Dear Companions,

I recently attended the Huntsville YLC, which was an inspiring, encouraging and educational experience that helped to focus my vision for the future direction of the Order. Yes, the MOWW’s outreach programming includes awards and recognition of various groups and individuals, community and veteran’s service projects, massings of the colors, and programs related to homeland security, law & order, first responders, and national security, but patriotic education is undoubtedly the program on which the future success of the MOWW lies.

The young men and women who participated in the Huntsville YLC were truly impressive. With guidance from the YLC Director, Lt Col Dave Dunlap, and others, the actual implementation of the YLC was accomplished by student leaders in conjunction with college-aged Companions new to the Huntsville Chapter. The speakers were outstanding and included some of the students who ran the show. Participation by over 70 high school students was spectacular in their inclusivity, participation, passion, creativity and resourcefulness. It was truly inspiring to see this younger generation embrace the values we hold dear that make our country great. The Huntsville YLC, specifically, and the YLCs and YLSs, in general, highlight what should be the Order’s main (not only) drive to excellence.

The Strategic Planning Committee, chaired by SVCINC BG Victor Pérez, is in the process of refining our vision and mission for the Order, which will sustain us into the future resulting in veterans, other VSOs, and community leaders gravitating to the MOWW for the offerings we do best and for which we are nationally recognized. YLCs and YLSs should be first among the outreach programs for which we are best known. John F. Kennedy once said, “Leadership and learning are indispensable to each other.” Those who are involved in YLCs believe that, teach that, and desire for them to be the prime focus of the Order in the 21st century.

Companions, commit yourselves to become involved with your local YLCs. You won’t regret it.

Sincerely,

LTC (DR) Michael A. Okin, USA (Retired)
Commander in Chief, MOWW & CEO, MOWW, Inc.
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The Falklands Islands are barren and bleak islands in the South Atlantic Ocean, where in the southern hemisphere winter, the snow, rain, mist and fog make for a miserable life. In the spring of 1982, the largest of the islands, East Falkland Island, was the scene of intense land combat between the armed forces of Argentina and the United Kingdom. The sparse population is English speaking and satisfied to be members of the British Commonwealth. The Argentineans, however, claimed the islands as their own and, in the spring, occupied them, much to the despair of their inhabitants and the embarrassment of the British government. In May, the United Kingdom struck back and ejected the invaders from the islands.

Playing a significant role in repossessing the islands were helicopters, and in defeating the large Argentine contingent on East Falkland Island, they were the critical element in achieving the British victory. Although members of the Argentine armed forces were present on other islands in the Falklands, it was on East Falkland Island where their large presence made it necessary for the British to fight and defeat them.

THE BRITISH COMBATANTS

In planning to win back the island, the British determined that only a reinforced infantry brigade would be necessary to accomplish the mission. For the effort, a task of a light infantry force, 3 Royal Marine Commando Brigade commanded by Royal Marine Brigadier Julian Thompson, was cobbled together with three Royal Marine commandos (infantry battalion-sized units) and two battalions of The Parachute Regiment. The elite commandos trained extensively in northern Europe and were well-prepared for the mission. The paratroopers, highly trained airmobile soldiers, were also elite troops and well-commanded.

It was soon determined, however, that additional troops were needed, if not for combat, then to perform security duties once the islands were retaken. As a result 5 Infantry Brigade under Brigadier Anthony Wilson, less two of its regularly assigned battalions which were replaced by a battalion each of the British household Scots Guards and Welsh Guards, were dispatched to follow the commandos and paratroopers on to East Falkland Island. As it turned out, the brigade

Major General Julian Thompson in 1982, pictured just after returning to Plymouth after the Falklands War. Source: Major General Julian Thompson.

shared in the fighting with the commando brigade. The two brigades with combat and combat service support elements were thereby formed as an *ad hoc* division to be commanded by Royal Marine Major General Jeremy Moore.

**THE HELICOPTERS**

The nature of the terrain and the lack of a credible road and airfield network dictated how the brigades were not only going to have to fight but also how they were to be supported. Considering the nature of the environment, it was recognized that overland ground movement was going to be sharply curtailed. The burden of moving men, heavy weapons, supplies, ammunition, and equipment was therefore going to have to rest on the shoulders of the helicopter. It was a burden to be carried by all four armed services, noting that the commandos, although part of the Royal Navy, for all intents and purposes of the campaign, were considered a separate armed service.

