



**AUGUST 2023
NEWSLETTER**

The Military Order of the World Wars ~ Phoenix Pacesetter Chapter

WHAT'S NEW: Commander's Time



Greetings Companions, Families, and Friends of the Order:

As we wrap up all of the invoices and conduct After Action Reports for our 2023 AZ Youth Leadership Conference, we find that this year's per delegate cost was \$514. It seems the cost creeps a little higher each year. Of course we will be looking to reimagine the format and looking for possible different venues for the 2024 Conference. We may not find any place better than the ASU West campus, but it does warrant more study. As mentioned last month, our final total AZ Chapter delegates numbered at 58, with our Phoenix Chapter sponsoring 9 student. The Director and his staff, plus 6 TLs and one SL, brought the total on-site Conference numbers to 69. This number does not include the Instructors and volunteers who attended on a daily basis. Our Chapter alone, provided 14 volunteer members who participated and helped to make the 2023 AZYLC an outstanding Educational event! The delegates rated the Conference, Excellent 54 %, Good 35.7%, Poor to fair 10%. Major concerns for the 2024 AZYLC, besides location and cost, are finding a more efficient way to recruit, communicate with, and confirm attendance for delegates. Some delegates' felt that the daily schedule was too long. Be assured that we will continue to analyze the feedback that we have received and will be identifying ways to conduct this event even better in the future. I encourage any of you who are interested in being a part of this process to let me (Dick) know and I will put you in contact with the Planning Committee lead for next year's Conference.

Our new MOWW Operating Year started on 1 JUL 2023 and we will have a new Chapter Annual Plan and goals to reach. Of course, the first order of business will be to recruit a minimum of 4 new Chapter members. I ask that you think about your friends and fellow workers in organizations that you have belonged to (or are associated with) and identify those folks that you would want to recruit into our Chapter. Sometimes it works out better if you offer to pay for their first year as a member. You know, at the national level, MOWW is struggling with the requirement for us to remain viable as

our membership must be at least 75% Active Duty military or veterans! Hopefully you will also focus on that requirement when recruiting. We have our eyes on several potential members and hope to get them interested in joining us. But, we need your help! So, please make the effort. You can now tell our MOWW story and reference the success of our 2023 AZYL Conference. Let potential recruits know about our participation each year at the Town of Carefree's Veterans Day Program, and about our Chapter's Massing of the Colors. Make sure to mention that this year will be our 58th MOC and Service of Remembrance! It is being held on the closest Sunday to 9/11 at the Phoenix Elks Lodge. See the information and link to the event flyer on page 3 of this NL, and take care to invite all to participate in this 10 SEP 2023 spectacular event!

Our Chapter also needs your participation in our Quarterly meetings. We only have 4 each year! You should be able to attend at least a couple of them, or participate on ZOOM as we conduct a hybrid meeting. Nationally, our Chapter is considered a good one that is steadily improving. Hopefully we can prove them correct. Please join us at our 23 SEP 2023 Quarterly Meeting or join us using ZOOM. Go to page 3 for more

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information on our Chapter's Saturday 23 SEP 2023 1st QTR Meeting and Lunch.

On 27 JUL 2023 a special election was held via ZOOM to elect a new Region XIII Commander. Congratulations to our Adjutant, Mike Halpin, on being elected into this prestigious position!

From 1-6 AUG 2023, Debbie and I attended the 2023 MOWW 103rd National Convention, which was held at the Crowne Plaza in Annapolis, Maryland! We had a great time with fellow Companions and we were able to enjoy the rich history of Maryland's beautiful capital city on Chesapeake Bay. Our Phoenix Chapter received both First Place Awards for Outstanding Newsletter for Medium Chapter and the Information & Publicity Program Award, for the same. Thanks to our Chapter Sr Vice and NL Editor, Jeanne, for all of her hard work on this award winning publication! Also, during this year's Convention, VADM Sean S. Buck, USN, Superintendent, U.S. Naval Academy was presented with the MOWW 2023 Distinguished Service Award. And, finally, congratulations to LtCol (Ret) Marlon Ruiz, Santa Cruz Valley Chapter Adjutant, for being reelected as an National MOWW Vice CINC, and especially to BG Victor Perez, who was installed on 5 AUG 2023 as our new MOWW Commander in Chief (CINC)! Some photos of the event are posted below and will also be available in the future on the National MOWW website.

