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THE OFFICER REVIEW®

MAY-JUNE 2019

Leadership is a Core Capability

Dear Companions of the Military Order,

Our life experiences teach leadership. Leadership was also taught in our basic officer classes and reinforced throughout our service. What we learned through these and other means enables our success as Companions.

Leadership is critical to the good of the Order. Being a leader takes thought and preparation, and discipline, follow-up and follow-through. It requires one to be a self-starter. While it's not always a stress-free role, knowing what needs to be done and realizing you don't have to do everything yourself does make things easier. This is where your prior training and experience are invaluable.

The "how to" parts of the job can be learned by seeing how other Companions operate and by determining what was or wasn't successful. Plus, you have mentors, e.g., fellow Companions, department and region commanders, VCINCs, even committees and the HQ MOWW staff, if you engage with them.

In addition, the MOWW website can assist you in whatever your position is. For example, you can learn about "Chapter Leadership & Teamwork" in the Policy Manual (p.44). MOWW Forms are also invaluable, e.g., MOWW Form 19, "Chapter Commander Guidance & Checklist." These can assist you in understanding how the Order operates and what needs to be done.

Being successful also requires time and planning. What do you want to accomplish? What needs to be done to achieve goals? How is success defined so the chapter knows when it's achieved? Start with the Strategic Goals, and then also identify two to three other key things the chapter should achieve. How should you "form the team," get buy-in from the chapter and prepare the chapter for success? How will you recognize Companions who assist in achieving objectives? Discuss these things with chapter staff and membership, and then monitor the chapter's progress in achieving these goals.

Last, a key facet of military service is being involved in mentoring others—including those who could replace them. As a MOWW leader, you also need to identify who is going to replace you in your current MOWW position. Finding quality people is important both for you and the health of the Order. New leadership brings new ideas, energy and an opportunity for personal growth. Make it a part of your MOWW planning process.

LTC John H. Hollywood, USA (Ret)
Commander-in-Chief
The Military Order of the World Wars

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MG George Herbert Harries (19 September 1860 – 29 September 1934) served as the founding Commander-in-Chief of MOWW from 1920–1925.

1st Lt Donald G. Allen, USAF (Fmr)
71st Commander-in-Chief, 2001-2002

24 November 1933—24 May 2019

Past Commander-in-Chief, 1Lt Donald Gale Allen, USAF (Fmr), passed away peacefully in Ventura, CA, on Friday, 24 May 2019, at the age of 85.

PCINC Allen was a 25-year member of MOWW, inducted into the Conejo Valley Chapter, CA, in 1994, and later joining nine more chapters in the region.

He was born on 24 November 1933 in Natrona Heights, PA, the youngest of five children, to William Charles and Emma Pearl Allen.

Don joined the USAF during the Korean War and flew many aircraft, including the B-25 and SC-47 (DC-3). In 1959, he began his career with American Airlines and retired 34 years later, holding seniority number two. He flew the Convair 240, DC-6, DC-7, DC-8, B-707, B-727, B-747 and DC-10. Don's professionalism and commitment to American led him to be selected as AA's Chief Pilot, followed by Flight Manager at LAX. Don became president of the Grey Eagles, a Key Man and Governor in the Quiet Birdmen (QBs), the Commander-in-Chief of the Military Order of the World Wars (2001–2002), and served as president of the Aviation Country Club. Don was a true Goodfellow.

He is survived by Kathryn, his loving wife of 61 years, sons William (Sandra), Robert (Janet), Bryan (Elizabeth), eight grandchildren and three great-grandchildren.

Top right: After his induction as Commander-in-Chief, Companion 1Lt Donald Gale Allen, USAF (Fmr), addressed the MOWW Convention in 2001. Bottom, (L-R): PCINC Allen in an SC-47 (the search-and-rescue version of the DC-3), while stationed in Norton AFB, CA; On graduation day; PCINC Allen with wife, Kathryn.

Bravery and Compassion in Selfless Action

CDR ALAN M. MANDIGO, USN (RET)
PUGET SOUND CHAPTER, WA

MAJ Jonathan W. G. DeFabio, USA, the only active duty Companion in Alaska, lives the Order's motto: "It is nobler to serve than to be served." On 1 March 2018 while traveling to Fort Greely, AK, MAJ DeFabio and SFC Jeremy Dellabalma, USA, witnessed a truck lose control ahead of them. The vehicle hit an ice patch, spun out of control, hit a snowbank, went airborne and rolled. When the truck landed, it was passenger side down against some trees off the side of the road.

Disregarding their personal safety, MAJ DeFabio and SFC Dellabalma ran to the accident scene to assess the situation for hazards and to determine how to help the vehicle's occupants. After arriving, they were able to open the driver's side door and found the two occupants so dazed that they were unable to exit the truck. They pulled them out and kept them safe and warm until the Alaskan State Police arrived. Fortunately, the men recovered from bruises, scrapes and shock. In taking this selfless action, MAJ DeFabio and SFC Dellabalma showed bravery and compassion for others by their quick response and by controlling a dangerous situation.

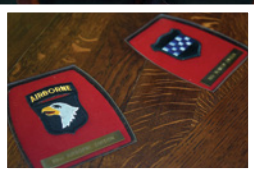
MAJ DeFabio is a Puget Sound Chapter Companion and the Assistant ROTC Chair. He has presented ROTC and JROTC Awards to Fairbanks, AK, area high schools and a university. Since 2014 he has presented nearly 100 MOWW Eagle Scout Certificates of Recognition to deserving Scouts.

In recognition of MAJ DeFabio's outstanding leadership of MOWW ROTC, JROTC and scouting outreach programs in his community, and for his rescue actions, on 13 January 2019, Lt Col Richard Muri, USAF (Ret), Commander, Puget Sound Chapter, presented MAJ DeFabio a well-earned Silver Patrick Henry Medal. Likewise, SFC Dellabalma received a Silver Patrick Henry Award for his selfless actions in rescuing an injured driver following their accident. *Bravo Zulu to them both!* ★

(L-R): SFC Jeremy Dellabalma, USA, and MAJ Jonathan W. G. DeFabio, USA

Battle of the Bulge Table Rededication

PCINC LTC RUTH L. HAMILTON, USA (RET)
GENERAL GEORGE G. MEADE CHAPTER, MD



On 8 May 2019, (anniversary of WWII "Victory in Europe Day," 1945), a contingent of veterans from Maryland and Virginia with civilian employees at Fort Meade, MD, loaded a bus that took them to the Pentagon for a special ceremony.

COL Kent D. Menser, USA (Ret), a Companion of the General Meade Chapter, MD, and President of the Battle of the Bulge Historical Foundation (BOBHF) led the effort to have a very unique table that was housed at Fort Meade, MD, then relocated and rededicated at a ceremony in the Army G-3/5/7 office area conference room. The table was conceived by trustees of the Foundation to carry on the memory of the units that participated in the largest land battle ever fought by the US Army and to acknowledge the people of Stavelot, Belgium, and the 157 men, women and children who were massacred by members of Hitler's SS forces. From 1994 to 2019, it held a place of honor in the Battle of the Bulge Conference Room at Fort Meade, MD. The table was crafted by a cabinetmaker in Stavelot, Belgium, Mr. Vincent Gaspar, using oak wood from the Ardennes Forest and embellished with the unit patches of units that gallantly fought in the Battle of the Bulge as well as the dates of the battle, the countries involved and 157 pine trees of varying sizes representing the Belgians who were killed.

A ceremony hosted by MG Christopher McPadden, Deputy Chief of Staff, G-3/5/7, was held in the conference room followed by a light reception. His senior noncommissioned officer, SGM Michael Weatherholt, served as the Master of Ceremonies. The Ambassadors of Belgium and Luxembourg participated in the ceremony along with members of the Army Staff, the Director of the Center for Military History and a representative from the moving company that moved the table from its previous location at Fort Meade, to its present location.

MOWW PCINC LTC Alfred H. M. Shehab, USA (Ret), Past President of the Battle of the Bulge Historical Foundation and WWII veteran who fought in the Battle of the Bulge, along with Mr. Paul Goffin, who was a teenager when American Soldiers (like LTC Shehab) liberated the city of Stavelot, were featured guests and speakers at the event.

