learn about it on YouTube or take an online class. Order what you need online and give it a try.
3. **Reframe your thinking**
Make a conscious effort to stop yourself when you notice negative thinking. Change the mindset of "I'm stuck inside" to "I can focus on myself and my family for a while"
4. **Limit screen time- especially news and social media.**
While there is a lot going on in the country and the world, sometimes everyone just needs to take a break from it. If you feel like it is affecting your mental health, turn it off for a day or a week- whatever it takes- and set limits on how much time you spend on your screens.
5. **Connect with others**
Write down a list of loved ones you need to stay connected with, and then write a list of people who may need a friendly call every so often. Choose a set amount of time each day to make a phone call or two. It will be good for you, and could help someone else- maybe even save a life.
6. **Ask for help if you need it, and explore new options to boost your mood and mental health.**
Telehealth provides opportunities to care for both physical and mental healthcare. Most healthcare providers now offer video/virtual chat options- including the VA. If depression worsens, call the Veterans Crisis Line at 1-800-273-8255, option 1. There are also many mental health apps available for Veterans. Go to mobile.va.gov/appstore/mental-health to see what is available. Mood Coach, COVID Coach and Mindfulness Coach are highly recommended.

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.

Ladies Auxiliary: Chris Drete

On May 19,2020 we had our election of officers.

- ◆ President: Chris Drete
- ◆ Sr. Vice President: Sharon Easter
- ◆ Jr. Vice President: Joanie McCarthy
- ◆ Judge Advocate: Mary Lynn Jost
- ◆ Treasurer: Carol Holmes
- ◆ Secretary: Carol McCarthy
- ◆ Chaplain: Jeanie Kiefer
- ◆ Captain of Guard: Gail Dillard

Due to Covid - 19, all Auxiliary activities are on hold.

With everything that is going on in our world today, I pray that everyone stays healthy and safe.

Our next Auxiliary meeting is on 13 October 2020 at 19:00 HRS



Dinner for September



Dinner
Cost
\$5.00



Dinner Bell Rings
at 1730 HRS.

September:

- BBQ Pork Steaks
- Potato Salad

Thanks to Jim Spence for
handling "Mess Duty" for the Detachment



This Month in Marine Corps History

2 September 1945: The Japanese officially surrendered to the Allies on board the battleship *Missouri* in Tokyo Bay.

6 September 1983: Two Marines were killed and two were wounded when rockets hit their compound in Beirut, Lebanon.

8 September 1942: On Guadalcanal, the 1st Raider Battalion and the 1st Parachute Battalion, supported by planes of MAG-23 and two destroyer transports, and carried out a successful raid on a Japanese supply base.

15 September 1950: The 3rd Battalion, 5th Marines landed on Wolmi-do Island in Incheon Harbor and secured it prior to the main landing.

16 September 1814: A detachment of Marines from the Naval Station at New Orleans, together with an Army detachment, destroyed a pirate stronghold at Baratavia, on the Island of Grande Terre, near New Orleans.

20 September 1950: Marines of the 1st Marine Division crossed the Han River along a six-mile beachhead, eight miles northwest of Seoul, Korea.

27 September 1944: The American flag was raised over Peleliu, Palau Islands, at the 1st Marine Division Command Post. Pockets of determined Japanese defenders continued to fight on. As late as 21 April 1947, 27 Japanese holdouts finally surrendered.

30 September 1945: Marines of III Amphibious Corps, began landing in North China to assist the Chinese Nationalist government in accepting the surrender of Japanese forces and repatriating Japanese soldiers and civilians.

Honors and Color Guard



9,097 Honors Total

August — 23 YTD — 125

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.*

Elks Lodge Flag Retirement Ceremony

Our Color Guard and Firing Team have been requested for the Annual Flag Retirement Ceremony on 17 October at the Elks Lodge in Affton, 6330 Heege Rd..

We need 5 Color Guard and 7 Firing Team Members. Uniform will be Dress Blues.

This is a great event, we have been present at this ceremony for at least the last 10 years.

After the ceremony, the Elks Lodge provides a great meal.

Contact
 Mike Lee at (314) 616-3726



White Duty Belts

To those members from the past Honor and Color Guard that still have your white duty belts, Please return them to Ed Dodson or Mike Lee.

