

Ed Dahling, Editor / http://mclaacdet1049.org/



Harry L Cooper Vfw Post 160



VFW Post opened on June 19th

. Have you come by to see us since we opened? If not why not? What can we do to interest you in coming in?

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National Award

Marine Corps League National Newsletter Award 3rd Place Winner 2017 2nd Place Winner 2018

the Cutting Edge

Published Monthly

 Be sure to keep us advised of your current email address to ensure prompt delivery.

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Detachment Website http://mclaacdet1049.org/

Detachment Staff:

Commandant	Ben Wells
Senior Vice-Commandant	Burt Helmka
Junior Vice-Commandant	Joseph Wright
Judge Advocate	
Junior Past-Commandant	Ray Sturm
Adjutant	Joseph Wright
By-Laws Committee Chairman	Danny Fischio
Chaplain	.Bill Collins
Color Guard Commander	Woody Bowman
Historian	Joseph Wright
House Chairman	Vacant
Legislative Officer	Vacant
Newsletter Editors	Ed Dahling
Paymaster	Ed Dahling
Public Affairs (Information) Off	icer Ray Sturm
Quartermaster	Bill Collins
Rifle & Pistol Team Captain	Ray Sturm
Sergeant-at-Arms	.Jim Galvin
VAVS Officer	Vacant
Web Sergeant	Joseph Wright
Toy For Tots Chairman	.Chris Stevens
Young Marines Commander	

Visit the **Dept. of** Maryland web site at.

http://deptofmdmcl.org



National Award Winner

3rd Place Winner 2017 2_{nd} Place Winner 2018 Marine Corps League National Newsletter Award

Membership Statistics

Good Standing (Dues Paid)

Type USMC Associate Multiple

Life Member- 96 11 6

Annual Member- 5 -



	ວ	_	
New Members			
		-	
Sub-Totals			
96	16	6	
Total			
	118		

Members' Birthdays

Members of our detachment, celebrating Birthdays during the month of July includes:

Frank Berg Russell Bixler James Galvin Ray Gonzales Tom Maiorana Charles Sutton Ted Thompson Charles Young Howard Throngard Caulder-Rogers, Nila

NOTE – If you were born in July and your name is not listed above, please contact the editor to be included in the future.

Quotation



I have just returned from visiting the Marines at the front, and there is not a finer fighting organization in the world!

— Douglas MacArthur —

AZ QUOTES





Our Monthly Meeting for July 19 will be as schedule the VFW is now open if you are tired of sitting home come and join us It will be great to see everyone there.

Remember Face coverings are required except when you are seated at your table or bar.

Must be seated at least 6 feet away from each other.

All Annual dues are due now for 2021 Please send in your dues of \$35.00 to the Paymaster Ed Dahling 493 Procopio Cir Millersville Md. 21108-1791 You do have until August 31 2020 but please don't wait until then.

If you know of a Marine of good standing, invite them to visit us during our next meeting. This will give them a chance to see what the league and our detachment is all about.

In addition to bringing in new members, let's not forget about keeping current with own dues. All dues are due now for 2021 Please send in your dues and not risk being dropped from our rolls as a member of good standing.

If you have an e-mail account and are not currently receiving the Cutting Edge electronically, please consider doing so. Providing me with your email address will reduce our monthly newsletter costs.







Coming **Events**

The following events are scheduled to occur through August 2020 Unless otherwise noted, these events will take place at VFW Post 160. located at 2597 Dorsey Road, Glen Burnie, MD 21060 (410-766-9802).

NOTE – The dates and times listed below are subject to change. Please verify the information with the indicated organizational point of contact

Monthly Meeting, MCL Detachment 1049 Monday, 27 July 2020 @ 1900 (Ben Wells) VFW Post 160

July 19th 2020 MOOD Pound 204 Growl 0900 at Pound Dog House VFW Post 160

August 16th 2020 MOOD Pound 204 **Growl 0900 at Pound Dog House VFW Post 160**

Monthly Meeting, MCL Detachment 1049 Monday, 24 August @ 1900 (Ben Wells) VFW Post 160

August 31st Annual Membership Dues Are Do for 2021



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- Funeral Honors Support
- Rifle & Pistol Matches www.mcInational.org
- Veteran Service Officers
- Veterans Affairs Volunteer Service
- College Scholarships
- Color Guards
- Youth Physical Fitness

info@mcleague.org







Marines

Well another 4th of July has come and gone and I hope everyone had a good time. The MCL National has been canceled. We did finally get to have our first meeting on the 22nd of June but I missed this do to vacation.