The Royal Navy’s helicopter component had two primary functions. The first, based on its two light aircraft carriers, was underwater surveillance and submarine destruction. The second was to provide medium and light vertical lift for the ground force. To perform these missions, the Navy deployed Sea King and Wessex helicopters along with the smaller Lynx and Wasp aircraft, most of which were carried on combatant ships. Of note was that originally four passive night goggle-equipped Sea King helicopters were available for night operations, but by the time of the landing, only two such helicopter sets were on hand.

The commando brigade had an air squadron composed of small Gazelle and Scout helicopters, which performed a variety of missions suitable to their size. These included liaison, casualty and enemy prisoner of war evacuation, target spotting, patrol insertion and recovery, and limited supply and troop movement.

When the infantry brigade landed, it brought with it a reduced Army Air Corps helicopter squadron consisting of the same type of aircraft that the commandos were equipped with. They also performed the same types of missions as the commando air squadron. Both the army and commando helicopters were serviced by the army’s Royal Electrical and Mechanical Engineers, and the army also trained the commando pilots.

The contribution of the Royal Air Force was to be the heavy-lift Chinook helicopter. The aircraft was to be the workhorse for moving the heavy equipment, big bodies of troops, large amounts of cannon ammunition, all kinds of supplies, and especially the artillery pieces and Rapier anti-aircraft missile units.

Helicopters of all armed services were to be employed to evacuate casualties, although navy Wasp helicopters were specially detailed for that duty. The Wasps also moved medical supplies between the hospital ship Uganda and three small hospital ambulance ships.

**INITIAL HELICOPTER EMPLOYMENT**

Prior to the British landing on East Falkland Island navy helicopters were engaged principally in moving personnel and equipment between ships *en route* to the theater of operations and on air sea rescue missions in the event Argentine aircraft attacked British ships. They also inserted Special Air Service raiding and reconnaissance parties not only on East Falkland Island but on other Falkland islands.
Once commando brigade troops went ashore on 21 May, helicopters began operating in direct support of ground operations. Unfortunately, the Commando Air Squadron suffered casualties when two of its unarmed Gazelle helicopters were shot down by Argentine soldiers who wantonly killed three of the four downed flying personnel. A Sea King had led the two Gazelles inland beyond the deployed British troops and into the area where the Argentineans were retreating inland, thus exposing the Gazelle pilots to the hostile fire. This incident was only one of three where helicopters flying in support of ground operations on East Falkland Island were shot down. All four of the lost helicopters flying missions were light ones flown by either Marine or army pilots.

The first job of the landed troops was to establish a logistics base and start to bring in additional personnel, needed equipment, various heavy weapons, and large amounts of supplies. It would take some time to accumulate sufficient supplies to properly support overland movement which because of the terrain and lack of road network was going to have to be done by helicopter. The principal burden was borne by the navy helicopters because the Chinooks would not be available until the converted container ship Atlantic Conveyor was unloaded on 25 May.

All the while that transfers were being made from ship to shore and under constant attack by Argentine air and naval aircraft, Thompson was planning for the advance on the Argentine force located on the eastern part of the island. Figuring prominently in the planning was the employment of not only the Sea King and Wessex helicopters but four Chinooks being transported into the area of operations aboard the container ship. His task became an arduous one since he was under great pressure from the government residing in Great Britain, which had no idea of the constraints he was under, to get the advance underway.

He soon had to deal with another unfavorable situation. The Atlantic Conveyor was struck by an Argentine Exocet missile resulting in the destruction of three of the four Chinooks and six Wessex helicopters on 25 May. The significant loss required a drastic change in plans as now only one Chinook was available for heavy lift operations.

FIRST COMBAT SUPPORT
Helicopters first became involved in the land battle when on 25 May, Sea King helicopters began to move the commando brigade’s light artillery guns, cannoneers, and ammunition to a location from where they could support the attack on the Goose Green and Darwin settlements. This proposed attack, however, was soon canceled but the weapons, ammunition, and crews nevertheless were left in position, reflecting the high demand on helicopters for other missions.

In any case, the attack would have been a sideshow since the enemy clustered around the Goose Green settlement posed no threat to an advance eastwards in the direction of the ultimate campaign objective. The formerly aborted attack, however, did not remain called off for long because the impatient government in London and the aircraft carrier task force commander were clamoring for land action – in fact, any action. So a few days later, Thompson was compelled to again order the undertaking of the capture of Goose Green and Darwin settlements if no other reason than it demonstrated an aggressive British action mode. Despite the destruction of much of the Chinook heavy airlift capability on 25 May, the change in airlift movement assets, the diversion of needed supplies from the advance to the east, and the insignificance of the objectives, the attack still went forward.

