**COMMANDER’S REMARKS (7 March 2024)**

We will have our next staff meeting on 11 April. We will have a regular face-to-face General Membership Meeting on Friday (not Saturday), 19 April 2024, starting at 11:30 A.M. The meeting will be held at Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO. We will have two featured speakers, Rabbi Rick Brody before lunch starting at 11:30 and Landry Terry from the Veterans Treatment Court who will speak about the “Second Chance Program” starting after lunch at approximately 12:30.

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 (7 MARCH 2024)**

This meeting was conducted at Frances Long’s home and was called to order by Chapter Commander Coy Ritchie at 1108 hours. Also attending were, HPM Stephanie Ritchie, HPM Pat Ritchie, and HPM Francis Long. The invocation was offered by HPM Frances Long followed by the Pledge of Allegiance.

Minutes The minutes of the staff meeting on 15 February 2024 were approved on a motion by HPM Pat Ritchie and seconded by HPM Stephanie Ritchie.

Treasurer’s Report The Treasurer’s Report as of 29 February 2024 was submitted by LCDR Ritchie. On 2/22/2024, $1197.85 was disbursed to C. Ritchie to reimburse him for ROTC supplies purchased by him on his credit card. $902.90 was also disbursed to C. Ritchie to reimburse him for the Scout program supplies purchased by him on his credit card. The month ended with a U.S. Bank checking fund balance of $2,139.68 and ENT Credit Union fund balance of $8,996.76. The Treasurer’s Report was approved on a motion by HPM Stephanie Ritchie and seconded by HPM Pat Ritchie.

Scouts Nothing new

ROTC/JROTC Some names are being received for awarding of medals at honors ceremonies.

Patriotic Education LCDR Ritchie reported that names of students nominated to attend the YLC in June 24-28 at CSU Pueblo must be submitted by 15 March 2024.

Public Safety and Law and Order Nothing new. We will have a speaker from the Veterans Court at our General Membership Meeting in April

Region XIII and Department of the Rocky Mountains

LCDR Ritchie reported that the Spring Conference for MOWW Region XIII will be conducted in March 2024 via Zoom.

Membership Continue to seek new members.

 Program/Speaker Two speakers are scheduled for our April Luncheon. Rabbi Rick Brody will be there and will speak on Passover. The second speaker will be a representative from the Veterans Court.

Hospitality The next luncheon is on Friday, April 19, 2024 at Las Brisas Restaurant. We will order from the menu.

Old Business Nothing to report.

New Business Nothing to report.

Next Staff Meeting Thursday, 11 April 2024, starting at 1100 hours at the home of HPM Frances Long.

Benediction Offered by HPM Frances Long.

Adjournment LCDR Ritchie adjourned the meeting at 1157 hours.

Submitted by Adjutant HPM Frances Long

 **COMING EVENTS (February & Later)**

* **STAFF MEETING (11 April 2024)**
	+ (Thursday), 11:00 A.M.
	+ Location: Frances Long’s Home
* **MOWW NATIONAL CONVENTION**

 **(August 5-11, 2024)**

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

**(19 April 2024)**

* + (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 on Passover and Landry Terry from the Veterans Court speaking on the Second Chance Program.

 

 **Bob**

 TIME TO WINTERIZE?

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

 Surgeon General, MOWW

We do not hesitate to get our vehicles in tune for the oncoming season, (providing there is one this year) but can we say we spend as much time preparing ourselves for the changes of season? One of the first things to do is check and see if your year-round routines will fit the coming changes in weather patterns. Obviously, outdoor running, golf, sailing and hiking may not fit, while cross-country skiing and skating obviously might. Personally, my principal therapy-exercise regimen involves using the (therapy) pool at my local recreation center. This physiologically-determined, fixed, 93-degree temperature serves well for the warmest and coldest days.

The challenge is to get back to the car without turning to ice when it’s 20 degrees Fahrenheit outside. A complete rehab routine or even just 30-60 minutes of water walking is good. Water walking is a better challenge than walking on dry land because one’s feet don’t hurt and weather exposure risk is diminished. Speaking of being outside, please keep warm by wearing proper clothing—in removable layers. Also, don’t forget to get your flu shot and check on the need for Pneumonia and Herpes immunizations while you’re at it. These are almost always free or covered by various insurances. In addition, be sure to check to see if the exercise 120-heart rate is best for you—especially if you’re taking heart-rate-acting meds (such as Metoprolol with A-Fib).

