



Marine Corps League
South St. Louis Detachment 183

The Scoop

August • September 2021



Volume 7 Issue 8-9

David H. Berger General U.S. Marine Corps

In lieu of the Commandant of MCL 183's article this month, and in light of the situation that continues to unfold in Afghanistan, we want to provide this letter of encouragement and thanks from David Berger, the Commandant, United States Marine Corps.

18 August 2021

Marines,

As each of us tries to comprehend the speed and scope of events in Afghanistan this week, some may be struggling with a simple question: "Was it all worth it?" We see videos and photos, we read stories that bring back memories for some of us, and it becomes intensely personal. We value human life and we want to believe that what Marines have done in Afghanistan made a difference. While Sergeant Major Black and I don't presume to speak for you or your family, we would like to offer our thoughts so you know where your senior leaders stand.

We both believe – without question – that your service was meaningful, powerful, and important. You answered the call to serve, proudly carrying the torch of so many generations of Marines before you. You put the good of others before yourself. You fought to defend your country, your family, your friends, and your neighbors. You fought to prevent terror from returning to our shores. You fought for the liberty of young Afghan girls, women, boys, and men who want the same individual freedoms we enjoy as Americans. You fought for the Marine to your left and the Marine to your right. You never let them down. You never, ever gave up. You lived with purpose, with intention. Whether you realize it or not, you set an example for subsequent generations of Marines – and Americans – by living our core values of Honor, Courage, and Commitment. Was it worth it? Yes. Does it still hurt? Yes.

Since 2001, Marines have served honorably and courageously to bring peace to the people of Afghanistan. You should take pride in your service – it gives meaning to the sacrifice of all Marines who served, including those whose sacrifice was ultimate.

Over the coming days and weeks, we encourage you to connect with your fellow Marines and their families – particularly those you served with overseas. This is a time to come together and give further meaning to our motto, Semper Fidelis. Let us remain faithful to our fellow Marines, faithful to our Marine families, and faithful to the memories of all who have sacrificed.

We are intensely proud to serve alongside you as your Commandant and Sergeant Major. Semper Fidelis,

David H. Berger
General, U.S. Marine Corps Commandant of the Marine Corps

Troy E. Black
SgtMaj, U.S. Marine Corps Sergeant Major of the Marine Corps

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EVENTS

- 25 SEPTEMBER TRIVIA NIGHT
COME PREPARED TO TEST YOUR WITS AGAINST FELLOW MARINES AND GUESTS
\$20.00 PER PERSON, OPEN BAR, BRING YOUR OWN SNACKS
RSVP: JIM APPELBAUM (314) 757-5364
- 9 OCTOBER MEAT SHOOT AT THE DETACHMENT PRIZES, FOOD, AND BEVERAGES AVAILABLE FOR PUR-
CHASE.
1200 HRS TO 1800 HRS
- 30 OCTOBER THIS YEAR OUR FALL CELEBRATION WILL BE OCTOBERFEST. FOOD, FUN, AND DRINKS.
MORE
DETAILS TO FOLLOW.
- 6 NOVEMBER 246TH MARINE CORPS BIRTHDAY BALL CELEBRATION. SEE INSERT FOR MORE DETAILS.
- 26 NOVEMBER TOYS FOR TOTS CURB COLLECTION
27 NOVEMBER TOYS FOR TOTS CURB COLLECTION
- 4 DECEMBER TOYS FOR TOTS CURB COLLECTION
- 18 DECEMBER CHRISTMAS PARTY

BE PREPARED!!! NOW THAT THE PANDEMIC IS OVER, WE WILL BE SPONSORING MANY MORE EVENTS. B-B-

Chaplain's Desk: Ken Dieckmann

I can hardly believe our summertime is coming to an end. This past spring, we had so many plans on things we wanted to do. Places to go, things to complete, plus time with our family, both here at the Marine Corps League and at home. I wonder how many of us were able to check off the many plans we had? I became very ill and spent most of the summer wishing I could get my life back to normal. It appears it may happen by the end of August, so I didn't get my list done. However, I have high hopes for next year as I hope you as well.

As I look out my back window, I see the leaves changing on the trees, the grass seems tired, and the flowers are ready for another time out to take a nap and see you in the Spring.

As we approach fall back day, when we change back our clocks to standard time for me it's one of the most awaited days of the year. We value our sleep and getting an extra hour is just what we think we desperately need. What we need is to relax a little and not be so stressed out. We live in a world of running zero to ninety. Our society is a fast paced one and if we don't hold on with both hands, we'll find ourselves broken down on the side of the road.

