**COMMANDER’S CORNER (8 DECEMBER 2022)**

 We will have a regular face-to-face General Membership Meeting on Friday, 16 December 2022, starting at 11:30 A.M. The meeting will be held at Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO. The featured speaker will be Rabbi Rick Brody who will be speaking on the meaning of Hanukkah.

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.

For planning purposes, Region XIII will be having

our next Conference January 20-21, 2023 in the Phoenix area. The Conference will be held at the Arizona Grand Resort & Spa, 8000 S. Arizona Resort Parkway, Phoenix, AZ 85044. It is at the I-10 and Baseline intersection. Please contact me if you plan to attend and need an email address to register. Pat and I plan to attend.

Coy D. Ritchie, D.M.

LCDR, USN (Ret)

Denver Chapter Commander

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

**STAFF MEETING (8 December 2022)**

This meeting was conducted at Frances Long’s home and was called to order at 1122 hours by Denver Chapter Commander LCDR Coy Ritchie. Also attending were LT Evan Totten, HPM Pat Ritchie and HPM Frances Long. CPT Bob Mallin, M.D. attended by Zoom. The Invocation was offered by LT Totten followed by the Pledge of Allegiance led by LCDR Ritchie.

 Minutes The minutes of the meeting on 10 November 2022 were approved on a motion by LT Totten and seconded by HPM Pat Ritchie.

Financials The Treasurer’s Report as of 30 November 2022 was submitted by LCDR Ritchie. The month ended with a U.S. Bank fund balance of $6,812.47 and ENT Credit Union fund balance of $8,872.63. The Treasurer’s Report was approved on a motion by LT Totten and seconded by HPM Pat Ritchie. A motion was made by LT Totten to transfer $750 from the General Fund to the Patriotic Education Fund in January 2023 in order to have sufficient funds to donate $750 to the RMYLF. The motion was seconded by HPM Pat Ritchie and approved unanimously.

 Scouts Nothing new to report

ROTC, JROTC LT Totten reported he is now getting updates from the schools on the changes in staff.

Patriotic Education LCDR Ritchie is now a Trustee on the Board of the Rocky Mountain Youth Leadership Foundation. In January, he will start the process of obtaining student nominees to attend the YLC in June 2023.

Public Safety and Law and Order Nothing new to report.

Region XIII and Dept. of the Rocky Mountains LCDR Ritchie reported that the Region XIII Spring Conference will be held in Phoenix on June 20-21, 2023.There will be a Zoom presentation of the meeting on 21 June.

Membership/Recruiting LCDR Ritchie reported that we lost COL Suiko Kumagai who passed away in October at 101 years old. We now need 2 new members in order to meet our membership goal.

Hospitality The next General Membership Meeting will be held on Saturday, 17 December 2022 at Las Brisas Restaurant. Please bring your spouse and friends for a delicious Mexican or Spanish lunch. We will order from the menu.

Program/Speaker The speaker will be Rabbi Rick Brody who will speak about the meaning of Hanukkah.

Old Business Nothing to report.

New Business Nothing new to report.

Next Staff Meeting Thursday, 12 January 2023 starting at 1100 hours at the home of Frances Long.

Benediction Offered by LT Totten.

Adjournment LCDR Ritchie adjourned the meeting at 1207 hours.

Submitted by HPM Frances Long, Adjutant

 **COMING EVENTS (December & Later)**

* **STAFF MEETING (12 January 2023)**
	+ (Thursday), 11:00 A.M.
	+ Location: Frances Long Home

* **MOWW NATIONAL CONVENTION**

 **(August 2023)**

* + Location: Annapolis, MD
* **MEMBERSHIP LUNCHEON**

**(17 December 2022)**

* + (Saturday), time 11:30 A.M.
	+ Location: Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.
	+ Menu: Order from the menu.
	+ Program: The Meaning of Hanukkah.

 

 **Bob**

 **PAIN AND AGING**

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

 Surgeon General, MOWW

One consequence of growing old, playing contact sports, being overweight, or just walking upright, is the potential for back and sciatic nerve problems. Basically, your spinal column is a curved stack of vertebrae bones with nerves coming out between them. If all goes well, the stack stays “in line,” i.e., the nerves have plenty of room and we can get around well. However, too often there are some problems.

Some of it starts at birth, most problems come with time. Sciatic exercises will usually relieve pain in the short-term and provide conditioning for long-term relief. I can’t stress too strongly to get expert help! Physical therapist, physical medicine and rehabilitation physician, etc., directed exercises may help. These can be done on land or in the water. Remember: activity is better than prolonged bed rest. Many exercises strengthen the back and abdomen. Stretching is a mainstay. However, the wrong exercises can worsen the situation. Check with an expert first. A herniated disc or a narrow spinal canal needs specific consideration.

Sciatic pain is caused by compressing nerves coming out of the spine in the low back. Pain can go from the butt to the toes. Exercises are generally rotational. Firm surfaces, knees bent, rotate each leg to the flat surface –two sets of ten usually. Knees bent rotate them together left and right, hold 15 seconds. Two sets of ten. Knees bent, elbows press to table, rotate pelvis upward. Knees then together left and right, hold 15 seconds. Two sets of ten. Knees bent, elbows press to table, rotate pelvis upward. Knees bent, lift one at a time, 2-3 inches off the deck, and hold for 15 seconds. Next could be lifting each knee and lowering the opposite arm to a place behind you. Arms folded on chest, rotate 20-30 times to the side, holding 15 seconds. Bend your back to the floor, relaxing everything. One set of five will help. See a specialist for water exercises. Stop if it hurts, as opposed to just feeling stretched.”No pain, no gain,” does not apply to rehabilitation routines.

Your training expert may want to add upper body or leg straightening exercises, weight training, etc. I can tell you from personal experience that pain vanishes in the water, especially warm water (92-94F), and exercises are more pleasant. Plus, at the pool everyone is less self-conscious. It is OK to say that you are here for a workout, not for chit-chat. Nonetheless, there are people who give encouragement and care, even when you exercise on your own and you are not in a formal exercise class. An hour or more of exercise passes quickly—and it’s good for you. In a rehabilitation center, the program is individually generated for you. You are constantly guided through your session. Modalities can change from visit to visit as the situation warrants. If you qualify, Medicare covers a generous amount of visits to the rehabilitation center, but you will need a doctor’s referral.

At a community or college pool, you do not need a referral, although you may need to be a student. A one-credit course typically qualifies you to use all facilities during most times of every day. For me, the obvious thought was to combine the rehabilitation center’s instructions and specific exercises with the warm water pool’s facilities for my ideal program. Most important, get diagnostic help and start a program—now. There is every reason for you to enjoy your workouts, and benefit from them!

*MOWW OFFICER REVIEW June 2014 p22*

*The Military Order of the World Wars*

*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.*

 **POINTS OF CONTACT**

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