



**Mideast Division Bulletin August 2016**

This Mideast Division Bulletin is to provide communication on administrative policy and pending events within the division. These are areas that I want the Departments and Detachments to focus on to ensure the Mideast Division complies with directives from MCL National HQ. Disseminate this information to all detachments. Departments are requested to submit any information on scheduled events within their area to the Division Adjutant, Roger Ware at [rrware@yahoo.com](mailto:rrware@yahoo.com) and Division Web Sgt, Robin Elder at [mclmideast@gmail.com](mailto:mclmideast@gmail.com). The Division web site is: [www.mclmideast.com](http://www.mclmideast.com). The Chain of Command is: Individual - Detachment - Department - Division - National.

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<b><u>NVC</u></b>	<b><u>ANVC</u></b>	<b><u>Adjutant</u></b>	
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**Department Commandants:**

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**Capital Marine Detachment 516**

Commandant:

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**Mideast Division Membership**

Here are the total paid membership of the Mideast Division as of 3/31/16.. NVC McLain asks each department to scan over their rosters and contact all unpaid and see if we can reduce the unpaid.

<u>6/30/16</u>	<u>3/31/16</u>	<u>12/31/15</u>	<u>9/30/15</u>	<u>6/30/15</u>	<u>3/31/15</u>	<u>12/31/14</u>	<u>9/30/14</u>	-	-
<b>6183</b>	<b>6220</b>	<b>6078</b>	<b>5996</b>	<b>6188</b>	<b>6281</b>	<b>6360</b>	<b>6416</b>		

Here are the totals for the Division as of 6/30/16  
PLM: 3500      Paid: 2683      Total Paid: 6183      Unpaid: 1073

Here are the changes since the 3/31/16 membership roster:  
PLM +4      Paid: +41      Total Paid: -37      Unpaid: -25

The Mideast Division Membership on, 6/30/15 - **6188**, 9/30/15 - **5996** - 12/31/15 - **6078** - 3/31/16 - **6220** This is a decrease of **5** since **6/30/15**. Total Unpaid 6/30/15 was **1167**. 9/30/15 was **1337**, 12/31/15 was **1211**. Total Unpaid 3/31/16 was **1098**. This is decrease of **25** unpaid since **3/31/16**.

Here are the Department totals:

Dept:	PLM	Paid	Total Paid	Unpaid
DE	204	126	330	43
MD	714	434	1148	178
NC	1209	1093	2302	462
VA	856	640	1496	260
WV	455	319	774	98
Nat HQ MCL				
District of Col	48	62	110	29
London	14	9	23	3
<b>Total:</b>	<b>3500</b>	<b>2683</b>	<b>6183</b>	<b>1073</b>

National Membership has sent the 1st quarter detachment membership rosters to the NVC's who sent it to all the Departments.. This will list the members in each detachment including Paid Life Members (PLM), Paid ( those paying annual dues) and Total Paid ( includes PLM and dues paying) and all Unpaid. Only the Detachment Paymaster receives the detachment copy while the Department Commandant and Department Paymaster receive a copy of every detachment membership. Detachment Paymasters need to share this information with their Commandant and Jr Vice Commandant as well as those members of their Detachment Membership Retention Team (MRT). Every unpaid member listed must be contacted either via telephone call or letter and encouraged to continue paying their dues. The Commandant should ensure that every member of their Detachment is contacted at least every 3 months. Communication is extremely important as it ensures your members are informed of your Detachment's activities and events so they can attend meetings and assist with some of your events.

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**Division Financial**

The Mideast Division presently has a balance of \$904.01. Division Fund Raising Chairman Jim Brady generated \$242.26 from car magnet sales.

