



The Straight Scoop

Department Newsletter of the
Marine Corps League
Department of West Virginia
P.O. Box 11828
Charleston, WV 25339



Volume 12, Issue 4, April 2019

Department Officers:

Commandant: Scott Kirby, 304-588-0318
Sr. Vice Commandant: Jim Doss, 740-441-5638
Jr. Vice Commandant: Jerry Bain, 304-675-1905
Judge Advocate: Rodney Mayberry, 304-922-2150
Jr. Past Commandant: Michael McLain, 304-464-5049
Legislative: Hershel Williams, 304-743-1026
Chief of Staff: Roger Ware, 304-636-4365
Web Sgt: Steven Swenton, 304-277-8872

Adjutant: Patti Leib, 740-591-8611
Paymaster: Patti Leib, 740-591-8611
Chaplain: Frank Armentrout 304-837-4011
Sgt.-at-Arms: Chuck Ghuste 304-692-0334
Asst Sgt-at-Arms: Greg Irwin, 304-704-5758
Service/VAVS: Roger L. Estep, 304-380-7930
Public Relations: Jean Lamb, 304-595-1482
Historian: Mike Lynon, 304-419-0982

Department E-mail contact: ronald_kirby@yahoo.com
Department Web site: <http://www.mcleaguedeptofwv.org/>
Department Adjutant/Paymaster pattileib024@gmail.com
PO Box 1224 Athens, OH 45701-1224

Newsletter Editor: Roger Ware, 181 Weese Street, Elkins, WV 26241 E-mail: rware@yahoo.com



COMMANDANT'S MESSAGE

Marines, FMF Corpsmen, FMF Chaplains and Associate Members. I hope this finds you well.

We are one month away from our Department Convention and preparations are well under way. The Sr Vice, Jr Vice and I met with the Earl Anderson Detachment and the Department Convention Committee in Morgantown last month. I am very pleased with the preparations and am very excited for the Convention. Special thanks to Commandant Cliff VanGlider and Convention Committee Chairman Charity Bogard for all of their committee's hard work to make this year's convention a great success. I ask that all detachments get their ads in for the ad book as soon as possible. Continue to sell your raffle tickets and get the stubs turned in to Denny Wood the Department Raffle Chairman. Also, each Detachment needs to bring at least three quality items for the Woody Williams scholarship auction.

Remember to get your annual reports submitted and turned in to the Department Adjutant Patti Leib as soon as possible. She is updating the Department snapshot page as we speak. I would like to see as many

Detachments as possible come to the Convention. We have a great Professional Development training prepared to pass along to everyone in attendance.

The Department Judge Advocate and I have, unfortunately, been very busy in the past month. We will be discussing this at the Convention so be sure to be there. Elections are coming up, so if you are interested in running for a position, please get with Jim Doss the Department Sr Vice Commandant.

In closing, we as a Department have been continuously busy. Keep up the GREAT work and keep the Hammer Down.

Please keep all members of our Armed Forces in your thoughts and Prayers as they serve in harm's way.

Semper Fidelis,
Scott Kirby
Commandant
Dept. of WV
Marine Corps League

Chaplain's Corner

As a Minister and Chaplain, I often need to have difficult conversations or meetings with members of my congregation or the Marine Corps League. Issues in the judicial system, policies, outreach opportunities, correcting and rebuking are often necessary in my position, and never fun.

Before these conversations, I usually have a knot in the pit of my stomach, and jumbled nerves precede conversations I honestly would rather avoid.

In contrast, only hours before His trial and execution, Jesus sat peacefully and calmly at rest in the company of His disciples. My conversations are nowhere near the magnitude or importance of Christ's impending crucifixion, yet our reactions couldn't be more different.

The difference is where we put our attention. While Jesus soon uttered the words to the Father, "Not My will but Thine", we are often focused on our fears of a devastating potential outcome. Usually none of these dire circumstances ever come to pass, but our fears often limit our ability to remain focused or completely objective. But the discipline we learned in our Military service and our faith in God will help us keep our focus on Him and His purpose for our lives. We not only will continue to honor God and Country, but will also be able to draw others close to Him, so they, too, can receive His peace and purpose in their lives. Remember, we can always turn to Him in difficult circumstances.

May you all enjoy the blessings of the Easter season with your friends and family.

Semper Fi
Chaplain Frank

Mideast Division Marine of the Year

Section 300 (h) of the National Administrative Procedures outlines the criteria for selection of the National Marine of the Year. Using these provisions, the following Mideast Division MOY recipients are the committee to select a 2019 Mideast Division Marine of the Year. The Chairman is Roger Ware - Department of West Virginia The other committee members are: Bud Raines - Department of Maryland, Richard Tanner - Department of Delaware, Mike McLain - Department of West Virginia and Jeffrey Jones and Rick Thomason - Department of North Carolina. The guidelines in Section 300 (h)

(2) of the above reference must be followed for each nomination. Please insert "Division" in lieu of "National", as appropriate. Any regular member from the Mideast Division can be nominated and the Mideast Division MOY will be presented at the 2019 Mideast Division Conference, June 22, 2019 in Princeton, WV. Each letter of nomination must be mailed to the above chairman, registered return receipt, post marked not later than May 15, 2019. Mail to Roger Ware, 181 Weese St, Elkins, WV 26241. Telephone: 304-636- 4365. The Marine of the Year Committee will announce the 2019 recipient during the Mideast Division Conference. The above provisions are for 2019 Marine of the Year selection only.

Division Marine of the Year Criteria

This award shall be presented to a REGULAR MEMBER of the Marine Corps League who has rendered service(s) and/or performed a deed(s) above and beyond the duties and obligations required of a member of the Marine Corps League, or a meritorious deed(s) so identified as being within the scope of these rules shall be of such substance that the weight will or shall have brought acclaim and prestige to the Marine Corps League; or has enhanced and/or furthered the concepts of the duties of being a citizen of the United States of America; or a deed(s) of courage or valor without regard for his/her own safety

Letters of nomination must originate only at the DETACHMENT LEVEL. No individual nor any subsidiary unit of the Marine Corps League shall submit a letter of nomination. All letters of nomination shall include a letter signed by the Detachment Commandant and Adjutant, stating that the nominee for Division Marine of the Year was approved at a regular meeting of the detachment by a majority vote. (In the event a nominee is the Commandant, the letter of nomination shall be signed by the Senior Vice Commandant and the Adjutant. In the event a nominee is the Detachment Adjutant, the letter of nomination shall be signed by the Detachment Commandant and Senior Vice Commandant).

Each nomination submitted shall be placed in a sealed envelope and addressed to "Chairman, Division Marine of the Year Society". THIS ENVELOPE SHALL THEN BE PLACED IN ANOTHER ENVELOPE and mailed, certified/return receipt requested, to: The Chairman at the address listed on the announcement.

The member must be a member in good standing and have served at least either an elected or appointed position within his detachment and department. List how many years he has been a member. List his positions and what was the significance of each if any. Is he a Detachment or Department Marine of the Year?

The recommendation should summarize what the member has done in his detachment, and or department. It should be brief and only impact areas where the candidate performed that brought credit upon his detachment and not merely list that he performed the duties expected of his position and or attended meetings. What were the results of any activities he participated in that were above the normal expected duties of his position?

List those activities where he was the chairman or committee lead. Examples: Toys for Tots for 15 years and how many toys collected and how many children benefited.

