



## *The FireFighter*

**Gung-Ho Means Work Together!**

**Iredell County MCL Detachment 1097      July 2018 Edition**

**July 26 - Detachment Meeting – 1900 - Troutman American Legion**

**Detachment website: <http://www.iredellmcl.org>**

**Once a Marine always a Marine**

**Commandant: Dick Camery**

**704-528-9445**

**[dcamery@bellsouth.net](mailto:dcamery@bellsouth.net)**

**Sr. Vice Commandant/**

**Jr. Past Commandant: Luca Cotrone**

**704-799-2274**

**[coolhandpoppop@windstream.net](mailto:coolhandpoppop@windstream.net)**

**Jr. Vice Commandant: Verlone Cherry**

**Public Relations:**

**704-682-9578**

**Judge Advocate: Steve Vanderzanden**

**704-677-2524**

**[van3545@yahoo.com](mailto:van3545@yahoo.com)**

**Sgt-at-Arms: Daniel Rucker**

**704-880-1152**

**[dglr68@att.net](mailto:dglr68@att.net)**

**Paymaster: Bill Stewart**

**704-872-4365**

**[bstewart@iredellglass.com](mailto:bstewart@iredellglass.com)**

**Adjutant: Pat Brown**

**704-533-1970**

**[patbrown@rocketmail.com](mailto:patbrown@rocketmail.com)**

**Chaplain: Frank Turner**

**704-450-4654**

**[fturnernaz@gmail.com](mailto:fturnernaz@gmail.com)**

**Webmaster/Eagle Scout Coord: Rick Saltzgeber**

**704-663-5996**

**[honcho21@gmail.com](mailto:honcho21@gmail.com)**

**Public Relations: Glyn Powell**

**704-765-8593**

**[glyn51933@gmail.com](mailto:glyn51933@gmail.com)**

*"We served our Country.....Now we serve our Community"*



## Marines,

During July, we provided financial assistance to an Army Veteran that was a resident at the Piedmont Veterans Assistance Council's (PVAC) transition home. He was assisted with a job but has now come up short of cash for his rent. Therefore, we teamed up with PVAC and the Iredell County Veterans Counsel (ICVC) and provided the funds he needed. Additionally, we donated \$250 to the American Legion Post#65 Christmas in July fund that is used to assist veterans at the Salisbury VA Hospital. We will be adding \$2,500 to the Dale Wilson Scholarship on August 1<sup>st</sup> and are working with the Charlotte International Airport USO to setup dates for a donation presentation to them.

We had 4 Vietnam Veterans ride on the honorary float for The Independence Day Parade and had 5 or 6 Marines ride on my truck for the parade. It was a very good event.

We have started to distribute tickets for our annual fundraiser this month. **The fundraiser will be at the Statesville Civic Center on November 1<sup>st</sup> (Thursday) 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. **At the June Detachment meeting, a motion was made, 2<sup>nd</sup> and approved to place any Detachment members name that sells 25 or more tickets into a drawing for a free fund raiser ticket (\$100 value) so get out there and sell your 25.**

Semper Fi,  
Dick Camery, Commandant



**DATE**

**MEETING/LOCATION/TIME**

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
Oct 15	Iredell County Veterans Council – Richard’s Coffee Shop – Mooresville - 1830
Oct 25	Detachment Meeting – Troutman American Legion – 1900
Nov 1	MCL Iredell County Annual Fundraiser – Statesville Civic Center – 300 S. Center Street Statesville



**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**

## **CANCER: DIAGNOSING AND PREVENTING**

*Know the risks - early detection is important*

Cancer can be scary. The disease is linked to genetics, the environment, your age, and pure chance. But, since most cancers show no symptoms, regular screenings for cancer are highly encouraged. These screenings increase your likelihood of catching cancer early when it's easier to treat and cure.

Even though cancer is a general term referring to more than 200 different diseases, there are three common types to be aware of:

**Lung cancer** is the most common cancer in the U.S. with about 430,000 people living with this diagnosis. Usually, the result of smoking, lung cancer often shows no symptoms until it spreads. If you do have symptoms such as constant coughing, hoarseness, respiratory infections, and coughing up blood, please see your health care provider.

