**COMMANDER’S REMARKS (12 OCTOBER 2023)**

Our summer vacation is now over with and MOWW is back in operation. We had a staff meeting today and we will have a regular face-to-face General Membership Meeting on Saturday, 21 October 2023, starting at 11:30 A.M. The meeting will be held at Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO. Our featured speaker will be Dr. Robert Mallin and he will be speaking about some of his experiences in Viet Nam during the war.

To get there (Las Brisas Restaurant), if you are coming from east of I25, drive west on Arapahoe Road to South Clinton Street (about a block before you get to I25) and take a left turn. Do not turn on Clinton Court as the next street is South Clinton Street. The restaurant is located on the east side of the Target Store parking lot. If you are coming from west of I25, drive east on Arapahoe Road until you pass under I25. The first street on the right is South Clinton Street. Turn right and you will see the restaurant on the east side of the Target Store parking lot. If you get lost, you can call me at 303-981-5519 (cell) and I will try to get you un-lost.

LT Evan Totten has been the Chair of the Scouting and ROTC Committees for the past 5 years and has done an outstanding job. However, Evan and Janell are in the process of relocating out of state and he will not be able to continue in this position. HPM Stephanie Ritchie has agreed to accept the positions of Chair of the ROTC Committee and the Scouting Committee. As a former Girl Scout, she should do well in these positions. Evan has also been serving as Chapter Chaplain. HPM Frances Long has agreed to be our Chaplain when Evan relocates.

Coy D. Ritchie, D.M.

LCDR, USN (Ret)

Denver Chapter Commander

It is nobler to serve than to be served

**STAFF MEETING (12 OCTOBER 2023)**

This meeting was conducted at Frances Long’s home and was called to order by Commander Coy Ritchie at 1050 hours. Also attending were

HPM Pat Ritchie, HPM Francis Long and HPM Stephanie Ritchie. The invocation was offered by HPM Frances Long followed by the Pledge of Allegiance.

Minutes The minutes of the staff meeting on 7 September 2023 were approved on a motion by HPM Stephanie Ritchie and seconded by HPM Pat Ritchie.

Treasurer’s Report The Treasurer’s Report as of 30 September 2023 was submitted by LCDR Ritchie. The month ended with a U.S. Bank fund balance of $4,240.43 and ENT Credit Union fund balance of $8,903.39. The Treasurer’s Report was approved on a motion by HPM Stephanie Ritchie and seconded by HPM Pat Ritchie.

Scouts HPM Stephanie Ritchie has replaced LT Totten as chair of this committee.

ROTC/JROTC HPM Stephanie Ritchie has replaced LT Totten as chair of this committee. Stephanie has contacted each ROTC/JROTC unit to introduce herself as the new contact person.

Patriotic Education LCDR Ritchie reported that the Rocky Mountain Youth Leadership Foundation (RMYLF) fund raiser at the Flying W Ranch in Colorado Springs on 21 September was very successful. The RMYLF had a Board Meeting on 5 October and LCDR Ritchie attended via Zoom.

Public Safety and Law and Order Nothing new.

Region XIII and Department of the Rocky Mountains A new Region XIII Commander, Capt Michael J. Halpin, USMC (Fmr) will be installed at the next Region XIII meeting.

Membership An ongoing effort.

Hospitality Our next general membership luncheon will be held on 21 October 2023 at Las Brisas Restaurant with the social period at 11:30 and lunch at 12:00.

 Program/Speaker Dr. Robert Mallin.

Old Business Nothing to report.

New Business Nothing to report.

Next Staff Meeting Thursday, 9 November 2023, starting at 1100 hours at the home of HPM Frances Long.

Benediction

Adjournment LCDR Ritchie adjourned the meeting at 1145 hours.