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### **IRS Form 990-N e-file**

All Detachments and departments are nonprofit organizations and are required to file an annual IRS Form 990-N return regardless of their income. The fiscal year ends for most detachments and departments on June 30 yearly so you can file your 990 N efile after July 1. Log on <https://www.irs.gov/Charities-&Non-Profits/Annual-Electronic-Filing-Requirement-for-Small-Exempt-Organizations-Form-990-N-e-Postcard> and then just follow the instructions to complete the form 990-N. There's only a few questions. Have your EIN to help log in. You will receive an email acceptance receipt from IRS. National Administrative Procedures Section 800 requires that each detachment and department forward a copy of this acceptance receipt to their Department Paymaster. The Department Paymaster will forward the Acceptance Receipts to National Headquarters or may consolidate these receipts into a single document showing the name of the organization, the EIN, the submission ID Number, and the date the submission was accepted by the IRS. National utilizes these 990 reports to update the annual report required by the Group Exemption filing requirements to IRS. Failure to file the 990-N to IRS, can subject your detachment to lose it's exempt non-profit status. Plus if you want to look up an organization to acquire vital information like 990-N go to [www.guidestar.com](http://www.guidestar.com).

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### **Paid Life Members - PLM - Audit - Certification of Life Members**

The Detachment Paymaster, along with the Detachment Commandant, will annually audit the Detachment's Life Members. The Detachment Paymaster will make a copy of the 30 June Quarterly Member Listing (roster). National sends a separate listing of all life members and this list should be used to verify your detachment PLM members. Using this copy the Detachment Paymaster will annotate any additions, deletions or other adjustments to the Life Members listed. Each adjustment will include the reason and, whenever possible, will cite supporting documentation to assist in correcting the records at National Headquarters. Upon receipt is the best time to do this so it's not forgotten. These are due at National before Dec. 31. If a detachment does not certify its PLM roster is true and accurate before the deadline, it will not receive its annual residual interest for its life members.

The Commandant and Paymaster must sign a statement on the original that they certify and annotate that the life member list is audited and is true and accurate and that there are no changes. This must also be dated. Make a copy after signing and then forward the original to your Department Paymaster so it can be mailed to MCL National Headquarters to arrive before Dec. 31. Your Department Paymaster will send your copy to the National Adjutant/Paymaster. Ref: National Bylaws Sections 645 and 646.

Note: The 2016 PLM interest amount is \$1.59 per life member on your detachment roster as of 31 August 2014. The PLM interest is always paid for those life member 2 years ago.

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### **Certification of Department Bylaws & Administrative Procedures**

Departments are reminded that their Judge Advocate has to approve all Detachment Bylaws that are amended or revised. In addition the National Judge Advocate must certify all Department Bylaws & Administrative Procedures that are amended or revised. National Judge Advocate Johnny Baker wants every department to send him a copy of their Bylaws and Administrative Procedures, preferably electronic.

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### **National Convention Summary**

Approximately 900 members of the MCL, Ladies Auxiliary and MODD attended the 2016 National Convention in Tulsa, Oklahoma These are the new National Officers: National Commandant: Richard Gore; Sr

Vice Commandant: Wendell Webb, Jr Vice Commandant: Dennis Tobin and Judge Advocate; Johnny Baker. Mike McLain Department of WV was reinstalled as NVC, Mideast Division. Bruce Rakfeldt, Department of NC was reinstalled as Assistant NVC for the Division. Roger Ware was retained as Division Adjutant.

The 2017 National Convention will be at Sheraton Overland Park in Kansas City, Kansas, August 13-18, 2017. The National Marine of the Year is Roger Ware. The Kennel Dog of the Year was PDD Evie Remines. The Kennel donated \$29,000 to The Children's Hospital at Saint Francis in Tulsa. Chief Devil Dog PDD C.O. Smith was retained. General Robert B. Neller, Commandant of the Marine Corps, was the keynote speaker. Sergeant Major of the Marine Corps Ronald L. Green was also present.