`Please practice all the rules for the COVID 19 issue we are facing because this stuff is for real. We do have one-member Rusty Bixler who is still in recovery mode from COVID 19.

Marines Helping Heroes along with Det. 1049 is sponsoring our 5th annual 5K race at the Arundel Mills Mall on 9/27/2020. This is to aid the Semper Fi Fund and Treat Now. We can use all the help we can get so please sign up.

Semper Fi

Ben Wells









OCT 1 AT 4 PM - OCT 4 AT 11 AM

Gathering of the Dogs for the Devil Dog Weekend Princess Royale Oceanfront Resort

Woof woof,

Are you ready for the "Devil Dog Weekend"?

The Honorable 59th Chief Devil Dog is inviting ALL Dogs of The Order to join him for a "Gathering of the Dogs"

This will be at the Princess Royal Hotel in Ocean City, Maryland. 1 - 4 OCT 2020

Woof, woof

All Dogs of the Order! You can book on-line: https://www.princessroyale.com/groups/
Make sure you put in the group code 8265 and the check in & check out date. 01-04 October or Everyone can call the direct reservations: 1-800-476-9253 and just reference the group code: 8265 and the group name: Military Order Of The Devil Dog



Veterans of Foreign Wars

Col. Harry L. Cooper Post 160 2597 Dorsey Rd Glen Burnie, MD 21061-3268



We know that covid19 has disrupted all of our lives and we know that some of you are tired of it but there are precautions that we must follow at the VFW in the canteen, kitchen, and in all meetings.

These predictions are as followed: maintain 6 foot distancing, wearing of masks unless you are seated and eating or drinking, no standing at the bar, sanitizing all areas. We are doing our part with these items but are coming up short.

We need your help as members, to keep our Post, bartenders, members, and guest safe. Please, adhere to the rules and help our bartenders enforce it.

Please, keep in mind that there are not many seats at the bar but we can accommodate people at our tables, in the hall, and outside. if you are coming in with two or more people take advantage of these other areas.

Come on in the canteen during normal business hours and visit with comrades/members. You are more then welcome to take your drinks in the hall and/or outside to our picnic tables. No standing at the bar. Don't forget social distancing, masks must be worn when you are walking around, and if you are sick-please stay at home.

Thank You





Vets4Warriors is the leading national peer support and resource connection network for veterans, service members, family members and caregivers who need answers and understanding from someone who knows what they are going through.





Join our team and get involved! Use your creativity and passion to take an active role by fundraising, donating or spreading awareness for our cause.

Go to the following website to gain additional information and become

http://semperfifund.org/

Semper Fi... It's more than a slogan!







Corps History

by Ed Dahling for Joe Wright, Historian

1 July 1920

Major General John A. Lejeune becomes the 13th Commandant of the Marine Corps.

4 July 1800

Marine Corps Band makes its first public appearance at Tun Tavern (Philadelphia, PA).

5 July 1968

Marines abandon Khe Sanh combat base Vietnam

6 July 1905

Marines escort the body of John Paul Jones during its relocation from France to Annapolis MD

7 July 1941

The 1st Marine Aircraft Wing activated at Quantico, Va. Within a year, the Wing would participate in the Guadalcanal offensive.

18 July 1918

The 4th Marine Brigade began an attack near Soissons, France, as part of a three-division counterattack against the Germans. In the first two days of battle, the brigade sustained 1,972 casualties.

18 July 1948

Twelve Marines at consulate in Jerusalem (Israel) begin modern day Marine Security Guard program.

23 July 2002

Three Marines – Lt. Colonel James G. Kyser IV, Major Matthew Coon & Staff Sergeant Robert Wallace – awarded the Navy and Marine Corps Medal for heroism for their rescue efforts following the September 11th terrorist attacks on the Pentagon.

25 July 1930

Lieutenant Lewis Puller wins first of five Navy Crosses chasing Sandino guerrillas in Nicaragua.

Junior Vice Commandant Joseph Wright

Marines.

Hope everyone is remaining healthy and adapting to the new "Normal" of social distancing and face coverings.

All Annual dues are due by August 31st, but do not wait until the last minute to pay your dues. Please send in your dues of \$35.00 to Paymaster Ed Dahling 493 Procopio Cir Millersville Md. 21108-1791. Stay healthy, wash your hands and wear those masks!