Involved in the assault was the 2nd Battalion, The Parachute Regiment (2 Para) and for fire support it had three light guns, battalion mortars, and naval gunfire from the 4.5-inch guns on the destroyer HMS Glamorgan all of which would be directed by 2 Para’s fire support coordinator. The weather was going to be a limiting factor on how much air support was going to be available. Still, the Scout and Gazelle helicopters of the commando brigade’s air squadron, in any case, were tasked to render as much help as possible, which included the evacuation of casualties. Upon successful completion of the operation, if it in fact was a success, then Sea Kings would evacuate Argentine prisoners of war to the prisoner cage at Ajax Bay.

THE ADVANCE EAST
On 2 June, in anticipation of moving along a southern route to Fitzroy Settlement, as an element
of the newly arrived infantry brigade moved towards the capital town of Stanley, five light Scout helicopters of 3 Commando Brigade’s Air Squadron attacked presumed Argentine troops located in the Swan Inlet area. Two of the Scouts were armed with SS-11 anti-armor missiles which in effect turned them into aerial gunships. Three four-man assault teams from 2 Para’s “B” Company were to execute the ground mission after the gunships had blasted the settlement buildings.

No enemy was found but a working telephone line was, and in a phone connection to it, a Falklander in the nearby Fitzroy settlement answered whereupon he told the attacking team leader there were no Argentine troops in the settlement. This small air assault engagement was the only one of its kind conducted during the campaign.

While 2 Para was attacking the Argentine forces at Goose Green and Darwin, 3rd Battalion, The Parachute Regiment (3 Para) and 45 Royal Marine Commando were advancing eastwards on foot (“yomping”) on some local people’s tractors, and sometimes on available helicopters. A patrol of the Special Air Service found that Mount Kent, some ten miles west of Stanley, had been abandoned by the Argentineans which led Thompson to quickly exploit the situation. Using the one Chinook and several Sea Kings, he dispatched three guns, their crews, and ammunition to the mountain where gun positions were established.

At the same time, the landing ship logistic (SLS) Sir Tristram sailed around the north coast of the island to deposit 42 Royal Marine Commando in the vicinity of Teale Inlet. There it helped set up a logistical base, a Regimental Maintenance Area (RAM), for further operations eastward by the commando brigade. The RAM also was a forward location for refueling, maintaining, and loading helicopters. By 1 June, the brigade’s three subordinate battalion-size combat units were in position to advance on Stanley.

CHALLENGES

While the commando brigade maneuvered to establish a forward position, available helicopters, if not supporting 2 Para around Goose Green and Darwin, were moving men, equipment, weapons, and supplies around. The Sea Kings, Wessexes, and Chinook importance now greatly increased as the principal instruments for providing the transport on the land as the boggy terrain and trackless ground made motorized overland travel virtually impossible. Even this mode of overland transportation had its own particular pitfalls.

The many precarious situations encountered also caused significant aerial challenges and problems which unfortunately were handled in haphazard ways since there was no dedicated centralized aerial operations control agency present.

A principal tool required for moving supplies and ammunition, and a challenge, was the cargo net. All helicopters carried loads in nets slung under the aircraft to increase their carrying capacity. In the case of the Chinook, it transported loads internally as well as sling under it.

Ammunition was a primary commodity to be carried to the artillery pieces and was moved on pallets weighing thousands of pounds. The Sea King could sling carry a 3,000-pound pallet while the smaller Wessex could transport only a 2,000-pound pallet. When gun ammunition was packaged in a cargo net, the ground handler had to be sure that if it was the Wessex, it was not

Heavily laden Royal Marines of HQ Company, No. 45 Commando cross a muddy field after leaving Teal Inlet on the last leg of their advance on foot to the mountains. The Royal Marines landed in the East Falklands, but because most of their helicopters had been sunk aboard the Atlantic Conveyor, they then had to “yomp” across the island in order to capture Port Stanley on 14 June 1982. Courtesy Crown copyright. IWM

“Yomp” is Royal Marines slang describing a long-distance loaded March carrying full kit.
overloaded with the wrong size pallet. The job in preparing the loads required a skill not practiced in peacetime, and to the credit of the Marine or soldier who performed the task, the job was executed with such precision that there was no incident of a helicopter being disabled by being overloaded.