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## **2016 Proposed National Bylaws Summary**

### **Bylaws**

1. Establishes terms where National staff can serve longer except NC - 2 years, NVC 2 and elected for 1 term, all others: SVC, JVC, JA and ANVC can be elected and then reelected without restriction. - Rejected
2. Divisions that host the Nat Convention would purchase \$1500 in challenge coins for the MCL Foundation for sole purpose of purchasing next set of coins. - Rejected
3. Would allow 1/3 of the Nat BOT to be a quorum for emergency or immediate meetings. - Approved
4. Such member shall not vote on any regular or associate membership applications; cannot participate in the nomination process and/or elections of officers; or hold an elective office. Would allow Associate members right to vote in internal affairs of detachment but not change what is current including BL and BL changes. - Approved
5. Listing for implementation of Honorary Active Duty Member. Detachments may, issue free of charge Honorary Membership. They do not count as delegates and can not hold an elected office. Would not be issued a printed publication but will be eligible to obtain free copy of the official publication on line. - Referred back to the Committee
6. Would change to have all annual dues expire on Aug 31 and change membership fees for new members joining between 1 Mar and Aug 30 to \$10.00 plus \$5.00 initiation fees. - Approved with amendment that NED would send an email out that anyone who joined since June would not have to pay the renewal fee.
7. Upon death of life member, his detachment would continue to receive the PLM interest and not the department. Would not receive if member resigns or expelled. - Rejected
8. Emergency Bylaw submitted pertaining to Article Six Section 645 - Life Member delete Subparagraph (c) and replace with: An amount of four and one-half percent (4.5%) of the average Fiscal Year ending balance of the Life Member Fund for the trailing three-year period ending June 30 shall be distributed. The change will assist the National Controller in three ways by allowing:
  - (1) More financial forecasts with a predictable and stable stream of income, allowing detachments, departments an National HQ to reliably forecast their budgeted income from the PLM Fund
  - (2) To ensure the PLM Fund income stream is not affected by the removal of amounts in excess of the actual income over the long term

(3) To ensure that the PLM Fund does not decline over the long term - Approved

### **Administrative Procedures**

1 Change would lists in the Chapter the subsidiary organizations and their relationship to the MCL as they are a separate entity with own Bylaws. - Approved

2. Would define what is criminal acts against the laws of the US and where these acts would be reported to the civil authorities and the MCL could still press charges and possible file for recovery of funds via Rust Insurance Company. - Rejected

### **Enclosure 3 changes - Uniform code**

1. Allow FMF corpsmen to wear black caduceus on MCL cover - Rejected
2. That only MCL ribbons can be worn vice DOD or MCL on specific uniforms - Rejected
3. Authorizes American flag as lapel pin. - Approved with amendment for size of pin.
4. Authorizes medallion to be worn on all uniforms - Rejected

### **Enclosure 4**

1. Authorizes Associate Member of the Year Medallion - Rejected
2. 75th Anniversary Medal and Ribbon for Pennsylvania - Approved
3. Ceremonial Guard Ribbon authorized only after 13 Aug 2015 - Withdrawn by Maker
4. Ceremonial Guard Ribbon retroactive to 1 Jan 2010 – Approved

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### **Modern Day Marine Expo, Sep 27-29, 2016, Marine Corps Base, Quantico, Virginia**

MCL members are always needed to help staff the two MCL booths where welcome bags are distributed. MCL National Sgt-at-Arms Neil Corley is the point of contact and he will be in one of the booths commencing Monday Sep 26. The uniform for members working in the booths is polo shirt, MCL cover, black trousers and black tennis shoes. It is highly recommended that anyone who wants to attend log onto the modern day marine expo site and click on the Attendee Badge Registration and fill it out. Once you arrive at the Expo, go to Registration and pick up your name tag.

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### **Vet Toxic Exposure - Camp Lejeune Water Contamination - VA to Accept Claims**

The Veterans Affairs Department has determined that eight medical conditions are linked to service at Camp Lejeune, N.C. from 1953 to 1987, and veterans with these diseases who were stationed at the sprawling Marine Corps base are eligible for disability compensation. VA officials said 19 MAY that these eight diseases that have been determined to be service-connected to consuming contaminated drinking water at the base: kidney cancer, liver cancer, non-Hodgkin lymphoma, leukemia, multiple myeloma, scleroderma, Parkinson's disease and aplastic anemia or other myelodysplastic syndromes.