Semper Fi, Joe



Membership Renewal

Expires 31 August



Renew today with your local Detachment Paymaster



Kenneth J. Braithwaite, the 77th Secretary of the Navy, was sworn in Friday by Defense Secretary Mark Esper. His wife Melissa held the Bible. (Navy)





Color Guard

Color Guard Commander Woody Bowman

- COMING EVENTS -

Severna Park 4th of July Parade has been reschedule to September 7th 2020

Want to volunteer? Want to be part of the future of this valuable group? If the answer to any of these questions is **YES**, Call **Woody Bowman** the following number **(410) 647-9655**



Marine Corps League License Plates

Marine Corps League License
Plates are available for a one time fee of \$30.
You continue to pay your normal registration fee at the time it is normally due.

You must be a member in good standing and either the registered owner or co-owner of the vehicle.

Contact the Department License Plate Chairman, Craig Reeling, at 443-477-0670 or Craig.Reeling@MarylandMarines.org





Military Order of the Devil Dogs (MODD)

The Fun and Honor Society of the Marine Corps League

The dues of all annual dues-paying Dogs expire on 31 August. They remain a paltry \$15.00. You can forward them to your friendly Pound Dog Robber (me) at any time.

The next Pound Growl will be on Sunday, July 19th at our Dog House at VFW Post 160, Glen Burnie. If you haven't forwarded your dues by then, have 15 extra big bones handy.

Remember Face coverings are required except if you are seated at your table/bar.

Must be seated at least 6 feet away from each others
Woof,woof

Remember: It is an honor to be a Devil Dog!

Woof woof, PDD Ed Dahling Dog Robber









Senior Vice Commandant Burt Helmka

Marines,

Marines Helping Heroes along with our Detachment is sponsoring our 5th annual 5K race at the Arundel Mills Mall on 9/27/2020

Planning for the 5th Annual 5k Challenge is well underway. The run is 27 September. I am asking every member with internet access to go to https://MarinesHelpingHeroes.org. Click on the 5k tab and scroll to the "Downloads." Click on "Flyer" and print a copy. Please hang the flyer wherever you can; dry cleaners, barber, library, etc. Help us get the word out. We need runners and sponsor.

Please remember to support VFW Post 160 which is our home

S/F Burt



Building a better boot camp: How to make Marines during a pandemic, and beyond

Picture Marine Corps boot camp. You probably see a huge drill instructor screaming directly into the face of a determined young recruit.

Well, all that's on hold for now.

Roughly 2,000 new recruits have passed through Marine Corps Recruit Depot Parris Island, South Carolina, since the beginning of the coronavirus pandemic, and their experiences have looked quite different compared to those who came before them.

After an uptick in COVID-19 cases during March first forced social distancing aboard the base, there have been a lot of changes: Training companies have been at anywhere from 50 to 75-percent capacity, with open bay sleeping areas measured to an exact six feet between every bunk; trainees and cadre are keeping their distance both inside facilities as well as outside, and wearing masks wherever they can't stay apart; and a two-week quarantine period prior to the start of practical training has turned into something of an extended study and acclimation session.

"They said they're coming out of their restricted period more confident and more at ease," Defense Secretary Mark Esper told reporters traveling with him to Parris Island on Wednesday. "They had more time to study and focus and are just coming in a little bit smarter."



20 Magothy Beach Road Pasadena, MD 21122 410-437-0075 Sun–Wed: 11am–1am

Thu-Sat: 11am-2am



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Sun-Wed: 11am-1am

Thu-Sat: 11am-2am



Marc Handler General Manager mhandler@thegreeneturtle.com

Will Barrett General Manager wbarrett@thegreeneturtle.com





Chaplain's Corner Bill Collins



A PTSD SURVIVORS VIEW OF PTSD AWARENESS MONTH

The month of June was designated as PTSD Awareness Month. Sadly, there was little to no mention of it on social media or network news. This apparent lack of interest in a problem that should be important to every American sent me on a search to see how much status information I could find on the web. First stop, U.S. Department of Veterans Affairs website, where I found a document titled "National Strategy for Preventing Veteran Suicide 2018-2028". [NOTE; DOD/VA/ Congress have been lamenting and responding to brain injuries TBI/PTSD/Concussion, with" Suicide Prevention" studies, strategies, conferences and proclamations for more than a decade. All of these august groups continue to claim that "Preventing Veterans Suicide is our #1 priority". Yet the rate of suicide has barely budged.]