By the end of May, helicopters were exceeding normally allowable performance criteria, but little attention could be paid to the fact that the aircraft were flying near operational limits. At the same time, aircrew, ground crew, and support personnel were working many hours overtime including by flashlight at night, in deplorable weather conditions, and under threat of hostile air attack. Sometimes pilots had to be ordered out of their helicopters for mandatory rest periods which were never long. Maintenance was performed around the clock under such stressful conditions. Yet no helicopters crashed because of personnel fatigue or maintenance failure.

**HELICOPTER ASSET COMPETITION**

As the helicopters moved the commando brigade into position around Mount Kent, the situation on the ground changed. On 1 June, the infantry brigade began to arrive on the island with its three battalions and Wilson was keen to get his men into combat. Since there was no ground transportation available, once on land it was up to the helicopter to get troops into position to take part in the advance on Stanley.

With two brigade-size organizations now on East Falkland Island, the need for a dedicated aerial coordination element was required but none existed, so competition for assets soon came into play. The commando brigade needed helicopter support to sustain and complete its forward position, while the infantry brigade, once the sea lift had brought the troops ashore, required helicopters as well. And Wilson was not to be put off when it came to demanding the airborne support he felt he needed.

To get elements of the Welsh Guards forward from its landing site, Wilson commandeered the sole Chinook to airlift them forward to Bluff Cove and Fitzroy settlements. Two companies of guardsmen were transported by LSL Sir Galahad to Port Pleasant, an inlet on the south shore of the island, where the ship was attacked by Argentine Skyhawk and Mirage aircraft on 8 June. Multiple personnel casualties were the result, and here, helicopters played an essential role in helping to prevent more than occurred.

All available helicopters were used to evacuate wounded and burned to medical facilities on land and the hospital ship Uganda. Sea King helicopters also performed a unique task by flying close to the burning and exploding Sir Galahad and, with the blast of their air wash, blew rubber rafts loaded with crewmen and soldiers away from the disabled vessel and to safety. Their heroic action saved many lives.

Undeterred by the disaster on 8 June, the infantry brigade moved forward to assemble areas preparing for the final attack. 2 Para, which had been temporarily assigned to the infantry unit, was transported by three Sea King helicopters north to rejoin the commando brigade thus completing

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the starting unit locations aligned for the push on Stanley. The airlift was a model of efficiency and showed what a well-planned aerial operation could achieve without competition for helicopter assets.

At the same time, ammunition for the guns was also being airlifted forward directly to gun positions. Now, four six 105 mm gun artillery batteries were preparing to give supporting fire to the attack. The forward medical facilities at Fitzroy and Teale Inlet were also getting ready to treat both British and Argentine casualties, many of which would be airlifted by the Scout and Gazelle helicopters to the regimental medical aid stations.

THE FINAL ASSAULT

On the night of Friday, 11 June, the guns on shore and the 4.5-inch guns on ships opened fire on pre-planned Argentine targets. In preparation, the helicopters had done yeoman work bringing forward large stocks of ammunition for the land-based guns. This was accomplished under deplorable weather conditions as the effects of the soon-to-arrive southern hemisphere winter were especially making themselves felt.

As the attack got underway, artillery ammunition began to become expended in prodigious amounts. Ammunition resupply by helicopter could not keep up with the number of rounds fired as the two brigades advanced and took their objectives. By the dawn of 12 June, the initial assaults nevertheless had succeeded and preparation for the anticipated next phase had begun.

The final assault on Stanley, however, had to be postponed for a day because there was insufficient artillery ammunition on hand to support it. Regardless of the number of helicopters employed and the swiftness that those loading the cargo nets were able to achieve, it was not possible to resupply the guns fast enough.

At the same time, the available supply of artillery ammunition was getting so low there was a danger that the guns would run out of it before the final objectives were taken.

But enough artillery ammunition was accumulated and brought to the gun positions by helicopter allowing the night assaults of 13-14 June to go forward as planned. Helicopters again evacuated wounded from both forces at night and in 2 Para’s final assault, SS-11 armed Scout helicopters took an Argentine artillery battery under fire. The action was short-lived as the fight went out of the Argentinian troops even as their resistance, in some cases, resulted in substantial losses to the British.

Helicopters continued to play a part in operations, now to assist in moving captured Argentine troops and resupplying the British forces in possession of Stanley and its airfield. It was also a time after the Argentine command had surrendered to start to catch up on helicopter maintenance which had been effectively, if haphazardly, executed during the fighting.