Other MOWW Companions of the General Meade Chapter were among those who had an integral part in the table's rededication to preserve military history as embodied in a beautiful conference table for generations to come. ★

Photo top: Battle of the Bulge conference table and chairs in Pentagon conference room. Inset top: Detail of the Unit patches embedded in the table. Above left, L-R: SGM Michael Weatherholt, LTC Alfred Shehab and MG Christopher McPadden. Above right, L-R: COL Kent Menser, LTC Alfred Shehab and COL Brian Foley. Photos courtesy of the Pentagon Public Information Office.

A Visit to Vietnam

CPT KEVIN L. RICE, USA (FMR)
GENERAL GEORGE G. MEADE CHAPTER, MD

We were excited to travel to Vietnam but had some apprehension. My dad, PCINC Colonel Bert Rice and my brother Steve and I traveled there in February.

After several days of travel punctuated by a snowstorm in Denver, we arrived in Vietnam on Monday, 18 February. Upon arrival at our hotel, the Serene Boutique Hotel in the Old Quarter of Hanoi, we checked in and relaxed. We went to dinner at the 8th-floor restaurant. They served Vietnamese and Western dishes. Then, we got tickets to the "must-see" Water Puppets in Hanoi. We enjoyed the 45-minute show, took much-overpriced rickshaws home and caught up on sleep! A couple of observations: the lane lines on the roads in Vietnam are merely a suggestion. Rarely do people travel within them. Yet, there is no road rage. There are no accidents. The traffic flows smoothly like a river. Mass, organized chaos best describes the "non rules of the road."

On Tuesday, 19 February, dad arranged for a driver and guide. Our driver was Duan, who picked us up at the airport the day before. Our guide was Ha, who spoke English quite well, having done this for ten years. We expressed our interests and he gave us his thoughts. Our first stop was the infamous Hanoi Hilton where John McCain was held for six years.

Originally built in 1896 by the French and operated by them until their rule ended in 1954, it housed Vietnamese political prisoners who revolted against French rule. After France left, it housed common criminals, from 1954-1964. During the war with

Photo top left: Maison Centrale ("Saigon Hilton'). The front gate, which is part of the few remaining portions of the prison. Photo right: John McCain's flight suit, helmet and parachute at capture. Bottom left: Layout of the Maison Centrale ("Saigon Hilton")

Ho Chi Minh Mausoleum

the US, it primarily housed pilots who'd been shot down. It is very historic. All US prisoners were released in 1973. Of course, the history and photos depict "kind" treatment of the POWs. The prison, still named Maison Centrale, French for "Central Home," sits in downtown Hanoi. It was a sobering place to visit.

From there, we went to the Ho Chi Minh Mausoleum and Complex. We saw Ho Chi Minh, lying in state. It's sacred to the Vietnamese, much like the Tomb of the Unknowns is for us. We then saw the Presidential Palace and learned Ho Chi Minh hadn't lived there but instead lived a small, austere home on the grounds. Eventually, to honor the people he lived with while in hiding in the mountains, he asked the government to build him a small home on stilts nearby.

Ho Chi Minh Stilt House, Hanoi

Afterward, Ha recommended we go to the Lacquer Museum. There we learned about those who made these incredible lacquer art items from wood. Lacquer, the key, was siphoned from trees. It's an ancient art in Vietnam and we were mesmerized.

The remains of a USAF B-52 (upper left) and the Vietnamese anti-aircraft system that brought it down, just outside the B-52 Victory Museum in Hanoi.

The process, attention to detail and the quality were staggering—and we were compelled to buy!

Next, we had lunch at a restaurant serving Vietnamese and Western items. I tried a unique, 3-tiered soup. One-third was French Onion, so I had to try. After lunch, we visited the B-52 Museum, which clearly tried to depict the anti-aircraft prowess of the North Vietnamese Army in Hanoi. The remains of a B-52 "Stratofortress" lay on the ground with the Vietnamese anti-aircraft guns nearby that had proudly shot our B-52s down. The plaque read, "U.S. Imperialists that violated Hanoi Airspace." Then, we stopped at a common American tourist attraction, where a B-52 crashed in a shallow lake that to this day protrudes from it.

Finally, we visited a workshop where handicapped people, presumably offspring affected by the Vietnam War, learn an art trade. We bought silk ties with cuff links for $10 to support these talented people as they learned a trade. It was a long, enjoyable and educational day.

Wednesday, 20 February, was dad's birthday. We met for breakfast in the hotel, packed, and headed to the Hanoi Airport. We were headed to Nha Trang and Cam Ranh Bay, the beach! Our driver was again Duan, who presented my dad with a pith helmet, typically worn by Vietnamese soldiers. We arrived at Cam Ranh Airport, as dad shared stories of his time in this area and to the south. We checked into our rooms at Novotel. It was beautiful. Anna, our concierge, who helped with our next-day plans, a raft trip down the Cai River. We ate dinner in the hotel restaurant where Anna had the staff deliver a birthday cake.

On Thursday, 21 February, started out early to meet our adventure guide, An, in the lobby. We headed about 40 minutes towards the mountains and we put in on the Cai River. We were in inflatable canoes. Steve and I had single canoes; dad and An shared a two-man canoe. It was a hot day, about 88 degrees. We canoed 6-8 kilometers, hit some rapids and stopped at the first take out. An said we could go on for another hour, which we did. Later, after a grueling hike up steep terrain to get to the van, we were spent.

Part of the tour included lunch. We had planned to forgo the lunch, but An said a special meal was waiting. We were very pleased with "Andy's Chopsticks," which provided us with a traditional Vietnamese meal, shrimp, chicken, tuna, rice and spring rolls. It was delicious. Then, dad got another birthday cake! We also met a former Vietnam veteran, Doug Erickson, who served at the same time as dad and with whom stories were shared. He lives in Pagosa Springs, CO, and has come back for a month every year for the last 25 years!

We got back to our hotel, full, sunburned and exhausted. I'd mentioned to An that I wanted to karaoke and he said we would do it. He picked me up at 2130, and I rode with him on the back of his motorcycle to our destination, nervously. We tried a couple places and found a good one. Karaoke is very different in Vietnam. There are private rooms for each group. Anyway, we had a great time. An and I are now friends on social media.

By Friday, 22 February, we were a little sluggish, but got up early to clean up, pack, and get ready for the next leg of our adventure, flying to Saigon! Our concierge, Anna, was so wonderful. She gave us gifts upon our departure. We look forward to coming back! We arrived in Saigon, took a taxi to our hotel, and we checked in to the Alagon d'Antique. It's pretty quaint, and the rooms were a little small, but overall very pleasant. After dinner in the restaurant, we called it an early night as dad planned for a guide with a car to set out for our next adventure the following day.

On Saturday, we enjoyed an early breakfast, probably the best of the three hotels. Our driver, Man, showed up at 0800 to pick us up. We had lots of traffic out of Saigon as we headed to Cu Chi. Our guide was great, as they all have been.

Cu Chi Tunnels, Ho Chi Minh City (Saigon)

We spent two hours learning about the tunnels—250 kilometers worth of three levels of tunnels! They were a series of underground cities and fortresses that housed communities within them. We learned about the engineering requirements to build such a complex and we climbed through the tunnels. During the tour, we were thrilled to see that a rifle range was included in the tour for those that desired to fire. Of course, we said, "Yes!" I chose an M16, my main weapon in the Army and dad and Steve fired an A2 Carbine. It was truly a highlight.

Nui Ba Den meaning "Black Lady (Virgin) Mountain" is a mountain in the Tây Ninh Province of Vietnam. During the Vietnam War the area around the mountain was very active. After the war the mountain became famous for its beautiful temples and theme park.

Then, we left to go to the Tây Ninh Province, so we could see Nui Ba Dan, aka Black Virgin Mountain, a volcanic mountain that rises over 3,200 feet. On our way, we stopped to visit a Cao Đài Temple.

The War Remnants Museum, Ho Chi Minh City (Saigon)

Nui Ba Dan was a place where my dad also spent time and had memories. We took the gondola up about halfway and hiked around to the Buddhist Temple as it was Tet, the lunar New Year. We were to go to the first, higher temple. I continued up in the direction I was sent, but it led to the mountain summit. After about 200 meters, I realized it was not taking me to the temple, though I did get a strenuous workout. My dad sat on the temple steps and made friends with 15 high school kids who had just summited. He taught them the US Army term, "Hooah!" As I approached them, he counted down and they all belted it out! They also sang "Happy Birthday" to him.