It seems we always have something going on that robs us of the rest we all need. An extra hour of sleep maybe nice for our physical bodies, but what we need is more of what Jesus offers. "Come to Me, all you who are weary and burdened, and I will give you rest. For I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Jesus wants us to fall back to Him. He offers us rest and refreshment and He wishes us all to be sold out to Him. I believe that God wants us to fall back into a few things that will enhance our relationship with Him. I also believe that no matter where we are right now that we can always grow closer to Him. Allow God's Word to speak to your heart. Amen.



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)

The average American spends about 3 hours per day on their cell phone. About half of that is spent on social media. Besides the sleep deprivation, anxiety, depression and social isolation, not to mention losing almost an entire day out of each week to these devices, there is also the risk of long term physical injury.

There are the videos that surface of the “phone zombies” walking into fountains or tripping over curbs. These can be good for a little laugh, but we don’t often see the more serious injuries- walking into a street and being hit by a car or texting and driving and hitting innocent people. Texting while driving is six times more likely to cause a car crash than drunk driving.

Selfies have become a risky activity as well. More people die from selfies than from sharks (259 reported “death by selfie” since tracking started in 2011, vs. an average of one death by shark per year). After a string of 10 selfie deaths and 100 selfie related injuries, the Russian police published a brochure advising that people avoid taking selfies with loaded weapons, while standing on an electricity pylon, or in front of a wild animal. I’d like to add also not while standing on a cliff or the roof of a building.

After spending such a big chunk of time on phones each day, healthcare providers are seeing an increase in bone and joint pain that seems to be directly related to using handheld devices. Some examples include:

Nintendo thumb- first noted after the game became popular in the early ‘90s (some people actually had it with Atari systems in the late ‘70s). Nintendo’s instruction manual now says to take a 15 minute break every hour to prevent hand and thumb pain. It is now common in those that use primarily their thumbs to text. Treatment includes learning to use your fingers to text, alternating thumbs, and doing regular exercises to stretch and flex the thumbs

Cell phone elbow- medically diagnosed as cubital tunnel syndrome, this pain affects your forearm and elbow. The pain may extend up the pinky side of the arm and include tingling and numbness. This is caused from the elbow being bent for extended periods, so it is important to switch arms and regularly stretch and move the elbows.

Text claw- another version of a repetitive strain injury, this causes pain and cramping in the fingers. This can actually come from any “overuse” type activity, including using a tool like a hammer or screwdriver, sports equipment like a tennis racket or baseball bat, or even from gripping a steering wheel tightly on a regular basis. The treatment for any overuse injury is to decrease use, but it may also require seeing a doctor to have the hand immobilized, or maybe a masseuse, or physical therapist or just doing some regular stretching exercises.

Tech neck- tilting the head down at a 45 degree angle puts about 49 pounds of pressure on your neck, while a 60 degree angle puts about 60 pounds of force on your neck. Best practice is to hold your phone as close to eye level as possible to reduce neck strain.

Back pain- a rising number of 18-24 year olds are experiencing chronic back pain, often attributed to the slumped posture used while on their phones. Like your mother told you, sit up straight!

There is some good news! There is no such thing as smartphone pinkey- a dent people can get from holding their phone too long (it goes away if you stop holding the phone that way). And there has been no research showing any radiation risk from using your phone.



**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: Sharon Easter

What a beautiful day it was on Saturday, July 3rd as we (Carol Holmes, Chris Dreeste and I) walked along with our Marines as Kathy & Mike Lee rode in their convertible in the Webster Groves July 4th Parade. The crowd cheered us on as they were waving their small flags. What a GREAT day!

Another fun Saturday was on July 10th for the MCL 183 Annual Picnic held at Sunset Hills Park. It turned out to be a very nice day until it started clouding up late in the afternoon. Everything was packed up in a hurry and most of us were able to get to our cars without getting too wet!! Thanks to the League barbecuers, we had some awesome pork steaks, hamburgers and hot dogs. There was also quite an array of side dishes and desserts provided by the League and of course our Auxiliary ladies.

We were very happy once again this year to announce the winner of a \$500.00 Award Certificate to the college of their choice. Since the winner this year, Francisca Breitenfeld, wasn't able to be here in person since she lives in Texas, her Certificate will be mailed to her. She will be attending Texas A&M University majoring in College of Veterinary Medicine and Biomedical Sciences. Her sponsor member was her Grandfather, Richard Breitenfeld. And, FYI, her Grandmother, Judy Breitenfeld, was a Charter Member of our Auxiliary, chartered back in 2004.

Our Auxiliary made up two rather patriotic baskets to raffle off and the League had a 50/50 raffle. Bingo was also called by Carol McCarthy and Carole Lyston and there were several lucky winners who went home with a few dollar bills in their pockets or purses.