Chairman of numerous fund-raising events that benefited detachment or selected charities. What was the total amount generated? Did he teach flag etiquette or flag folding to children, how many classes and how many kids for how many years.

What civic projects or volunteer did he do to enhance the league. If he did not participate as a league member in an event or activity, do not list it. What did he do as a volunteer outside of his detachment for the league? Was he recognized within his community for a project?

The nomination should be a snapshot of the member's achievements and not just listing his MCL awards. Did he attend his department quarterly meetings or convention, Mideast Division Conference, National Mid-Winter Staff Conference, National Convention?

The Division MOY Committee has developed a point system to aid them in their selection process. Consideration can be giving a point for each event, and a point giving for participation outside his detachment for either serving on department, division or national level and on any committee

National Archives

Veterans and their next of kin can request copies of all military records as well as duplicate awards and decorations by visiting this site:

<https://www.archives.gov/veterans>

Next Commandant of the Marine Corps

Marine Corps Lt. Gen. David H. Berger has been appointed to the rank of general, and assignment as commandant of the Marine Corps. Berger is serving as the deputy commandant for combat development and integration; and Commanding General, Marine Corps Combat Development Command, Quantico, Virginia.

2019 MCL Department Convention Schedule
The Morgantown Marriott at Waterfront Place, Morgantown, WV May 17 -19, 2019

Friday, May 17, 2019

1300-1600 Professional Development & Leadership Training
1300-1600 MCL & MODD Registration
1200-1300 Lunch on your own
1300-1700 Department Audit Committee*
1600-1700 Commandant's Council for Detachment Commandants/**Staff Officers Meeting**
1700-1830 Dinner on your own 1700-2230 Hospitality Room open
1830-1900 MODD Pack Board Meeting - At call of Dept Commandant, Pack Leader, MODD
1900-2100 MODD Growl of the Pack

Saturday, May 18, 2019

0600-0930 Breakfast on your own 0800-1000 MCL
registration
0800-0815 Flag-raising Ceremony - Dept Sgt-at-Arms
0820-0930 Memorial Services, all hands attending - Dept Chaplain
0930-0945 Department Budget Committee Meeting*
0930-0945 Department Nominations Committee Meeting*
1000-1200 MCL Business Meeting
1200-1315 Lunch on your own
1315-1600 MCL Business Meeting
1615-1640 New Officer Installation & Department Officers' Meeting
1800-1900 Formal Reception
1900-2200 Grand Banquet
* At call of Chairman for Audit, Budget and Nominations Committee

Detachment Awards

It is the responsibility of the Commandant to ensure that members are recognized for performing Detachment events, displaying USMC or MCL Principles and Purposes, outstanding community involvement and promoting patriotism. There are various awards and MCL certificates that can be fabricated and presented.

Actual performance must exceed normal expectations and merits a respective award to ensure integrity of the Award. No award should be given because they are a member. Must be able to justify award. The impact upon detachment or community will determine the award level. Thanking members is also a reward. Certificates can be presented to businesses or organizations.

Ceremonial Guard Ribbon (with authorization noted on the certificate to wear the Ribbon)

Must participate in 10 events for each award. Events include Color Guard, Funeral/Honor Detail, Rifle Detail or Marching Squad. Just walking or riding on a float in a parade does not qualify unless it is part of a specific detail or program such as a Marching Unit. This Award is retroactive to 1 January 2010 for all individuals who have met the qualifications for the Award.

Distinguished Citizen Medal - Bronze

Awarded to detachment members and community citizens for outstanding service or those who have been examples of patriotism and exemplary citizenship

Distinguished Service Award (with authorization noted on the certificate to wear the Medal/Ribbon)

Awarded to detachment members for outstanding service and those who have excelled and exceeded expectations

Detachment Recruiter Medal - Bronze - (with authorization noted on the certificate to wear the Medal/Ribbon)

Awarded to member who signs up most new members within a year

MCL Community Service, VAVS Service, or JROTC Service Ribbon

Awarded to individual for either Community Service, VAVS and or JROTC Service

Meritorious Individual Commendation Ribbon

Awarded for individual meritorious action or contributions to detachment or community

Certificate of Appreciation

Awarded for performance that reflects on the detachment or other community service

The following Awards are automatically authorized to be worn by Detachment members:

Detachment Commandant Medal Detachment Marine of the Year Medal Detachment Staff Medal - Elected Detachment Staff Medal - Appointed

MCL Medal (Membership) is automatically authorized for a member who has been in the League for five (5) continuous years and has not had their membership revoked.

Detachment Marine of the Year (with authorization noted on the certificate to wear the Medallion and ribbon)

This award is presented to the Detachment member demonstrating outstanding performance and dedication above and beyond expectations of the principles of the MCL that merit nomination for the award. The selection for the Detachment Marine of the Year (DMOY) may be selected by the membership or by a committee of all previous Detachment Marine of the Year recipients. This will be the Detachment Marine of the Year Committee. The criteria for selecting the annual DMOY will be determined by the Committee. The previous recipient will be the Chairman and will call for the Committee to meet. The Leaguer selected will be presented the Detachment Marine of the Year Medal at a ceremony and will be authorized to wear it in accordance with the prescribed Uniform Code. A suitable certificate will be presented and will be included in the Detachment Minutes.

Boy Scout Eagle Scout - Marine Corps League Good Citizenship Award - Presented to a Boy Scout who has attained the rank of Eagle Scout. Usually presented during Boy Scout Eagle Scout Court of Honor ceremony. Appropriate words of remarks should be made during presentation by Marine Corps League representative.

Annual Corporate Report

Every detachment must be incorporated within the state so after annual officer installations are complete, the Detachment must complete and file a Corporation Annual Report prior to 30 June each year and mail to the WV Secretary of State, Business and Licensing Division. If Officers are installed or changed after 1 July, the Detachment must file an Application to Appoint or Change Officers, and/or Office Addresses with the WV Secretary of State. Once the form is completed, a copy should be mailed to the Department Adjutant for record purposes.

Every detachment that is incorporated must file an Annual Report for Corporations. The cost is \$26 and is payable to the WV Secretary of State's office. *This must be completed before June 30 of each year.* This should be done as soon as you have your elections and officers installed. The Secretary of State has recently sent an email to all detachment and Pounds that they must file their ACR on line. They will no longer accept a paper copy. Detachments and Pounds that do not file their annual reports on time are at risk of being administratively dissolved or revoked and will be assessed a mandatory late fee of \$25 (twenty-five dollars) in addition to the regular fee of \$26 for non-profit organizations as required by West Virginia Code.

Detachment Commandants, Paymasters, Adjutants and Adjutant/Paymasters;

It is time for most; if not all; of the Detachments to elect their officers for the 2019 - 2020 terms. That also means it is time for you to submit your Report of Officer Installation (ROI) for 2019 - 2020.

Remember that you have to send in a Report of Officer Installation (ROI) every year even if none of your officer's change. Thanks! And Semper Fi, pattileib024@gmail.com

Mail them to:

Patti Leib, Adjutant-Paymaster
Department of West Virginia – MCL
PO Box 1224
Athens, Ohio 45701-1224

VA to Announce Decision on New Agent Orange Presumptive Conditions

Several years after a scientific body recommended that the [Department of Veterans Affairs](#) consider adding four conditions -- bladder cancer, hypothyroidism, hypertension and Parkinson's-like symptoms -- to the list of qualifying diseases tied to [Agent Orange](#), affected veterans may soon find out whether they are eligible for disability compensation and VA health care.