CONCLUSION

The land battle for East Falkland Island obviously could not have succeeded without the employment of a large helicopter component. The success was remarkable not only for how well helicopter support was rendered but how it came from all the armed services. The loss of the three Chinook heavy lift helicopters and the six Wessex’s on the Atlantic Conveyer caused a change in plans, but the flexibility of 3 Royal Marine Commando Brigade still allowed for the advance east to go forward. The airlift to Mount Kent and the arrival of 5 Infantry Brigade were followed by effective helicopter utilization in setting the stage for the final assault on Stanley. Although hampered by bad weather, haphazard airlift coordinating procedures, and extreme requirements for helicopter employment and maintenance, the defeat of the Argentine forces was quickly achieved.

Many lessons which are still current today can be drawn from the campaign to retake the Falkland Islands, especially East Falkland Island. In sum, the effective employment of the helicopters in an integrated combat logistic support role conducted in a multi-service battle environment demonstrated once again the potential for successful extended airlift operations even under poor weather and terrain conditions. The British success, although not necessarily a model of efficiency, still, in the final analysis, stands as an excellent example of the effectiveness of the utilization in the extended employment of heliborne assets in combat. ★
For Finland, 14 May was a defining day in history; Finnish President Saul Niinistö called President Putin to advise him that Finland would seek membership in NATO. Niinistö indicated that the invasion of the Ukraine was the catalyst that changed the 82 years of citizen-supported neutrality regarding its political and foreign policy relationships with Russia. In the days after that call, the Finnish Parliament approved the NATO bid after a 14-hour debate. Ninety-eight percent of the lawmakers voted for approval.

As a nation, Finland encompasses 338,145 square kilometers which is about the size of the state of Georgia. The CIA 2021-22 Fact Book indicates the 2020 population size is 5,571,665, containing Finn, Swede, Russian, Estonian, Romani, and Sami ethnic groups. As a group, the people are tough, realistic and patriotic. The climate is cold temperate, subarctic in the north, and milder in the south. The land is mostly low, with wetlands and rolling hills towards the interior interspersed with more than 6,000 lakes. Only 7.5% of the land is cultivated. Permanent pasture land is 0.1%. Forests cover 72.9% of the land.

Finland has had a long history of dealing with Russia. It was part of the Grand Duchy of Russia from 1809 to 1918, when Finland declared its independence. During the Civil War that ensued, the Finnish White Guards under General Baron C. G. E. Mannerheim defeated the Soviet-backed Red Guards. In the 1920 Treaty of Tartu, Russia recognized Finnish independence with defined borders. In 1939, Russia invaded the eastern border of Finland and, in ensuing battles, was generally defeated by the in-depth strategy of Mannerheim, the commander-in-chief of the Finnish Defence Forces. Ultimately, Finland was forced to agree to the Moscow Peace Treaty that allowed Russia to retain what territory it had gained. (Casualties were: Finland: 25,904, Russia: 167,976). During 1941-44, Finland, allied with Germany, was able to regain its lost territory. By the end of 1944, Russia was unable to defeat the Finnish Army. Finland ultimately capitulated when Germany surrendered.

In subsequent negotiations, Finland was able to retain its independence with some limitations on its armed forces.

With the inclusion of Finland, NATO gains a significant advantage in strategic geography to thwart or threaten Russian land and sea military operations. The southern part of the country, where the bulk of the Finnish active-duty armed forces are deployed, controls the northern side of the Baltic channel leading to the Russian military bases in and around St. Petersburg. Estonia, a NATO member, controls the southern approaches. The eastern boundary covers 830 miles with Russia (Murmansk in the North and St. Petersburg in the South). The Finnish terrain is such that there are few favorable enemy avenues of approach. The northern areas have few all-weather roads, population infrastructure, and are subject to winter extremes. The land favors defense-in-depth strategies. The western side borders on the Baltic Sea (Gulf of Finland) with good ports for joint maritime operations with Sweden and NATO.

The Finnish Defence Forces are composed of the Army, Navy, Air Force, and, during the war, the Border Guard. The 2022 annual GFP Review ranks Finland 59 of 142 countries in military preparedness. The 2021 Defense budget is 2.15% of the GDP. The Review indicates that there are 21,500 personnel on active duty (23,000 is the peacetime optimal strength), 280,000 in reserve forces (wartime strength), 900,000 individual reservists and 14,000 in the Border Guard force. All men and women (voluntary conscription) serve under the Conscription Law between the ages of 18 and 29 and are available for activation to the age of 60. The Chief of Defence (Commander of the Armed Forces) is directly under the President.