 **COMING EVENTS (October & Later)**

* **STAFF MEETING (9 November 2023)**
	+ (Thursday), 11:00 A.M.
	+ Location: Frances Long’s Home
* **MOWW NATIONAL CONVENTION**

 **( August 2024)**

* + Location: Philadelphia, PA
* **MEMBERSHIP LUNCHEON**

**(21 October 2023)**

* + (Saturday), time 11:30 A.M.
	+ Location: Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.
	+ Menu: Order from the menu.
	+ Program: Dr. Bob Mallin speaking

 

 **Bob**

 KNEES

 CPT Robert E. Mallin, MD, USA (Fmr)

 Surgeon General, MOWW

For some time, my knees have bothered me, i.e., plagued me with pain, caused an inability to navigate stairs and inflicted on me a constant need for mobility-friendly furniture. However, I have seen a tall gentleman from Arizona at the annual MOWW Convention and have seen him go from debility to device-free mobility. Finally, on his advice, I decided on total left knee joint replacement. After asking around the Denver area, it became obvious that patients, rehab people, and word of mouth favored Dr. X. I anticipated that after a couple of days in hospital and a little rehab, things would be better than now!

So far, the journey is 15 weeks of too-slow improvement. In fact, the tunnel and the light at the end get farther away, with no end in sight. As it turned out, surgically there were several prostheses, methods of insertion and stabilization choices to evaluate for my knees. My X-rays revealed a really messed up joint, or rather two. No cartilage, moth-eaten bone, arthritic damage and the tell-tale ”bone on bone” configuration I also learned that elements of the joint can be repaired, on occasion.

An early step in “only” treatment can be steroid intra-articular injections. Any element of inflammation and classic arthritis can get relief for up to six months. Typically, my steroid injections lasted six months, then four months and finally, they lasted no time at all. The next step, or one used in conjunction with steroids, was Hyaluronic Acid. A small amount of the substance can lubricate the joint and give variable periods of relief and, maybe, some cartilage regrowth. In my case, almost two years of such treatment avoided surgery, that is until the treatment stopped working altogether. Based on my rapid recovery from ablative renal surgery, I was looking forward to getting on with my knees.

On to the knees I went, and I learned that to say the least, surgical recovery is an individual experience. My family and I were shown how magically a properly sized and contoured prosthesis was manufactured. Even dentures take many fittings, but the artificial joint was, seemingly, instantly ready! Detailed preparation occurred and my medications were arranged. Off I went to the hospital, the operating room and, seemingly, was instantly awake. Now, I realized that the “couple of days in the hospital,” at least in my case, preceded two weeks at an intensive rehabilitation facility. Unhappily, pain control was only so-so. Then there were the massive amounts of swelling and pain that had to be overcome. My rehab was initially 15 hours a week for two weeks. As you may recall, I live with a very capable cat. However, my doctor surprisingly found my cat less than qualified and so off I went to a facility for two more weeks of less intense rehabilitation.

Finally, one magic weekend I could go home, albeit with a lot less intense pain but still notable swelling, for a couple weeks of home health treatments. Little by little, I have overcome most mobility problems. I was told that 2-3 months is not unusual for recovery. I am now in my fourth month. Regardless, it is good to be into the thing for 15 weeks because I can see how far I have come, though it is not yet far enough. The only danger, really, is reaching a plateau with at least partial use of a walker permanently. I’m working hard to prevent that. Regardless, I do owe the gentleman from Arizona a drink. I’m just not sure what it might be. 2023 update: My replaced knee has never been pain free and only somewhat improved. My right knee is now getting “rooster comb” lubrication that is helping. Be well.

*The Military Order of the World Wars THE OFFICER REVIEW*

*CPT (Dr.) Robert E. Mallin, USA (Former) is a graduate of Adelphi University and New York Medical College. He is certified with the American Board of Plastic and Reconstructive Surgery and is a Fellow of the American College of Surgeons. In private practice from 1975-94, he was the Alaskan State Physician of the Year. While in the U.S. Army (1966-1968) he earned a Bronze Star, Purple Heart and Air Medal, and a Combat Medical Badge, among other decorations.*

**PREVIOUS MEMBERSHIP MEETING SPEAKER**

 **(22 APR 2023)**

LT Totten shared with the Chapter Companions his experiences while being trained as a naval aviator and then his later experiences as a combat pilot flying off of several carriers during the Viet Nam war.