During a Senate Veterans Affairs hearing Tuesday on the VA budget, Dr. Richard Stone, the executive in charge of the Veterans Health Administration, said a decision on the three illnesses likely would come in the next 90 days.

Responding to a question from Sen. Sherrod Brown, D-Ohio, Stone said the VA is working "through this right now, and it would be my hope" to have a decision within three months. He added that the recommendation will go to VA Secretary Robert Wilkie for final approval.

"It took this country far too long to come to terms with Agent Orange," Brown said.

In March 2016, the National Academy of Medicine found evidence that two conditions, bladder cancer and hypothyroidism, are likely linked to Agent Orange exposure and that a third condition, Parkinson-like symptoms, also should be included on the list of diseases presumed to be related to contact with the herbicide.

The announcement brought hope to thousands of veterans living with bladder cancer and thyroid problems, as well as those who have essential tremors and other symptoms similar to Parkinson's, but who haven't been diagnosed with the disease.

In late 2017, former VA Secretary Dr. David Shulkin said he had made a decision on whether to add the three conditions to the list of 14 Agent Orange-related illnesses, but it was never announced.

In November 2018, the National Academies of Sciences, Engineering and Medicine also released a report finding sufficient evidence to link high blood pressure with exposure to Agent Orange.

High blood pressure, or hypertension, previously had been designated as having limited or suggestive evidence that it is related to contact with Agent Orange. A National Academies committee, having reviewed new studies, upgraded the association to say there is "sufficient" evidence that ties the disease to exposure.

But high blood pressure is so common among older Americans that it has never been added to the presumptive list, even though the suggested evidence shows it may be tied to exposure.

The U.S. military sprayed millions of gallons of herbicides, including Agent Orange, in Vietnam to clear the jungle of foliage that obscured enemy movements.

More than 2.7 million veterans served in Vietnam. Veterans with health conditions connected to serving on the ground in Vietnam and inland waterways are eligible for health care and compensation from the VA.

A [legal decision announced in January](#) by the U.S. Court of Appeals for the Federal Circuit may extend those benefits to sailors and [Marines](#) who have qualifying diseases and were assigned to ships offshore.

The VA announced [Thursday it will not appeal the decision](#) by a federal judge to award benefits to the veterans, known as the Blue Water Navy.

Secretary Wilkie testifies that VA will accelerate disability benefits claims processing for Purple Heart Medal recipients

Secretary Wilkie testifies that VA will accelerate disability benefits claims processing for Purple Heart Medal recipients

On March 26, 2019 at a congressional hearing VA Secretary Robert Wilkie announced that effective in April, it will provide priority disability benefits claims processing for the initial claims from discharged combat Veterans who have been awarded the Purple Heart Medal.

Secretary Wilkie announced his decision at a hearing before the House Appropriations Subcommittee on Military Construction, Veterans Affairs, and Related Agencies. "Those who hold the Purple Heart, the recognition of wounds taken in battle, will now receive priority consideration when it comes to claims before the Department of Veterans Affairs," said Secretary Wilkie.

The Veterans Benefits Administration will amend its priority processing categories to include initial claims received from Purple Heart recipients on or after April 1, 2019. Purple Heart recipients are already treated on a priority basis at VA hospitals and are exempt from co-payments for their medical care.

The Purple Heart award is the oldest U.S. military decoration and is awarded to U.S. service members for

wounds suffered at the hands of the enemy. General George Washington awarded the first purple-colored heart-shaped badges to soldiers who fought in the Continental Army during the American Revolution. In 1932, it was revived to commemorate Washington's 200th birthday.

VA Benefits Eligibility Based on Disability Rating

Take a look at the eligibility matrix below to see what benefits you are eligible for based on your disability rating:

Rating of 0% - 20%

Certification of Eligibility for home loan guaranty. Home loan guaranty fee exemption.

VA Priority medical treatment card.

Vocational Rehabilitation and Counseling under Title 38 USC Chapter 31 (must be at least 10%).

Service-Disabled Veterans Insurance (Maximum of \$10,000 coverage) must file within 2 years from the date of new service connection.

10-point Civil Service preference (10 points added to Civil Service test score).

Clothing allowance for veterans who use or wear a prosthetic or orthopedic appliance (artificial limb, braces, wheelchair) or use prescribed medications for skin condition, which tend to wear, tear or soil clothing.

Temporary total evaluation (100%) based on hospitalization for a service-connected disability in excess of 21 days; or surgical treatment for a service-connected disability necessitating at least 1 month of convalescence or immobilization by cast, without surgery of more major joints.

Rating of 30%

Additional allowance for dependent (spouse, child(ren), step child(ren), helpless child(ren), full-time students between the ages of 18 and 23 and parent(s).

Additional allowances for a spouse who is a patient in a nursing home or helpless or blind or so nearly helpless or blind as to require the regular aid and attendance of another person.

Rating of 40%

Automobile grant and/or special adaptive equipment for an automobile provided there is loss or permanent loss of use of one or both feet, loss or permanent loss of one or both hands or permanent impaired vision in both eyes with central visual acuity of 20/200 or less in better eye.

Special adaptive equipment may also be applied for if there is ankylosis of one or both knees or one or both hips.

Rating of 50%

VA Medical outpatient treatment for any condition except dental. Preventative health care services.

Hospital care and medical services in non-VA facilities under an authorized fee basis agreement.

Rating of 60% - 80%

Increased compensation (100%) based on Individual Unemployability (IU) (applies to veterans who are unable to obtain or maintain substantially gainful employment due to service-connected disability).

Rating of 100%

Dental treatment.

Department of Defense Commissary privileges. Veteran's employment preference for spouse.

Waiver of National Service Life Insurance premiums.

National Service Life Insurance total disability income provisions.

Specially adapted housing for veterans who have loss or permanent loss of use of both lower extremities or the loss of blindness in both eyes having light perception only plus loss of use of one lower extremity or the loss or permanent loss of use of one lower extremity with loss or permanent loss of use of one upper extremity or the loss or permanent loss of use of one extremity together with an organic disease which affects the functions of balance and

propulsion as to preclude locomotion without the aid of braces, crutches, canes or wheelchair.

Special home adaptation grant (for veterans who don't qualify for Specially Adapted Housing) may be applied for if the veteran is permanently and totally disabled due to blindness in both eyes with visual acuity of 5/200 or less or loss or permanent loss of use of both hands.

Rating of 100% (Permanent and Total) In Addition to the Above:

Civilian Health and Medical Program for Dependents and Survivors (CHAMPVA). Survivors and dependents education assistance under Title 38 USC Chapter 35.

Chosin Reservoir - How Tootsie Rolls Accidentally Saved Marines During War

On November 26, 1950, 10,000 men of the First Marine Division, along with elements of two Army regimental combat teams, a detachment of British Royal Marine commandos and some South Korean policemen were completely surrounded by over ten divisions of Chinese troops in rugged mountains near the Chosin Reservoir. Chairman Mao had personally ordered the Marines be annihilated, and Chinese General Song Shi-Lun gave it his best shot, throwing human waves of his 120,000 soldiers against the heavily outnumbered allied forces. A massive cold front blew in from Siberia, and with it, the coldest winter in recorded Korean history. For the encircled allies at the Chosin Reservoir, daytime temperatures averaged five degrees below zero, while nights plunged to minus 35 and lower.

