



The Military Order of the World Wars

The Association of All Military Officers
Chapter 131, West Valley, Arizona
P. O. Box 7938, Surprise, AZ 85374
WEB SITE-www.mowwestvalleyaz.org



Bulletin No. 5

June 2023

Commander's Message



Linda Howry
Commander

Companions, our **May meeting** saw the transition to the new leadership team for our chapter. Below is Linda Howry taking her oath of office as incoming Commander.



Breakfast Meeting

An in-person meeting is planned for October 12, 2023 tentatively at 0930 at Chef Peter's Bistro.

Additionally, the new staff took their oath for the upcoming year.



Linda Howry addressing the chapter members.

SPECIAL FEATURE (Page 11)

How a sailor remembered 250 prisoners of war through song



Out-going staff were presented certificates by Commander John Hannan in appreciation for their work the past year.





MOWW Chapter 131 Leadership
 Commander: Linda Howry
 Junior Vice: Randy Meyer
 Adjutant: Mel Howry
 Treasurer: Buz Isban
 Marshal: Ken Coffman
 Surgeon: Chris Schmidt
 Chaplain: John Hannan
 Bulletin Editor: Carlton Bjerkaas
 Web Master: Ken Coffman
 Historian (Archivist): Ken Coffman
 Membership Chairman: Jerry Jenson
 Immediate Past Commander: John Hannan

Surgeon's Note

By Linda Howry RN MS

Coronary Heart Disease II

Coronary Artery Disease (CAD) is diagnosed by a healthcare provider through your health history, a complete physical exam, medical tests, and blood evaluation. Listening to the heart with a stethoscope gives the provider clues to arrhythmias, and blood pressure readings help to evaluate stress on the heart. The first test is an electrocardiogram (EKG) to detect old or current heart attacks, areas of lack of blood flow to the heart, and rhythm issues. A coronary angiogram uses CT technology to assess the heart beats. Other heart monitoring tests are cardiac catheterization, echo cardiogram, coronary calcium scan, and stress test. Blood work will show damage to heart muscle through elevation of elevated muscle enzymes.

Treatment after the diagnosis of heart damage may require surgical intervention for a clogged artery of either bypass surgery or a stent placed into the heart muscle arteries to open blood flow to the heart. Other treatments are aimed at lifestyle changes such as stopping tobacco products and the limitation of alcohol. Dietary restrictions include diet changes to reduce saturated and trans fats, and sugar. If overweight, a reduced

See you in October.
 Linda Howry
 Commander MOWW West Valley 131

caloric intake is recommended for losing weight in order to decrease the workload on the heart. Exercise by walking thirty minutes a day, five days a week will help the heart to increase its output. If you have other chronic diseases, they will be evaluated and changes in treatment may occur. Medications to control diabetes, cholesterol, and blood thinners to control blood clots may be added as needed. CAD cannot be cured but it can be controlled.

Future bouts of CAD can be decreased by doing the recommendations for a healthy life style. These include, avoiding tobacco products, limit alcohol intake, eat a diet with less sugar and saturated fats. Also, by becoming physically active and reducing stress. Medications may be prescribed for lowering blood cholesterol and blood pressure. Be aware of your family history of heart disease and inform health care providers of this history.

Cleveland Clinic, Medical News

Memorial Services @ Sunland Memorial Park

Several members of our chapter attended the Northwest Valley Veterans Assoc. ceremony at Sunland Cemetery. These pictures were taken by a Luke MOAA Chapter friend. Our MOWW Chapter Past Commander, Buz Isban, as Commander of the NWWVA, was the master of ceremonies.

The flyover was the Falcon Warbirds and you can just make out the 4th aircraft peeling off.

To your right and on the next page are a series of pictures from the event. Afterwards Sunland hosted a BBQ buffet lunch for all in attendance.

Jerry Wojtas





Chapter Dues

Our dues remain the same as last year; \$15 for a member and spouse and \$10 for a member without a spouse. Make checks payable to “**MOWW Chapter 131**”. You can mail your payment to our treasurer Michael Isban at 8980 W. Runion Drive, Peoria, AZ 85382. Thank you in advance for your attention to this matter.

This Day in History in Viet Nam

June 18, 1965 - Nguyen Cao Ky takes power in South Vietnam as the new prime minister with Nguyen Van Thieu functioning as official chief of state. They lead the 10th government in 20 months.

June 4, 1966 - A three-page anti-war advertisement appears in the New York Times signed by 6,400 teachers and professors.

