

SEPTEMBER 2021

The Military Order of the World Wars ~ Phoenix Pacesetter Chapter

Commander's Time



Save the Date!

2-7 AUGUST 2022 MOWW NATIONAL CONVENTION

Next year's 2022 MOWW National Convention will be held in Jacksonville, FL from 2-7 August 2022 at the Southbank Hotel/Marriot Delta on the Jacksonville Riverwalk, Jacksonville, FL.

Further details will be coming soon; so, keep an eye out for updated information as it is published on the [moww.org CONVENTION 2022](https://moww.org/CONVENTION2022) webpage.



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Dear Companions, families and friends;

We are running late on this month's issue as we dealt with a priority of doing our 56th Massing of the Colors and Service of Remembrance, and a strong desire to include photos of that event in our premier publication!! You will recall that this event is one of two major priorities of our Patriotic Education Program. The other major program is our Arizona Youth Leadership Conference which is now planned for June of 2022.

I am pleased to say that we were able to very successfully hold our 56th MOC on the Sunday, the 12th of September. As in the past, our Massing of the Colors served not only as a patriotic ceremony held to rededicate our faith in, and support to, our National Colors, but also as a Service of Remembrance for the Servicemen and Servicewomen those Colors represent. We purposely conduct this ceremony on the closest Sunday to 9/11 to, also, honor those who died and served in response to those terrible and unprovoked attacks on our nation 20 years ago on 9/11/2001.

Last year we were unable to hold our MOC, based on our national response to the outbreak of the COVID pandemic. Since that time, and even though our nation is experiencing an overall increase in COVID variant cases, more of our population have been vaccinated and the limitations on our gathering together were not as great, provided precautionary measures were emplaced. We did ask attendees to wear masks, social distance, and encouraged individual vaccinations. If you were not able to attend our MOC, you missed a new variation without the Girl Scouts, Boy Scouts, and their supporters, which reduced our numbers. Unfortunately, the Scouting COVID rules are quite restrictive at this time. The Antlers of the Phoenix Elks Lodge #335 did a great job in setting up the Lodge, displaying the Flags, and welcoming event attendees. All the Department of AZ MOWW Chapters participated in our MOC, with their leadership and their Chapter flags in attendance. The Commander of MOWW Region XIII and the Department of AZ, LTC (Ret) Pat Stolze, and his wife, Jo Ann, and one of the new MOWW Vice Commanders in Chief with supervision of the Department, LtCol (Ret) Marlon Ruiz, were also present. I am so very proud of the Phoenix Chapter Companions that were able to attend and assist in making this event be the best it could possibly be. THANK YOU!!

Most of our MOCs, except for the past 4 years, have been supported by the 108th Army Band of the AZARNG. I am excited to report that this year they were back to support our MOC with a Saxophone Quartet, plus a bugler who performed a flawless TAPS!!! They were great!! We were all happy to see and hear them play!! Additionally, we also had the traditional Naval Sea Cadet (NSC) participation, with the George Horvath Division led by LTJG Cooley. They provided our main Color Guard and performed our traditional and outstanding POW/MIA Ceremony!! A special thanks goes out to Marion Cartland for providing the NSC,