Strategies described in the VA document only vaguely address the difference between veteran and civilian inclination to suicide. The VA Strategic plan notwithstanding, it is clear that military personnel have additional stresses related to deployment as well as the stress of combat including living in a hostile environment for extended periods. One of the most significant differences is that military personnel in combat situations are exposed to explosions of IED's, road side bombs and other weapons systems. All too often exposure to these blasts results in Traumatic Brain Injury (TBI). TBI has been described as the signature wound of the wars in IRAQ and Afghanistan. Since 2000, 414,000 of our troops have been diagnosed with TBI. A recent Journal of the American Medical Association (JAMA) study states that 21% of those diagnosed with TBI also suffer from Post-Traumatic Stress Disorder (PTSD). Thus: 21% X 414,000 = 86,940 cases of PTSD. This number is likely very conservative. All of these cases are related to injuries to the brain. The introduction to the VA strategic plan states that "Suicide prevention is VA's highest priority". Further, the executive in charge, Carolyn M. Clancy, M.D. states in her introductory remarks, "we have identified preventing Veteran suicide as our highest clinical priority". In spite of this top priority status nothing in the "National strategy for Preventing Veteran Suicide 2018-2028" addresses injury to the brain, the signature wound of the war on terror. It isn't even mentioned. How can preventing veterans suicides be the highest priority when the primary cause of the suicides, injury to the brain, is not acknowledged in the National Strategic Plan?

Although not addressed in the strategic plan, TBI & PTSD continue to be treated by the VA and the U.S. Military. The treatment protocols that have been in use for many years have yielded a sustained rate of veteran's committing suicide in the 20+/day range. Approved treatment protocols for treating TBI & PTSD fall into three basic categories (1) **Drugs** - Most of the anti-depressant drugs that are prescribed include a black box warning. This strongest of FDA warnings tells users that the prescribed drug may induce suicidal ideation or actions.

Debate continues regarding the direct correlation of anti-depressant use and suicide, however there is agreement that potential for negative effects increase during the dosage ramping up period (eight weeks), whenever dosage is changed, or when the drug is discontinued. Abruptly discontinuing anti-depressant drugs can have devastating effects. All changes in dosage must be undertaken with extreme caution. Many problems associated with anti-depressant drugs could be avoided if drugs were not the first treatment prescribed but, instead were the last, and used only after other treatments that include only mild or short duration side effects have been tried and failed.

(Continue on Page 10 See PTSD SURVIVORS)





(Continue PTSD SURVIVORS)

(2) Psychotherapy (talk therapy) includes: psychoanalysis, cognitive behavioral therapy, individual and group therapies, mindfulness and others. – Treatment of mental problems by talking to a psychiatrist, psychologist or other health care provider. This approach has little to no chance of succeeding if the problem is the result of a physical injury to the brain (TBI). In the case of a TBI the first step must be proper diagnosis and medical intervention to heal the wounded brain. (3) Service dogs, support groups and recreational activities. - All of these are intended to provide emotional support through pleasant activities conducted in a calm and caring environment. They all provide much needed relief to those suffering from invisible wounds. It is time to acknowledge that CARING IS NOT ENOUGH. DECISIVE ACTION THAT BEGINS WITH HEALING THE WOUND TO THE BRAIN IS REQUIRED. Over the past 20 years the three basic approaches described in (1), (2) & (3) above have yielded some successes. Yet in spite of best efforts by medical professionals and countless dollars invested, the exorbitant emotional costs of suffering of the wounded and their families continues, and the suicide rate remains in the 20+/day range.

There is a fourth treatment option that includes the emerging and alternative treatments that are listed and described on the **STAND** for the **TROOPS** website (www.sftt.org.). All of those listed have been extensively reviewed by clinicians and found to have benefits that far exceed their potential for negative side effects. These treatments could be used singly, in combination or in conjunction with the treatments described in (1), (2) & (3) above. Using this logic, treatments could be tailored to meet the needs of each individual wounded warrior. The list includes:

Hyperbaric Oxygen Therapy (HBOT) Further information about HBOT is available at www.treatNOW.org

Cranial Electrical stimulation (CES)

EEG Neurofeedback (High Performance Neurofeedback)

individualized Transcranial Magnetic Stimulation (iTMS)

Low-Level Light Therapy (LLLT)

Transcendental Meditation (TM), Service Dogs and other non-invasive treatments

The reason for including a list of some of the emerging and alternative treatments that are available for treating TBI/PTSD is to demonstrate that all available tools are not being used to best advantage in the fight to end the suicide epidemic among our veterans. For example, a decade of research, experience and clinical medicine using Hyperbaric Oxygenation has resulted in helping to heal over 7,500 brain wounds in service members and civilians, safely, effectively and inexpensively. Proponents of these emerging and alternative treatments assert that they should be used to help in the treatment of those with injured brains and that sufficient evidence and data exists to justify their inclusion in the list of approved treatment protocols. Others argue that there is insufficient data to warrant there inclusion in the treatments being used. While the debate continues, so does the suicide rate of 20+/day.