Jeep batteries froze and split. C-rations ran dangerously low and the cans were frozen solid. Fuel could not be spared to thaw them. If truck engines stopped, their fuel lines froze. Automatic weapons wouldn't cycle. Morphine Serrettes had to be thawed in a medical corpsman's mouth before they could be injected. Precious bottles of blood plasma were frozen and useless. Resupply could only come by air, and that was spotty and erratic because of the foul weather. High Command virtually wrote them off, believing their situation was hopeless. Washington braced for imminent news of slaughter and defeat. Retreat was hardly an option; not through that wall of Chinese troops. If the Marines defended, they would be wiped out. So, they formed a 12-mile long column and attacked.

There were 78 miles of narrow, crumbling, steeply-angled road and 100,000 Chinese soldiers between the Marines and the sea at Hungnam. Both sides fought savagely for every inch of it. The march out became one monstrous, moving battle. The Chinese used the ravines between ridges, protected from rifle fire, to marshal their forces between attacks. The Marines' 60-millimeter mortars, capable of delivering high, arcing fire over the ridgelines, breaking up those human waves, became perhaps the most valuable weapon the Marines had. But their supply of mortar rounds was quickly depleted.

Emergency requests for resupply were sent by radio, using code words for specific items. The code for 60mm mortar ammo was "Tootsie Rolls" but the radio operator receiving that urgent request didn't have the Marines' code sheets. All he knew was that the request came from command authority, it was extremely urgent and there were tons of Tootsie Rolls at supply bases in Japan.

Tootsie Rolls had been issued with other rations to US troops since World War I, earning preferred status because they held up so well to heat, cold and rough handling compared to other candies. Tearing through the clouds and fog, parachutes bearing pallet-loads of Tootsie Rolls descended on the Marines. After initial shocked reactions, the freezing, starving troops rejoiced. Frozen Tootsies were thawed in armpits, popped in mouths, and their sugar provided instant energy. For many, Tootsie Rolls were their only nourishment for days. The troops also learned they could use warmed Tootsie Rolls to plug bullet holes in fuel drums, gas tanks, cans and radiators, where they would freeze solid again, sealing the leaks.

Over two weeks of unspeakable misery, movement and murderous fighting, the 15,000- man column suffered 3,000 killed in action, 6,000 wounded and thousands of severe frostbite cases. But they reached the sea, demolishing several Chinese divisions in the process. Hundreds credited their very survival to Tootsie Rolls. Surviving Marines called themselves "The Chosin Few," and among themselves, another name: The Tootsie Roll Marines.

Alzheimer's -Chronic Lack of Sleep May Worsen the Disease and Memory Loss

In addition to memory loss and confusion, many people with Alzheimer's disease have trouble sleeping. Now an NIH funded team of researchers has evidence that the reverse is also true: a chronic lack of sleep may worsen the disease and its associated memory loss. The new findings center on a protein called tau, which accumulates in abnormal tangles in the brains of people with Alzheimer's disease. In the healthy brain, active neurons naturally release some tau during waking hours, but it normally gets cleared away during sleep.

Essentially, your brain has a system for taking the garbage out while you're off in dreamland. The latest findings in studies of mice and people further suggest that sleep deprivation upsets this balance, allowing more tau to be released, accumulate, and spread in toxic tangles within brain areas important for memory. While more study is needed, the findings suggest that regular and substantial sleep may play an unexpectedly important role in helping to delay or slow down Alzheimer's disease.

It's long been recognized that Alzheimer's disease is associated with the gradual accumulation of beta-amyloid peptides and tau proteins, which form plaques and tangles that are considered hallmarks of the disease. It has only more recently become clear that, while beta-amyloid is an early sign of the disease, tau deposits track more closely with disease progression and a person's cognitive decline. Such findings have raised hopes among researchers including David Holtzman, Washington University School of Medicine, St. Louis, that tau-targeting treatments might slow this devastating disease.

Though much of the hope has focused on developing the right drugs, some has also focused on sleep and its nightly ability to reset the brain's metabolic harmony.

In the new study published in *Science*, Holtzman's team set out to explore whether tau levels in the brain naturally are tied to the sleep-wake cycle¹. Earlier studies had shown that tau is released in small amounts by active neurons. But when neurons are chronically activated, more tau gets released. So, do tau levels rise when we're awake and fall during slumber? The Holtzman team found that they do. The researchers measured tau levels in brain fluid collected from mice during their normal waking and sleeping hours. (Since mice are nocturnal, they sleep primarily during the day.) The researchers found that tau levels in brain fluid nearly double when the animals are awake. They also found that sleep deprivation caused tau levels in brain fluid to double yet again.

These findings were especially interesting because Holtzman's team had already made a related finding in people. The team found that healthy adults forced to pull an all-nighter had a 30 percent increase on average in levels of unhealthy beta-amyloid in their cerebrospinal fluid (CSF). The researchers went back and reanalyzed those same human samples for tau. Sure enough, the tau levels were elevated on average by about 50 percent. Once tau begins to accumulate in brain tissue, the protein can spread from one brain area to the next along neural connections. So, Holtzman's team wondered whether a lack of sleep over longer periods also might encourage tau to spread.

To find out, mice engineered to produce human tau fibrils in their brains were made to stay up longer than usual and get less quality sleep over several weeks. Those studies showed that, while less sleep didn't change the original deposition of tau in the brain, it did lead to a significant increase in tau's spread. Intriguingly, tau tangles in the animals appeared in the same brain areas affected in people with Alzheimer's disease. Another report by Holtzman's team appearing early last month in *Science Translational Medicine* found yet another link between tau and poor sleep. That study showed that older people who had more tau tangles in their brains by PET scanning had less slow-wave, deep sleep².

Together, these new findings suggest that Alzheimer's disease and sleep loss are even more intimately intertwined than had been realized. The findings suggest that good sleep habits and/or treatments designed to encourage plenty of high-quality Zzzz's might play an important role in slowing Alzheimer's disease. On the other hand, poor sleep also might worsen the condition and serve as an early warning sign of Alzheimer's. For now, the findings come as an important reminder that all of us should do our best to get a good night's rest on a regular basis. Sleep deprivation really isn't a good way to deal with overly busy lives (I'm talking to myself here). It isn't yet clear if better sleep habits will prevent or delay Alzheimer's disease, but it surely can't hurt.

VA Individual Unemployability - Understanding New Verification Process

The VA recently began sending out letters to veterans in receipt of a total disability rating (100 percent) based on individual unemployability (IU) that detail the department's new process for verification of employment status. The letters include some confusing language that the VA is working to clear up. Previously, the VA sent VA Form 214140 (Employment Questionnaire) annually, asking veterans to report employment status in order to make a determination on continued IU eligibility. If a response was not received within 30 days, the VA would begin the process of discontinuation. If a response was received, the VA would determine action based on the information provided by the veteran.

Under the new process, the VA will use a data wage match with the Social Security Administration (SSA) to identify veterans in receipt of IU who also have earned wages above the poverty threshold, as defined by the U.S. Census Bureau, for the previous calendar year. However, this passage in the letter has created some confusion: "Military Pay or Workers' Compensation: Your payment may be affected by the following, which you must bring to our attention: Receipt of armed forces service retirement pay, unless your retirement pay has already been reduced because of award of disability compensation."