June 25, 1966 - Political unrest in South Vietnam abates following the crackdown on Buddhist rebels by Prime Minister Ky, including the arrest of Buddhist leader Tri Quang. Ky now appeals for calm.

June 29, 1966 - Citing increased infiltration of Communist guerrillas from North Vietnam into the South, the U.S. bombs oil depots around Hanoi and Haiphong, ending a self-imposed moratorium. The U.S. is very cautious about targeting the city of Hanoi itself over concerns for the reactions of North Vietnam's military allies, China and the Soviet Union. This concern also prevents any U.S. ground invasion of North Vietnam, despite such recommendations by a few military planners in Washington.

June 1967 - The Mobile Riverine Force becomes operational utilizing U.S. Navy 'Swift' boats combined with Army troop support to halt Viet Cong usage of inland waterways in the Mekong Delta.

June 8, 1969 - President Nixon meets South Vietnam's President Nguyen Van Thieu at Midway Island and informs him U.S. troop levels are

Treasurer's Report

Buz Isban
Treasurer



Financial Report
As of 13 May 2023

General Fund	\$14,393.72
Petty Cash	\$50.00
TOTAL	\$14,443.72
Patriotic Savings Account	\$5,535.71
Endowment Fund	\$14,743.77
GRAND TOTAL	\$34,723.20

going to be sharply reduced. During a press briefing with Thieu, Nixon announces "Vietnamization" of the war and a U.S. troop withdrawal of 25,000 men.

June 27, 1969 - Life magazine displays portrait photos of all 242 Americans killed in Vietnam during the previous week, including the 46 killed at 'Hamburger Hill.' The photos have a stunning impact on Americans nationwide as they view the once smiling young faces of the dead.

June 3, 1970 - NVA begin a new offensive toward Phnom Penh in Cambodia. The U.S. provides air strikes to prevent the defeat of Lon Nol's inexperienced young troops.

June 22, 1970 - American usage of jungle defoliants in Vietnam is halted.

June 24, 1970 - The U.S. Senate repeals the 1964 Gulf of Tonkin Resolution.

June 30, 1970 - U.S. troops withdraw from Cambodia. Over 350 Americans died during the incursion.

June 1971 - During a college commencement speech, Senator Mike Mansfield labels the Vietnam war "a tragic mistake."

June 13, 1971 - The New York Times begins publication of the 'Pentagon Papers,' a secret Defense Department archive of the paperwork involved in decisions made by previous White House administrations concerning Vietnam. Publication of the classified documents infuriates President Nixon.

June 15, 1971 - Nixon attempts to stop further publication of the Pentagon Papers through legal action against the Times in the U.S. District Court.

June 18, 1971 - The Washington Post begins its publication of the Pentagon Papers. The Times and Post now become involved in legal wrangling with the Nixon administration which soon winds up before the U.S. Supreme Court.

June 22, 1971 - A non-binding resolution passed in the U.S. Senate urges the removal of all American troops from Vietnam by year's end.

June 28, 1971 - The source of the Pentagon Papers leak, Daniel Ellsberg, surrenders to police.

June 30, 1971 - The U.S. Supreme Court rules 6-3 in favor of the New York Times and Washington Post publication of the Pentagon Papers.

June 1971 - George Jackson replaces William Colby as head of CORDS.

June 1, 1972 - Hanoi admits Operation Linebacker I is causing severe disruptions.

June 9, 1972 - Senior U.S. military advisor John Paul Vann is killed in a helicopter crash near Pleiku. He had been assisting South Vietnamese troops in the defense of Kontum.

June 17, 1972 - Five burglars are arrested inside the Watergate building in Washington while attempting to plant hidden microphones in the Democratic National Committee offices. Subsequent investigations will reveal they have ties to the Nixon White House.

June 28, 1972 - South Vietnamese troops begin a counter-offensive to retake Quang Tri Province, aided by U.S. Navy gunfire and B-52 bombardments.

June 30, 1972 - Gen. Frederick C. Weyand replaces Gen. Abrams as MACV commander in Vietnam.

June 19, 1973 - The U.S. Congress passes the Case-Church Amendment which forbids any further U.S. military involvement in Southeast Asia, effective August 15, 1973. The veto-proof vote is 278-124 in the House and 64-26 in the Senate. The Amendment paves the way for North Vietnam to wage yet another invasion of the South, this time without fear of U.S. bombing.

June 24, 1973 - Graham Martin becomes the new U.S. ambassador to South Vietnam.