The cost to the detachment for these is \$55.00. We have new members for both teams that need them.



Marine Corps Birthday Ball 2020

Due to the Covid –19 situation, this years Ball is will be held on 7 November 2020 with a restricted number of attendees.

We will have the event at the Detachment Hall. Cost will be \$60.00 per person.

Due to the limited number of attendees, we will require your reservation and ticket payment immediately. In the event that we cannot hold the Ball, you will receive a full refund.

Due to this unusual situation, we will not offer refunds if you cancel for other than an emergency.

We are expecting a maximum of 75 people or whatever St. Louis County will allow.

Table sizes will be limited and Social Distancing will be mandatory.

The menu, band and other festivities are still pending.

The Reservation Form is within this issue.



GOOD NEWS

As you are aware, we have limited parking in the front of the Detachment as well as the rear lot. Our neighbors, Budget Car Rental and the vacant Transmission Repair lot have agreed to allow us to use their parking lots when we have a function.

The Budget lot **CANNOT** be used until after 1800.

When using the Transmission Repair lot, be especially careful of the concrete bumpers.

Detachment Open House

Marine Corps Reserve Unit 3/23 will be helping us kick off our introduction to our new the neighborhood. We're inviting them to come and check us out.

There will be Marine Vehicles, Weapons and Active Duty Marines as well as our Local Recruiters to answer questions about the Corps.

Mark your Calendar, this will be an event that you won't want to miss.



Social Night

Now that our facilities have been renovated, (Thanks to those who gave unselfishly of their time), we will start hosting Social Nights.

Our first night will be on 7 October. Come join us from 1800 to 2000 There will be Darts, Pool, Cards and most importantly Scuttlebutt.

We will still be required to maintain social distancing. Be sure to bring your mask. If you don't have one, we do have a limited number on hand.

No more than 50 members can attend. Bring your friends, especially those you want to join the Detachment, Marines or Associates.



Halloween Party

Saturday, October 31, 2020

Dinner at 5:30. Party til 10:00 PM

Baked Chicken, Cod Fish Creole, Rice Pilaf, Sauté Zucchini, Salad, Rolls, Dessert

Beer, Wine, Soda and Water Included

\$20.00 Per Person

MCL Detachment Hall

7922 Croydon • St. Louis, MO • 63123

Call 314-757-5364 For Reservations.

MCL 183

**7922 Croydon
St. Louis, MO 63116
(314) 254-7397**

Monthly Meetings
Last Tuesday of the month 1900 Hrs
7922 Croydon • St. Louis • 63123

Commandant

Honors Commander

Ed Dodson (314) 604-6254
eddiedodson@sbcglobal.net

Senior Vice Commandant

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Junior Vice Commandant

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Paymaster/Adjutant

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Jr. Past Commandant

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Scoop Editor

Color Guard Commander

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Advisers

- Russ Hitzemann (314) 631-6050
- Hal Holmes (636) 677-1712
- Al Dreeste (314) 320-4505

Auxiliary President

Chris Dreeste (314) 846-7076
chrisdreeste@gmail.com

Quartermaster

Russ Hitzemann (314) 631-6050
russh727@sbcglobal.net

The Scoop, the newsletter of Marine Corps League 183, South St. Louis Detachment, is a monthly publication, self-published. 7922 Croydon, St. Louis, MO 63123

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

Open House	10 October
Halloween Party	31 October
Marine Corps Ball	7 November
Toys For Tots Collections	27-28 November
	5 December
Christmas Party	19 December

Veterans Burial Benefits

As an Honorably discharged veteran, you have the right to be buried in a National Cemetery of your choice.

There are 148 cemeteries in 42 states and Puerto Rico as well as 33 soldier's lots and monument sites.

If you have not already applied, enclosed is VA form 40-10007, "Application For Pre-Need Determination of Eligibility For Burial In A National Cemetery.

A form is required for both Veteran and Spouse or eligible dependent. This form must be mailed, the form cannot be completed online.

DETACHMENT CONTACT INFORMATION

7922 Croydon • St. Louis, MO • 63123-1546
Near Watson Rd and Laclede Station Rd.
(314) 254-7397

The Phone Tree Number on which we will send updates and messages is (636) 422-1365.

This number is not monitored,
incoming calls will not be answered
and we will not respond
to voicemail or messages.