The Army is divided into six peacetime brigades. The armored brigade (Parola and Riihlake cities), jaeger (hunter) brigade (Sodankyla and Rovaniemi), Kainuu brigade (Kajaani), Karelia brigade (Valkeala), Pori brigade (Sakyla and Niinisalo) utilize subordinate regional offices that are responsible for command and control
of the local provincial battalions, for conscription, voluntary national defence work, and crisis management. Two other brigades, the Army Academy (Lappeenranta and Hamina) and the Guard Jaeger Regiment (Helsinki) have no regional offices but have specific duties concerning education and training, and protection missions. During wartime, active-duty operational forces (61,000 personnel) will consist of two readiness brigades, one armored brigade, two jaeger brigades, two mechanized battle groups, one helicopter battalion, one special jaeger battalion, one anti-aircraft missile, and anti-missile unit. Activated territorial forces (176,000 personnel) will include six infantry brigades, 14 independent battalions/battle groups, and 28 independent territorial force companies. Major weapons systems include: 200 main battle tanks, 2,090 armored track and wheeled armored vehicles, 115 self-propelled guns, 662 towed artillery pieces, 63 multiple launch rocket systems, 1,679 mortars, 27 helicopters, 66 unmanned aerial vehicles, and around 350 surface-to-air missile systems.

The Air Force’s peacetime mission is airspace surveillance, aircraft identification and unit wartime combat generation. It consists of the AF headquarters (Jyvaskyla-Tikkakoski Airbase) and four brigade-sized units: the Satakunta (Tampere-Pirkkala Air Base), Lapland (Rovaniemi Air Base) and Karelian (Kiopio Air Base) Air Commands and the Air Force Academy (Jyvaskyla-Tikkakoski Air Base). There are two combat aircraft squadrons, one air operations support squadron, one flight training squadron and a number of ground support squadrons and units. Peacetime manning is 3,100 active-duty personnel and 38,000 reservists in training for wartime duties. The GFP Review (Global Firepower) notes that aircraft include Boeing 55 F/A 18C fighters, 1 CASA C-295 (1 electronic warfare), 11 transports, 20 helicopters, and 105 trainers. Sixty-four Boeing F-35 Lightening II multirole combat aircraft are on order and slated to replace the F-18 aircraft (that may stay in the reserve inventory). All onboard missile types are US manufactured.

The Navy consists of 1 headquarters (Heikkila and Turku) and 4 brigade level units: the Coastal Fleet (Pansio and Turku), Coastal Brigade (Upinniemi and Kirkkonummi), Nyland Brigade (Dragsvik and Ekenas), and the Naval Academy (Suomenlinna and Helsinki). The peacetime Fleet includes three squadrons containing all surface combatants (eight fast attack craft, five minelayers, three mine countermeasure vessels, and nine mine sweepers) and four sixty-two foot, fast troop transport landing craft. Four corvette type vessels are planned or in the construction phase. The fleet has a service support squadron to carry out land-based support of the fleet. The Coastal and Nyland Brigades train coastal infantry, marines and coastal missile defense troops. Peacetime manning is 6,700 active-duty personnel, and wartime total mobilization strength is 31,500 personnel. Mobilization strength will bring the fleet up to two fast attack squadrons, three mine countermeasures squadrons, two minelayers, three auxiliary minelayers, two patrol craft, two jaeger battalions, six coastal jaeger companies, two coastal missile companies and four anti-ship missile batteries.

CONCLUSION
Finland’s entry into NATO will be viewed by Russia as a major threat to its northern naval and land forces. Although Finland has been cooperating with Sweden and NATO, membership will bring the benefit of a full NATO response to an attack. Because of its compulsory conscription system, Finland can place the entire country on a wartime footing in a matter of days. Its military training is continuous. Ships, aircraft, weapons and equipment are modern and are being upgraded. All-in-all, it will be a major player and a welcome bulwark on NATO’s northern flank. It cures NATO military concerns in that area. ★

Multiple open-source research and analysis reflect the opinion of the author. Tom Roberts, President, Starboard Focus Continuity Planners, 912-898-9284.

DISCLAIMER: Opinions or points of view expressed are those of the author and do not necessarily reflect the official position or policies of the Military Order of the World Wars.
A few years after Region I suspended its inter-chapter competitions, it became clear that if a permanent display method were not developed, our emblems and rich past would soon find their way into history’s dustbin. That raised the question of how to display—how should our New England MOWW history be presented for posterity—what additional objects should be included, and what location would be appropriate?

