**COMMANDER’S REMARKS (21 JANUARY 2023)**

We will have a regular face-to-face General Membership Meeting on Friday, 18 February 2023, starting at 11:30 A.M. The meeting will be held at Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.

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.

I apologize to the Chapter Staff for canceling the Staff Meeting on 12 January at the last moment. The reason is that I was admitted to the ICU at Aurora Medical Center on 11 January. I had slipped on the ice on the sidewalk in front of our house. I fell backward and hit the cement sidewalk with the back of my head. They used six staples to close the wound in my scalp. I spent three days in ICU and before I left they informed me that I had cracked my skull and had a brain bleed and that my memory should return slowly. They required me to have a 24/7 attendant with no driving and a lot of bed rest.

Coy D. Ritchie, D.M.

LCDR, USN (Ret)

Denver Chapter Commander

It is nobler to serve than to be served

**COMING EVENTS (February & Later)**

* **STAFF MEETING (9 February 2023)**
  + (Thursday), 11:00 A.M.
  + Location: Frances Long’s Home

* **MOWW NATIONAL CONVENTION**

**(1-6 August 2023)**

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

**(18 February 2023)**

* + (Saturday), time 11:30 A.M.
  + Location: Las Brisas Restaurant, 6787 S. Clinton Street, Greenwood Village, CO.
  + Menu: Order from the menu.
  + Program: Not firm at this time.





**Bob**

MUSCLES AND AGING

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

Surgeon General, MOWW

Back in the days when Jack Paar was the late night TV host, he had a guest named Alexander King on his show. Alex was a mildly quirky, aging hippy-type a bit over 65. He wrote a book about aging called “Mine Enemy Grows Older.” As a final chapter, he wrote about how age slowly creeps up on you. He noted that one of the “creepiest parts” was dealing with strange muscle aches and pains that can occur in any of the body’s muscles, particularly those that do not get better during the day or intensify in their discomfort. Typically, we think of skeletal muscles, i.e., the ones that move joints or that “hurt all over” during influenza attacks

However, “smooth muscles,” i.e., those lining the hollow organs of our body (e.g., intestine, bladder, blood vessel) and the heart (cardiac) muscle can also hurt. All a muscle can do is contract when stimulated. That is its only function. Infection, auto immune traumatic and malignant diseases, can cause pain in muscles as they do their work, or even when dormant. Some medication can cause muscle pain too. Simple weekend sports strain and overuse can be treated by stopping the activity, applying some ice and using an anti-inflammatory medication. Be aware, though. There are many more serious muscle problems associated with infection, systemic (total body) diseases such as Lupus, Dermatomyositis or fibromyalgia that are chronic and debilitating. In these cases, the aches may always be with you.

One can have spasms or cramping, sometimes due to low potassium in the blood, sometimes with loss of blood supply to the given area such as sudden blood clotting. Persistent symptoms causing more than ordinary concern that do not promptly go away or that have an obvious treatable cause need prompt medical evaluation. Meningitis (inflammation of the central nervous system) chest pain, breathing or movement problems are, of course, urgent. Use of over the counter (OTC) pain relievers needs caution too. Under the “right” circumstances, Aspirin, the wonder drug, can cause ringing in the ears, bleeding and allergy. Many pain relievers have ingredients harmful to those on anticoagulants. Generally speaking, OTC meds are safe when taken as directed. If the recommended dose does not work, it is dangerous to increase it on your own. Dosing with alcohol can increase liver damage and ulcers. So, take pain medicines with food or plain water. It will be safer for the stomach lining’s sake.

Last, aspirin and children often do not mix and can produce Reyes syndrome leading to fatal brain problems. So, as in everything else, ask for help when you have a question. On-line information can be really helpful, but consulting an up to date health care provider is best. In that way, we can watch “our enemy grow older” for a long time.

*MOWW OFFICER REVIEW May 2014 p23*

*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.*





**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)

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**Commander, Rocky Mountains Department**

COL Steven A. Shambach, USA (Ret)

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**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 312-599-4708

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 312-599-4708