Continued on page 2

Commander's Time continued

The National Anthem singer, Jeff Senour, and taking the official photographs. Our own, LtCol (Ret) Ray Boucher also assisted as the Official Announcer of unit Color Guards. These included two of our own members Dr./MAJ (Ret) Kirk Loving, (Fairfax HS) and CPT Steven Fife (Caesar Chavez HS) bringing their Phoenix Union Color Guards, and one of our newest Companions, 2d Lt Daniel Nguyen. Unified AZ Veterans (UAV) CHAP Beth Nehring did an outstanding presentation of the Invocation, Blessing of the Colors, and Benediction. Senior Vice CDR, Dr./COL (Ret) Jeanne Blaes controlled the assembly area where all the Color Guards and NSC and Flags were waiting. Our own LTC (Ret) Jeannine Dahl gave a presentation on her service while with the AZ Red Cross at the 9/11 sites after the attack. We were also blessed by the representation of the AUSA AZ Territorial Chapter; the Barry M Goldwater Chapter of the Sons of the American Revolution; Kathy Upchurch of The Gold Star Wives; JD Cullison of the MOAA AZ Chapter; and the always present Rosie the Riveters!! Debbie Kerr Minor was a great supporter of me personally, and greeted many of the attendees for us. Finally, there were 77 flags massed, either in their stands or carried. It was a great tribute to all that served on that fateful day and that are still serving!! MOWW Awards were presented to Irene Ploski and the Antlers at the conclusion of the event. THANK YOU to all participants!!!

Due to continued safety concerns regarding the increase in AZ COVID variant cases, we will be conducting our next Chapter meeting, to be held on Saturday, 25 SEP 2021, via Zoom. The Chapter has several awards to present to our own Companions. We will also be discussing the impacts of the 2021 MOWW Annual Convention (held in AUG), current developments, and our Chapter's way forward for this next Operating Year.

Richard "Dick" Minor, Chapter CDR

25 September 2021 - Chapter/Staff Zoom Meeting



Note: Chapter meetings are held quarterly, on the 4th Saturday of the month.

You are invited to attend a scheduled Zoom meeting. *All are welcome to attend!*

Topic: **Phoenix Chapter MOWW SEP 2021 Meeting**

Time: Sep 25, 2021 11:00 AM Arizona

Join our Zoom Meeting at

<https://us02web.zoom.us/j/81119306131?pwd=cU8zd2dSOEpaZnpBZURBcGk3emVRQT09>

Meeting ID: 811 1930 6131

Passcode: 402064

One tap mobile

+16699006833,,81119306131#,,,,*402064# US (San Jose)

+12532158782,,81119306131#,,,,*402064# US (Tacoma)

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+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 929 436 2866 US (New York)

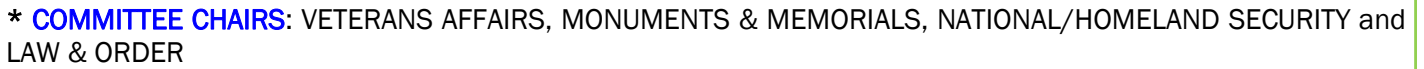
+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 811 1930 6131

Passcode: 402064

Find your local number: <https://us02web.zoom.us/j/81119306131?pwd=cU8zd2dSOEpaZnpBZURBcGk3emVRQT09>



A large collage of 18 photographs documenting the 335th Air Support Operations Squadron's 50th anniversary celebration. The images show a large group of people seated in a hall with many flags, speakers at podiums, a band in white uniforms, and various officials in military and civilian attire. A large American flag is visible in the bottom right corner.

2021 session that ended in JUN 2021 can be found at <https://dvs.az.gov/legislative-updates>

Program Reports (Continued)

VETERANS AFFAIRS PROGRAM: (Jeanne J. Blaes, PhD) Committee Chair Vacant

- ⇒ 02 OCT 2021, 5:30pm-10pm; Dinner Honoring Vietnam Veterans, Scottsdale Plaza Resort, Scottsdale
- ⇒ 15 OCT 2021, 11:30 AM-2:30 PM; 21st Annual AVHOF Induction Ceremony, Talking Stick Resort Scottsdale
- ⇒ 16 OCT 2021, 5:30pm-11pm; SWVCC Patriots Ball, Pointe Hilton Tapatio Cliffs Resort, Phoenix
- ⇒ 11 NOV 2021; Phoenix Veterans Day Parade; East Valley Veterans Day Parade; plus other opportunities
- ⇒ 23 NOV 2021, 32nd AFCOD EXPO, McCormick Ranch, Scottsdale
- ⇒ 07 DEC 2021: Pearl Harbor Remembrance Day, WBP, Phoenix
- ⇒ TBD DEC 2021: All Academy Ball

