**COMMANDER’S REMARKS (8 JUNE 2023)**

We will have a regular face-to-face General Membership Meeting on Saturday, 24 June 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 Sarah White from the U.S. Department of Homeland Security. If you have ever wondered just exactly what do they do, now is your chance to find out.

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.

Our 2022 Operating Year ends officially on 30 June 2023. At that time, we may install new Chapter officers. We will have an election at our meeting on 24 June for new officers. The positions available are Commander, 1st Vice Commander, 2nd Vice Commander, Adjutant and Treasurer. The Nominating Committee has selected a list of Companions that have agreed to serve in these positions. They are Commander-LCDR Coy Ritchie, 1st Vice Commander-CPT Bob Mallin, 2nd Vice Commander-HPM Stephanie Ritchie, Adjutant-HPM Frances Long, and Treasurer-LCDR Coy Ritchie. Additional nominations will be accepted from the floor prior to the election. The elected officers will be installed after the election.

Coy D. Ritchie, D.M.

LCDR, USN (Ret)

Denver Chapter Commander

It is nobler to serve than to be served



**STAFF MEETING (8 JUNE 2023)**

This meeting was conducted at Frances Long’s home and was called to order by Commander Coy Ritchie at 1105 hours. Also attending were LT Evan Totten, HPM Pat Ritchie and HPM Francis Long and HPM Stephanie Ritchie. The invocation was offered by LT Totten followed by the Pledge of Allegiance led by LCDR Ritchie.

Minutes The minutes of the meeting on 11 May 2023 were approved on a motion by LT Totten and seconded by HPM Stephanie Ritchie.

Treasurer’s Report The Treasurer’s Report as of 31 May 2023 was submitted by LCDR Ritchie. The month ended with a U.S. Bank fund balance of $4,317.06 and ENT Credit Union fund balance of $8,887.96. The Treasurer’s Report was approved on a motion by LT Totten and seconded by HPM Stephanie Ritchie.

Scouts LT Totten reported that presentation of 160 Eagle Awards was made by the Districts. There were 32 Gold Awards made to Girl Scouts by their leadership. Reports have been submitted to National HQ.

ROTC/JROTC LT Totten reported that reports have been submitted to National HQ.

Patriotic Education LCDR Ritchie reported that the Rocky Mountain Youth Leadership Conference will be conducted during 12-16 June at CSU Pueblo and 95 students have been nominated to attend.

Public Safety and Law and Order Sarah White from the U.S. Department of Homeland Security will be the speaker at the luncheon on 24 June 2023.

Region XIII and Department of the Rocky Mountains On 13 June there will be a Region XIII Conference in Phoenix conducted by Zoom.

Membership Nothing new to report.

Hospitality Our next general membership luncheon will be held on 24 June 2023 at Las Brisas Restaurant with the social period at 11:30 and lunch at 12:00.

Program/Speaker Sarah White from the U. S. Department of Homeland Security will be our speaker on 24 June 2023.

Old Business Nothing to report.

New Business There will be an election and installation of officers at the General Membership Luncheon on 24 June. The present Officers have agreed to serve another term. A tentative date for the joint picnic with MHMOA is 9 September 2023 at the home of HPM Frances Long.

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

Benediction Offered by LT Totten.

Adjournment LCDR Ritchie adjourned the meeting at 1215 hours.



**COMING EVENTS (June & Later)**

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

**(1-6 August 2023)**

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

**(24 June 2023)**

* + (Saturday), time 11:30 A.M.
  + Location: Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.
  + Menu: Order from the menu.
  + Program: Sarah White from the U.S. Department of Homeland Security.