Try to stay cool throughout this month and see you at our MOC & OY 2023-24 1st QTR Meeting/Lunch in SEP!
CDR Dick Minor

1-6 AUG 2023 MOWW 103RD NATIONAL CONVENTION, ANNAPOLIS, MD





2023 PHOENIX CHAPTER MOWW ~ 58th MASSING OF THE COLORS & SERVICE OF REMEMBRANCE!

The Phoenix Chapter of MOWW will be conducting its 58th Massing of the Colors on Sunday, 10 SEP 2023 at the B.P.O.E. Phoenix Elks Lodge #335, located at 14424 North 32nd Street, Phoenix, AZ 85032. We hope that you invite your friends and family members, veterans, first responders, local officials, and civic youth groups to join us!

For more information on the 2023 Phoenix Chapter MOWW MOC, download the event flyer at the following Phoenix Chapter [MOC FLYER LINK](#).



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

* **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:** MONUMENTS & MEMORIALS, NATIONAL SECURITY, HOMELAND SECURITY, and LAW & ORDER

AZ LEGISLATIVE UPDATE: The Legislature returned from an extended break on 31 JUL 2023. No new Legislative actions are anticipated as most of the work for this session has been completed.



NOTES:

- To view the full overview of any bill visit: <https://apps.azleg.gov/BillStatus/BillOverview>. You can also get there by going to www.azleg.gov and clicking on Bills > Bill Tracking.

- As a friendly reminder, the update is split into sections: Military and Veteran Bills; Bills that impact the Department, & Bills that have Completed Legislative Action, and Bills that will not moved forward in the process this session.

To read the most recent ADVS Legislative Update for 2023, please go to the following [ADVS LINK](#) or <https://dvs.az.gov/about/legislative-updates>

****Note: Chapter meetings are held quarterly, on the 4th Saturday of the month.**

WHAT: 1st Quarter Phoenix Chapter MOWW Hybrid Meeting and Lunch

WHERE: Card Room, American legion Post #44, 7145 E 2nd St, Scottsdale, AZ 85251 /Phone: (480) 941-9053

WHEN: Saturday, 23 SEP 2023 at 11 AM

Jeanne Blaes is inviting you to a scheduled Zoom meeting.

Topic: 1st QTR Phoenix Chapter MOWW Hybrid Meeting and Lunch

Time: Sep 23, 2023 11:00 AM Arizona

Join Zoom Meeting

<https://us02web.zoom.us/j/81538785330?pwd=L01GcEVxWVl5Um15ajh3cWU2OGtUdz09>

Meeting ID: 815 3878 5330 // Passcode: 669325



CHAPLAINS CORNER: OBEY AND MEDITATE ON GOD'S WORD Joshua 1:7–9

“Keep this Book of the Law always on your lips; meditate on it day and night.” JOSHUA 1:8

Jesus told a parable about a man who built his house on a foundation of rock. A storm came, but the house stood firm. Another man built his house on a foundation of sand. When a storm came, the house collapsed. The first house is a picture of a wise man who “hears these words of mine and puts them into practice.” The second is a picture of a foolish man who hears the words but fails to put them into practice (Matt. 7:24–27).

While Bible reading and study are essential, they're not enough. They must be accompanied by obedience (v. 7). The Israelites (for the second time) stood on the verge of entering the promised land. Joshua faced his first big leadership test. One may think the emphasis would be on preparing the nation for battle. Instead, the Lord stressed, “Be careful to obey.” Stay on the path—don't turn aside to the right or to the left. In covenant terms, obedience leads to success. This is what they'd failed to do in the previous generation.



To promote obedience, God also commanded Joshua to saturate his mind and heart with Scripture: “Keep this Book of the Law always on your lips; meditate on it day and night” (v. 8). “On your lips” includes reading aloud and reciting. Whereas Eastern meditation often focuses on emptying the mind, godly meditation fills the mind with God's Word.