It might just be time to get your doctor, nearby rehabilitation center or someone clever to review and “age correct” your physical activity regimen, as needed. They do change with different conditions and over time. While on that subject, remember a burst of strenuous activity such as snow shoveling or unstringing Christmas lights from ladders—especially on ice—is—“hazardous to your health.” Ensure you keep your cell phone on your person with appropriate “fast dial” numbers so that help is just a click away. As I once told my son, “In the history of the world, nobody who ever fell thought they would.” {I’m not even going to mention drinking (or here in Colorado) smoking pot} to help you make decisions. Such things have never helped decision-making.

While dressing in layers for climate changes may be obvious, drinking water while exercising may not be. It seems ideal to drink 1-1/2 pints of water 2-3 hours before an exercise session, 7-10 ounces every 10-to-20 minutes during exercises and about 8 ounces after exercising. Check with a professional to modify this for heavy and/or light exercise challenges since, for example, slowly walking a couple of miles is different from mountain climbing or weight lifting. In short, be safe, be prepared, check out things in advance and “winterize!” Be well.

*The Military Order of the World Wars THE OFFICER REVIEW November--December 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**

 **(16 FEB 2024)**

LTC Nathan Watanabe gave us a briefing on NORAD’s and Northcom’s Homeland Defense mission.



 **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**

 **TODAY IN NAVAL HISTORY**

 7 MARCH 1960

 **NAVY ICEBREAKERS**

The 1960s was a decade of scientific endeavor in such far reaching environments as outer space, the deep ocean, and Antarctica. With respect to the latter, the U.S. Navy cooperated with the International Geophysical Year 1055 by establishing a research station at Kainan Bay at the Ross Ice Shelf. This facility, “Little America,” would be supported by NAS McMurdo Sound 400 miles to the west. Our Navy contracted Ingalls Shipbuilding in Mississippi in 1954 to construct an icebreaker of sufficient strength to negotiate these Antarctic waters. On 25 May1955, USS GLACIER (AGB-4) was commissioned, armed with a twin 5” bow mount and seven smaller guns. Her maiden voyage supported Operation “Deep Freeze” that was already underway.

GLACIER arrived in extreme southern waters in December 1955 (Antarctic summer) and broke a harbor in Kainan Bay for ships delivering equipment, supplies, and fuel. Construction at Little America began as GLACIER departed to open McMurdo Sound. GLACIER continued in the Antarctic until May 1956.

“Deep Freeze II” in October 1956 saw GLACIER leading a seven-ship Navy convoy for the two new bases. In January of that summer, she led two ships into Vincennes Bay, where the GLACIER launched “rockoons,” high altitude balloons deploying rockets in experiments involving our Explorer space program. And in yet the following year, she helped disestablish Little America, taking time out to rescue the Belgian research ship *Polarhav* in the Ross Sea.

Her fifth Antarctic season in 1959-60 saw her serving as a platform for research in the Bellingshausen Sea. It was during this evolution on 1 March 1960 that GLACIER received a distress call. The Danish supply ship *Krista Dan* had become trapped in the ice along the Palmer Peninsula near Marguerita Bay. GLACIER got underway immediately, reaching the stranded freighter this day. With Danish sailors standing helplessly on the freighter’s fo’csle, GLACIER proceeded to circle *Krista Dan*. She made several closer passes, converting the solid ice trapping the Dane into crushed slush. It took less than a few hours to free the freighter, and both turned north for open water. Yet another emergency arose, this time to free the trapped Argentine icebreaker *General San Martin*. Here, GLACIER fouled a prop, shearing off one of the blades. Detached to Boston for repairs, she called first at Rio de Janeiro, where she provided humanitarian relief in a flood disaster. GLACIER continued in Navy Antarctic service until 1966 when she was transferred to the U.S. Coast Guard.

Watch for more “Today in Naval History”

CAPT James Bloom

**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

 **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!*

 **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

Aurora, CO 80013-6022

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

coyritchie@aol.com

**Adjutant**

HPM Frances Long

6278 S. Kearney Street

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**

 Currently vacant

 **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: “ “

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