Lastly, we headed to visit the area where dad was stationed in Cu Chi. The best we could get was a picture of the front gate, as the installation is operated by the Vietnamese Army. A mere drive-by had to do. We then headed back to Saigon and crashed hard Saturday night.

On Sunday, 24 February, all agreed to sleep in, meaning to 0730. We got breakfast, relaxed and then trekked out for our relaxation day. First, we went to the Ben Thanh Market. Bombarded by the locals selling their wares, we successfully picked up gifts, although we got slightly taken advantage of, I think. It is very important to haggle and negotiate! Dad was the best at it. They are good salespeople.

Next, we trekked to the War Remnants Museum. At first, school kids were surrounding us cheerfully saying hello! We'd just learned hello in Vietnamese, xin chào, pronounced "sin chow." Outside we saw a Huey UH-1, like my Dad flew, as well as an Armored Personnel Carrier, similar to the vehicle I commanded in the US Army. The museum, however, was very off-putting. It painted America and its Army in the worst possible light, i.e., as an imperialistic invading army destined to use its creative weapons on innocent lives with Ho Chi Minh thwarting the US Army, thus winning the war. It was propaganda at its best (worst). However, some great photos came from the visit. The best was a photo of the 25th Infantry Division HQ where my dad served as the Assistant Division Aviation Officer in Cu Chi on his second assignment to Vietnam.

Then, after visiting the Hard Rock Café, we risked life and limb riding on the back of three scooters! Later, we walked two to three kilometers back to the hotel. En route, we passed the Cathedral of Notre Dame. We finally relaxed for our 0630 departure to Vinh Long on Monday morning.

On Monday, February 25th, we were up by 0600 for a 0645 start to our day. Our driver was Tuan, a young fellow who spoke very little English. Fortunately, Googling allowed us to locate our destinations. First, we went to Vinh Long after crossing the big bridge over the Mekong River. We found the precise coordinates to dad's camp and airfield. My dad found this very memorable as he walked the grounds where he had spent a year in 1965-1966. It is now a big construction project area. I read segments of a book online, explaining that the deserted airfield was there until fairly recently. Dad shared several stories that captured his recollection of the land, the climate, the foliage and the Vietnamese people.

Then we traveled to Mỹ Tho, the base he'd frequented for missions and operations. It is operated by the Vietnamese Army, just like Cu Chi. Adjacent, we happened upon the center where anti-venom was developed for Cobra bites! Next, we grabbed lunch in Mỹ Tho then headed back to Ho Chi Minh City. It was a little more difficult without an English-speaking driver/guide. But it was just as important as every other adventure, as my dad checked this important task off his bucket list. We had a final dinner together and got to bed early for our trip home the next day. It was a great trip! ★

Constitution & Bylaws Amendments

PCINC LTC GARY O. ENGEN, USA (RET)
CHAIR, CONSTITUTION & BYLAWS COMMITTEE (MOWW)

In keeping with the MOWW Constitution (Article VIII, Section 3) and MOWW Bylaws (Article IX, Section 3), the MOWW Constitution and Bylaws Committee presents the following proposed amendments to these documents for consideration by all Companions of the Order. The Committee recommends their adoption and expressly presents them for consideration by, and the vote of, the Delegates to the MOWW "Centennial" Convention to be held in Simi Valley, CA, in August 2019.

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1. MOWW Constitution. Membership. Submitted by TG LTC George J. L. Walker, USA (Ret).

a. Current Language: "Hereditary Membership. Hereditary Membership is open to citizens of the United States of America who are of good moral character and repute, and who are:" [REF: MOWW Constitution, Article II, Section 1, Para D]

b. Proposed Language: "Hereditary Membership. Hereditary Membership is open to citizens of the United States of America who are at least eighteen (18) years of age, of good moral character and repute, and who are:" [Note: Committee adjusted the age from the proposed age of 16 to the age of 18 to reflect the age of consent]

c. Rationale: No one should be enrolled in any organization without their informed knowledge and consent. Yet in the past, there has been no age restriction as a qualification for hereditary membership in the Order. As a result, we now have a number of Hereditary Perpetual Members who, at the time their sponsors enrolled them in the Order, were too young to know what they were getting into. (Indeed, we know of two who were still in diapers.) They have never attended a meeting or otherwise participated in MOWW and most have not served in the Armed Forces. These companions serve, and have served, no purpose in the Order other than to boost the Perpetual Member Dividends of their respective chapters. Beyond that, they are simply names on a roster. Furthermore, once their sponsors have passed away, it is virtually impossible to locate these individuals.

In addition, our tax-exempt status under paragraph 501(c)(19) of the IRS Code depends on our maintaining at least 75% veteran membership. If we continue to admit children who have no idea what the Order is about as hereditary members, then non-veterans might soon exceed 25% of our membership and our tax-exempt status might become jeopardized.

We can do nothing about those hereditary companions who were enrolled without their knowledge and consent in the past. (Most are now adults and they can remain in the Order or resign, as they wish.) But from now on, we should restrict membership to those who are old enough to join of their own free will.

By age 16, however, young people are usually enrolled in high school and capable of making an informed decision as to whether they wish to join MOWW. Most 16-year olds are thinking about the future and their role in it. Those who take an interest in MOWW are usually also interested in student government, JROTC, scouting, and other forms of youth leadership, as well as history and genealogy. There are several ways that such young people can contribute, such as perhaps writing articles for a chapter newsletter, assisting at recruiting venues like Retiree Appreciation Days, and even assisting with the operation of Regional and National Conventions, should their chapter be fortunate enough to be chosen to sponsor one. These are the types of people we want and need in our Order.

2. MOWW Constitution. General Staff Officers. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "General Staff Officer Members-at-Large (appointed and elected)." [REF: MOWW Constitution, Article V, Section 1, Paragraph R]

b. Proposed Language: "General Staff Officer Members-at-Large (appointed)."

c. Rationale: GSOs are currently comprised of five nationally-elected GSOs and five CINC-appointed GSOs. At the request of CINC LTC Hollywood, VCINC BGen Lopez did a study of GSOs, their roles and responsibilities, their use, the needs of the Order, etc., and concluded that the Order would be best served by having up to ten appointed GSOs. After EXCOM discussion, the consensus was that the CINC/SVCINC would appoint at least five GSOs, but no more than ten, and that elected GSOs would be discontinued. GSO appointments and allocation to be made by the CINC/SVCINC upon request of VCINCs, National Committee Chairs and any other National Officer. The EXCOM supported this conclusion.

3. MOWW Constitution. Selecting National Officers. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "General Staff Officer Members-at-Large (five (5) of the ten (10) members)." [REF: MOWW Constitution, Article V, Section 2, Paragraph A, Sub-Paragraph 9).]

b. Proposed Language: "General Staff Officers (Appointed)."

c. Rationale: GSOs are currently comprised of five nationally-elected GSOs and five CINC-appointed GSOs. At the request of CINC LTC Hollywood, VCINC BGen Lopez did a study of GSOs, their roles and responsibilities, their use, the needs of the Order, etc., and concluded that the Order would be best served by having up to ten appointed GSOs. After EXCOM discussion, the consensus was that the CINC/SVCINC would appoint at least five GSOs, but no more than ten, and that elected GSOs would be discontinued. GSO appointments and allocation to be made by the CINC/SVCINC upon request of VCINCs, National Committee Chairs and any other National Officer. The EXCOM supported this conclusion.

4. MOWW Constitution. CINC Appointments. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "The Commander-In-Chief will appoint five (5) of the ten (10) General Staff Members at Large. [REF: MOWW Constitution, Article V, Section 2, Paragraph B.]

b. Proposed Language: "The Commander-In-Chief and Senior Vice-Commander will appoint up to ten (10) General Staff Officers at Large."

c. Rationale: GSOs are currently comprised of five nationally-elected GSOs and five CINC-appointed GSOs. At the request of CINC LTC Hollywood, VCINC BGen Lopez did a study of GSOs, their roles and responsibilities, their use, the needs of the Order, etc., and concluded that the Order would be best served by having up to ten appointed GSOs. After EXCOM discussion, the consensus was that the CINC/SVCINC would appoint at least five GSOs, but no more than ten, and that elected GSOs would be discontinued. GSO appointments and allocation to be made by the CINC/SVCINC upon request of VCINCs, National Committee Chairs and any other National Officer. The EXCOM supported this conclusion.