The form the VA requires for eligibility verification only requires the veteran to fill out the Employment Certification Section (II) or the Unemployment Certification Section (III). If employed, you must provide Employer Name/Address, Type of Work, Hours Per Week, Dates of Employment, Time Lost from Illness and Highest Gross Earnings Per Month for each employer during the past 12 months. The catch here is that the VA is really only interested in "earned income." Military retired pay and Social Security benefits are not considered "earned income" and are not required to be reported on the questionnaire. The VA is in the process of rewriting the IU Eligibility letter, and thankfully the draft copy MOAA received no longer includes the confusing language on receipt of armed forces service retirement pay.

RIP Medical Debt Veterans Receive Golden 'Tickets' Canceling Their Medical Debt

It sounds crazy and looks like a scam: a golden envelope containing a letter that says part or all of your health care debt has been erased. But for thousands of veterans and family members, the mailings, which have been going out since 2016, have been the winning ticket for getting out from under a mountain of medical bills. In the past three years, RIP Medical Debt (www.ripmedicaldebt.org) has quietly erased roughly \$65 million worth of medical debt for veterans, family members, National Guard and reserve members, notifying them by mail of the action, according to retired Army Col. Mikel Burroughs, vice president of military and civilian debt acquisition and relief at RIP Medical Debt.

The random acts of kindness are not just reserved for former military service members. Since beginning its mission in 2014, the nonprofit has forgiven about \$435 million worth of medical debt for civilians with significant bills who are living at less than twice the poverty level, are insolvent or have more than 5 percent of their gross income going to health care debt. The idea began when two collections industry executives, Craig Antico and Jerry Ashton, decided to establish a nonprofit to provide a tax-deductible means for individuals and donors to give money to forgive unpaid medical debt for those in dire need.

RIP Medical Debt works like this: Donors and organizations raise the funds needed to purchase medical debt from the companies that hold it after hospitals, providers, ambulance companies and agencies have exhausted their efforts to collect payment. RIP buys the debt for a penny -- or less -- on the dollar, so if a philanthropist donates \$50,000, the non-profit can erase \$5 million in debt. Working with the debt holders, it finds patients in dire straits and gleans the list specifically to find veterans. Some of those get the yellow envelope.

Ashton, a Navy veteran, wrote in Huff Post last year that when they first started their nonprofit, they noticed "a surprising percentage of the people whose debt we were abolishing were active-duty military and veterans." "Like many Americans, I believed that America takes care of the medical needs of the men and women who have served our country," he said. Instead, he found that veterans may face mounting medical bills while waiting to get into the Department of Veterans Affairs system or they aren't eligible for care at the VA. Plus, Burroughs noted, they may get into debt because their family members aren't covered. "A lot of veterans just get stuck in the quagmire," Burroughs said.

Ashton cited the example of a 73-year-old veteran who went to a local hospital for cardiac arrest. While he

was there, hospital staff notified the VA medical center that the veteran needed emergency bypass surgery. The VA center said it would send an ambulance to pick him up and transport him there, 75 miles away. But the veteran already was being prepped for surgery. The VA then declined to pay the veteran's outstanding \$36,000 bill, because, according to the VA, the veteran had "refused emergency transport." He depleted his savings and took out a loan but still couldn't pay off the debt, according to Ashton. "We are vigorously taking up causes as personal as this," he wrote.

The charity started off slow, running in the red through 2015 while setting up the mechanisms for executing the plan. It received a significant boost in donations and legitimacy in 2016 when John Oliver ran a segment on his HBO Last Week Tonight show about the debt-buying industry. In an attempt to highlight the dark side of the business, Oliver started his own company for \$50 and purchased \$15 million worth of medical debt for 9,000 patients, paying roughly \$60,000 for the debt, along with the patients' personal and financial information, including their Social Security numbers. At the end of the segment, Oliver turned the debt over to RIP.

Those who receive yellow envelopes do not need to take any action, which means if someone mistakes the envelope for junk mail and tosses it, the debt is still abolished. The forgiven debt counts as a gift; those who receive the yellow envelopes do not have to pay taxes on it and it is not considered income. Also, under the requirements of the deal, the debt seller must notify all three major credit reporting agencies to ensure that the adverse information is removed or noted in the patients' files. Many of RIP's donations come from individual donors and corporations that raise money specifically for the charity. In January, the McClatchy Foundation launched a fund-raising effort in more than 30 newspapers, raising enough money to forgive debt for at least 730 veteran and military families. NBCUniversal is also a major partner. Burroughs, who runs the veteran's program at RIP, also is a donor. He will ride 7,727 miles this summer on his motorcycle to raise awareness and funds for the cause. His goal of \$50,000 will help clear \$5 million in debt.

In addition to working with debt holders, RIP Medical Debt officials have started reaching out directly to hospitals, physician groups and ambulance companies to offer their services. But they'd like to hear from them as well, Burroughs said. "They are sitting on inventory they will never collect, and this is a great opportunity for hospitals to bring some revenue back in and also do something for their communities," he added. Burroughs said one of the most difficult challenges of the program is having to explain to people that RIP Medical Debt simply can't pay the bills of individuals who reach out. He added that the organization is trying to figure out a way to help, but haven't yet "cracked the code."

"More than 10,000 people have contacted us saying they need help, but we can't do that at this point. We're working on it," he said. Burroughs estimated that RIP Medical Debt mailed out between 60,000 and 70,000 envelopes last year. He said that for many, they are "a lifesaver." "You can imagine that these veterans are getting hounded for financial debt, and they already have anxiety or depression or post-traumatic stress disorder or a traumatic brain injury. This is a big relief," he said.

VA to make new nasal spray drug available for treatment-resistant depression

Tuesday March 19, 2019 the U.S. Department of Veterans Affairs (VA) announced its health care providers will now be able to offer the newly approved Spravato nasal spray for treatment-resistant depression. The treatment will be made available to Veterans based on their individual medical needs combined with providers' clinical assessments.

The move follows the [March 5 Food and Drug Administration \(FDA\) approval](#) of Spravato (esketamine) nasal spray. Spravato was approved for use in conjunction with an oral antidepressant for the treatment of treatment-resistant depression in adults. "We're pleased to be able to expand options for Veterans with depression who have not responded to other treatments," said VA Secretary Robert Wilkie. "It reflects our commitment to seek new ways to provide the best health care available for our nation's Veterans."

Spravato will be available through a restricted distribution system under an FDA- approved Risk Evaluation and Mitigation Strategy (REMS). The purpose of the REMS is to mitigate the risks of serious adverse outcomes and the potential abuse and misuse of Spravato.

VA health care providers will monitor Veterans for serious adverse outcomes, such as sedation and difficulty with attention, judgment and thinking (dissociation), abuse and misuse, worsening of depression and suicidal thoughts and behaviors. Veterans will self-administer Spravato nasal spray under the direct observation of a

health care provider in a certified medical facility, and then must be monitored by a health care provider for at least two hours after receiving their dose. Spravato cannot be dispensed directly to Veterans for use at home. For additional information on access to Mental Health Support for Veterans, visit [VA Mental Health](#). Veterans in immediate crisis may call the Veterans Crisis Line at 800-273- 8255 and press 1, text to 838255 or chat online at [Veterans Crisis Line](#).