West Valley Chapter MOWW ROTC Awards 2023

The Military Order of the World Wars (MOWW) supports Reserve Officer Training Corps (ROTC) and Junior ROTC (JROTC) recognition programs. This includes providing an embossed MOWW award certificate and presentation folder, and a MOWW Award of Merit ribbon to the recipients of those awards. The Cadets are selected by their unit to receive the award.



Mike Messenger, with assistance from Dr. Jack Harrington, making remarks at the Buckeye High School Awards Ceremony.



G.O. Jenson providing Cadet Delilah Torres, Buckeye HS AF Jr ROTC, with her MOWW award.



G.O. Jensen and Cadet Lance Corporal Victor Derringer, Marine Corps JROTC, the recipient of the MOWW award, at Tolleson High School awards ceremony.



Cadet Trinity Sadoski from Peoria HS AF JROTC receiving the MOWW award.



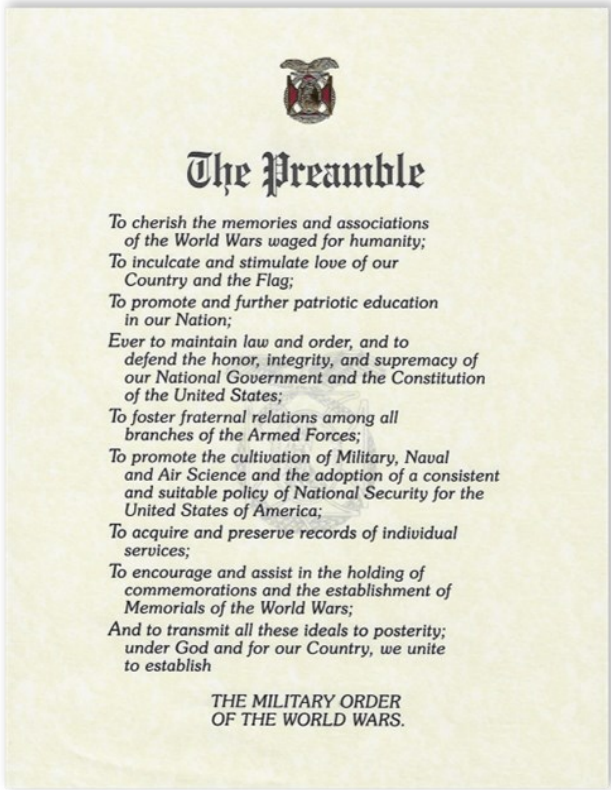
Buz Isban presenting the MOWW ROTC award at Cactus High School.



Randy Meyer presenting the MOWW ROTC award at Aqua Fria High School. The awardee could not be present but another cadet kindly accepted the award on their behalf.



Buz Isban presenting the MOWW ROTC award at Cactus High School.



Join Us for the 2023 National Convention in Annapolis, MD. Convention and Hotel Reservation Information are now live on the Convention page. We hope to see you there!

[Learn More](#)

MOWW News and Information

Want to Become a MOWW Companion?

MOWW chapters provide opportunities to support veterans of all ranks and service, youth patriotic education, college ROTC and high school JROTC, Scouting, monuments and memorials, public safety/law & order, national and homeland security programs, and stimulate love of our country and flag.

[Click for More Information](#)

“It is nobler to serve than to be served.”



Food For Thought ... Ever Wonder Why?

1. WHY: Why do men's clothes have buttons on the right while women's clothes have buttons on the left?
 BECAUSE: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

2. WHY: Why do ships and aircraft use 'mayday' as their call for help?

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BECAUSE: This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3. WHY: Why are zero scores in tennis called 'love'?

BECAUSE: In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US, Americans (naturally), mispronounced it 'love.'

4. WHY: Why do X's at the end of a letter signify kisses?

BECAUSE: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

5. WHY: Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE: In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6. WHY: Why do people clink their glasses before drinking a toast?

BECAUSE: In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

7. WHY: Why are people in the public eye said to be 'in the limelight'?

BECAUSE: Invented in 1825, limelight was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the centre of attention.

8. WHY: Why is someone who is feeling great 'on cloud nine'?

BECAUSE: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

9. WHY: In golf, where did the term 'Caddie' come from?

BECAUSE: When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

10. WHY: Why are many coin collection jar banks shaped like pigs?

BECAUSE: Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig and it caught on.

And now you know the origins of some of our strange SAYINGS

Future Events

14 October 2023 – Chapter Meeting
20 February 2024 – *Massing of the Colors*

Bulletin Deadline

The deadline for submission of articles for the October 2022 Bulletin is the 22th of September.

