



NOVEMBER 2021

The Military Order of the World Wars ~ Phoenix Pacesetter Chapter

WHAT'S NEW: Commander's Time



Greetings Companions, Families, and Friends of the Order:

Here we are fast approaching the holidays and have so much yet to do! First, A Special Thank You to all our veterans and their supporting families. Our Nation could not have survived without your dedicated service to country!

On 11 NOV 2021, many of our Chapter companions participated in the celebration of Veterans' Day at the Pavilion in Carefree, with the Northern Scottsdale, Carefree and Cave Creek communities. We were able to have a table last year, as well, but there were very few people participating then, because of the COVID threat. My son, also a member, assisted us with that event. This year, as I mentioned, was even better, as we had more participants and a formal program. Chapter Members present were, myself & Debbie Kerr-Minor, Jeanne Blaes, Ray & Angie Boucher, Susan Farrell, and Vic & Sharron Conner. Our Patriotic Education table was set up with displays highlighting our last two events: AZYLC 2019 and MOC 2021. By happy chance, our table was located right next to the one for the AZ Territorial Chapter of AUSA. The Carefree Kiwanis Club and the Veterans Heritage Group were also big participants.

The AUSA AZ Territorial Chapter is hosting the JROTC Armed Forces Career Officers Day (AFCOD) Luncheon and EXPO on 23 NOV 2021 at McCormick Ranch in Scottsdale. We plan on manning a table and having our same Chapter Patriotic Education materials displayed there. Additionally, the Minors have sponsored a table and will be breaking bread with some of the local JROTC Cadets at the luncheon. We hope you will consider sponsoring a table too, and hope to see you at this special event!

Of note, on 7 DEC 2021, our Chapter will be participating in the Apache Trail Chapter's Pearl Harbor Day Massing of the Colors (MOC) at Marcos de Niza HS. I encourage all of our Companions to support this MOWW sister-Chapter event. Later that same day, Debbie, Jeanne, Ray, Angie, Susan and I will also participate in the state's Pearl Harbor Remembrance Day Ceremony and lay a wreath at Wesley Bolin Memorial Plaza!

Although our own Chapter's SEP MOC had about the same number of Chapter Companions present as in years past - which additionally included Mike Halpin and Jeannine Dahl - the majority of our Chapter membership has failed to participate in any of our events for the past few years. Most of our Companions have not only failed to assist us in celebrating the things our Chapter does well, but also have not responded to our requests for suggestions or assistance in helping to improve our Chapter in the areas we lag behind in!! Recently, I sent out a draft Companion Survey to the staff for their review and comment, prior to sending it out for your input. We hope that when you receive this Survey you will take the time to fill it out and be honest in your responses. Please realize that we cannot continue to keep this Chapter running with only a few of us doing the work. We hope that you will help us to improve our Chapter with your recommendations, commitments and resolve. A big problem that we have, is that we do not know if you are reading the information that is sent out



Photo (L) to (R) 11 NOV 2021 Carefree Veterans' Day Celebration: Dick Minor, Sharon Conner, Angie & Ray Boucher, Vic Conner, Debbie Kerr-Minor, Jeanne Blaes, Susan Farrell

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to you, and you just accept it; or, if you just are ignoring our emails and requests for assistance. I am being serious! For quite some time, we have not had a Staff JAG, Chaplain or a Historian! We are all doubled up on Committees and other projects! We do not have an adequate program for Law & Order, National Security, Homeland Security, Veterans Affairs and Membership Committees!! I add the latter not because we do not have a Chair, but because the Junior Vice Commander performs that as an additional function. More importantly is that *every one of us* is a member of the Membership Committee and everyone of you needs to do your part and recruit within your own family, your friends, other organizations where you, or your family, are members! Remember, we need 4 new members by 30 JUN 2022. I know that Kirk Loving, the Chair of our JROTC/ROTC Committee, will be submitting his daughter Natasha for Perpetual Membership in the near future. If you were part of the AZYLC operation, you would remember her as one of our Delegates, and as a wonderful Team Leader. She is an outstanding young leader and will be a great asset to our Chapter. Furthermore, I have some wonderful news to pass on to you all about Cynthia Burket, another former AZYLC Team Leader, Senior Team Leader, and Assistant Director, who was recently promoted to First Lieutenant in the U.S. Space Force! Congratulations to 1st Lt Burket!!

