**COMMANDER’S REMARKS (9 NOVEMBER 2023)**

Our summer vacation is now over with, the clock have moved forward an hour, 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 Friday, 15 December 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 Rabbi Rick Brody who will provide us with some information about the celebration of Hanukkah. He will also provide some information about the current situation in Israel.

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.

Coy D. Ritchie, D.M.

LCDR, USN (Ret)

Denver Chapter Commander

It is nobler to serve than to be served



**STAFF MEETING (9 NOVEMBER 2023)**

This meeting was conducted at Frances Long’s home and was called to order by Chapter Commander Coy Ritchie at 1100 hours. Also attending were HPM Pat Ritchie, HPM Francis Long and HPM Stephanie Ritchie. CPT Bob Mallin, MD, attended virtually. The invocation was offered by HPM Frances Long followed by the Pledge of Allegiance.

Minutes The minutes of the staff meeting on 12 October 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 31 October 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 Pat Ritchie and seconded by HPM Stephanie Ritchie.

Scouts Nothing new

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. She is currently waiting on responses from the units and will follow up on non responses.

Patriotic Education The RMYLF had a Board Meeting on 2 November and LCDR Ritchie attended via Zoom.

Public Safety and Law and Order Nothing new.

Region XIII and Department of the Rocky Mountains The new Region XIII Commander, Capt Michael J. Halpin, USMC (Fmr) will be installed at the next Region XIII meeting in 2024.

Membership A prospective member, Capt Bob Matteson, USAF (Ret), is filling out the application and intends to join as a perpetual member. LT Totten has now moved to Missouri. We will miss him!

Program/Speaker Rabbi Rick Brody will speak on Hanukkah and Israel’s situation.

Hospitality The luncheon is on December 15, 2023 at Las Brisas Restaurant. We order from the menu. Fellowship begins at 1130 hours.

Old Business Nothing to report.

New Business Nothing to report.

Next Staff Meeting Thursday, 7 December 2023, starting at 1100 hours at the home of HPM Frances Long.

Adjournment LCDR Ritchie adjourned the meeting at 1125 hours.



**COMING EVENTS (December & Later)**

* **STAFF MEETING (7 December 2023)**
  + (Thursday), 11:00 A.M.
  + Location: Frances Long’s Home
* **MOWW NATIONAL CONVENTION**

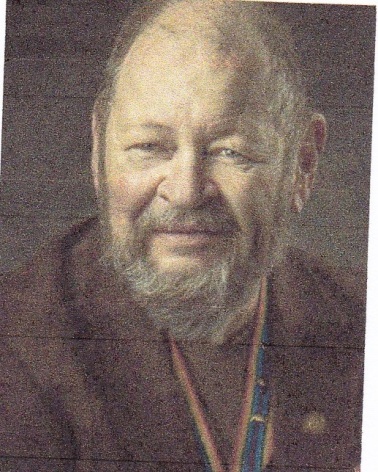
**(August 4-11, 2024)**

* + Location: Valley Forge, PA
* **MEMBERSHIP LUNCHEON**

**(15 December 2023)**

* + (Friday), time 11:30 A.M.
  + Location: Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.
  + Menu: Order from the menu.
  + Program: Rabbi Rick Brody speaking





**Bob**

SLEEP APNEA

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

Surgeon General, MOWW

Continuing my personal journey, and millions of other people’s journey, toward normalcy, let’s talk respiration and its treatment. There are multiple respiratory ills that befall humanity. They can start from the first breath of a newborn baby and end with the last breath a person takes—hopefully, at least a century later.

Smoking and various inhalants limit the lung trees from absorbing and using oxygen. Cancerous lesions destroy the handling of oxygen. There are also various obstructive conditions that are both mechanical and neurological. Or central causes. Any of these may cause “sleep apnea.” Sleep apnea is a serious sleep disorder occurring when breathing is interrupted during sleep. Often, loud snoring and stoppage of breathing repeatedly during sleep are noted. Sometimes, the sleep partner may note hundreds of episodes. This used to be “treated” by having the person affected sleep on the couch.

We now know this condition means the brain—and the rest of the body—may not be getting enough oxygen. The main types of sleep apnea are:

\*Obstructive sleep apnea, the more common form that occurs when throat muscles relax.

\*Central sleep apnea, which occurs when your brain doesn’t send proper signals to the muscles that control breathing.

\*Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, occurs when someone has both obstructive sleep apnea and central sleep apnea.

Sleep apnea can affect anyone at any age, even children. Sleep apnea risk factors include being male, overweight, over 40, large tonsils or tongue, a small jaw or large neck size (17 inches or so), needing frequent naps and/or a family history of sleep apnea. If left untreated, sleep apnea can result in a growing number of health problems, e.g., high blood pressure, strokes, heart failure, irregular heartbeats and/or heart attacks.

The 15% higher mortality rate finally got me to check it out because of things like diabetes, depression, headaches, just a lack of energy or falling asleep during work or driving. Believe it or not, restless leg syndrome can be related. If you have these symptoms, see a specialist, undergo an overnight sleep study and set up treatment.

Treatment usually requires a lifelong commitment to wearing some sort of a nasal or gull-face mask, and having enough pressure going through it to keep the air passages from collapsing. These masks are of two types: Constant or Bi-level Airway Pressure (CPAP or BiPAP), with or without supplemental oxygen. It takes a lot to get the device to fit well, provide some comfort and be regulated for your needs. Mask alternatives include an oral device or surgical removal of the extra tissue in the throat (which can be very complex and not help enough). Weight management or lifestyle changes may also help, as may using devices to change your sleeping position. Be well.

*The Military Order of the World Wars THE OFFICER REVIEW January-February 2018*

*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.*

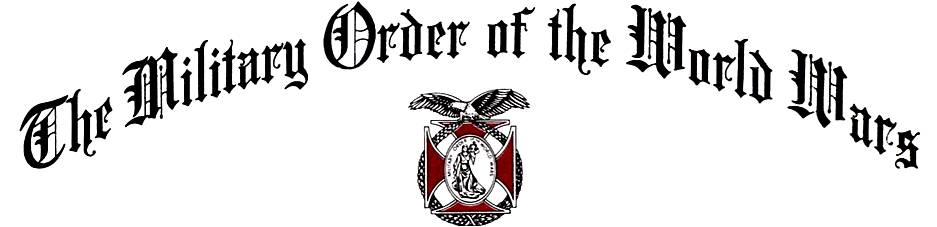


**PREVIOUS MEMBERSHIP MEETING SPEAKER**

**(21 OCT 2023)**

CPT Bob Mallin, MD, shared with the Chapter Companions his experiences while serving as a Doctor in the Army during the Viet Nam War. He projected some excellent photos that reminded several of our members of their time in Viet Nam.





**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 O*fficer 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](mailto:coyritchie@aol.com).

It is nobler to serve than to be served



**POINTS OF CONTACT**

****

**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

Aurora, CO 80013-6022

303-690-5118 (Res), 303-981-5519 (Cell)

[coyritchie@aol.com](mailto:coyritchie@aol.com)

**Adjutant**

HPM Frances Long

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Centennial, CO 80111-4237

303-694-1079 (Res)

[grannyfrancene@netzero.net](mailto:grannyfrancene@netzero.net)

**Commander, Rocky Mountains Department**

COL Steven A. Shambach, USA (Ret)

[shambachsm@msn.com](mailto:shambachsm@msn.com)

**Commander, Region XIII**

Capt Michael J. Halpin, USMC (Fmr)

[mjhalpin4@gmail.com](mailto: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