**Breast cancer:** An estimated 1 in 8 US women will develop breast cancer over the course of her lifetime, making this the most common cancer found in women. Signs of breast cancer include developing a lump, breast pain, nipple discharge (other than breast milk, including blood), skin irritation, redness, swelling and/or any change in the size or shape of the breast.

**Colorectal cancer** is the second leading cause of cancer deaths in the U.S. for men and women. It starts with a growth or polyp inside the colon or rectum and takes several years to develop into cancer, making it highly preventable. Although there are often no symptoms during the early stages, you should tell your doctor if you experience rectal bleeding, blood in stool, changes in your bowel habits, and cramping.

Talk with your health care team about [what screens are appropriate for you.](#)

## UNDERSTANDING ACUTE AND CHRONIC PAIN

You've been in pain for a few months now. But is your pain acute or chronic? Understanding the difference between the two is very important when it comes to talking with your health care team and planning pain-management strategies.

The *Understanding Pain* video was developed to give Veterans, family members, and clinicians with general strategies for managing acute and chronic pain. Based on an Australian concept for pain education, *Understanding Pain* is a product of the Department of Defense (DoD) - Veterans Health Administration (VHA) Joint Pain Education Project (JPEP).

**Acute pain** typically lasts for a few weeks and can happen for many reasons. It's usually caused by something specific, such as a surgery, a back injury, or a sprained ankle, and goes away after your body has healed.

When pain continues after healing, it's defined as **chronic pain**. Chronic pain is much more complicated than acute pain. Chronic pain can impact your mood, your lifestyle, and your overall well-being.

VA has ways for helping you manage your acute and chronic pain.

## TIPS FOR A BETTER LUNCH ON THE GO

Ah, lunch. The most overlooked meal of the day. The main problem with not planning for lunch is that you're not focused on your food. Instead, you're sending emails, checking on the grandkids, shuffling paper, the perfect recipe for overeating. We know it's tempting to have coffee for breakfast and fast food for lunch. But these quick fixes can lead to obesity as well as reduced energy and focus.

For those of you looking to save time, money, and calories during your lunch break, VA has ten easy tips to power up your lunch, and so you feel re-energized and satisfied, without the midday food coma:

1. Buy a good-looking and practical lunch kit. Many come with sections or individual serving-sized compartments to keep items separated.
2. Pick up your favorite salad on your way home from work in the evenings for lunch the next day. Ask for cheese or meat on the side to keep it fresh. The following day, just grab the bag and go.
3. Keep a salad crisp by packing the dressing separately. You can use small containers to wrap the dressing or request extra packets of dressing when eating out for later use.
4. Pack bread, meat, cheese, tomatoes and lettuce, cucumbers, and condiments separately, and put your sandwich together right before you eat.

5. Pack carrot sticks, sliced cucumbers, peppers, apples, etc. to add a satisfying crunch to your lunch.
6. Pack a variety of colorful veggies and fruits like red, black, and blueberries; green, red and yellow peppers; white bananas; black beans; orange carrots; etc. to make your meal more attractive.
7. If you are doing physical activity in the heat, you might need a sports drink to replace the electrolytes lost in sweat, but if you spend most your time in an air-conditioned office, choose water for the best hydration.
8. Beans are packed with protein, fiber, and antioxidants to help fight cancer and other diseases, help regulate blood sugar, and battle constipation. Beans can mix into dips or hummus to pair with veggie sticks, pretzels, or chips. They are naturally low in fat and sodium, which makes them heart-healthy.
9. If you work in an office, reduce everyday stress by eating away from your desk. Walk to your car, an outside bench, or a different lunch area to break the monotony. Reserve 5-10 minutes of your break to take a short walk outside or in the halls to boost your mood and stretch your legs.
10. Don't over-eat mid-day. Instead, eat to satisfy, not stuff yourself at lunchtime. You can include an afternoon snack like fruit and nuts for late-day energy slumps, but avoid the unhealthy options in the snack machine.

### **Don't Forget To Keep Track**

Tracking what you eat and your energy levels are key to figuring out what works for you. Keep a simple log of the food you eat and the energy levels you have during the day on My HealthVet. The My HealthVet's [Track Health](#) section allows a [registered user](#) to record and track their health information in one convenient location. One can keep track of their diet and exercise in the Food Journal section.

Pretty soon patterns will start to emerge. These observations will then allow you to make other decisions to change your eating habits. You will see your weight loss be even more successful!