Due to the COVID-19 pandemic, many veterans events have been cancelled or rescheduled. You can find more local veterans events and news published on the Unified Arizona Veterans Facebook page located at the following link: <https://www.facebook.com/groups/unifiedarizonaveterans/>

⇒ For additional opportunities contact Jeanne Blaes (blaesjj@gmail.com)

PATRIOTIC EDUCATION PROGRAM:

ARIZONA YOUTH LEADERSHIP CONFERENCE (AZYLC) 2022 - Dick Minor, Special Assistant to the Director

Even though the AZYLC Planning Committee had explored several new ways to conduct a YLC and/or a Chapter Youth Leadership Seminar (YLS) in a pandemic environment, we were not successful in holding an event during the 2020 or 2021 operating year. We are setting our sights on conducting an event in JUN 2022. We have been looking at possible venues that will suit the needs of our group should we be able to conduct an in-person 2022 event. Please check the www.azylc.org website and AZYLC Facebook site, periodically, for information on upcoming AZYLC 2022 plans. Let Jeff or Dick know if you have any thoughts or questions on AZYLC 2022.

Our AZYLC curriculum goals continue to be:

★ 50% Leadership, 30% Patriotism, US Government (Constitution) and US History and 20% Free Enterprise ★

SCOUTING PROGRAM:



GIRL SCOUTS: Debbie Kerr-Minor & **BOY SCOUTS:** Jeanne J. Blaes, PhD

During the pandemic, the local leadership of both our GSUSA and BSA/Scouts BSA troops have been creative in finding ways for their Scouts to meet in a limited-contact or virtual environment, as well as, engage them in challenging, and fun activities like earning badges, holding out-door events, selling cookies/fundraising, exploring, and doing community service projects. As our state and communities get vaccinated and begin to return to a more open posture, we will be engaging in more in-person activities with both GSUSA and BSA/Scouts BSA troops.



Unfortunately, neither of the Scouting Program troop members were able to support or 12 SEP MOC due to national directives and restrictions on gathering numbers.

MONUMENTS & MEMORIALS: (Jeanne J. Blaes, PhD) Committee Chair Vacant



Window Rock Navajo Tribal Park & Navajo Veteran's Memorial. This small park, established sometime around 1936, features the graceful red sandstone arch for which the capital is named Tségháhoodzání (Window Rock).

A Veteran's Memorial was established in 1995, this is also at the base of Window Rock to honor the many Navajos who served in the U.S. military. Many Navajo soldiers are recognized in the annals of history for their role as Code Talkers, whereby they used the native Diné language to create a code that was never broken by the enemy. Historians credit the Navajo Code Talkers for helping to win World War II.

The memorial park has many symbolic structures: a statue of a Navajo Code Talker with his 32lb radio (Westinghouse-Type CRI-43007 transmitter) on his back, a circular path outlining the four cardinal directions, 16 angled steel pillars with a sign filled with names of war veterans, and a healing sanctuary that is used for reflection and solitude that features a fountain made of sandstone.

For more information on the location and hours of operation of the Navajo Tribal Park or Veteran's Memorial, go to www.discovernavajo.com

Program Reports (Continued)

NATIONAL/HOMELAND SECURITY & LAW & ORDER: Vacant, Committee Chair

On August 13, 2021 the Secretary of Homeland Security, Alejandro N. Mayorkas, issued a new National Terrorism Advisory System (NTAS) Bulletin regarding the heightened threat environment across the U.S. The threat environment to the Homeland is diverse and challenging, especially leading up to and following the 20th Anniversary of the 11 SEP 2001 terror attacks, as well as, religious holidays that could serve as catalyst for targeted violence.