The exhortation is to “[b]e strong and courageous” (vv. 7, 9). “Strength” here is not a military one; it means to “hold on firmly.” We must believe that God will do what He said He will do. Such faith is strong and courageous, not fearful and discouraged, because we're relying on God, not ourselves. “The LORD your God will be with you wherever you go.”

REFLECT: The words “courage,” “discourage,” and “encourage” are all connected. How can we best encourage fellow believers or help them take courage? By reminding them that God never leaves us nor forsakes us (Josh. 1:5).

PRAYER: Praise be to our God! Not only have You preserved Your Word for us to read and study, You have also given us the Holy Spirit, who helps us understand the Scriptures. We take courage in knowing You are with us in this way.

Extracted from a 28 JUL 2023 meditation written by Dr. Bradley Baurain, Professor and Program Head of TESOL (Teaching English to Speakers of Other Languages) at Moody Bible Institute; it can be found at the following page: <https://www.todayintheword.org/issues/daily-devotional-2023/the-gift-of-gods-word/daily-devotional/obey-and-meditate-on-gods-word/>

+_MEDIC's BAG_+ 10 HEALTHY NUTS & SEEDS TO SNACK ON

Looking for healthier food options to munch on throughout the day? Nuts and seeds are good alternatives to snack on every time you feel a little pang of hunger in between meals. High in fibre, protein and good fat, they boost your strength and energy, make you feel fuller faster, and aid in weight management. They are also rich in vitamins, minerals and antioxidants that help improve your blood pressure, cholesterol and glucose levels, and ultimately reduce your risk for heart diseases.

Hold off on the junk foods because we are spilling the beans on 10 healthy nuts and seeds that are great additions to your daily snack time.

1. **Almonds.** Almonds contain minerals like calcium, potassium, magnesium and copper that promote strong bones and prevent osteoporosis. They are also loaded with fiber, protein and vitamin E that help fight inflammation, control weight gain and improve heart health. Studies have shown that adding one serving of almonds to every meal could help prevent the increase in blood sugar levels that occur after eating by as much as 30% in people with diabetes. It has also been reported that almonds reduce inflammation in type 2 diabetics. When included in a low-calorie diet, they could contribute to weight loss and lower blood pressure in people who suffer from obesity. Almonds have also been known to improve cholesterol levels as revealed in a few studies where subjects who were put on almond-rich diets exhibited lower levels of LDL cholesterol (or “bad” cholesterol), overall cholesterol and oxidized LDL cholesterol, which is particularly harmful to the heart. Finally, almonds contribute to the production of beneficial gut bacteria, enhancing the health of your gastrointestinal microbiota.

2. **Cashew Nuts.** Cashew nuts are a good source of copper, magnesium and iron that help strengthen your immune system and boost the antioxidant quantities in your food. Studies investigating the effects of cashew-rich diets in people who exhibit symptoms of metabolic syndrome discovered that 20% of calories from these nuts reduced blood pressure and increased the antioxidant content of the diet. However, a few research studies have also revealed that a high amount of cashew nuts in diets may cause the rise of glucose levels in people with metabolic syndrome. Additionally, a more extensive experiment observed that a diet high in cashews reduced blood pressure and increased levels of HDL cholesterol (or “good” cholesterol), while significant effects on body weight and blood sugar levels have yet to be seen.

3. **Peanuts.** Peanuts are packed with magnesium, manganese, phosphorus, protein, thiamin and vitamin E. They are also rich in oleic acid, which inhibits LDL cholesterol. A study in over 120,000 people revealed that peanuts may improve heart condition in people who consume higher amounts of these nuts and are, thus, linked to lower death rates. Another study among women revealed that eating peanut butter more than five times a week can lower the rate of type 2 diabetes.

4. **Pistachios.** Pistachios are an abundant source of vitamin B6, copper and manganese. They are beneficial to your heart health by improving your blood pressure, body weight and the balance of antioxidants and free radicals in your system. Like almonds, pistachios may improve the cholesterol levels in your body by increasing the amount of HDL. They also mitigate the upsurge in glucose levels following a meal.