Some in-depth research revealed that the Massachusetts National Guard was the parent of our New England organization. It seems in the summer of 1919, when the idea of forming MOWW was being discussed, an event occurred that gave impetus to forming the Greater Boston and the MG Joshua Chamberlain Chapter in Portland, ME.

On 8 September that year, the nascent Boston Police Patrolmen’s Association voted overwhelmingly (1134 to 2) to strike and did so the following evening. Of the total force of 1544 patrolmen, 1117 failed to report for work, leaving only 427 patrolmen available for street patrols, which included sergeants – an insufficient number to maintain any semblance of normal presence in the streets. Looting and anarchy soon developed in the streets of Boston. BG John Sherburne, who later became Commander of the Greater Boston Chapter, was authorized by Governor Calvin Coolidge to organize a mounted force to supplement the remaining police. At the same time, the State Guard organized to enter the city. About 40 Guard soldiers, mostly officers, were hastily sworn as special police and, using police mounts, were soon heavily engaged in restoring order. Many of those in the mounted force formed the original membership of the Greater Boston Chapter. The worst day of rioting was overnight from the 10th of September to the 11th; and, to memorialize this effort, the Greater Boston Chapter’s charter was backdated to 11 September 1919.

With this history in mind, it was determined to procure a glass case to display our rich history and locate it at one of New England’s most traversed military facilities, the National Guard Joint Force Headquarters Building at Hanscom AFB in Bedford, MA. This concept received the approval of Companions Maj Gen Gary W. Keefe, USAF, MA ANG, the Adjutant General of Massachusetts, and BG Leonid Kondratiuk, MA ARNG (Ret), the Director of Historical Services for the MA National Guard.

To fund this project, Capt Al Mundo, USAF (Ret), former Region I and Greater Boston Chapter Commander, approached the President of the Military Historical Society of Massachusetts with the idea. A grant from that organization was soon forthcoming. This, along with funding from the Region I treasury, assured the fiscal viability of the project.

Meanwhile, additional items for display were identified and obtained, including four memoirs written by founding MOWW members concerning their service, placards showing how Region I Chapters support MOWW objectives were developed and printed suitable for display. The plan was developed to locate the historical display case in a highly trafficked area along with guidance on how Federally recognized commissioned and warrant officers can join a New England MOWW Chapter.

The case was to be dedicated in memory of CDR Robert L. Gillen, USN, who served as Commander of Region I, Department of Massachusetts and both the Greater Boston and Cape Cod Chapters. Bob’s dedication to MOWW served as inspiration for so many to step up and serve the Order. He
TO ACQUIRE AND PRESERVE RECORDS OF INDIVIDUAL SERVICES

was the finest example of the Order’s motto “It is nobler to serve than be served.”

The dedication ceremony was held in the Massachusetts National Guard Joint Force Headquarters on 27 April 2022, and was a special occasion for our New England Companions. Region I Commander, COL Larry Willwerth, USA (Ret), whose tireless work brought the project to completion, was master of ceremonies and delivered appropriate opening remarks. Companion Maj Gen Gary Keefe, USAF, MA ANG, gave the opening address, and Companion Lt Gen Scott L. Rice, USAF (Ret), former Director of the Air National Guard, reminded us of our role in fostering companionship and reaching out to veterans and America’s youth. LTC Fred Maguire, USA (Ret), and CAPT Harry H. Weinberg, SC, USN (Ret), offered remembrances of Bob Gillen. We were honored to have Bob Gillen’s brother, his sister and his niece in attendance. A note of sadness marred the day when Bob’s son CDR Bob Gillen, Jr., USN (Ret), was called away because of a health crisis affecting his mother, Bob’s widow Paula, who passed away that very day.

In addition to Bob’s family, Maj Gen Keefe and Lt Gen Rice, guests included BG John Driscoll, USA, Commander of the Land Forces component of the Massachusetts National Guard; MOWW VCINC CAPT Ed Gantt, USN (Ret); Companion CAPT Mary Jo Majors, NC, USN (Ret), who is also President of the Wardroom Club of Boston; COL Raul Alcala, USA (Ret), Commander of Greater Boston Chapter; LTC David Anderson, USA (Ret), Commander of the Worcester Chapter; COL James Wiegel; Companion and former Tuskegee Airman LTC Enoch Woodhouse, USAF (Ret); LTC Dennis Christo, USA (Ret), former Region I Commander, a driving force behind this project, and CPT William Maloney, USA, (Fmr), who led many of us into the world of virtual connections during the pandemic were also among those present. Closing the ceremony, COL Willwerth presented bouquets to Bob’s sister and niece.