Threats in the Homeland include those posed by domestic terrorists, individuals and groups engaged in grievance-based violence, and those inspired or motivated by foreign terrorists and other malign foreign influences. These actors are increasingly exploiting online forums to influence and spread violent extremist narratives and promote violent activity. The Bulletin builds on Bulletins issued in JAN and MAY by the DHS and provides more information about the threat landscape we face for the coming months.

DHS and the Federal Bureau of Investigation (FBI) will continue its close coordinating with state, local, tribal, and territorial law enforcement and public safety partners to ensure situational awareness of potential violence in their jurisdictions and will maintain open lines of communication with federal partners. DHS encourages the public to remain aware of the evolving threat environment and report suspicious activity to law enforcement officials.

Under the Biden-Harris Administration, DHS has increased the development, production, and dissemination of intelligence and other actionable information central to countering threats in the current environment. DHS has established a new, dedicated domestic terrorism branch within the Department's Office of Intelligence and Analysis (I&A). Further, DHS has established the Center for Prevention Programs and Partnerships (CP3) to help build local prevention frameworks to provide communities with the tools they need to counter terrorism and other targeted violence.

In FEB, Sec Mayorkas designated combating domestic violent extremism as a National Priority Area for the first time in FEMA grant programs. As a result, state, local, tribal, and territorial governments are required to spend at least 7.5%, or a minimum of \$77M, of their DHS grant awards toward combating this threat.

These initiatives are taken in concert with the Biden-Harris Administration's National Domestic Terrorism Strategy which highlights the whole-of-government approach being take to enhance the analysis and distribution of actionable intelligence to stakeholders; prevent domestic terrorism recruitment and the mobilization to violence; disrupt and deter domestic terrorism activity; and confront long-term contributors to domestic terrorism.

The full NTAS Bulletin is available online [HERE](#).

What can you do as part of your daily activities to defend against terrorism? Be alert to the threat. Be aware of your surroundings. Report suspicious activity. Make security your norm. Avoid predictable routines. Don't be a target.

Chaplains Corner: 12 SEP 2021 Phoenix Chapter MOWW MOC Opening Prayer

Dear Lord,

Twenty years ago, yesterday—September the 11th—was seared into America's memory. Nineteen men attacked us with a barbarity unequalled in our nation's history. They murdered people of all colors, creeds, and nationalities — and made war upon the entire free world. Sadly, 9-11 has become the modern generation's Pearl Harbor! Lord, on that awful day, we also witnessed something distinctly American:

- Ordinary citizens rising to the occasion, and responding with extraordinary acts of heroism.
- Courage in office workers trapped on the high floors of burning skyscrapers who called home so that their last words to their families would be of comfort and love.
- Bravery of the Pentagon staff who made it out of the flames and smoke — and then ran back inside to answer cries for help.
- And we saw courage in passengers aboard Flight 93, who recited the 23rd Psalm—and then charged the cockpit, saving an untold number of lives on the ground.

Our Father, On this day, we remember the innocent who lost their lives—and we pay tribute to those who gave their lives so that others might live. For many of our citizens, the wounds of that morning remain fresh. Firefighters and police officers still choke up at the memory of fallen comrades. Young children and teenagers still long for the parents who will never share the joys of their youth nor guide them to adulthood. Fellow Americans take bittersweet pride in

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loved ones who refused to be victims — and gave America our first victory in the war on terror.

We also remember the sacrifices made by our nation's armed forces to keep us safe. Every one of our troops is a volunteer, and since the attacks of September 11th, more than two million Americans have stepped forward to put on our nation's uniform. Over 50,000 soldiers, sailors, airmen, and guardsmen have suffered terrible injuries—and over 6,000 have given the ultimate sacrifice in the defense of freedom! America cherishes their memory and we pray for their families. We will never forget!

Lord, Out of this suffering, we resolve to honor every man and woman lost. And we seek their lasting memorial in a safer and more hopeful world.

In your name we pray....AMEN.

Presented at our Phoenix Chapter MOWW MOC on 12 SEP 2021 by CHAP Beth Nehring, UAV Chaplain; excerpted from Office Veterans Service script, Town of Andover, MA

+ MEDIC'S CORNER: 10 Foods That Improve Brain Health

You are what you eat. While you may not literally transform into the things you eat, your nutritional choices certainly play an important role in your overall health. Not only that, but there are certain foods that can even help to maintain or improve the health of your brain. Eating the right foods to keep your brain healthy can dramatically decrease your risk of developing neurological problems later in life. Here are some of the best foods for your brain:



1. **Blueberries.** Blueberries contain a compound that has both anti-inflammatory & antioxidant effects. This means that blueberries can reduce inflammation, which reduces the risk of brain aging & neurodegenerative disease. Furthermore, antioxidants have also been found to aid in communication between brain cells.
2. **Eggs.** Eggs are rich in B vitamins & a nutrient called choline. B vitamins help to slow cognitive decline & deficiencies in B vitamins have been associated with depression & dementia. The body uses choline to create the neurotransmitters responsible for mood & memory.
3. **Fatty Fish.** Fish such as trout, salmon, & sardines contain large amounts of omega-3 fatty acids. Not only is 60% of your brain composed of fat containing omega 3s, but it is also essential in the production of brain & nerve cells. Deficiencies in omega 3s can cause learning problems & depression.
4. **Fruits.** Certain fruits such as oranges, bell peppers, guava, kiwi, tomatoes, & strawberries, contain high amounts of vitamin C. Vitamin C helps prevent brain cells from becoming damaged & supports overall brain health. In fact, a study found that vitamin C can potentially prevent Alzheimer's.
5. **Leafy greens.** Greens such as broccoli, collards, spinach, & kale contain various nutrients such as vitamin K, lutein, folate, & beta carotene. Vitamin K helps with the formation of fat inside brain cells & has been seen to improve memory.
6. **Nuts.** Nuts contain healthy fats, antioxidants, & vitamin E, which have been found to be beneficial for both the brain & heart. Walnuts, in particular, also contain omega-3 fatty acids to further improve brain function. In fact, nuts have been linked to improved cognition, sharper memory, & slower mental decline.
7. **Pumpkin Seeds.** Pumpkin seeds contain antioxidants, as well as zinc, magnesium, copper, & iron. The brain uses zinc for nerve signaling, magnesium for learning & memory, copper for controlling nerve signals, & iron to prevent brain fog.
8. **Tea & Coffee.** Both tea & coffee contain caffeine, which boosts brain function & improves alertness, as well as antioxidants. Green tea also contains the amino acid L-theanine which can cross the blood-brain barrier & increase neurotransmitter activity.
9. **Turmeric.** Turmeric is a dark-yellow spice that is commonly found in curry powder. Not only is it a strong antioxidant & anti-inflammatory substance, but it can pass through the blood-brain barrier to enter the brain directly. Turmeric has been associated with improved memory, less depression, & the growth of new brain cells.
10. **Whole Grains.** Whole grains such as bread, pasta, barley, brown rice, oatmeal, & bulgur wheat contain vitamin E, which is used to protect & preserve healthy cells. In protecting these cells, vitamin E preserves brain function & prevents neurodegeneration.

Written by Dr. Kashouty, a diplomate of the American Board of Psychiatry and Neurology (ABPN); published at <https://premierneurologycenter.com/blog/10-foods-that-improve-brain-health/>

The Military Order of the World Wars - The Phoenix Pacesetter Chapter

Membership

The Military Order of the World Wars (MOWW) founding resulted from General of the Armies John J. Pershing's request that his officers continue serving America after their active military service ended following World War I. Since MOWW's establishment in 1919, MOWW members ("Companions") have lived by the Military Order's motto: *"It is nobler to serve than to be served"*.

• MOWW **Outreach Programs** involve the local community, state and nation. They include :

Patriotic Education — ROTC & JROTC Programs — Scouting Program — Monuments & Memorials — National Security — Homeland Security — Law & Order — Veterans Affairs Program

• MOWW members receive the following award-winning **Publications**: the quarterly Officer Review; the Phoenix Pacesetter Chapter monthly Newsletter

• MOWW holds an **Annual Convention** where members convene to exchange ideas, honor selfless service, attend educational workshops and business sessions, and listen to guest speakers.

• **Monthly Luncheons**: The Chapter meets four times a year (SEP, DEC, MAR, JUN) on the fourth Saturday of the month. We will meet at a local restaurant

that is located somewhere close to where our members reside. Staff meetings are open to all members with Check-in/Set-up/Meetings starting at 11:00 am; Companion socializing and lunch begins at 11:30; sometimes items are raffled off at luncheon, with collected funds going to support our Patriotic Education Youth Programs; alternate fundraising is through a 50/50 raffle; guest speaker topics address any one of the Outreach Programs previously mentioned. ***Note COVID-19 impact: Zoom meetings, Social Distancing**

To Join: Potential members can complete a Membership Application or go to <http://www.moww.org/> and click on the "BECOME A MEMBER" tab at the top left of the screen. Just fill in the form; on the most recent version of the form you can use your **credit card** to pay!

Membership Categories:

- ★Regular (Annual) Membership @ \$40/year
- ★Regular Perpetual Membership @ 1 x \$350 or 4 x \$87.50 quarterly installments
- ★Veteran Regular (Annual) Membership @ \$40/year
- ★Hereditary (Annual) Membership @ \$40/year
- ★Memorial Perpetual @ 1x \$200.00

We Look Forward to Welcoming New Members Into Our Ranks!!!

2021-2022 CHAPTER MEETING SCHEDULE & IMPORTANT DATES:

- ♦**26 SEP 2021, 11 AM** ~ Chapter/Staff Meeting, via Zoom, Presentations & Way Forward
- ♦**06 DEC 2021, 7:30AM** ~ Apache Trails-Billie Stephens East Valley MOC, Marcos de Niza HS, Tempe
- ♦**DEC 2021** ~ Holiday Christmas Party and Chapter/Staff Meeting **maybe on the 18th*
- ♦**27 MAR 2022** ~ Chapter/Staff Meeting
- ♦**26 JUN 2022** ~ Chapter/Staff Meeting
- ♦**JUN 2022** ~ AZYLC 2022 Program

**** Have any ideas for our quarterly meeting programs? Contact Dick or Jeanne with your input!!**



BIRTHDAY WISHES go out to the following Companions/friends who were born in the upcoming Quarter ~ **September**: Jim Webb III (3rd), Kathryn Barstow (4th), Chuck Schluter (10th) Megan Barstow (11th), Debbie Kerr-Minor (12th), Dave Dolge (20th), Mike Krouse (22nd), and Lindsey Harness (30th); **October**: Bill Bonnell (10th), Kirk Loving (11th), Richard Minor (16th), John Larson (24th), Tuesday Minor (27th), Vinnie Cardieri (30th), and Kris Dunn (31st); **November**: Dennis Moore (4th), (Richard Minor II (8th), Al Shipley (9th), Tom Kirk Jr. (10th), Sinclair Minor Cardieri (14th), David Barstow (17th), HW Yamanouchi (24th). **Happy Birthday** to all of you! If anybody's name has been omitted from this list, please forward your birth date to the Chapters' Adjutant so that we may update our records.



<https://www.facebook.com/militaryorder>

<https://www.moww.org/>

<https://www.mowwscv.com>

Military Order of the World Wars Phoenix Pacesetter Chapter

Chapter Commander/Adjutant
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Pride of the Valley of the Sun!

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

Newsletter Editor
Jeanne J. Blaes, PhD
COL (Ret) USA



<http://www.facebook.com/mowwphoenixchapter/>



MOWW 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 to 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.



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