VA Secretary Robert McDonald said research by health experts at the Veterans Health Administration and the Agency for Toxic Substances and Disease Registry, an arm of the Centers for Disease Control and Prevention, indicated that the risk of developing these illnesses is elevated by exposure to contaminants found in the water, including perchloroethylene, trichloroethylene, benzene and other volatile organic compounds. "The water at Camp Lejeune was a hidden hazard, and it is only years later that we know how dangerous it was," McDonald said. "We thank ATSDR for the thorough review that provided much of the evidence we needed to fully

compensate veterans who develop one of the conditions known to be related to exposure to the compounds in the drinking water."

Nearly a million people, including troops, family members and civilian employees working at Camp Lejeune from the 1950s through the 1980s were exposed to these chemicals and other cancer-causing agents in the base's drinking water, supplied by two water treatment facilities polluted by dry cleaning compounds, leaking underground storage tanks, industrial spills and poor disposal practices. The VA has provided health care or reimbursement for medical costs for veterans who served at Camp Lejeune at least 30 days during the affected period or family members with 15 illnesses related to exposure to water contaminated by solvents and fuels, but it had not awarded "presumptive status" to any condition until now.

The changes will take effect after VA publishes regulations regarding these presumptions, and will apply to new disability claims. Veterans who have previously been denied on such claims may seek to be re-evaluated. Also, any pending claims that might be denied under current regulations will be placed on hold until the VA issues its final rules, according to a department press release. The bedrock eligibility rules will be that veterans must have one of the eight specified conditions and must have served at Camp Lejeune between Aug. 1, 1953, and Dec. 31, 1987. The new rules also will expand eligibility to reserve and National Guard members who served at Camp Lejeune for any length of time during that period.

A VA spokeswoman said compensation awarded as a result of the proposed regulations, if adopted, will "be effective no earlier than the date the final rule is published." Veterans have expressed frustration over the low rate of claims approvals for illnesses related to the Camp Lejeune water. Hundreds of veterans attended a meeting of the Camp Lejeune Community Assistance Panel on Dec. 5 in Tampa to express frustration with the VA's handling of claims and plead with VA officials to improve the process. Paul Maslow, a veteran who walks with a cane and said he has inoperable tumors on his spine and elsewhere, said he and thousands of former troops need assistance. "You are not helping us, you are hurting us," Maslow told VA officials attending the meeting. "And the more you delay, the more of us ... are going to die."

Two senators who pressed VA to change its policies regarding benefits for Camp Lejeune veterans said Thursday they applaud the VA's decision, calling it a "victory for those who have suffered." "The VA has conceded that it will no longer deny disability benefits to Camp Lejeune victims based on ridiculous scientific claims," Sen. Richard Burr, (R-NC) said. "VA is finally granting some justice to veterans who were exposed to contaminated drinking water while assigned to Camp Lejeune," said Sen. Thom Tillis (R-NC). "The victims of this tragedy have waited far too long to receive disability benefits."

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### **Gulf War Syndrome Finding Evidence of Physical Disease**

A single cause for Gulf War illnesses may never be found, but research is finding evidence of physical disease that could lead to better treatments, medical experts said during a forum in Washington on Operation Desert Storm exposures 16 JUN. Roughly a quarter of the nearly 700,000 troops who deployed for the 1990-91 Iraq conflict have ill-defined chronic symptoms such as joint pain, gastrointestinal disorders, fatigue, headaches, insomnia and memory problems.

Dr. James Baraniuk, an associate professor at Georgetown University who conducts imaging research on veterans with Gulf War illnesses, said his work and other studies are zeroing in on biological evidence, or biomarkers, in the brain that provide proof of damage and could lead to improved treatment. "What is going on with the brains of the Gulf War veterans, our neurotoxic exposed veterans? This research has the possibility to bring closure," Baraniuk said during a symposium hosted by the Center for 21st Century Security and Intelligence at Brookings and Georgetown University. According to Baraniuk, the research could have applications for understanding non-combat-related diseases like Alzheimer's, chronic fatigue syndrome and

fibromyalgia.