DoD Recruitment Concerns - Recruiting Medical Standards

Tightening medical requirements for recruits now could eventually save DoD billions, by reducing the number of enlisted service members who end up retiring or separating early due to medical issues, a new study has found. The Rand Corp. looked at 10 policy changes DoD has made to its medical recruiting standards since 2002. Of those, seven policies tightened regulations and three loosened them. Some were minor, such as a 2005 change requiring recruits to show more flexibility and bend their knee to 110 degrees, instead of the previous 90 degrees. Some policy changes were broader, such as no longer allowing recruits with a current case of psoriasis to enlist.

Rand then looked at the entire pool of enlisted first-time recruits from each service from 2002 to 2012. Rand tracked how many of those service members medically separated or were medically retired over the next eight years, looking for troops whose records indicated a medical condition affected by one of the 10 policy changes. It then evaluated whether those separations increased or fell for recruiting classes who enlisted after a change was implemented. “We found a reasonable enough change that we could conclude that this was different,” and that tightening policies had reduced the number of separations and retirements, said Kathryn Edwards, an associate economist at Rand. For DoD, that could mean a huge cost savings.

When an enlisted service member is medically separated with a disability rating of less than 30 percent, they are eligible for a one-time severance payment and 180 days of continued health care benefits. The amount of severance pay depends on years of service. Service members with a disability rating of 30 percent or more can be medically retired, with greater benefits than those who are medically separated. Such troops can qualify for a monthly cash payout from DoD, based on the number of completed years of service or on a disability rating that lasts through death, Rand reported. For example, Rand concluded that for every 10,000 recruits, the stricter knee policy was connected to seven fewer medical retirements or separations, said Heather Krull, a senior economist at Rand. That equals a cost savings of \$4.3 million per 10,000 recruits, just from the knee policy change, Rand found.

In its review, Rand found that of the 1.7 million new recruits who enlisted from 2002 to 2012, about 4 percent were medically retired and about 2 percent were medically separated during their first 8 years of service. However, Rand did not find that the three policies that were loosened had a significant impact on the number of service members separated for medical reasons. Rand did not make any recommendations from the study and emphasized that the recruiting policies are among many factors — such as whether recruits join at a time of heavy deployment — that can impact the number of medical separations and retirements.

Also, if the military gets four years of service out of a recruit who ends up getting separated in their 5th or 6th year, that’s still valuable, Krull said. So that’s a consideration when considering what medical conditions might benefit from tighter policies. “When are these conditions likely to manifest, is the military going to get some good, valuable years of service?” Krull said. “It’s a balancing act.”

PFAS Toxic Exposure: Pentagon Wants New Contamination Standards Set

The Pentagon is facing global bill of at least \$2 billion — and likely more — to clean up groundwater and drinking wells contaminated by years of seepage from the military’s firefighting foams. It has already paid several hundred million dollars to install filters and provide bottled water to affected areas. Behind the scenes, however, the Pentagon has worked to convince Congress and the administration to support new contamination standards that could save the Pentagon billions — potentially at the expense of public health.

Right now, more than 126 military installations or sites and their surrounding communities have either wells or groundwater sources that contain dangerous levels of perfluoro octane sulfonate (PFOS) and perfluorooctanoic acid (PFOA), chemical compounds tied to birth defects and cancers. The chemical compounds were part of the

military's firefighting foam for decades and continued to be used as recently as last year. In 2016, the Environmental Protection Agency issued a health advisory that recommended that water sources contain no more than 70 parts per trillion of the compounds. However, the EPA's advisory is not law, so neither the Pentagon nor any other municipality is required to meet the 70 ppt standard. Since 2016, however, DoD has voluntarily been providing bottled water and filters to areas where exposure exceeds the 70 ppt limit.

But the Pentagon also would like to see a national standard set — at levels higher than 70 ppt, according to Sen. Tom Carper, D-Del. Over the last year DoD has worked along with NASA and the Small Business Administration to push "for the adoption of a much higher 400 ppt clean-up standard and 1200 ppt emergency level," Carper said, a standard that would allow much higher exposure in public water sources. The Pentagon's effort was first reported by The New York Times. "Such levels would, among other consequences, subject fewer sites that were contaminated through the military's use of PFOA/PFOS from having to be remediated in the first place," Carper said.

Pentagon spokeswoman Heather Babb said the department isn't trying to skirt its cleanup responsibility. "DOD is not seeking a different or weaker cleanup standard but wants the standard risk-based cleanup approach that is based on science and applies to everyone," Babb said. That did not sit well with families affected by contaminated bases. Veteran Arnie Leriche, who spent his post-military career as an environmental engineer at the EPA and lives next to the contaminated and now-closed Wurthsmith Air Force Base, said the cost just to clean up Wurthsmith's impact on their community's water supply is \$116 million. "And that's just one base, and just the 10-year [estimate]," Leriche said.

PFOA/PFOS are known as "forever chemicals" because of their long life. They can remain at levels higher than 70 ppt in water sources long after there's no new firefighting foam seeping into the ground. At George Air Force Base in California, for example, where female airmen were warned "don't get pregnant" while serving there because of a high rate of miscarriages, DoD sunk 22 monitoring wells in the last year to test water sources. Fourteen came back with PFOA or PFOA readings that ranged between 87 and 5,396 parts per trillion above the 70 ppt limit. George AFB has been closed since 1992.

At still-active airfields, the long-time use of the foam has left local water sources contaminated at levels far beyond 70 ppt. For example, at Peterson Air Force Base, in some water sources the PFAS/PFOA count is as high as 7,910 ppt. Families and communities across the U.S. now question if their illnesses were caused by the foam. Former Army reservist Spec. Mark Favors' family, for example, has lived near Colorado's Peterson Air Force Base since the 1930s. Sixteen members of his family have been diagnosed with cancer; 10 have died. The family came to Capitol Hill last week for a hearing on the issue. "We're trying to get justice," Favors said before last week's hearing.

Now it appears that the cost of cleaning up DoD's vast land holdings, and a myriad of lawsuits that states and municipalities are now filing against the Pentagon, may have convinced DoD that the 70 ppt level is too costly to meet. The Pentagon's \$2 billion estimate is just its best guess right now. DoD still has years to go, and at some sites, potentially decades to go in the official environmental cleanup process under the Comprehensive Environmental Response, Compensation, and Liability (CERCLA) Act, Maureen Sullivan, deputy assistant secretary of defense for environment, told Military Times in an interview last year. Until then, DoD won't know the true extent of the water contamination, or the price tag to clean it up.

The Pentagon does know it can't afford to clean everything up right now. The foam cleanup adds \$2 billion to the more than \$27 billion in environmental cleanup the Pentagon is responsible for, not just for the foams, but for other cancer-tied chemicals, such as trichloroethylene, or TCE, a solvent used to clean metals. So, it will have to rack- and stack the foam cleanup based on risk to the populace compared to its other environmental responsibilities, Sullivan previously told Military Times. "The Department does not have sufficient resources to simultaneously fund activities at all sites where cleanup is not complete, therefore DoD uses a nationwide, risk-based approach to prioritize its sites for cleanup," the Pentagon told Congress in its June 2018 report on its efforts to move away from the PFOS/PFOA based firefighting foams.

In that correspondence, first made public by the Government Accountability Office, the Pentagon suggested that it could clean up its locations to a lesser extent and leave up to 380 ppt of the chemical compounds in the water. That revised figure was based on the EPA's CERCLA risk assessment process, DoD said in the congressional report. But DoD is also aware of the bad optics if it cleans its locations to just 380 ppt if the

official EPA recommendation remains at the stricter 70 ppt level. In June 2018 DoD pushed the EPA to set a nationwide standard.

