

DAV Newsletter Orendorff-Matthew #90 - West Chester, PA

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DAV Web Site: www.dav.org



Commanders Notes:

1. The Monument project is coming along very well, our date to shoot for is Veterans Day, November 11, 2009. Governor Edward G. Rendell will be in attendance as well as a Representative from the National Disabled American Veterans Association.



Up Coming Events:

DC TRIP:

Date: June 20, 2009

Meet Location: American Legion, West Chester, PA

Depart Time: Leave WC @ 7AM

Cost per person: \$30.00

Bag lunch provided for trip down. (Ham/Cheese Sandwich, Drink, Snack)

Stopping for dinner meal on return trip, you pay for your dinner meal.

The DC trip is filling fast. 3 vans are full and we are working on a 4th van.



Medical Notes:

“HEAT INJURIES”

It will soon be Summer and will get HOT, really Hot in some areas. We are warm-blooded and our bodies produce heat. When a muscle contracts, only about 25% of the energy is used for the muscle to work. A surprising 75% of the energy is turned into heat to keep our body temp. up. If we don't have a way to get rid of extra body heat, our body temperatures would keep climbing. Strenuous exercise would raise the body temperature by 2% every 5 minutes, reaching fatal levels in only about 20 minutes. We can get rid of extra body heat by radiating it to a cooler surrounding environment, by evaporating extra fluid, and by letting air currents carry it away. If the surrounding air temperature is HOT, or if the air is not moving, and if the person is getting dehydrated, heat becomes DANGEROUS. Drink plenty of water before, during and after you are active. This is very important when it's hot out, especially if you sweat a lot.

(Information on prevention & treatment of Heat injuries will be posted in up coming News letters)



A Special Event:

The 90th Birthday of The American Legion Celebration was a BIG Success. The event took place at the American Legion Post # 422 located in Honey Brook, PA. DAV Chapter #90 was well represented and a great time was had by all in attendance.

State Representative Tim Hennessey was in attendance and presented all service veterans' with a Medal and a Certificate of thanks for their service to the United States.



Outside Events:

Cruise Night:

Location: Layton Park, Rt. #340 Wagontown, PA

Dates: May 21st.

May - October

Time: 5 pm - ?

To Benefit: Past & present Service members. Donations exceted.