5. MOWW Bylaws. Granting, Revoking or Surrendering Chapter Charters. Submitted by Trustee CDR Robert F. Hartman III, USN (Ret)

a. Current Language: "A region, department or chapter charter may be granted, revoked or surrendered with the consent of the General Staff, provided MOWW Policy Manual provisions for the same are followed." [REF: MOWW Bylaws, Article III, Section 1]

b. Proposed Language: "A region, department or chapter charter may be granted, revoked or surrendered with the consent of the Executive Committee of the General Staff (EXCOM), i.e., the Board of Directors of MOWW, Inc., a nonprofit organization, provided MOWW Policy Manual provisions for the same are followed."

c. Rationale: All decisions with regard to the granting, revoking or surrendering chapter charters should be made by the EXCOM, which is the governing body of MOWW, Inc when the General Staff at Convention are not in session.

6. MOWW Bylaws. Charter Language. Submitted by Trustee CDR Robert F. Hartman III, USN (Ret)

a. Current Language: "The text of a region, department or chapter charter shall be as determined by the General Staff." [REF: MOWW Bylaws, Article III, Section 5]

b. Proposed Language: "The text of a region, department or chapter charter shall be as determined by the EXCOM."

c. Rationale: All decisions with regard to the granting, revoking, surrendering or merging charters should be informed by the MOWW Constitution, Bylaws and Policy Manual, and made by the EXCOM.

7. MOWW Bylaws. Approving New Chapters. Submitted by Trustee CDR Robert F. Hartman III, USN (Ret)

a. Current Language: None.

b. Proposed Language (ADDED: MOWW Bylaws, Article III, Section 8]:

"New chapters must be approved by the EXCOM. To receive such approval, the applicants, e.g., a cadre wishing to transition to chapter status or any other group of Companions wishing to form a new chapter, must demonstrate that they have established itself or themselves as a "viable" chapter to the satisfaction of the EXCOM. Viability may be established by taking such actions to include, but not limited to, the following steps:

1) Electing officers and receiving commander and treasurer training;

2) Applying for and receiving a federal Tax Identification Number (TIN)/ Employee Identification Number (EIN);

3) Filing any and all federal and other tax returns that may be required by law;

4) Establishing a regular meeting schedule;

5) Developing a Chapter Action Plan (CAP) to begin to achieve scalable, capability -based outcomes derived from the MOWW Strategic Plan, to include, necessarily, a recruiting plan; and

6) Reporting results as required by MOWW policy."

c. Rationale: For the Order to continue its missions to provide patriotic support to the youth of this country and to be effective in its other outreach efforts, it must continue to exist for its next 100 years. Viable chapters, dedicated to fulfilling the strategic goals of the Order as set out in the MOWW Strategic Plan, are essential to this effort. Chapters that never meet, or meet once or twice a year for lunch, make little or no attempts to recruit new Companions, do little or no outreach, cannot be considered as viable chapters.

8. MOWW Bylaws. Temporary Waiver of Annual Dues During Overseas Service. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "Temporary Waiver of Annual Dues during Overseas Service. Annual dues-paying Companions whose return address is indicated as APO or FPO will be forwarded a notice commending

them for their service overseas in serving the United States and will be advised that they are exempt from national and chapter dues until they return to the Continental United States (CONUS). When the address of the Companion changes to one in CONUS, Headquarters will advise the Companion that the exception of dues has expired and annual dues are now required to be paid. If they fail to pay their annual dues, the procedures to collect late dues will begin." [REF: MOWW Bylaws, Article I, Section 9.]

b. Proposed Language: None; delete Section 9).

c. Rationale: MOWW neither actively tracks Companions assigned overseas to AA, AE or AP mailing addresses nor does it track Companions to move to different locations to have them reaffiliate with a chapter nearest the new home. In short, there is no gaining sponsor program à la the US military. Moreover, MOWW doesn't know or track overseas assignment start dates, durations and/or ending dates. Hence, this distinction has never been used. Consequently, this is neither a managed nor a needed distinction and so can be deleted.

9. MOWW Bylaws. IRS Tax Filing Procedures and HQ MOWW Certification. Submitted by TG LTC George J. L. Walker, USA (Ret).

a. Current Language [REF: MOWW Bylaws, Article I, Section 10].

"A. The Military Order of the World Wars (i.e., the "Parent Organization") and all chapters (AKA "sub-elements") shall have an Employer Identification Number (EIN). Other MOWW sub-elements, e.g., Regions, may also have an EIN.

1) Each "sub-element" (in IRS parlance) of The Military Order (the 'parent organization") with an EIN or Taxpayer Identification Number (TIN) shall conform to the requirements for tax-exempt status under the provisions of Internal Revenue Service (IRS) Code 501(c)(19).

2) All chapters and other sub-element having an EIN shall successfully file annually with the IRS using online Form 990-N (e-Postcard), or using other IRS Forms, as appropriate. If e-Postcards are used, sub-elements must email a copy of the IRS email saying the IRS sub-element successfully filed to the MOWW Treasurer General NLT 60 days after the end of their respective tax year.

3) All chapters and each sub-element with an EIN shall annually submit a MOWW Form 9 ("IRS Reporting Certification") to the MOWW Treasurer General in accordance with MOWW Policy NLT 30 September of the current year.

4) In certain circumstances, e.g., severe medical illnesses, death, or resignation or transfer of the chapter commander and treasurer, the Treasurer General may consider an extension request submitted in writing. The Treasurer General may approve or disapprove such requests on a case-by-case basis.

B. MOWW will not send funds to any chapter until receiving proof the subordinate organization successfully filed with the IRS and annually certified with the MOWW Treasurer General per paragraph A above.

1) Any subordinate organization's failure to successfully file annually before 60 days after the end of any just-concluded tax year and to certify NLT 30 September will result in the delinquent MOWW sub-element forfeiting all funds due and payable in the subsequent MOWW fiscal year. Payments shall not be made after the last day of the MOWW Fiscal Year in which the payment was due.

2) The sub-element's tax year will be the MOWW tax year unless the MOWW Treasurer General is otherwise notified in writing by the respective sub-element.

3) The MOWW Trustees shall deposit non-distributed funds into the MOWW Endowment Fund.

b. Proposed Language: Change the MOWW Bylaws, Article I, Section 10, to read:

"A. The Military Order of the World Wars (i.e., the "Parent Organization") and each (sub-element) chapter shall have an Employer Identification Number (EIN). Other MOWW sub-elements, (Regions,

Departments, etc.) that have bank accounts shall also have EINs.

1) Each "sub-element" (in IRS parlance) of The Military Order (the 'parent organization") with an EIN or Taxpayer Identification Number (TIN) shall conform to the requirements for tax-exempt status under the provisions of Internal Revenue Service (IRS) Code 501(c)(19).

2) In accordance with Federal Law (26 U.S.C. §6033), all chapters and other sub-elements having an EIN shall successfully file annually with the IRS using online Form 990-N (e-Postcard) or other IRS 990-Series Forms, as appropriate. If e-Postcards are used, sub-elements must email a copy of the IRS receipt saying that their filing was "Accepted" by IRS to the MOWW Treasurer General NLT 60 days after the end of their respective tax year. [Note: Sub-elements that are required to file 990-Series tax forms other than 990-N (e.g., Form 990-EZ) will get additional time to file due to their complexity. These sub-elements must indicate successful filing by mailing a copy of their filing to the MOWW Treasurer General.]

3) Chapter Commanders are responsible for insuring that their chapters file their tax returns accurately and in a timely manner. Chapter commanders may delegate this task (but not the responsibility) to other chapter officers (e.g., the Chapter Treasurer).