While DoD did not directly ask that the standard be relaxed in its 2018 report, it strongly suggested that having the EPA's 70 ppt standard out there would be problematic. "If the PFOS or PFOA levels in groundwater exceed 70 ppt but are below 380 ppt, responsible parties will face the challenge of explaining to communities the difference between the 70 ppt guidance for drinking water and the approximately 380 ppt risk-based groundwater cleanup level," the Pentagon wrote. The lack of a nationwide standard requirement "create[s] tremendous risk, communication challenges for all concerned parties — states, EPA, DoD, and community leaders — when explaining how the groundwater cleanup levels are protective of human health," DoD said.

The Times additionally reported that during negotiations last year at the EPA that could lead to a federal standard, DoD pushed hard to get the levels loosened. The Environmental Working Group, which is working with scores of families who lived in the contaminated communities, told reporters 14 MAR the move by the Pentagon to get the standards increased to 380 ppt was likely driven by the lawsuits and unknown future costs. "It highlights the impact of not having an official [maximum contaminant level] and regulatory standard that the DoD must follow," said David Andrews, a senior economist at the Environmental Working Group. "They feel that they have some leeway to argue their case, and I think that really highlights the regulatory failing at the federal level."

Hidden VA Money: VA Programs You May Be Eligible For

Below are some programs or rules within the VA that could pay you and your surviving spouse in all matters financial. As you explore these programs, keep in mind, it may be in your best interest to see an accredited VSO or a qualified attorney familiar with VA law should you elect in pursuing any of the programs:

- Any veteran who is a senior citizen or his/her surviving dependents may be eligible to receive over \$2,000 per month (\$24,000 per year) in tax free income. The payments include annual cost of living increases.
- A veteran can easily qualify for a VA Pension even if his annual income exceeds the limits set by the VA. For this program, a veteran may need a highly qualified VA attorney to help.
- Recurring, non-reimbursed medical expenses of a veteran and the surviving spouse are deductible from gross income.
- Veteran family members can be paid as caregivers, which is also a tax-deductible expense.
- If a veteran resides in an Assisted Living Facility the entire amount paid for the service is a deductible expense.
- Veterans 65 years-old or older, are presumed to be disabled. It does not have to be proven.
- There are many federal VA nursing homes, and private nursing homes with a federal VA Contract who will admit veterans for care even if the veteran does not meet the service-connected disability requirements.
- Veterans who are 100% service-connected IU may be eligible for an additional monthly entitlement of \$62.50/mo. for catastrophic injury.
- DMAVA and the department of education jointly launched a program on October 5, 2002 to honor world war two era veterans who left school to join the military and have never received a high school diploma.
- Veteran family members can be paid as caregivers, which is also a tax-deductible expense.
- If a veteran resides in an Assisted Living Facility the entire amount paid for the service is a deductible expense.
- If the veteran is deceased and the surviving spouse is applying for low income pension, the spouse can be of ANY age and does NOT have to be disabled.
- Reports indicate that a pension with aid and attendance is easier to obtain than Household Benefits.

- A veteran who is healthy but has a spouse who is disabled, may be eligible for Improved Pension (Low Income Pension).
- In order to receive service-connected disability rating a veteran's disability does not have to be related to combat.
- A VA rating of 70% or higher will allow a veteran-claimant to reside in a federal VA nursing home, at no charge. Other stipulations may arise resulting in minimal fees.
- When a veteran is rated at 100% disability or if rated as Individual Unemployability (IU), the veteran will receive the highest rating and the highest pay. Additionally, if a veteran is in need of additional aid of another person to help with activities of daily living (walking, bathing, dressing, toileting, etc.) there is an added supplemental compensation called "aid and attendance".

Pending Calendar

2019 Department of Delaware Department Convention and elections of officers will be on Saturday 11 May 2019 at the Heritage Shores Golf Club, Bridgeville, DE. Note to all. The Club is located on US 13 near the intersection of DE Rt. 404 and US 13. 1 hour north of Ocean City and 40 minutes south of Dover, DE.

2019 Department of Maryland Department Convention will be 10-12 May 2019 at the at the Princess Royale Oceanfront Hotel & Conference Center, 9100 Coastal Highway, Ocean City, Maryland 21842-2745. 1-800-4 ROYALE, (1-410-524-7777) Rooms: \$105.00 plus tax. Banquet \$45.00. Ocean-view/Pool-view. Ocean Front: Includes free continental breakfast. Convention registration and banquet information can be downloaded at: www.deptofmdmcl.org. POC: Department Paymaster Ed Dahling Phone: 410-987-5714 Email: umpire86@aol.com

2019 Department of WV Department Convention will be May 17-19, 2019 at the Morgantown Marriott at Waterfront Place, 2 Waterfront Place, Morgantown, West Virginia 26501. Hosted by Earl Anderson Detachment 342. Room rate: \$97.00 plus tax. Banquet \$35.00 buffet style., includes free breakfast and free parking. Detachments are encouraged to purchase an ad in the convention ad book for \$100 full page. More in the Department Convention flyer. Phone: 304-296-1700. or reservations by phone please use the code "2019 Marine Corps League State Convention". Rate available **05/17/19** to **05/19/19**. The reservation link is live as of now. Book by **04/27/19** For online reservations please follow this link:
[Book your group rate for 2019 Marine Corps League State Convention](#)

2019 Department of Virginia Department Convention will be May 17 – 19 2019 hosted by John A. Lejeune detachment at Holiday Inn Virginia Beach- Norfolk and Conference Center, 5655 Greenwich Road, Virginia Beach, VA. 23462. Room cost \$99.00 per night plus tax. Reservations: Call 757-499-4400, Reservation Code is MCC. CUT OFF Date is 18 April 2019. Telephone Don coons POC at 757-510-0435

2019 Department of NC Department Convention will be June 7- 8, 2019 in Jacksonville @ the Hilton Garden Inn 1016 Jacksonville Pkwy. Jacksonville, NC 28546 Tel: 910) 346-2400. Rooms \$109.00 plus tax. Banquet \$40.00. For convention registration and banquet information go to: www.ncmcl.org and click on convention announcement.

2019 Mideast Division Conference will be June 21-23, 2019 hosted by Mountaineer Marine Detachment 957 and the Department of WV at the Days Inn, 347 Meadow Field Lane, Princeton, WV, 24739, Telephone: 304-425-8100. Room rate \$75.60 with tax. Includes free breakfast, parking, Wi-Fi. Reservation start January 7, 2019. Code: 2019 Mideast Division Conference. Reserve by June 7. Banquet \$30.00.

Banquet speaker: Woody Williams, Medal of Honor recipient – Iwo Jima. POC for information call: Susan Roles 804-393- 0352

Send your Registration and Grand Banquet reservations to:
Patti Leib, Department of WV Adjutant-Paymaster
PO Box 1224, Athens, OH 45701-1224

2019 MCL National Convention will be August 4-10, 2019 hosted by Eugene Sara Detachment 418 at the Billings Hotel & Convention Center, Billings, Montana. Telephone: 1-406-248-7151. Room rate: \$99.50 plus tax.

Reservation open on Monday August 20, 2018 at 10 AM EST. Free breakfast, parking and WI fi. Link: www.mclnationalconvention2019.