In many cases, the causes of Gulf War illnesses are unknown. An indeterminate number of troops were exposed to chemical weapons when coalition forces destroyed a storage facility at Khamisiya, Iraq, in March 1991. Other troops were given anthrax vaccines containing an additive, squalene that may have caused a reaction. Some research indicates that some troops had bad reactions to the anti-nerve agent pyridostigmine bromide or the antibiotic ciprofloxacin, which also was administered.

At the forum, researchers, veterans and Veterans Affairs medical leadership discussed how ill veterans are faring and what is being done to help them. Dr. Carolyn Clancy, VA deputy undersecretary for health for organizational excellence, said VA, which maintains a registry of Gulf War veterans, continues to support research on unexplained chronic multisymptom illnesses, focusing on specialized care for veterans. According to Clancy, VA provides comprehensive physical exams to all Persian Gulf War veterans on request and is conducting research on diagnosis and treatment. She said the VA, which spent \$14 million on Gulf War illnesses research in 2015, must strike a balance between finding a cause and researching treatments. "It's clearly not a psychological condition, which doesn't mean that it doesn't have psychological impact," Clancy said. "We are committed to ensuring our clinical research efforts take into account physical, psychological and social health factors."

Recent discoveries at VA have led to improved treatment for insomnia, yielding better overall health outcomes for these veterans and improved understanding of the gastrointestinal symptoms, she added. Baraniuk said VA needed to ensure that its medical personnel understood Gulf War illnesses as a physical disease and also needed to improve its tracking of these veterans as they age. "Some of these veterans have lung cancers, brain cancers and yet there are no statistics on deaths. It seems like with a group that is in a registry, there should be a way of tracking people," he said.

Rep. Mike Coffman, R-Colo., a Desert Storm veteran who served with a Marine Corps light armored reconnaissance unit and now sits on the House Veterans' Affairs Committee, said he believes Gulf War veterans are a forgotten group that deserves continued attention. "The research has been inappropriately directed to psychosomatic causes and it's been of questionable quality ... and there have been questionable decisions on disability claims at VA," Coffman said. "We have a long ways to go. The fact that 25 years have elapsed and we are having this discussion today is not good." integrity, teamwork, respect and innovation. "If we continue to focus on our families and providing families the fullest possible accounting of their loved ones, based on those values, I think we'll be fine," he said.

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### **Vet Toxic Exposure | Camp Lejeune Regulation Change Pending**

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### **Vet Toxic Exposure Camp Lejeune VA Issues Final Rule**

On 18 JUL VA issued a final rule to expand VA health care eligibility for veterans affected by contaminated drinking water at Camp Lejeune. Starting this week, veterans who served at least 30 days at Camp Lejeune from August 1, 1953 through December 31, 1987, are eligible to receive no-cost health care for 15 medical conditions that have been linked to the contaminated water. Previously, only veterans who served at Camp Lejeune from January 1, 1957 were covered. Veterans who have been diagnosed with any of the 15 medical conditions may receive reimbursement for the cost of treatment if the care was provided on or after December 16, 2014, when the law expanding eligibility was signed. However, veterans must submit a request for reimbursement no later than July 18, 2018.

Visit <http://www.publichealth.va.gov/exposures/camp-lejeune> for more information on benefits and services for Camp Lejeune veterans. This rule does not impact disability compensation benefits. VA is still in the process of finalizing a rule to grant Camp Lejeune veterans presumptive disability compensation for 8 of the 15 medical conditions found to be associated with exposure to the contaminated water at Camp Lejeune. However, veterans



who have been diagnosed with any of the 15 conditions should file a claim when possible to preserve the effective date. To contact a VFW Service Officer for assistance filing a disability compensation claim, visit: <http://www.vfw.org/NVS>.