4) In certain circumstances, e.g., severe and prolonged medical illness, death, resignation or transfer of the chapter commander and treasurer, or prolonged disruption of the infrastructure due to natural causes (hurricane, flooding, etc.), the effected sub-element may submit a request in writing thru the Chain of Command to the MOWW Commander in Chief (copy: Chief of Staff) for extension of time to file and stating the reason(s) therefore. The Commander in Chief may approve or disapprove such requests on a case-by-case basis, based in part on the recommendations of subordinate commanders. If the request is approved, the CINC shall so notify the Treasurer General.

B. MOWW will not send PM Dividend or other funds to any chapter until receiving proof that the subordinate organization successfully filed with the IRS and certified with the MOWW Treasurer General per paragraph A above. [Note: Sub-elements other than Chapters do not receive PM Dividends.]

1) The sub-element's fiscal (tax) year will be as set for that sub-element by IRS. [Per IRS Publication 538, a new sub-element establishes its tax year when it files its first tax return.] Sub-elements may change their fiscal years by following appropriate IRS procedures therefor and then notifying the Treasurer General in writing of the change.

2) Any sub-element's failure to successfully file annually with IRS and certify with the Treasurer General before 60 days following the end of the sub-element's just-concluded fiscal year will result in the delinquent MOWW sub-element forfeiting all funds due and payable in the subsequent MOWW fiscal year. Payments shall not be made after the last day of the MOWW Fiscal Year in which the payment was due.

3) The MOWW Trustees shall deposit non-distributed funds into the MOWW Endowment Fund."

c. Rationale: Over the years since Section 10 of the MOWW Bylaws was first written, IRS has changed its procedures many times, and MOWW's understanding of those procedures has improved. This amendment separates the requirement for tax filing from the procedures for so doing; with the requirement remaining in the Bylaws and the procedures for so doing relegated to IRS publications and the MOWW Policy & Procedures Manual.

The Military Order of the World Wars (MOWW) is recognized by the Internal Revenue Service (IRS) as a tax-exempt group veteran service organization under paragraph 501(c)(19) of the Internal Revenue Code. The designation as a "group" means that all MOWW sub-elements (chapters, etc.) share in the group's tax-exempt status. It also means that any sub-element that consistently fails to meet IRS requirements for membership in the group (tax filings, etc.) will be removed from the group (by IRS) and will thus lose its tax-exempt status.

This amendment also removes the requirement for MOWW Form 9, which in its present form has no use.

10. MOWW Bylaws. MOWW Funds. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "The Perpetual and Memorial funds … distribution of The Officer Review® magazine," i.e., Section 10, which lists the current investment funds of MOWW, Inc., in its entirety. [REF: MOWW Bylaws, Article I, Section 11.]

b. Proposed Language: "The Order shall have an investment strategy, which is a set of rules, behaviors or procedures, designed to guide an investor's selection of an investment portfolio. In addition, the Order shall have an investment policy statement setting forth the policies and procedures that shall guide the MOWW, Inc., Board of Trustees (BOT) in managing, supervising and monitoring the management of the investment funds of MOWW, Inc. The risk parameters and related return objectives set forth in this statement shall form the basis for the Order's investment strategy. The Order's investment portfolio shall be managed in accordance with high standards of fiduciary duty and in compliance with applicable laws and regulations. Standards for risk, return, asset allocation, diversification and liquidity shall be determined from a strategic perspective and measured over successive market cycles."

c. Rationale: In finance, an investment strategy is a set of rules, behaviors or procedures, designed to guide an investor's selection of an investment portfolio. Individuals have different profit objectives, and their individual skills make different tactics and strategies appropriate. Some choices involve a trade-off between risk and return. Most investors fall somewhere in between, accepting some risk for the expectation of higher returns. Generally, MOWW follows a conservative approach focused on annual income generation. However, the Order has no written investment strategy. In addition, it has no supporting investment policies, which describe the processes to be used by the financial advisor or other fiduciaries in making investment decisions.

1) The Executive Committee of the General Staff (EXCOM, i.e., the Board of Directors of MOWW, Inc., a nonprofit organization, has a fiduciary responsibility to protect the assets of the nonprofit. A sound approach to investing assets by defining the nonprofit's objectives for investing, identifying the nonprofit's risk tolerance, and adopting an investment strategy and supporting policies. There are three potentially competing interests for any funds that a nonprofit invests: (1) protecting the value of the initial invested assets; (2) growing those assets to increase their value; and (3) maintaining access to the assets, in the event the nonprofit needs to tap into the investments for cash flow needs.

2) For MOWW, Inc., this involves pursuing a conservative investment strategy to generate income for the Order but that also requires some agility in the way investment assets are managed accounting-wise. Consequently, this proposed amendment replaces the list of funds, which specific funds have evolved over the decades with, for the first time, a Bylaws statement requiring an investment strategy and supporting policies (see proposed language above).

11. MOWW Bylaws. Financial Definitions. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "Article II, Financial Definitions," in its entirety, i.e., definitions for "Corpus," "Earnings," "Principal," "Surplus Funds" and "Net Assets." [REF: MOWW Bylaws, Article II.]

b. Proposed Language: None; delete Article II in its entirety and renumber remaining Articles accordingly.

c. Rationale: The definitions represent only the smallest fraction of those applicable to the investment management while generally ignoring financial management. In addition, they are not current or sufficient in many respects. It is better to use modern definitions prevalent in the fields of investment and fiduciary management, but due to the exhaustive number of such terms and the fact that listing even some of them in the Bylaws would be insufficient to purpose and would add no value to the activities and processes involved, such definitions should not be listed in the MOWW Bylaws.

12. MOWW Bylaws. Duties of Officers. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: "If the CINC is replaced by the SVCINC, a VCINC will be selected by the General Staff to fill the SVCINC position and the vacant VCINC position will be filled by one of the five (5) At-Large (i.e., elected) General Staff Officers, as determined by the General Staff." [REF: MOWW Bylaws, Article V, Section 1, Para B-3]

b. Proposed Language.

1) Replace Article V, Section 1 (B-3) with: "If the CINC is replaced by the SVCINC, a VCINC will be selected by the General Staff to fill the SVCINC position and the vacant VCINC position will be filled by one of the appointed General Staff Officers, as determined by the General Staff.

2) Replace Article V, Section 1, Para I., with: "General Staff Officers-at-Large: Up to ten appointed GSOs will perform such duties as directed by the CINC/SVCINC. The Chief of Staff shall be kept informed of the activities of these General Staff Officers and provide such assistance as may be feasible to assist them in carrying out their duties."

c. Rationale: GSOs are currently comprised of five nationally-elected GSOs and five CINC-appointed GSOs. At the request of CINC LTC Hollywood, VCINC BGen Lopez did a study of GSOs, their roles and responsibilities, their use, the needs of the Order, etc., and concluded that the Order would be best served by having up to ten appointed GSOs. After EXCOM discussion, the consensus was that the CINC/SVCINC would appoint at least five GSOs, but no more than ten, and that elected GSOs would be discontinued. . GSO appointments and allocation to be made by the CINC/SVCINC upon request of VCINCs, National Committee Chairs and any other National Officer. The EXCOM supported this conclusion.

13. MOWW Bylaws. Committees and Councils. Submitted by SVCINC LTC Charles S. Chamberlin, USA (Ret).

a. Current Language: Provided immediately below. [REF: MOWW Bylaws, Article VII, Section 1.]

"Except for the Executive Committee of the General Staff (EXCOM), the following committees shall serve as Standing Committees of the General Staff and of the National Convention:

A. Boy and Girl Scouts Committee

B. Chapter Activities and Awards Committee

C. Constitution and Bylaws Committee

D. Education & Training Committee

E. Ethics Committee

F. Finance Committee [ADDED, 2018 MOWW Convention]

G. Historical and Archives Committee

H. Homeland Security Committee

I. Honors and Protocol Committee

J. Information & Publicity Committee

K. Law and Order Committee

L. Legislative and Resolutions Committee

M. Magazine Committee

N. Membership Committee

O. Memorials Committee

P. MOWW-Pershing Rifles Group Committee

Q. National Convention & Seminars Committee

R. National Security Committee

S. Nominating Committee

T. Patriotic Education Committee

U. Strategic Planning Committee

V. ROTC Committee

W. Veterans Affairs

b. Proposed Language:

1) Rename Paragraph A from "Boy and Girl Scouts Committee" to "Scouting Committee."

2) Delete Paragraph B, "Chapter Activities and Awards Committee."