**Bob**

YOUNG(ER) FOREVER

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

Surgeon General, MOWW

One of the options a person has is the ability to prolong good health for as long as possible. At any age, exercise is good. Just 20 minutes, three or so times a week, will keep cardiovascular functions in good shape. You do not need to have strenuous workouts constantly unless you are doing so for competitive purposes. You will find that exercises in warm water pools (92 degrees F or so) are easier on the joints and provide unlimited opportunities to improve mobility, physical shape, and endurance. The bonus of meeting similarly motivated people just helps keep you going. Swimming involves all the body’s muscles. You do not need speed to gain the benefits sought. Additionally, stationary exercise devices are numerous and can be adapted to any fitness level. Treadmills, elliptical bikes and multi-station exercise equipment are just some of the devices we can use indoors in all weather conditions. Going up stairs at home is a good modality, as is yard work, walking, and even doing housework. (As a service to you, yard work and housework can be done at my house!) Even chasing after grandchildren---if you have them---can be a part of your fitness program. A 20-minute brisk walk (or run) provides many fitness advantages---and it costs nothing but a little time. The Wounded Warrior Project proves that almost any physical problem can be addressed and improved. SFC Leroy A. Petry, USA, a Medal of Honor recipient from Santa Fe, lost his hand from a hand grenade while saving his buddies. He now has a mechanical hand that allows him to pick up a single grain of rice. Things like that show that many of the advances in medicine, surgery and rehabilitation occur in times of conflict and casualties. Frankly, any physical fitness program is better than vegging and just watching football on TV. For example, you can do “static exercises.” Moving muscles prevents pulmonary embolism. Several exercises can be done while sitting. To illustrate, while sitting, you can bend your right leg so your foot is on the floor and you straighten your left leg, making circles in one direction and then the other, and then reverse your leg positions and continue, doing each set for 30 seconds. This tones the thigh muscles. Squeeze your buttocks for 30 seconds. Straight leg rising and holding for a minute is beneficial. These moves are perfect for the “desk bound.” Just repeat this: stand and sit with no hands. It helps your back. Twisting the torso and doing some work while standing all helps as does sitting up straight, as your mother advised. The bottom line: Don’t be a potato. Do not give in to the desire to do nothing. All movements are good. The “No pain, no gain” axiom does not apply to general conditioning. As time passes, we can condition ourselves if we get the habit started. By keeping fit, you just may be able to slow the aging process just a little…if not also be forever young.

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*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.*



**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](mailto: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

Aurora, CO 80013-6022

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

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

**Adjutant**

HPM Frances Long

6278 S. Kearney Street

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**

LTC Patrick C. Stolze, USA (Ret)

[pstolze40@gmail.com](mailto:pstolze40@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 720-657-3783

Adjutant: HPM Frances Long 303-694-1079

Chaplain: LT Evan Totten, USNR (Fmr) 303-819-5729

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: LT Evan Totten, USNR (Fmr) 303-819-5729

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 720-657-3783

Dear members and friends of the MOWW/MOAA Organizations,

You may not know me, but I’m positive you knew my father LTC Russell Long.

He was a valued member of your organization for many years. He supported everyone he met just by his warm smile and firm handshake.

You may not have known this about him, but for the last remaining 9+years of his time with us, he battled with Alzheimer’s. He lost that fight in 2019.

It is why I am so passionate about raising awareness and supporting those still struggling with this horrible disease.

With the growing number of families affected by Alzheimer’s over 6 million Americans as of 2022) It’s likely that you know or know of a friends loved one who is impacted by either Alzheimer’s or Dementia. On top of that incredible number is this, more than 11 million Americans are providing UNPAID care for their loved one.

You can make a difference in the lives of all connected to the disease by supporting my POUND Fitness instructors and our POUND4ALZ – CO Rockout.Workout fundraiser event on June 24th.

So, I am humbly asking for your help, in the memory of my father Russell, let’s keep fighting his fight. We cannot find our first survivor tomorrow, without your support today. No donation is too small and knowing that an outstanding 79% of all funding raised goes directly to care, support, research, awareness and advocacy makes donating that much more beneficial.

Please follow the link below, or easily scan the QR code with your phone and place a donation in his honor. Let’s show this disease that we are not giving in to its destruction of our loved ones.

<http://act.alz.org/site/TR?fr_id=14244&pg=personal&px=19485683>

A picture containing pattern, lilac, purple, wrapping paper

Description automatically generated A person sitting on the ground next to a grave

Description automatically generated with low confidence

Carol Hawn (Long) visiting with LTC Russell Long at Fort Logan