Email articles to cbjerkaas@cox.net

Thank you. Carlton Bjerkaas, Editor

SPECIAL FEATURE

How a sailor remembered 250 prisoners of war through song

Blake Stilwell

Updated December 01, 2022 10:31:46



Douglas Hegdahl walked freely around the infamous "[Hanoi Hilton](#)" prison camp, one of many American prisoners of war held there in 1967. He was sweeping the courtyards during the prison guards' afternoon "siesta." The American sailor that fell into their laps was known to the guards as "[The Incredibly Stupid One](#)." They believed he could neither read nor write and could barely even see. But the "stupid" Seaman Apprentice Hegdahl was slowly collecting intelligence, gathering prisoner data, and even sabotaging the enemy. He even knew the prison's location inside Hanoi.

Hegdahl was a South Dakota native who was blown off the deck of the *USS Canberra* as the ship's five-inch guns fired on nearby targets of opportunity. Once overboard, he floated in the South China Sea for 12 hours before being picked up by fishermen, who turned him over to the North Vietnamese.



Hegdahl's enlistment photo and a photo of the sailor in captivity.

Certain he could be tortured for information, the Communists tried to get Hegdahl to write anti-American and anti-war propaganda. They showed him similar documents that other captives – higher ranking captives – wrote for the North Vietnam. Hegdahl thought about it for a moment, then agreed. The Communists were amazed. No other captured American did this voluntarily. They went off to get ink and paper.

The young sailor was thinking quickly. He figured the officers who wrote the propaganda material were probably coerced into doing it. He decided the best thing he could do was play dumb. He was very, very successful. The North Vietnamese thought Doug Hegdahl was a developmentally challenged “poor peasant” and set out to teach him to read and write. After failing at that, they decided to write a confession for him to sign, which he did:

“Seaman Apprentice Douglas Brent Hegdahl III United States Navy Reserve, Commanding Officer, *USS Canberra*.”

The sailor was first put into a cell with Air Force officer Joe Crecca, who taught Hegdahl 256 names of other POWs and then taught him how to memorize the information to the tune of “Old McDonald.” After that, Hegdahl was imprisoned with Dick Stratton, who was the ranking officer for a time.

Because they thought Hegdahl so developmentally challenged, the Hỏa Lò Prison guards essentially gave him free reign to do a lot of the cleaning and sweeping around the prison yard. He was even allowed to go and clean up around *the front gates of the prison itself*. That’s how he was able to later tell U.S. intelligence where the prison could be found within the North Vietnamese capital.



Hegdahl on sweeping duty at “The Plantation,” Hanoi.

But the sailor didn’t stop there. As the sailor swept the prison grounds, when the single guard assigned to him took his afternoon siesta, Hegdahl would add a little bit of dirt to the [gas tank](#) of the nearest truck. Over the course of his captivity, he managed to disable five NVA prison trucks this way.

Eventually, it came time for the NVA to offer early releases to some of the prisoners of the Hanoi Hilton. Even though there was a strict order among the POWs to not accept any early releases, Hegdahl was *ordered* to accept an early release — the only Hoa Lo prisoner ever ordered to do so — by his senior officer, Lt. Cmdr. Dick

Stratton. He was not only the most junior prisoner in the camp, he also had all the information the U.S. government needed to expedite the release of the POWs — all of them. He didn't want to, but someone needed to tell the U.S. about the torture they were receiving there.

When he was released, not only did Hegdahl recite the names of the 256 men who were shot down or captured in North Vietnam, he could say their dog's name, kids' names, and/or social security numbers. These were the means by which other POWs verified the information given. He picked up all of this information through tap code, deaf spelling code, and secret notes.

Released in 1969, Hegdahl was able to accuse the North Vietnamese of torture and murder of prisoners of war at the Paris Peace Talks in 1970. Flown there by H. Ross Perot, he accused the North Vietnam delegation of murdering Dick Stratton, assuring Lt. Cmdr. Stratton would have to be repatriated alive at the war's end.

But the prisoners back in Hanoi didn't have to wait long for treatment to change. Once Hegdahl described the treatment of POWs in public and to the media, the ones he left behind saw their treatment improve, receiving better rations and less brutality in their daily life.

In his memoirs, Stratton wrote of Hegdahl:

"The Incredibly Stupid One," my personal hero, is the archetype of the innovative, resourceful and courageous American Sailor.



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RETURN SERVICE REQUESTED

TO: