**COMMANDER’S REMARKS (6 June 2024)**

We will have our next General Membership Meeting on Saturday, 15 June 2024, 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 the LtCol Pete Nielsen, USAF (Retired) who is the Senior Aerospace Science Instructor at Aurora Central High School. We will also conduct our election of officers for the 2024-2025 operating year. After the election, the elected officers will be installed.

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.

It is almost the time of the year that we take our summer vacation and have a 3-month break from General Membership Meetings. After our meeting on 15 June, our next General Membership Meeting will be on 19 October 2024.

I am looking forward to seeing all of you at our luncheon on Saturday, 15 June 2024.

Coy D. Ritchie, D.M.

LCDR, USN (Ret)

Denver Chapter Commander

It is nobler to serve than to be served

**STAFF MEETING (6 JUNE 2024)**

This meeting was conducted at Frances Long’s home and was called to order by Chapter Commander Coy Ritchie at 1104 hours. Also attending were CPT Robert Mallin, MD, 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 9 May 2024 were approved on a motion by CPT Bob Mallin and seconded by HPM Stephanie Ritchie.

Treasurer’s Report The Treasurer’s Report as of 31 May 2024 was submitted by LCDR Ritchie. The month ended with a U.S. Bank checking fund balance of $2,787.62 and ENT Credit Union fund balance of $9091.05. The Treasurer’s Report was approved on a motion by HPM Pat Ritchie and seconded by HPM Stephanie Ritchie.

Scouts 170 Eagle Scout Awards and 23 Girl Scout Gold Awards were presented this year.

ROTC/JROTC We have completed the awarding of ROTC & JROTC medals & certificates. We awarded 20

ROTC medals and 37 JROTC medals.

Patriotic Education LCDR Ritchie reported that more than 120 students have applied to be nominated to attend the RMYLC in June 24-28 at CSU Pueblo.

Public Safety and Law and Order Nothing new.

Region XIII and Department of the Rocky Mountains

A Region XIII conference is slated for 21 June by Zoom. The National Convention will be held in August in Valley Forge, PA. Commander Ritchie and wife Pat will attend.

Membership

A gentleman who is a perpetual member of MOWW is expected to attend our luncheon on 15 June and has indicated he would like to join our Chapter.

Program/Speaker LtCol (Retired) Pete Nielsen who is the Senior Aerospace Science Instructor at Aurora Central High School will be our speaker at the General Membership Meeting on 15 June.

Hospitality The next luncheon is on Saturday, June 15, 2024 at Las Brisas Restaurant. We will order from the menu.

Old Business The election of officers and installation will take place at our luncheon on 15 June 2024.

New Business Discussion on the proposed changes that will be voted on at our National Convention in August.

Next Staff Meeting Thursday, 12 September 2024, starting at 1100 hours at the home of HPM Frances Long.

Benediction Given by HPM Frances Long.

Adjournment LCDR Ritchie adjourned the meeting at 1215 hours.

Submitted by Adjutant HPM Frances Long



**COMING EVENTS (June & Later)**

* **STAFF MEETING (12 September 2024)**
  + (Thursday), 11:00 A.M.
  + Location: Frances Long’s Home
* **MOWW NATIONAL CONVENTION**

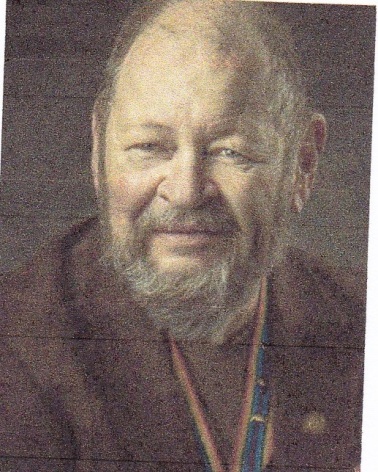
**(August 5-11, 2024)**

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

**(15 June 2024)**

* + (Saturday), time 11:30 A.M.
  + Location: Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.
  + Menu: Order from the menu.
  + Program: Lt Col Pete Nielsen, USAF (Ret), speaking about the Air Force JROTC Program.





**Bob**

HEALTHY ACTIVE LIVING

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

Surgeon General, MOWW

My father once said, “You’ll get old if you live long enough.” Hard to argue with that. As with achieving anything good, e.g., staying strong, agile and alert, it takes work and so here are a few things to consider. Flexibility helps us do everyday activities with ease, e.g., getting out of bed, lifting children, sweeping the floor or even just reaching for things. Flexibility tends to deteriorate with age. Muscle mass increases up to the age of 30 or so and decreases after that. Inactivity can cause an annual 3%-5% decrease! Being active, stretching and resistance training helps prevent this loss and ensures independence.

Canada’s “Physical Activity Guide to Healthy Active Living” recommends flexibility training 4-7 days weekly. Stretching shouldn’t be painful. The focus: bringing the muscle to a point of slight tension. The goal of stretching is to overcome the automatic tightening of a muscle when challenged, which relaxes after 20 seconds. Then you can coax a joint into a wider range of motion (ROM), This is done by gently holding the stretch until you feel a “give.” For example, sit on the floor with your legs in front of you. Bend forward at the hips with your spine in a neutral position until you feel a slight tension in the hamstring. This requires relaxation of the hamstrings but it increases hip joint ROM. Virtually anyone can do static stretching—it’s easily taught and usually very safe. Once learned, it can be done in nearly any environment without assistance or equipment. Certain physical limits may impede full workouts (check with your health provider first). However, we can all enhance our mental function:

**.** Learn something new. Whether it’s playing an instrument—a language, working outside your comfort zone involves many different areas of the brain. Even driving a new route forges new neural pathways.

**.** Use your hands. Hand-eye coordination is both visual and tactile, and will fill the brain with activity. Using your non-dominant hand can build brain power. Or, learn sign language. Hand motions use new areas of the brain. Experience something new, like an art exhibit. It’s even better when you write down what you did and learned, and then talk about it.

**.** Memorize a new word or a song lyric every day. Jot down what you learned to sharpen thinking.

**.** Eat antioxidants. Vitamins C and E, and beta carotene protect the body against the destructive effects of free radicals. Antioxidants neutralize free radicals by donating one of their own electrons, ending the “electron-stealing” reaction. Antioxidants are scavengers and help prevent cell and tissue damage leading to cellular damage and disease. Foods like blueberries and dark chocolate contain antioxidants. Foods high in antioxidants may also delay or prevent cancer and neurodegenerative diseases (e.g. Alzheimer’s), and can lower cholesterol and blood pressure.

**.** Move, be mobile! Activity increases brain function and the number of hippocampus brain cells. Only 15-30 minutes of exercise, three times a week, will lessen the chance of developing Alzheimer’s. Learn more about healthy aging by becoming a member of Tri-health Seniority, a free program helping members age 50 and older maintain healthier, more active lives. Peruse the internet to increase knowledge too. In short, be informed… and be well. Bob

*The Military Order of the World Wars THE OFFICER REVIEW April—June 2017*

*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.*

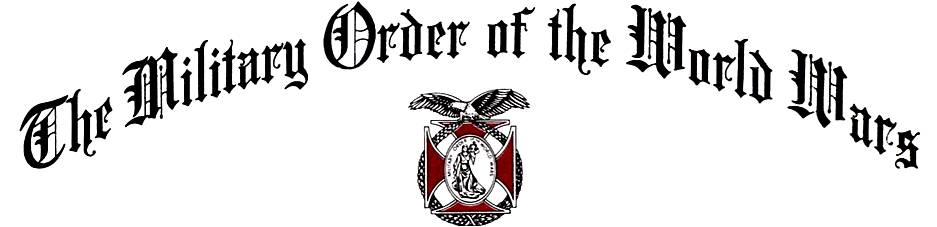


**PREVIOUS MEMBERSHIP MEETING SPEAKER**

**(19 APR 2024)**

Landry Terry from The Veterans Treatment Court gave a very interesting presentation about the Second Chance Program which provides veterans who have been arrested a second chance without being incarcerated.





**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**

4 JUNE 1942

**THE SACRIFICE OF VT-8**

Torpedo Squadron 8 (VT-8) from *HORNET (CV-8)* flew an early version of the TBD Devastator. A three-seater, behind the pilot a navigator/radioman sat ahead of a rear-most gunner operating the only defensive weapon, a .30 caliber Browning machine gun. The TBD was designed to attack under a fighter escort, a shortcoming that would prove fatal this day.

Aware of the Japanese battle plans, Pacific commander ADM Chester W. Nimitz “hid” the three carriers of Task Force 16 at “Point Luck” northeast of the anticipated enemy position off Midway. TF16’s commander, RADM Raymond A. Spruance, learned of the enemy’s arrival this morning. *HORNET* now launched the 15 TBDs of VT-8 along with 35 dive bombers and LCDR Samuel G. Mitchell’s 10 Wildcat fighters. Overall command of HORNET’s fell to CDR Stanhope C. Ring of the dive bomber group. But heavy cloud cover prevented Ring from correctly grouping the squadrons over *HORNET*. LCDR John C. Waldron’s Devastators became separated. To complicate matters, within an hour of *HORNET’s* launch, the Japanese changed course, moving to the northwest away from Midway. Waldron’s squadron, now flying without its fighter escort, arrived at the target site t o find the Japanese gone. Ring had arrived a few minutes earlier but gambled incorrectly by turning toward Midway. Waldron on the other hand, guessed correctly and shortly spotted smoke on the horizon.

Estimates vary as to the number of Japanese Zeros that jumped Waldron’s naked Squadron. Even before they were within flak range, four Devastators had been splashed. The remaining eleven now began their slow, deliberate run toward the carrier *Akagi*. The result was suicidal. Five more Devastators went down, one even attempted to crash dive into *Akagi’s* bridge but missed. The heavy anti-aircraft fire spurred Waldron to redirect his surviving pilots to the center carrier, *Soryu*. Yet the Zeros mercilessly chewed through the squadron. Waldron himself, was observed to struggle unsuccessfully in his flaming cockpit. Only a single plane piloted by LTJG George H. Gay survived to launch its torpedo, which *Soryu* dodged. Gay’s crewmen were already dead by this time, and as he pulled up, a flak burst disabled the TBD’s rudder pedal, and a Zero shot off a wing. He belly-flopped the plane and jumped. With his 29 buddies of VT-8 wiped out, Gay bobbed in the water amidst the enemy fleet, concealing himself under a seat cushion.

The sacrifice of VT-8 did not go for naught. Distracted by the torpedo bombers, the Japanese fighter CAP completely missed LCDR C. Wade McClusky’s Dauntless dive bombers high overhead. These unloaded on *Akagi, Soryu, and Kaga*, ultimately sinking all three!

Watch for more “Today in Naval History”

CAPT James Bloom, Ret.

Miller, Nathan. The Naval Air War 1939-1945. USNI Press, Annapolis, MD, pp. 80-88, 1980.

Morrison, Samuel Eliot. History of United States Naval Operations in World War II, Vol 4 Coral Sea. Midway and Submarine Actions. Little, Brown and Co., Boston, Mam pp. 116-21, 1949.

Stephen, Martin. Sea Battles in Close-up: World War 2. USNI Press, Annapolis, MD, pp. 170-71, 1988



**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



**THE CINC SOLICITATION**

The Commander in Chief is appealing to you to donate generously to the CINC Solicitation by donating 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](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**

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