On Monday, July 19, we Ladies once again participated in yet another Pass & Review of one of our Marines ... Bob (Bobby) Cox. Bob was a Korean War Veteran who was placed into battle while on a helicopter resupply mission. He was a true hero. And, sadly, his wife, Judy, passed away just four days after Bob. They had a double funeral and were buried at Jefferson Barracks in South St. Louis County.

Carole Holmes and I will be heading to Springfield, Illinois the week of August 9th for the National MCL/MCLA Convention. More on our trip there in the next Scoop.

The meal for August 31st will be Sloppy Joe, a side dish, and dessert
The meal for September 28th will be Chili and Hot Dogs, and dessert

Detachment Meeting Night Dinners

Meals by the Ladies Auxiliary.
The dinner bell Rings at 1800 hrs.

August— Sloppy Joe, Side Dish, Dessert
September — Chili, Hot Dogs, and Dessert

Donate a Jar of Peanut Butter and a Jar of Jelly and receive \$1.00 off a Beer or a Free Soft Drink.



All donations benefit our Veterans through a program for not only our veterans in need but also those active members that require assistance.





August–September in Marine Corps History

1 August 1944: After nine days of fighting in a battle termed "the perfect amphibious operation of World War II," MajGen Harry Schmidt, commander of V Amphibious Corps, declared the island of Tinian secured. The combination of surprise, heavy pre-assault bombardment, and effective logistical support was responsible for Tinian's recapture with a much lower casualty rate (344 killed and 1550 wounded) than had been experienced in previous landings.

3 August 1950: Eight Corsairs of VMF-214, the famed "Black Sheep" squadron of World War II, launched from the USS *Sicily* and executed the first Marine aviation mission in the Korean War in a raid against enemy installations near Inchon. After the F4Us delivered their incendiary bombs and rockets on their targets, the Marines concluded their greeting to the Communist troops with a series of strafing runs.

7 August 1990: President Bush ordered U.S. military aircraft and troops to Saudi Arabia as part of a multinational force to defend that nation against possible Iraqi invasion. One week later the Marine Corps announced the commitment of 45,000 troops to the Persian Gulf area as part of Operation Desert Shield which would become the largest deployment of U.S. forces since the Vietnam War.

17 August 1942: Just prior to dawn, the 2d Marine Raider Battalion under LtCol Evans F. Carlson landed on Makin Island from the submarines *Nautilus* and *Argonaut*. The next day the Marines left the island after destroying a seaplane base, two radio stations, a supply warehouse, and killing about 100 Japanese soldiers.

23 August 1984: The last Marines to serve peace-keeping duty in Lebanon arrived home. The 24th Marine Amphibious Unit (MAU) arrived off the coast of Lebanon on 9 April to relieve Marines of the 22d MAU who were guarding the U.S. Embassy in Beirut. The 24th MAU left Beirut on 31 July, marking the last presence of U.S. combat troops in Beirut since Marines entered almost two years earlier.

24 August 1814: Captain Samuel Miller's 100-man detachment from Marine Barracks, Washington, fought in the battle of Bladensburg for the defense of the national capital. After helping to fight back three British charges, Captain Miller was wounded and the enemy began to work around both flanks of the American force. Almost encircled, the force of sailors and Marines was forced to retire to avoid capture. The Marines lost 8 killed and 14 wounded.

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 Inchon 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 Barataria, 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.



Earned
Never
Given



Honors

2021 YTD
152

Total:
9,358

**We still need
volunteers**

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

Presented to the
Deceased's next
of kin.



MCL 183

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Monthly Meetings
Last Tuesday of the month 1900 Hrs
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Marine of The Year:

2016 Charles Dooling	2017 Bob Scannell
2018 Ken Dieckmann	2019 Al Dreeste
2020 Ed Dodson	2021 Jim Appelbaum

Calendar of Events — 2021

Trivia Night.....	25 September
Fall Conference	tbd
Meat Shoot	9 October
Octoberfest	30 October
246th Birthday Ball.....	6 November
Christmas Party.....	18 December

Subject to Change Per COVID-19 Restrictions

DETACHMENT CONTACT INFORMATION

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(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.

The Detachment is manned from
1000 HRS to 1400 HRS,
Monday through Saturday

*30 OCTOBER OCTOBERFEST
9 OCTOBER MEAT SHOOT
25 SEPTEMBER TRIVIA NIGHT
UPCOMING EVENTS*

ONCE A MARINE, ALWAYS A MARINE

**SOUTH ST. LOUIS DETACHMENT
MCL 183**



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South St. Louis Detachment 183
7922 Croydon
St. Louis, MO 63123-1546**

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