5. **Walnuts.** Walnuts are rich in proteins, fiber, magnesium and phosphorus, as well as a plant-based omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower your risk for several heart diseases. It has been observed in a number of studies that eating walnuts significantly lowered LDL levels while increasing the amount of HDL resulting in reduced inflammation and better weight management. Walnuts also contribute to improved blood pressure and blood circulation in your body. Additionally, one research study conducted among college students revealed that walnuts may also have positive effects on cognition and overall brain health.

NUTS & SEEDS

nuts & seeds supply healthy fats, protein & fiber



almonds



flax seeds



walnuts



pumpkin seeds



pecans



sunflower seeds



cashews

Continued on page 6



6. Chia Seeds. Chia seeds are high in iron, folate, calcium and magnesium, making them beneficial for bone and dental health. Rich in omega-3 fatty acids, these seeds decrease the amount of stored fat in the body for a healthy heart, and help manage cholesterol and blood sugar level with their soluble fiber content. Researchers have observed that consumption of chia seeds increase ALA in the blood to help reduce inflammation, blood pressure and risk factors of heart disease.

7. Flaxseeds. Flaxseeds are loaded with polyphenolic compounds called lignans that help prevent various kinds of cancers. They also contain soluble fibre that helps reduce cholesterol and normalize glucose levels in the body. In addition, the omega-3 fatty acids in ground flaxseeds are good for brain and eye health. A few studies revealed that eating flaxseeds may reduce tumor markers in women with breast cancer, minimizing their cancer risk. This can also be associated with their lignan content as these polyphenolic compounds are similar to estrogen in females. Similar effects of flaxseeds have been observed in men with prostate cancer. Moreover, flaxseeds could prevent heart disease and diabetes by helping manage cholesterol and blood sugar levels.

8. Pumpkin Seeds. Pumpkin seeds contain the antioxidants magnesium and zinc, as well as protein, iron and vitamin B that helps generate healthy blood cells. They also have a high amount of the amino acid tryptophan that produces the hormones melatonin and serotonin—responsible for regulating appetite, mood and sleep. Attributed to their abundant nutrient content, pumpkin seeds reportedly have various health benefits including a significantly reduced risk of breast cancer, prostate diseases and urinary disorders.

9. Sesame Seeds. Sesame seeds may be black or white, and they can be ground to make sesame seed butter or tahini, which is the main ingredient in hummus and a lot of Middle Eastern cuisines. They are packed with essential minerals such as copper, manganese and magnesium. Sesame seeds are loaded with lignans, specifically, the kind called sesamin. Gut bacteria have been found capable of converting these into enterolactone to improve estrogen levels. Healthy levels of sesamin are said to prevent heart disease and breast cancer. Additionally, research showed that these seeds may also have anti-inflammatory and anti-oxidative properties after observing people with knee osteoarthritis whose condition improved after daily consumption of 40 grams of sesame seed powder for two months. A similar study revealed that semi-professional athletes had remarkably reduced muscle damage, improved tissue regeneration and increased aerobic capacity after eating 40 grams of sesame seed powder every day for about a month.

10. Sunflower Seeds. Sunflower seeds have a rich supply of the fat-soluble antioxidant vitamin E and also contains a considerable amount of healthy fats, fibre and protein. They are said to help reduce the risk of heart ailments in middle-aged and older people when eaten at least five times a week to minimize C-reactive protein (CRP), an inflammation indicator found in the blood. A study has shown that sunflower seeds have a positive effect on blood cholesterol levels in postmenopausal women with type 2 diabetes. These women who incorporated sunflower seeds in their daily diet for three weeks were found to have lower levels of cholesterol and fat deposits.

In a Nutshell: Nuts and seeds have a wide range of nutritional benefits and are a good alternative or addition to your daily snack staples. They contain many essential nutrients that can help improve your cholesterol and blood sugar levels as well as your heart health while reducing your risk for certain diseases. Nuts and seeds are also a good source of strength and energy which makes them ideal snacks to eat before and after you hit the gym. Whether you eat them as is or mixed with other ingredients, nuts and seeds will add a healthy spin to your snack time.

Extracted from an article found at <https://www.newlifefnutrition.com.au/diet-and-nutrition/healthy-seeds-and-nuts-to-snack-on/>

The Military Order of the World Wars - The Phoenix Pacesetter Chapter

The Military Order of the World Wars (MOWW) founding resulted from General of the Armies John J. Pershing's request that his officers continue serving America after their active military service ended following World War I. Since MOWW's establishment in 1919, MOWW members ("Companions") have lived by the Military Order's motto: *"It is nobler to serve than to be served"*.