2020 MCL Midwinter Staff Conference will be Feb 26 – Mar 1 2020 at the Sheraton Norfolk Waterside - 777 Waterside Dr, Norfolk [VA](#) 23510. group code: MCL Phone: (757-622-6664) Room rate includes up to 4 breakfast vouchers per occupancy. \$129.00 per night + prevailing tax (currently 14%) Please make your room reservation direct to the hotel.

2020 MCL National Convention will be August 10-15, 2020 at Hilton Daytona Beach Oceanfront Resort, 100 North Atlantic Avenue, Daytona Beach, FL, 32118 Phone: 888- 217- 5507. Room rate: \$145.00 includes tax, Wi-Fi, parking and breakfast. **Reservation open on Monday August 12, 2019 at 10 AM EST.**



MIDEAST DIVISION CONFERENCE

Mideast Division



June 21 -23, 2019

**Hosted by the Department of West Virginia
& Mountaineer Marine Detachment #957**

At the Days Inn, Princeton, WV

HOTEL INFORMATION

Days Inn
347 Meadow Field Lane
Princeton, WV, 24739
Telephone: 304-425-8100.

Room rates \$67.50 plus 12% tax - \$75.60 total

Free breakfast, free Wi-Fi, free parking
Continental breakfast served 0600-1000

To make reservations, contact the hotel directly and mention Mid-East
Convention. Reservations start: January 7, 2019

**Rooms for the Conference attendees have been blocked with a group rate
of \$67.50 per night (+12% tax), King or Double**

Rooms will be made available starting Thursday June 20th through Monday June
24th, for those who like to come early and stay an extra day.

**Please make your room reservations directly with the hotel no later
than June 7, 2019 for this reserved room rate. Mention Code: 2019
Mideast Division Marine Corps League Conference.**

***There will be a Hospitality Room starting Friday at 5:00 PM
And Saturday 12 Noon – 4:00 PM***

***Hosted by the Department of West Virginia and
Mountaineer Marine Detachment 957***

***Banquet Speaker – Hershel “Woody” Williams, Medal of Honor Recipient
at Iwo Jima***

MIDEAST DIVISION CONFERENCE

Hosted by
Department of West Virginia
& the Mountaineer Marine Detachment #957
Princeton, WV

June 21-23, 2019

Friday, June 21 2019

(Schedule subject to change)

Time	Location	Description
1100-2000	Days Inn	Registration/check-in
1700	Days Inn	Hospitality Suite
1900-2000	Days Inn	Mideast Division Growl

Saturday, June 22, 2019

Time	Location	Description
0800	Front of Hotel	Morning Colors
0830-1200	Days Inn	Registration/check-in
0900-0930	Conference Room	Joint opening session – MCL & MCLA Joint Memorial Service
0930-0945	Days Inn	Break so that the MCL and MCLA can separate into their own meeting rooms
0945-1200	Conference Room	MCL meeting Business meeting session
0945-1200	Days Inn	MCLA Business meeting session
1200-1300		Lunch (On your own)
1200-1600	Days Inn	Hospitality Suite
1300-1500	Conference Room	MCL/MCLA Business meetings resume
1500-1545	Conference Room	Professional Development Training
1730-1830	Banquet Room	Social hour
1830-2030	Banquet Room	Banquet; buffet meal (Formal; Mess dress, Red Blazer or suit and tie); POW/MIA ceremony

Banquet Guest Speaker: Hershel “Woody” Williams, Medal of Honor Recipient Iwo Jima

Sunday, June 23, 2019

Time	Location	Description
0900-1000	Days Inn	Mideast Division Staff Meeting



MIDEAST DIVISION CONFERENCE

*Hosted by the Department of West Virginia and the
Mountaineer Marine Detachment #957*

Banquet Dinner

The banquet dinner will be served buffet style with a choice of meat

Menu

Garden Salad

Choice of Roast Beef or Chicken

Chef's Fresh Seasonal Vegetable Selection

Green beans

Rolls & Butter

Fruit Salad

Cheesecake

Marble Cake

Freshly Brewed Coffee, Iced Tea and Water

SPECIAL MEALS AVAILABLE: Vegetarian Lasagna

NOTE: A cash bar will be available at the banquet

The price per person for the banquet is \$30.00

The deadline to register for the banquet is -June 1, 2019



MARINE CORPS LEAGUE
Mideast Division
Annual Conference Registration Form
June 21-23, 2019

The Mideast Division, Marine Corps League Annual Convention will be held June 21 – 23, 2019 at the Days Inn, 347 Meadow Field Lane, Princeton, WV, 24739, Telephone: 304-425-8100. The room rate is \$67.50 per night plus 12% tax (\$75.60) king or double room. **Please make your room reservation directly with the hotel no later than June 7, 2019, by calling 304-425-8100. Reservations start Monday Jan 7, 2019.** The closing Banquet will be held at the Days Inn and will cost \$30 per person. The menu will be buffet-style. Conference registration is \$10 **To have your name tag printed and welcome packet prepared prior to your arrival, you must be pre-registered by May 25th.**

Please complete this form and make your check payable to "MCL Department of WV" and note on your check that it is for the 2019 Mideast Division Conference,

and then mail both to:

Patti Leib, Adjutant-Paymaster, Dept. of WV
PO Box 1224
Athens, OH 45701-1224
(740) 591-8611

For Questions, call:
POC: Al Harman, Commandant Det. 957
(304) 921-2165
itsbigal2007@yahoo.com

Please print and complete the following information as you want it to appear on your name tag.

Attendee

Guest

Name: _____

Name: _____

Title: _____

Title: _____

Det/Unit: _____

Address: _____

Address: _____

City/State/Zip: _____

City/State/Zip: _____

Phone: _____

Phone: _____

Choice of meat item per person: _____

Roast Beef

Chicken

Vegetable Lasagna

Total \$ enclosed for pre-registration @ \$10 each X quantity _____ = \$ _____

Total \$ enclosed for banquet tickets @ \$30 each X quantity _____ = \$ _____

Grand total of both lines above \$ _____

**2020 MCL Mid-Winter Conference February 27 – March 1,
2020 Sheraton Norfolk Waterside Hotel 777 Waterside Drive
Norfolk, VA 23510
(757) 622-6664**

Fact Sheet

**Room Rate: \$129 + Tax Rate: \$14% Resort
Charge: \$3.00**

□ Parking: Complimentary Self-Parking if staying at hotel, otherwise its \$13 per day. Valet Parking is \$26 per day

**Breakfast: Complimentary 2 per room daily Internet: Complimentary
High-Speed Banquet Dinner: \$50 max inclusive**

Reservations made by calling the hotel or 1-800-325-3535 and mentioning the Marine Corps League Mid-Winter Conference

All reservations will be charged one-night room and tax deposit at time of confirming reservation. This deposit will be applied toward your final bill. If you cancel within the cancellation period, the deposit will be refunded

Cancellation period is from time of making reservation until February 10, 2020. Any cancellations after February 10, 2020 will forfeit the one-night deposit

Marriott Reward points can be earned with the group rate

This is a smoke free hotel, any smoking in non-smoking rooms will incur a \$200 cleaning fee.

Each room has a mini refrigerator

On site restaurant next door to the Waterside District featuring restaurants and bars.

3 blocks from downtown mall

6 to 11 miles, depending on route, from Norfolk International Airport shuttle service will be arranged at a later date, stay tuned