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### **Is Suicide on Your Bucket List?**

The studies vary, but the consensus is that about 20 veterans a day are taking their own life. Recently I've learned from other Marines that they are hearing from some brother and sister Marines that are suicidal and don't know what to do. The Marines on the receiving end feel as if someone has handed them a grenade with the pin pulled and another Marine's life is in the balance. If you're thinking about suicide here are some things that you need to know:

1. Having suicidal thoughts doesn't mean that you are crazy. It means that you are trying to figure a way out of the emotional and/or physical pain. Most people experience these thoughts at some time in their life in a fleeting way due to some form of physical and/or mental suffering. It's part of our survival instincts to want to get away from pain.
2. If you find yourself talking to others about your suicide, it's that part of you that really wants to live (Corpsman!), letting someone know that you are really hurting, and are feeling overwhelmed. In this moment from your perspective life sucks and is not worth enduring. If you told another Marine "I'm seriously wounded and maybe dying" we'd all expect that Marine to do whatever it took to help keep you alive, but when you tell another Marine that you are seriously considering taking your life they are not really equipped to help other than listen, and typically feel helpless and frustrated. As we all learned from our D.I.'s we are all ultimately responsible for ourselves and our own actions.
3. If you find yourself self-medicating with drugs and/or alcohol/stimulants (caffeine, sugar, energy drinks) and talking about suicide, you're not your real self, you are a version of yourself that is distorted by these substances. Everyone knows how frustrating and usually counterproductive it is to deal with someone when they are drunk, high, hyper, or buzzed, and when you come off of that the pain that is driving you to consider suicide is still there, but you already know that.
4. If you're spending hours online or on a phone talking/posting/texting/messaging about your suicidal thoughts, what you're doing is isolating and avoiding real face-to-face interaction with others equipped to help you. You may feel better temporarily, but you're stressing everyone else out and just letting the whole world know that you need help (Corpsman!). Unless you're overwhelmed psychotically, let them help you by driving you to a location where professionals are equipped and trained to help. If you're having psychotic episodes where you're losing control, it's better to be transported by ambulance.
5. If you tried to get help before and it didn't work out, that still doesn't mean that you can't be helped. Marine Corps history is filled with events that required multiple attempts to achieve success. Getting a good therapist or medical doctor or therapeutic team is a lot like buying shoes, you may have to try on several pairs before getting the right fit. Also, physical and emotional recovery is rarely linear; in other words, relapse, or bad days are a normal part of recovery or getting better.
6. You may not believe it right now, but if you get the right help, follow your treatment plan and adopt a healthy lifestyle, the suicidal feelings will fade as they are displaced by more positive thoughts and concerns. Sometimes it helps to realize that while these thoughts are very real at this moment, that it's impossible to rule out feeling better in the future. If you were so good at predicting the future you'd be very rich. Whenever I have had to intervene as a police officer or a therapist I've never had anyone, after they received adequate care, regret that they were prevented from taking their life.

7. Sometimes in your struggle while hesitating about getting help you may have to convince yourself, minute by minute, hour by hour, day by day, not to harm yourself. Remember that even though you're not feeling very strong at this moment, you've already proven yourself to be stronger than most by earning the title of Marine.

8. You're probably feeling that everything is out of control, but it's not. You are in control of what you do. It's not easy and it takes courage, but everyone that is a Marine knows the drill. There are times when you have to reach down deep inside and take a courageous step to succeed. In this case, not procrastinating, and getting the help that you need ASAP.

9. After you are actively in treatment there is a long list of things that you can do to promote the best outcome for your treatment. Don't expect anyone or anything to magically cure you. You are going to have to work hard and be actively committed to your journey of going from struggling with suicide to thinking that life, while not perfect, (no one's life is) is well worth living.

10. Most importantly remember that you are not alone. As a Marine you have many brothers and sisters that share or have shared your struggle, but we can't do much more than listen, drive you to aid, or call 9-1-1 if you are suicidal. Once you are in treatment use the League and your brother and sister Marines and the League activities as a support system.

11. So Marine here are some first steps in getting help:

#### **Call/Text Lines**

I suggest all hands list them in their phone contacts, if unable to contact or dissatisfied with one, try another:

#### **V.A. Veterans Crisis Line: 1-800-273-8255, press 1, or text on your smart phone**

**838255** Professional help and support for vets, active military, National Guard, family, and friends needing immediate help or seeking support and resources. You can also go on-line and engage in live chat: **veteranscrisisline.net**

#### **Vet2Vet Crisis Line: 1-877-VET2VET (838-2838)**

Peer support and referral to professional help. For vets in crisis preferring to talk to a vet.