When you get this Bulletin, please do us a favor and tell us what is happening in your family and be sure and answer the Survey when we send it out this month. Please plan on joining us for our December Chapter Meeting and Christmas Party Potluck at the Minors home located at 8300 E. Dixileta Dr. #276., Scottsdale, AZ 85266. I would be overjoyed if your would bring a potential member as a guest!!! This will be the first in-person Chapter Meeting since COVID. Our Goal is to have the next meeting in MAR 2022 as an in-person meeting as well!!! Hope to see you there!!

Again thanks to all our Veterans and their families for what you have done and continue to do for our citizens and Nation. Check out some more photos our Vet's Day activities on page 5.

CDR Dick Minor



18 December 2021 - Chapter Meeting/Potluck



NOTE: Chapter meetings are held quarterly, on the 4th Saturday of the month

DATE: December 18, 2021

MEETING & CHRISTMAS POTLUCK: begins at 1 PM ~ All are welcome to attend! Families and Friends are invited!

WHERE: Dick & Debbie's Home, located at 8300 E. Dixileta Drive #276, Scottsdale, AZ 85266

MENU: Like 2019, this will be a potluck with the Minor's providing a featured meat; wine and beer will also be available, but hard liquor will be BYO. All other dishes will be potluck and you should bring your favorite dish. Please

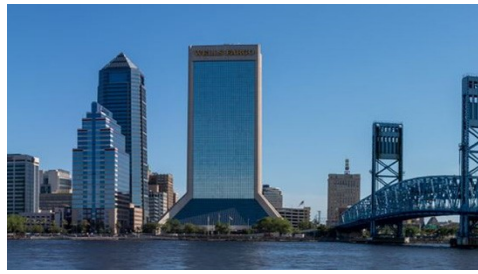
note that you will need to let Debbie know in advance what you are bringing, in general terms, just to be sure we are close to balanced between salads, vegetables, deserts, etc. More details will be sent in a separate email prior to the event.

PS: There will be an optional Christmas gift exchange, in addition to an Education Raffle of Spirits and chocolates; donations are welcome!



AZ LEGISLATIVE UPDATE: The AZ State 55th Legislature 1st Regular Session began on Monday, 11 JAN 2021 and adjourned Sine Die on 30 JUN 2021; the 55th Legislature, 2nd Regular Session will convene on Monday, 10 JAN 2022.

Upcoming / Active AZ Bills can be found at: <https://legiscan.com/AZ> The AZ Legislative calendar can be viewed at <https://www.azleg.gov/>. ADVS Military and Veterans Legislative updates for the 2021 session that ended in JUN 2021 can be found at <https://dvs.az.gov/legislative-updates>



Save the Date!

2-7 AUGUST 2022 MOWW NATIONAL CONVENTION

Next year's 2022 MOWW National Convention will be held in Jacksonville, FL from 2-7 August 2022 at the Southbank Hotel/Marriot Delta on the Jacksonville Riverwalk, Jacksonville, FL.

Further details will be coming soon; so, keep an eye out for updated information as it is published on the moww.org [CONVENTION 2022](http://moww.org/CONVENTION2022) webpage.



Recruiting viable and active membership for our Phoenix Chapter continues to be a primary goal for our 2022 OY. You can help by recruiting from your friends and families, plus give someone a **Gift of Membership**. Remember, when talking to potential members, make sure that you are able to tell them about the benefits that they will receive as members and let them know of the outreach programs that we are involved in. Also, be aware of the following:

TO JOIN. Potential members can complete a Membership Application or go to <http://www.moww.org/> and click on the "BECOME A MEMBER" tab at the top left of the screen. Just fill in the form ... and, remember, on the HQ MOWW Form 1, "MOWW Membership Application," dated 23 Sept 2021, new members can use a **credit card** to pay!