3) Delete Paragraph G, "Historical and Archives Committee."

4) Delete Paragraph I, "Honors and Protocol Committee."

c. Rationale:

1) Renaming the "Boy and Girl Scouts Committee" to the "Scouting Committee" streamlines the committee title and accommodates the fact that boys and girls may be part of what is now known as "Scouts BSA." Specifically, on October 11, 2017, the Boy Scouts of America announced that girls would be welcomed into Cub Scouts beginning in fall of 2018, with an early adopter program beginning on January 15, 2018 in councils that wish to participate early. The announcement included the statement that girls in Cub Scouting will simply be called "Cub Scouts" but that a name would need to be given to the new Boy Scout equivalent program for girls that will launch in February 2019; the name will be "Scouts BSA"

2) Deleting the "Chapter Activities and Awards Committee," which currently selects chapters for MOWW's GAS Pershing Award (formerly, the Chapter Activity Award), in favor of a standing GAS Pershing Award Working Group (SVCINC Chair, four VCINCs as members) that would annually selected this award's recipients, an arrangement to be outlined in the MOWW Policy Manual vs. the MOWW Bylaws. The SVCINC/VCINCs hold strategic leaders positions, and so are in the best position to determine the degree to chapters best achieved MOWW's Strategic Goals, which is the thrust of the award.

3) Delete Paragraph G, "Historical and Archives Committee." This committee has not met or functioned for years. For example, it renders no annual report, instead referring the reader to the Historian General's annual report. This proposed amendment is supported by the Historian General.

4) Delete Paragraph I, "Honors and Protocol Committee." This committee, which ostensibly focuses on the annual MOWW Convention, has not functioned in over a decade. Instead, this function is performed by the Order's Chief of Staff (who determines the annual MOWW Convention agenda as approved by the CINC), as supported by the national headquarters staff and the convention's host chapter. Thus, there is no need for a standing committee.

The Commander-in-Chief

of the

Military Order of the Worlds Wars

cordially invites you

to attend the

100-Year Anniversary of the Order

2019 MOWW "Centennial" Convention

Monday, 5 August 2019 (Golf Tourney)

Convention follows

Tuesday, 6 August 2019 through

Sunday, 11 August 2019

Grand Vista Hotel

999 Enchanted Way, Simi Valley, CA

Reservations: 805-583-2000 | Group Code: 2229

2019-2020 National Officer Candidates

PCINC COL CLAY C. LE GRANDE, USA (RET)
CHAIR, MOWW NOMINATING COMMITTEE

"IT IS NOBLER TO SERVE" VOLUNTEER AS A CANDIDATE FOR NATIONAL OFFICE

The 2019 MOWW Convention will be held in August 2019 in Simi Valley, CA. Every Companion can fulfill the promise of MOWW's motto, "It is nobler to serve than to be served," by running for an elected leadership role or by volunteering for an appointed position. Become a candidate for national elected or appointed office!

NOMINATING COMMITTEE

Companions: please email the following Companions with your candidacy preference.
Remember: if you're running for elected office, you need a nominating official!

- **Chair, Nominating Committee**
  PCINC COL Clay C. Le Grande, Jr, USA (Ret)
  c.legrande@cox.net
- **Vice Chair, Nominating Committee**
  IPCINC Col David B. Gibson, USAF, USA (Ret)
  dave_digib@comcast.net

CANDIDATES FOR ELECTED OFFICE (To Date)

- Commander-in-Chief:
  - LTC Charles S. Chamberlin, USA (Ret)
- Senior Vice Commander-in-Chief:
  - BGen Frederick R. Lopez, USMC (Ret)
- Vice Commander-in-Chief: (4):
  Note: the MOWW Constitution [Article V, Section 2, Paragraph A.2)], states, "Four each, with no two of whom coming from any one region."
  - LTC Michael K. Okin, MD, USA (Ret) | Region IV
  - BG Victor S. Perez, USA (Ret) | Region VI
  - Maj Robert J. Williams, USAF (Ret) | Region VIII
  - CPT Paula M. Mitchell, Ed.D, USA (Fmr) | Region XIII
- Treasurer General:
  - LCDR Paul B. Webb, USN (Ret)
- Judge Advocate General:
  - MAJ Andrew J. Rodnite, USA (Fmr)
  - COL John A. Moriarty, JAG, USA (Ret)
- Surgeon General:
  - CPT (Dr) Robert E. Mallin, USA (Fmr)
- Chaplain General:
  - LTC Cheryl D. Brady, USA (Ret)
- Historian General:
  - LTC Arthur B. Fowler, USA (Ret)

SEE YOU AT THE 2019 MOWW CENTENNIAL CONVENTION IN SIMI VALLEY, CA: "THE GOLDEN STATE!"

Preparing For and Achieving Success

BRIG GEN ARTHUR B. MORRILL III, USAF (RET)
CHIEF OF STAFF & COO, MOWW, INC.®

Cynthia McKay, CEO of the Denver-based *The McKay Group LLC,* is a business growth consultant and attorney who advises corporations on marketing growth and general expansion. She wrote, "Success came to me when I consciously decided where my path should begin and where I wanted it to end." What an insight. Just what is our path forward and how do we define success?

She also wrote that many people embark on a journey toward a goal only to be disillusioned by the time and energy it takes to achieve success. That happens, but that's why knowing the difference between nice to do and pivotal to achieve is critical so we don't lose focus on what is essential to the longevity of chapters. No where is that more true than in recruiting new members, managing outreach programs, conducting chapter meetings and leading.

Engaging qualified candidates—especially those contacted by other veteran organizations' recruiters—can make it more challenging but not impossible for our own efforts to stand out. To achieve success, we need to volunteer to put extra effort into persuading passive but good candidates to pick MOWW over other options.

Recruiting can be challenging for any organization but it's definitely not an impossible task. In fact, it can be a source of growth, success and pride. We know that because some chapters excel in recruiting as do certain Companions. The fact is recruiting success across our Order is clearly possible.

Joining is joining; volunteering comes after joining. Are we recruiting people who will join but won't volunteer to recruit others, support outreach, hold office or even attend chapter meetings after they join? Likewise, as we recruit, are we learning what motivates candidates, where their interests lie and considering how those things can be applied to the needs of the chapter in ways that also fulfill the member?

Before we ask people to join, are we prepared to successfully recruit? Is recruiting an important chapter program? Is it a commander-led and chapter membership-supported program that is focused on achieving the annual, net growth of the chapter's member roster? During staff and other meetings, do we discuss recruiting and develop plans and personalized engagements? In short, are we creating the conditions for success before we ask someone to join?

In addition, do we know enough about MOWW and our chapter? Have we practiced our recruiting presentations—even in front of fellow Companions? Do we personalize recruiting? Once we prepare ourselves, do we ask each other for lists of potential candidates? Do we routinely invite those candidates to our chapter meetings? Do we routinely meet with our recruiters to get tips and lessons learned—and share them—to increase our success?

Is our chapter an active (attractive) one that meets regularly? Do its meetings feature interesting speakers, highlight outreach and reflect camaraderie? When candidates come to a meeting, do their sponsors introduce them and their families to the group, discussing their military background and other experiences, skills and interests? Do we embrace them and make them feel part of the MOWW family?

Then, do sponsors follow-up as needed to "close the deal" and then involve the new member in chapter programs? Last, do we recognize those who recruited new members by presenting MOWW's Membership Medal with recruiting devices to honor their achievements?

The next 100 years is in our hands, and it will be as great as our abiding efforts make it. ★

Blessings to Charles Atlas

CPT (DR) ROBERT E. MALLIN, USA (FMR)
SURGEON GENERAL, MOWW

Some of us will remember "Charles Atlas." His ads were on the back of comic books where he overcame a bully on the beach that had kicked sand in his face. He was so embarrassed he answered the ad for "dynamic tension." He gained fitness and muscle. In the very next picture frame he challenged the same bully who runs away in fear. "Dynamic tension" was "simply" using one muscle group to pull against another to increase strength and fitness.

Silly as it sounds, this helped change America's image of success from the corpulent heavy-set, ideal male into one that tries to be flexible, muscular and fit. On the advice of my cardiologist, I have added such a program to my routine. Basically, exercise is either for cardiac health or strength with flexibility and it is aimed at producing an ideal basal metabolic index, (BMI). BMI is a calculation of one's weight-to-height ratio. Without going into the huge number of variations, an 18.5 to 24.0 ratio is OK and 20-30 is too much.