- MOWW **Outreach Programs** involve the local community, state and nation. They include :
Patriotic Education — ROTC & JROTC Programs — Scouting Program — Monuments & Memorials — National Security — Homeland Security — Law & Order — Veterans Affairs Program

- MOWW members receive the following award-winning **Publications**: the quarterly Officer Review; the Phoenix Pacesetter Chapter monthly Newsletter

- MOWW holds an **Annual Convention** where members convene to exchange ideas, honor selfless service, attend educational workshops and business sessions, and listen to guest speakers.

- **Monthly Luncheons**: The Chapter meets four times a year (SEP, DEC, MAR, JUN) on the fourth Saturday of the month. Currently, we are meeting at American Legion Post #44 located at 7145 E. 2nd St, Scottsdale, AZ 85251. Staff meetings are open to all mem-

bers with Check-in/Set-up/Meetings starting at 11:00 am. Sometimes items are raffled off at luncheon or a 50-50 raffle is held, with collected funds going to support our Patriotic Education Youth Programs. Guest speaker topics address any one of the Outreach Programs previously mentioned. ***Note COVID-19 impact: hybrid Zoom meetings may be held**

To Join: Have potential members view "The MOWW Movie" at <http://www.moww.org/> and click on the "JOIN US" tab at the top left of the screen. Just fill in the application form dated 18 OCT 2022; new members can use their **credit card** to pay!

Membership Categories:

- ★ Veteran Regular (Annual) Membership @ \$40/year
- ★ Veteran Perpetual Membership (1st year of Commission/Warrant) @ 1 x \$200 or 4 x \$50 quarterly
- ★ Veteran Perpetual Membership @ 1 x \$350 or 4 x \$87.50 quarterly
- ★ Hereditary Regular (Annual) Membership @ \$40/year
- ★ Hereditary Perpetual Membership (age 18-20) @ 1x \$200 or 4 x \$50 quarterly
- ★ Hereditary Perpetual Membership (age 21+) @ 1x \$350 or 4 x \$87.50 quarterly
- ★ Memorial Perpetual @ 1x \$200.00

2023 CHAPTER MEETING SCHEDULE & IMPORTANT DATES:

SUMMER BREAK

- ◆ **10 SEP 2023** ~ Chapter 58th MOC, Elks Lodge #355, 14424 N 32nd St, Phoenix, AZ 85032
- ◆ **23 SEP 2023** ~ Chapter/Staff Meeting 1st QTR & Lunch, Club Rm, American Legion Post #44, Scottsdale
- ◆ **23 DEC 2023** ~ Chapter/Staff Meeting 2nd QTR/Holiday Gathering, TBD

**** Have any ideas for our quarterly meeting programs? Contact Dick or Jeanne with your input!!**



BIRTHDAY WISHES go out to the following Companions/friends who were born in the following months: **August**: LtCol Andrew Genualdi (7th), Col Ron Perkins (7th), LtCol Ray Boucher (8th), LTC David Clukey (9th), Sarah Fountain (9th), Mary Halpin (10th), Sandy Harness (11th), Cherri Shaw (11th), COL Tom Troxell (12th), Jeff Schrader (19th), and Col Tom Sheets (26th), **September**: Jim Webb III (3rd), Kathryn Barstow (4th), Chuck Schluter (10th) Megan Barstow (11th), Debbie Kerr-Minor (12th), Dave Dolge (20th), Mike Krouse (22nd), and Lindsey Harness (30th); **October**: David Fillman (1st), Bill Bonnell (10th), Kirk Loving (11th), Richard Minor (16th), John Larson (24th), Joe Harris Jr. (25th), Tuesday Minor (27th), Daniel Butler (29th), Vinnie Cardieri (30th), and Kris Dunn (31st); **Happy Birthday to all of you!** If anybody's name has been omitted from this list, please forward your birth date to the Chapters' Adjutant so that we may update our records.



<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.

HAPPY BIRTHDAY August Babies..



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