Membership Categories:

- ★ Regular (Annual) Membership @ \$40.00/year
- ★ Regular Perpetual Membership @ 1 x \$350.00 or 4 x \$87.50 quarterly installments
- ★ Veteran Regular (Annual) Membership @ \$40.00/year
- ★ Memorial Perpetual @ 1x \$200.00
- ★ Hereditary (Annual) Membership @ \$40.00/year



VOLUNTEERS NEEDED NOW! Will you make a time commitment and volunteer to help our Chapter fill the many vacancies that we have in our Staff and Chair positions? Several of the following positions have been vacant for over a year! **Please, won't you help?**

* **CHAPLAIN** We are looking for someone who is supportive & serving, who always seems to be able to motivate & initiate meaningful use of each individual's beliefs and attitudes; current or former civilian cleric or military Chaplain or a lay representative **(this is a critical staff position)**

* **STAFF JAG** Do you know of a current or former civil or military Attorney; someone with a background in legal affairs? **(this is a critical staff position)**

* **HISTORIAN** Our Historian will capture the history of the Chapter in publications, photos, documents, etc.

* **COMMITTEE CHAIRS:** VETERANS AFFAIRS, MONUMENTS & MEMORIALS, NATIONAL SECURITY, HOMELAND SECURITY, and LAW & ORDER

+_MEDIC's BAG_+ Memory Loss: 7 Tips to Improve Your Memory

Can't find your car keys? Forget your grocery list? Can't remember the name of the personal trainer you liked at the gym? You're not alone. Everyone forgets things occasionally. Still, memory loss is nothing to take lightly. Although there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help. Consider seven simple ways to sharpen your memory — and know when to seek help for memory loss.



1. Include physical activity in your daily routine. Physical activity increases blood flow to your whole body, including your brain. This might help keep your memory sharp. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging — preferably spread throughout the week. If you don't have time for a full workout, squeeze in a few 10-minute walks throughout the day.

2. Stay mentally active. Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay. Do crossword puzzles. Play bridge. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.

3. Socialize regularly. Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others — especially if you live alone.

4. Get organized. You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook, calendar or electronic planner. You might even repeat each entry out loud as you jot it down to help cement it in your memory. Keep to-do lists current and check off items you've completed. Set aside a place for your wallet, keys, glasses and other essentials. Limit distractions and don't do too many things at once. If you focus on the information that you're trying to retain, you're more likely to recall it later. It might also help to connect what you're trying to retain to a favorite song or another familiar concept.

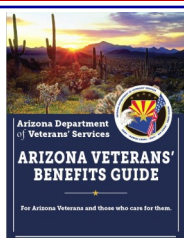
5. Sleep well. Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting enough sleep a priority. Most adults need seven to nine hours of sleep a day.

6. Eat a healthy diet. A healthy diet might be as good for your brain as it is for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. What you drink counts, too. Too much alcohol can lead to confusion and memory loss. So can drug use.

7. Manage chronic conditions. Follow your doctor's treatment recommendations for medical conditions, such as depression, high blood pressure, high cholesterol, diabetes, obesity and hearing loss. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can affect memory.

If you're worried about memory loss - especially if memory loss affects your ability to complete your usual daily activities or if you notice your memory getting worse - talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills. Sometimes other tests are needed as well. Treatment will depend on what's contributing to your memory loss.

Taken from an article written by the Mayo Clinic Staff and published 10 MAR 2021 at <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>



Attention all Veterans! The AZ Department of Veterans Services (AZDVS) has completed the redesign of their organizational webpage, found at <https://dvs.az.gov/>. The revamped website has some great new features and is much easier to navigate. In October 2021, ADVS issued a brand-new comprehensive Arizona Veterans' Benefits Guide as a downloadable PDF file for Veterans and constituents. The Guide can be downloaded from the website at: <https://dvs.az.gov/arizona-veterans-benefits-guide>

CHAPLAINS CORNER: THANKS AND PRAISE

"I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High." PSALM 7:17

"Don't forget to say thank you!" If you are like me, when you were a child you probably heard this phrase often. If you are a parent, you have probably given this advice to your children. But if we are honest with ourselves, most adults—yes, even Christians—need to be reminded to give thanks.