We lose both muscle mass and strength as we age. In fact, adults begin losing muscle mass in their mid-30s and by the time some reach 75 years, it is possible to lose 50% of one's muscle mass. Flexibility is the third pillar of fitness, next to cardiovascular conditioning and strength training.

The secret of cardiac improvement is (with proper medical consultation) exercising to raise the pulse. A 125-pulse rate is ideal for most: cycling, stair-climbing, an incline machine, or treadmill work. Start with low resistance and duration and gradually build up to high rates of both. A good consultant or gym director is priceless.

Strength increases with resistive exercise. Machines should challenge muscle groups—arms, back, shoulders and legs—gradually increase the weight and the number of repetitions to add muscle and burn calories. For example, the leg press utilizing pushing against a steel plate should eventually allow leg muscles to push your body weight!

"Aging is natural, but losing muscle is not necessarily so." Here are ways to stay strong, whatever your age: Eat more protein. Every muscle in your body is made up of protein. As you get older, your body requires more protein to build the same amount of muscle. The body becomes less efficient at processing protein, according to research published in the *Journal of the American College of Nutrition*. Incorporate protein-rich foods like fish, lean meats, eggs, beans and protein shakes in every meal and snack. Also, watch your vitamin D. Lower levels can affect muscle strength.

Add weights to your workouts. If a sedentary lifestyle is the cause of muscle loss, strength training is the solution according to the National Institutes of Health.

Do some aerobic exercise. Though it's not for bulking up, aerobics help keep muscles healthy and hearts strong, according to a 2010 review published in *Clinical Interventions on Aging*. Recommended aerobic exercise such as swimming, walking, running or even gardening—between 30- and 60-minutes a few times a week—keep muscles in tip-top shape.

Maintaining your muscles goes a long way in supporting your overall health and independence. As always, talk to your doctor before starting any supplements, dietary changes or exercise regimes.

Be well.★

A Heart Refreshed by God

LTC CHERYL D. BRADY, USA (RET)
CHAPLAIN GENERAL, MOWW

"As he thinks in his heart, so is he."
[Proverbs 23:7]

Out of every heart flows the issues of life and we would do well to guard our hearts. Both our motive and our motivation for everything we do is heart-driven. Selfless service through volunteerism and recruiting are matters of the heart.

It would be great if our hearts were powered by the same battery that keeps the bunny going and going and going. We would be "ever ready" in all seasons. Yet we are not battery powered human beings. We are Companions created in the image of God. We are powered by faith. It is faith that pleases God.

We have bodies that grow weary and get tired. Bodies that ache with pain and wither away under sickness and illness. The deterioration of our bodies is beyond our control to prevent. But the strength of our hearts is something we can affect by our faith in God.

It is the power of Almighty God working in and through us that keeps us going and going and going. We can either let it flow freely or we can hinder God's power from working for our good, the good of others and the good of the Order.

The prophet Isaiah received a challenging assignment among his people, and he asked the question, "Lord, how long?" We have a challenging assignment among our people in this nation, and particularly among our youth. We need all hands on deck. Perhaps you are asking the same question as did Isaiah regarding your assignment in the Order, "Lord, how long?"

I want you to know that the same Lord that sustained Isaiah—the One who was Isaiah's motive and motivation for service—will sustain you. We must keep looking to God for strength, wisdom and direction.

We must follow Him as He leads us along the right path for service. He knows where the potential Companions are. He knows how to bring them in. Could it be that we are leading and striving in ways that only yield the fruit of a weary heart?

It is God and God alone who has the power to bring times of refreshing to every heart that turns to Him in humility and dependence. A heart refreshed by God leads to a new motivation where service and volunteerism grow, and sufficient recruiting is achieved. Is yours a heart that needs refreshing? ★

Greater Boston Chapter, MA

GPH Presented to CAPT Harry Weinberg, USN (Ret)

BY LTC DENNIS V. CHRISTO, USA (RET)

CINC LTC John Hollywood, USA (Ret), presented the Order's Gold Patrick Henry Award at the Region I Mid-Winter Conference on 8 December 2018. The special presentation took place at the Mt. Vernon Restaurant in Somerville, MA.

(L-R): COL Lawrence A. Willwerth III, USA (Ret), Boston Chapter Commander, CINC LTC John Hollywood, USA (Ret), GPH recipient CAPT Harry H. Weinberg, USN (Ret), and LTC Dennis V. Christo, USA (Ret), Region I Commander.

Conejo Valley Chapter, CA

Citizen of the Year at the Red, White and Blue Ball

BY VCINC BGEN FREDERICK R. LOPEZ, USMCR (RET)

Mr. Jimmy Weldon was honored as the 2019 "MOWW Citizen of the Year" at the Red, White and Blue Ball conducted by the Conejo Valley Chapter.

A combat engineer in WWII, an entertainer with over 50 years' experience in radio, television and the movies, a motivational speaker and, as a passionate promoter of patriotic education for students, a patriot's patriot. Well known locally as the voice of Webster Webfoot and nationally as the voice of Hanna-Barbara cartoon characters, Jimmy joins a long list of distinguished citizens such as Nancy Reagan, Martha Raye and Governor Pete Wilson, all previous honorees.

(L-R): BGen Frederick R. Lopez, USMCR (Ret), congratulates Mr. Jimmy Weldon who was honored as the 2019 "MOWW Citizen of the Year."

Sun City CenterChapter, FL

Sun City Center Chapter's Annual Dining Out

BY CAPT FRANK KEPLEY, USN (RET)

The Sun City Center Chapter held their Annual Dining Out event on 21 February at the Freedom Plaza Club in Sun City Center, FL. CINC LTC John Hollywood, USA (Ret), was the guest of honor.

Companion LTC Walt Cawein, USA (Ret), was presented the MOWW Silver Patrick Henry Award for organizing and chairing the Sun City Center Veterans Memorial Committee and for his continuing commitment to the Memorial that will provide the community with a remembrance of the service by many residents of the community, past and present.

Also recognized was Ms. Kenya Smith, who was presented the Phoenician Award for National Second Runner-up, in the annual National essay contest at the 2018 Youth Leadership Conference (YLC) in Tallassee, FL. Ms. Smith was the Outstanding Student and JROTC Battalion Commander at Newsome High School. She received her cash award, congratulatory letter and Phoenician Award Certificate from LTC Hollywood.

A highlight of the evening was the induction of five new Companions, three as Perpetual Members. Finally, the CINC joined chapter Companions in a cake cutting ceremony to commemorate the chapter's 26-year history.

Top Photo, (L-R): Chapter Commander Maj James Haney, USMC (Ret); MOWW Silver Patrick Henry Award recipient Lt Col Walt Cawein, USAF (Ret), and CINC LTC John Hollywood, USA (Ret).

Second Photo, (L-R): CINC LTC John Hollywood, USA (Ret), congratulates MOWW Phoenician Award winner (Second Runner-up), Ms. Kenya Smith, as her parents look on.

Third Photo: Cake-cutting ceremony celebrating the Chpter's 26th anniversary.

Clearwater Chapter, FL

Region VI Presents National Citation

BY LT COL FRANK M. ZAHROBSKY, USAF (RET)

On 2 October 2018, Region VI Commander, Lt Col Frank Zahrobsky, USAF (Ret), presented the National Citation for Exceptional Service to LTC David V. Mason, USA (Ret). LTC Mason distinguished himself as the Clearwater Chapter's Youth Leadership Conference coordinator and by expanding the ROTC/JROTC program to 27 high schools and two colleges. He is also involved with the GSUSA Gold Awards Program and many BSA Eagle Scout Courts of Honor. LTC Mason also is active in educating others on the outreach benefits and helped the chapter achieve its outreach objectives.

(L-R): Lt Col Frank Zahrobsky, USAF (Ret), and National Citation recipient LTC David V. Mason, USA (Ret).