Direct questions or comments to: dvader1@comcast.net or call Bill Collins 410-271-4847



Have You Heard?

by Ed Dahling Editor Emeritus

June 22nd Meeting Highlights

OPENING BY RITUAL:

Meeting called to order by Sr.Vice Commandant Burt Helmka at 1900 hours. The Pledge of Allegiance was recited, followed by prayer by Chaplain Bill Collins.

Members in Attendance: 10

Department Officers – Ed Dahling, Ray Sturm (Marine for Life)
Department Marine of the Year – Ed Dahling, Ray Sturm Past Detachment Commandants: Ray Sturm (2015-2019), Ed Dahling (2013-2015), Joseph Wright, (2012-2015). Past Marine of the Year: Bill Collins (2019), Ray Sturm (2017), Ed Dahling (2016), Maryland Pack Leader Ray Sturm (2019)

APPLICATIONS FOR MEMBERSHIP: None

ADJUTANTS REPORT: May meeting cancelled due to Covid 19 virus.

CORRESPONDENCE: A thank you was received from the "Fisher House Foundation" for the Detachment's \$500 donation.

PAYMASTER: Ed Dahling gave a hardcopy report:

CHAPLAIN REPORT: Bill Collins asked that all keep Charlie Young in your prayers as he has had a number of mini strokes and is unable to walk at this time.

SENIOR VICE: Burt Helmka stated a new date will be selected for the Bull & Oyster Roast once things are back to 100%.

JUNIOR VICE: Joe Wright stated the membership dues are due by August 31st.

JUDGE ADVOCATE: None

JR. PAST COMMANDANT: None

(Continue on Page 12)





Have You Heard?

by Ed Dahling Editor Emeritus

NEWSLETTER EDITOR: If you have anything for the newsletter, contact Ed Dahling. Make sure Ed has your email address.

QUARTERMASTER: Bill Collins reported koozies were ordered and delivered for the Golf tournament. No specific date on koozies so they can be used at later date. Also received donations of cooling towels.

HISTORIAN/ WEB SERGEANT: None

COLOR GUARD: Absent

UNFINISHED BUSINESS: None

NEW BUSINESS: Paymaster Ed Dahling read the 2020-2021 budget, starting July 31st.

Total budget: \$6,295.

Ray Sturm stated that many of the line items listed were not used on a regular basis. Ray suggested changing the Food & Beverage line item from \$600 to \$1200 as this could be used for meeting nights to promote retention of members. Nila Caulder asked who would be POC for ordering foods. Ray stated this could be worked out amongst the members.

Ed Dahling stated the Department raffle is still ongoing despite the date on the ticket. Send all ticket stubs and checks to Ed Dahling.

GOOD OF THE LEAGUE: Jim Galvin thanked the Detachment for the donation to the Scout troop. Jim stated troop leader Jim Dunn is now out of the Assisted Living home. He stated all of the troop members are in their group homes and none have been affected by the virus. All of the planned activities have been cancelled, but once things settle down he thinks there will be many Eagle Scout Courts of Honor scheduled.

Ray Sturm reported on the National Convention which was scheduled for Daytona Beach. Since the League cancelled the Convention and not the hotel, the MCL was liable for \$250K. After acquiring a lawyer to handle the situation, the hotel stated they couldn't assure all of the activities would be available due to the virus situation. Hotel agreed to cancellation with stipulation of future convention possibly being held in 2023.

ANNOUNCEMENTS: MODD Pound 204 Growal July 19th at our Dog House at VFW Post 160, Glen Burnie.

CLOSING CEREMONIES: The next detachment meeting will be held July 27, 2020. Closing prayer was given by Chaplain Bill Collins.

Respectfully submitted, Norm Huffman, Adjutant Marine Corps League - A. A. County Detachment 1049



SHAMROCK

AWARDS & ENGRAVING

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M/W/F 9:00 - 4:30 T/T 9:00 - 7:30 SAT 9:00 - 1:00

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Marine Corps League Anne Arundel County Detachment 1049 PO Box 804 Severn, Maryland 21144-0804

Place {
Stamp {
Here {

(Address Correction Requested)



Sailors aboard USS Ronald Reagan (CVN 76) keep aircraft from U.S. 7th Fleet's Carrier Air Wing (CVW) 5 on the move during recent flight operations in the Indian