God teaches His children the importance of living a thankful life. As His sons and daughters, we have many reasons to be thankful. He gives us breath in our lungs, people in our lives, and most importantly, victory over the grave in Jesus' resurrection.

"Give thanks to the Lord, for he is good, for his steadfast love endures forever. Give thanks to the God of gods, for his steadfast love endures forever. Give thanks to the Lord of lords, for his steadfast love endures forever." PSALM 136:1-3

In Psalms, David suggests that we need to respond to God's steadfast love with thanksgiving. We need to pause and ask why God's steadfast love is referenced so often in the Psalms. Is it because it was important to David? Obviously. But even more importantly, the Lord wanted to ensure that this element of his character would really make its way into our hearts. Take a moment to consider the concept of eternity....it's almost impossible for us to really fathom - and yet "forever" is the only way to really communicate the height, breadth, and depth of God's love.

Whether you feel content where your life is right now or you wish things were different, you can make the decision to be thankful.

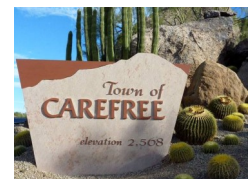
Gratitude Challenge. If you have a hard time believing that thankfulness can make a big difference, challenge yourself to a week of cultivating gratefulness. Before you get out of bed in the morning, thank God for three things in your life. As you go through your day, recognize and vocalize gratitude for the traits and kindnesses of others. At nightfall, offer up a prayer of thanksgiving for three challenges you're experiencing.

Give it a week and see how you feel. If you're starting to see a difference, give it a month. It only takes about 21 days to make a habit!

Excerpts from an article written by Chris Rappazini at <https://www.todayintheword.org/issues/2019/november-2019/devotions-november-2019/november-01-2019-devotion/> and an article from the Moody Bible Institute and Moody Theological Seminary.



11 NOV 2021 Photos of the Veterans' Day Celebration in the town of Carefree, AZ.





<https://www.facebook.com/militaryorder>
<https://www.moww.org/>
<https://www.mowwscv.com>

Military Order of the World Wars Phoenix Pacesetter Chapter

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Pride of the Valley of the Sun!

**"It is nobler
to serve
than to be
served"**

Newsletter Editor
 Jeanne J. Blaes, PhD
 COL (Ret) USA



<http://www.facebook.com/mowwphoenixchapter/>



MOWW Preamble

- To cherish the memories and associations of the World Wars waged for humanity;
- To inculcate and stimulate love of our country and flag;
- To promote and further patriotic education in our nation;
- Ever to maintain law and order, and to defend the honor, integrity, and supremacy of our national government and the Constitution of the United States;
- To foster fraternal relations among all branches of the armed forces;
- To promote the cultivation of military, naval, and air science and the adoption of a consistent and suitable policy of national security for the United States of America;
- To acquire and preserve records of individual services;
- To encourage and assist in the holding of commemorations and the establishment of memorials of the World Wars; and
- To transmit all these ideals to posterity; under God and for our country, we unite to establish ...

The Military Order of the World Wars.

OY 2021-2022 Chapter Meeting Schedule & Important Dates:

- ♦ **23 NOV 2021** ~ AUSA AFCOD
- ♦ **7 DEC 2021** ~ Apache Trails MOC
- ♦ **7 DEC 2021** ~ Pearl Harbor Re-
membrance Day
- ♦ **18 DEC 2021** ~ Chapter Meeting/
Holiday Gathering *date
- ♦ **26 MAR 2022** ~ Chapter Meeting
- ♦ **25 JUN 2022** ~ Chapter Meeting
- ♦ **JUN 2022** ~ AZYLC *date TBD

**Happy
Birthday
November
Babies!**



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