Richmond Chapter, VA

Richmond Chapter Honors Deputy Steven W. Tomlinson

BY CDR JOHN A. BAUMGARTEN, USN (RET)

On 31 October 2018, chapter commander LTC Guthrie H. Ashton, Jr., USA (Ret), and senior vice-commander LTC Joseph M. Tarantino, USA (Ret), presented the Richmond Chapter's Law & Order Award for 2018 to Deputy Steven W. Tomlinson of the Hanover County, VA, Sheriff's Department. Deputy Tomlinson's colleagues, friends and family were in attendance and he was accompanied by his wife, Donna.

Deputy Tomlinson served in the US Marine Corps from 1990-1998 as a combat engineer and was also a member of the elite Marine Corps Silent Drill Team. He re-joined the Armed Forces in 2005 and served in the US Army until 2011. During this time his unit was deployed to Ramadi, Iraq, from 2005-2006 and 2007-2008.

When Deputy Tomlinson returned home from his military service, he chose to continue to serve his community by joining the Hanover County Sheriff's Department in 2010. He remains a dedicated member of the Sheriff's Office and serves on the Honor Guard and the SWAT Team. During his tenure with the Sheriff's Office, Deputy Tomlinson has received the Dedication to Duty award, a Unit Citation, two Excellent Service awards, and four Meritorious Service awards. Deputy Tomlinson truly understands the concept of service and has dedicated his entire adult life to serving his country and his community.

Through his example of selfless dedication, Deputy Tomlinson epitomizes the MOWW motto, "It is Nobler to Serve Than to Be Served."

(L-R): LTC Joseph M. Tarantino, USA (Ret); LTC Guthrie H. Ashton, Jr., USA (Ret); Deputy Steven W. Tomlinson, Donna Tomlinson.

General Meade Chapter, MD

Officers of the Year Awarded

BY LT COL SHELDON A. GOLDBERG, PH.D., USAF (RET)

The General Meade Chapter held its Annual Law & Order Luncheon on 19 February, 2019. The chapter recognized three "Officers of the Year." Honored were: Corporal Dennis Stackewicz, Anne Arundel County Police Department; Officer Elijah Cortez, Howard County Police Department, and; Sargeant Stephen Turner, Fort Meade Civilian Police Department.

Also in attendance were Ms. Anne Holt Leitess, the Anne Arundel County State's Attorney and Mr. Richard Gibson, State's Attorney of Howard County. Other honored guests included the newly appointed (and first female) chief of the Howard County Police Department, Chief Lisa Myers, as well as representatives from the Anne Arundel Police and Sheriff's Departments, the Baltimore County Police Department, and the Fort Meade Provost Marshal.

Top Photo, (L-R): Chapter Commander LTC Dennis A. Chojnowski, USA (Ret); Cpl Dennis Stackewicz, Anne Arundel County Police Department and Captain Daniel Radriguez, Anne Arundel County Police Department.

Second Photo, (L-R): Chief Lisa Myers, Howard County Police Department; Chapter Commander LTC Dennis A. Chojnowski, USA (Ret), and Officer Elijah Cortez, Howard County Police Department.

Third Photo: Chapter Commander LTC Dennis Chojnowski, USA (Ret), presents the Merit Award to SGT Stephen Turner for being selected as the Fort Meade Police Department Officer of the Year 2018.

Fourth Photo, (L-R): Mr. Richard Gibson, State's Attorney for Howard County; Chief Lisa Myers, Howard County Police Department; Officer Elijah Cortez, HCPD; Cpl Dennis Stackewicz, AACPD; CAPT Daniel Rodriguez, AACPD; Anne Colt Lietess, State's Attorney for Anne Arundel County; Col Robert McCollough, Baltimore County Police Department; SGT Stephen Turner, Ft Meade Police Department; CAPT Brian Kunkel, FGGMPD.

PTSD Coach

PTSD Coach has now been downloaded over 100,000 times in 74 countries around the world.

The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:

- Reliable information on PTSD and treatments that work;
- Tools for screening and tracking your symptoms;
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- Direct links to support and help
- Always with you when you need it
- Providing you with facts and self-help skills based on research.

To access this app see https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

VA announces final community care regulations under MISSION Act

In June 2019, VA announced the publication in the Federal Register of two final regulations as part of its new Veterans Community Care Program under the VA's "Maintaining Internal Systems and Strengthening Integrated Outside Networks" (MISSION) Act of 2018. This Act may be cited as the "John S. McCain III, Daniel K. Akaka, and Samuel R. Johnson VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018" or the "VA MISSION Act of 2018'

The law makes several improvements to VA care that begin on June 6, 2019.

A key component of the MISSION Act is a new urgent care benefit that provides eligible veterans with greater choice and access to timely, high-quality care. With urgent care, veterans have a new option for care for the treatment of minor injuries and illnesses, such as colds, sore throats and minor skin infections. The benefit is offered in addition to the opportunity to receive care from a VA provider, as VA also offers same-day services.

VA also published the final regulation for the Veterans Community Care Program governing how eligible veterans receive necessary hospital care, medical services, and extended care services from non-VA entities or providers in the community. The new Veterans Community Care Program replaces the Veterans Choice Program, which expired on 6 June, 2019.

VA previously published an interim final rule for Veterans Care Agreements (VCA) on May 14, 2019. VA may use VCAs to order care when that care is not otherwise feasibly available through VA's contracted network. VCAs are intended to be used in limited situations. VA will purchase most community care for veterans through its contracted network. Currently, these administrators are TriWest Healthcare Alliance and Optum Public Sector Solutions.

VA is implementing improvements to its community care program as required by the VA MISSION Act. Veterans can find detailed information on urgent care eligibility, community care eligibility and MISSION Act implementation at www.missionact.va.gov or click here to see the law itself: https://www.congress.gov/115/bills/s2372/BILLS-115s2372enr.pdf

Glaucoma? Meet VA doctor working to improve vision

The American Glaucoma Society has named Dr. Mary Lynch the 2019 recipient of the society's prestigious Innovator Award. The award is given to one physician each year in recognition of his or her contributions to the field of glaucoma. She is the first woman to receive this award.

Many veterans with glaucoma have benefited from the pioneering work of Dr. Mary Lynch of the Atlanta VA medical center. Lynch is a professor of ophthalmology at Emory University School of Medicine/Emory Eye Center. She joined Emory and the Atlanta Veterans Affairs Medical Center in 1988. During her career, Lynch's research has centered on innovative ways to deal with difficult problems in glaucoma.

Follow this link to a video which tells the story of her innovations: https://youtu.be/Q-Y6-wBeAek

Reveille

NEW MEMBER
Sponsor

**Denotes PM/HPM*
***Denotes RM/HRM*

DATA FROM MARCH–APRIL 2019

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MS. LORETTA BUCHANAN*
*COL Maurice Buchanan, USA (Ret)**

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*LTC David R. Titus, USA (Ret)**

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COL PAUL H. ATTERBURY, USMC (RET)*
*LCDR Nicholas S. Herbka, USN (Ret)***

BRIG GEN SCOTT GA

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*LTC Richard E. Davies, USA (Ret)***

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*CW3 Ray A. Sanchez, USA (Ret)**

CATALINA MOUNTAINS AZ

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*Lt Col Richard L. Nelson, USAF (Ret)**

CHICAGO IL

MS. MEE YIN CHAN**
*COL Michael P. Peck, USA (Ret)**

MS. PO LIN PECK**
*COL Michael P. Peck, USA (Ret)**

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*CW4 Richard E. Johnson, USA (Ret)**

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*LTC Oren L. Peters, USA (Ret)**

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*Peter R. Schenck***

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*1st Lt Randolph E. Teague, USAF (Fmr)**

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*COL Maryetta M. Beck, USA (Ret)**

MAJ ROBERT E. BOZGOZ, USA (FMR)**
*COL Maryetta M. Beck, USA (Ret)**

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*COL Bert L. Rice, USA (Ret)**

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LTC JAMES F. SHAMBLEN, USA (RET)**
*Col William E. Townsley, USAF (Ret)**

(Reveille listings continued from previous page)

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*Col Norman E. Wells, USAF (Ret)***

MAJ JAMES A. RAUSCH, USAFR (FMR)**
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*LTC William K. Rapp, USA (Ret)**

2ND LT ANTHONY R. VASQUEZ, USAF*
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TAPS

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DATA FROM MARCH–APRIL 2019

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THE MILITARY ORDER OF THE WORLD WARS

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