 **THE 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 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**

 **THE CINC SOLICITATION**

The Commander in Chief is appealing to you to donate generously to the CINC Solicitation by making a *donation* in support of our Order’s patriotic and educational activities. He also asks that you encourage other Companions in your chapter to do so too. Our CINC Solicitation goal helps pay for activities such as:

* Supporting chapters via essential services (e.g., YLC insurance) and merchandise (i.e., products of all types)
* Existing awards, e.g., ROTC/JROTC Awards of merit, GSUSA Gold Award, and BSA Eagle Scout Certificates
* New awards, e.g., Outreach Service Medal and BSA Sea Scout, Quartermaster and Venture Scout Certificates
* Service Academy awards and military college awards
* Medals & certificates to ROTC/JROTC cadets & BSA & GSA scouts not supported by chapters
* Promotional material and program brochures for existing and start-up chapters
* The *Officer Review* magazine, which is MOWW’s only way to communicate with all Companions
* YLC Support via additional YLC issues of the *Officer Review* that YLC Directors use for advertising & recruiting
* The MOWW website at [www.moww.org](http://www.moww.org), which the Order’s Companions use in support of every activity area
* MOWW Convention Support, including the Distinguished Service and National Commander Award programs

It is very easy to contribute, just open up the Order’s web page and at the very top next to the logo is the DONATE tab. You can also mail in your contribution when you receive the solicitation in the mail from MOWW HQ.

Your donation supports patriotic activities only MOWW provides. *Please donate today!*

**MEMBERSHIP APPLICATIONS**

Applications may be obtained by contacting the Chair of the Membership Committee at 303-981-5519 or coyritchie@aol.com.

It is nobler to serve than to be served

 **POINTS OF CONTACT**

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**MOWW Denver Chapter (093), CO**

c/o Coy D. Ritchie

4198 S. Kirk Court

Aurora, CO 80013-6022

[www.mowwscv.com/publications](http://www.mowwscv.com/publications)

**Commander and Treasurer**

LCDR Coy Ritchie, USN (Ret)

4198 South Kirk Court

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**Adjutant**

HPM Frances Long

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Centennial, CO 80111-4237

303-694-1079 (Res)

grannyfrancene@netzero.net

 **Commander, Rocky Mountains Department**

COL Steven A. Shambach, USA (Ret)

 shambachsm@msn.com

 **Commander, Region XIII**

 Capt Michael J. Halpin, USMC (Fmr)

 mjhalpin4@gmail.com

 **DENVER CHAPTER STAFF**

 Denver Chapter Executive Board-Elected Officers

Commander: LCDR Coy Ritchie, USN (Ret) 303-981-5519

1st Vice Cdr: CPT Robert Mallin, USA (Fmr) 303-794-4790

2nd Vice Cdr: HPM Stephanie Ritchie 720-910-3647

Adjutant: HPM Frances Long 303-694-1079

Chaplain: HPM Frances Long 303-694-1079

Treasurer: LCDR Coy Ritchie, USN (Ret) 303-981-5519

 Denver Chapter Staff: Committee Chairs

Membership: LCDR Coy Ritchie, USN (Ret) 303-981-5519

Newsletter Editor “ “

Public Relations: “ “

Finance & Budget: “ “

Rocky Mountain YLC: “ “

Patriotism: “ “

ROTC & JROTC: HPM Stephanie Ritchie 720-910-3647

Scouting: “ “

Programs: CPT Robert Mallin, USA (Fmr) 303-794-4790

Law & Order: Col Ron Rakowsky, USAF (Ret) 303-770-7121

Hospitality: HPM J. Pat Ritchie 303-690-5118

Marshall: HPM Stephanie Ritchie 720-910-3647