#### **National Suicide Prevention Hotline 1-800-273-8255**

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress. Don't discount this hotline, suicide is a national problem and although your veteran's experience may be different your struggle with suicide is not.

#### **Professional Crisis and Non-Crisis Treatment**

##### **V.A. Hospital**

##### **Local Hospital**

**Check your area for state, local, and private programs that specialize in assisting veterans with mental health issues, or general mental health services.**

#### **Professional Non-Crisis Treatment**

**Give an Hour. Go online to: [giveanhour.org](http://giveanhour.org).** You can find a local mental health professional that has volunteered to provide one hour of free therapy a week to post 9/11 veterans and their family members for military service related issues. If your service is pre 9/11 you might ask the therapist if they would consider providing the same benefit, but you'd have to respect their decision as this is outside the umbrella of GAH.

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## **MAYO CLINIC - Drinking Water and Heart Attacks --- Life saving info!**

A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know From The Mayo Clinic.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke  
1 glass of water before taking a bath - helps lower blood pressure.

1 glass of water before going to bed - avoids stroke or heart attack.

My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, When the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar).

Something that we can do to help ourselves: Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. Why keep Aspirin by your bedside? It's about Heart Attacks - There are other symptoms of a heart attack besides the pain in the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people or heart attack.

Interesting.....Something else I didn't know ... why people need to urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you needed your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... From A Cardiac Specialist.

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs. 1 glass of water 30 minutes before a meal - helps digestion.

1 glass of water before taking a bath - helps lower blood pressure.

1 glass of water before going to bed - avoids stroke or heart attack.

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Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards - Call 911. Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and .....DO NOT LIE DOWN!

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved! I have already shared this information. What about you? Do forward this message. It may save lives!



Roger Ware, recipient of the 2016 Marine Corps League National Marine of the Year is congratulated by General Robert B. Neller, Commandant of the Marine Corps during the grand banquet at the MCL National Convention in Tulsa, Ok. Ware serves as the Mideast Division Adjutant. and is the Jr Past Department Commandant, Department of West Virginia.

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Roger Ware, 2016 Marine Corps League National Marine of the Year and Evie Remines, 2016 Military Order of the Devil Dogs Kennel Dog of the Year congratulate each other during the grand banquet at the Marine Corps National Convention in Tulsa, Ok. Remines serves as the Sr Vice Commandant, Department of Maryland and MODD Kennel Lucky Dog. She also serves as the Mideast Division Historian.

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## Pending Calendar

2016 Modern Day Marine Expo will be Sept 27-29, 2016 at MCB, Quantico, VA

2017 MCL Midwinter Staff Conference will be March 1 - 5, 2017 at the [Fredericksburg Hospitality House and Conf Center](#), 2801 Plank Rd, Fredericksburg, VA 22401. · group code: MCLMDWINTER17 Phone: 410-208-3939 or 1-866-599-6674 . Room rate includes up to 4 breakfast vouchers per occupancy.

2017 Mideast Division Conference will be June 23-25, 2017 hosted by Department of North Carolina at the [Double Tree Hilton Hotel Raleigh-Durham Airport at Research Triangle Park](#), 4810 Page Creek Lane, Durham, North Carolina, 27703. Tel +1-919-941-6000 after May 17, 2016. for reservations. Room rate: \$99.00 plus room tax. Free breakfast and parking

2017 MCL National Convention will be August 13 - 18, 2017 at the Sheraton Overland Park at the Convention Center, 6100 College Boulevard, Overland Park, KS, 66211. Book By Phone: 1-866-837-4214 **commencing Monday, August 15, 2017 at 0801 CST.** Room rate: \$115.00 with 18% tax, free parking, free breakfast and free wifi.

Semper Fidelis,

Mike McLain  
NVC  
Mideast Division