In remembering our Order’s origins in 1919, we think our founding members would note some differences, but many of the principles dedicated to preserving and protecting our Union remain unchanged. Our original Companions supported the nation and its constitutional democracy then, as we do today. We still oppose anarchy and methods of societal change that involve violence because they result in chaos and disorder. We are firm in our concentration on patriotic youth education, and we still urge our citizens to appreciate the many remarkable features of our national life. ★
Military History Waiting To Be Discovered

What began in September 2018 as a simple project of sorting, organizing, and inventorying Commandery files unexpectedly turned into a unique two-year historical document preservation project. Shortly after assuming the quartermaster position for the Military Order of Foreign Wars (MOFW) of the United States, New York Commandery, I began going through office cabinets and old cardboard file boxes. I found much of the Commandery and Order’s rich 125-year history had been sitting for an unknown number of years awaiting discovery. Uncovered were the Order’s founding institutional documents, early meeting minutes, application ledgers containing individual accounts of military service deeds performed by Companions, Hereditary Companions’ accounts about direct lineal ancestors, and photographs of World War I era Companions.

This Article’s Purpose

The primary purpose of this article is to encourage the Military Order of the World Wars (MOWW) Chapters to sort through their old files looking for similar records from days gone by and preserve them for posterity.

I begin this article with information about the MOFW to acquaint MOWW Companions who might not be familiar with that Order’s purpose and, in addition, a brief history of the organization. Then, I will discuss the Commandery membership’s decision on how to preserve and store the found historical documents and photographs for future generations. This is followed by an overview of the document digitization process used in making the historical material easier to view. And finally, considerations and challenges met during the digitization portion of the project.

The MOFW of The United States

The MOFW is one of our nation’s oldest veterans and hereditary societies. The Order was founded in New York City on 27 December 1894 by a small group of American patriots. Initially, the organization was known as the Military and Naval Order of the United States. In April 1895, the name of the Order officially changed to its present name – The Military Order of Foreign Wars of the United States. As interest in the MOFW grew and Commanderies formed in neighboring states, a National Commandery was formed in March 1896. Veteran Companionship is open to active duty, reserve, retired, or honorably discharged commissioned officers of the US Armed Services, including the Coast Guard, who served during any foreign war, expedition, or campaign in which the country has engaged or is currently engaged. Direct lineal descendants of these officers are eligible as Hereditary Companions. Allied nation officers who served alongside American forces and their direct lineal descendants are also eligible for membership. 1

Seven Purposes of The MOFW

The MOFW’s Purposes are similar to the Preamble tenets of the MOWW, as seen in the Order’s Seven Purposes listed below. An asterisk highlights three of these Purposes that the historical documents and photographs preservation project fulfilled.

Honor and perpetuate the names of brave and loyal men and women.*

Keep in mind the memory of their deeds and the victories which they helped gain.*

Strengthen the ties of fellowship among Companions of the Order.

Foster the cultivation of military and naval science.

Bear true allegiance to the United States of America

1 Source: The information in this paragraph was taken from several MOFW documents.
TO ACQUIRE AND PRESERVE RECORDS OF INDIVIDUAL SERVICES

“I can think of no better way to honor the veterans of our armed services who went before us in defense of the freedoms that we cherish today and our democracy.”

based upon a paramount respect for, and fidelity to, the National Constitution and laws.

Aid in maintaining national honor, union, and independence.

Foster and encourage the study of American history and particularly American military history, to the end that the memory of brave men and women may freely be enshrined and that we and our children may learn from the past to formulate sound policies for the present and future.*

What To Do With The Discovered Documents And Photographs?

After the discovery, at and between the next several commandery meetings, there was discussion about different options for preserving our historical documents and photographs. It was finally decided to donate the bulk of the material to the New York Historical Society for preservation and future scholarly study. This historical society was selected because the MOFW was founded in New York City. Many first-person historical military narratives that accompanied individuals’ applications were written by City and area residents who served during America’s foreign conflicts. Prominent family names such as Astor, Grant, Hamilton, Pershing, Roosevelt, Vanderbilt, and others fill the Commandery’s roster as past Veteran Companions or Hereditary Companions’ relatives. We also learned that several other similar military orders and societies in New York City had previously donated their historical documents to the New York Historical Society for safekeeping. This seemed the obvious practical solution. Going one step further, the decision was made to catalog and digitize the documents and photographs before making the donation which would allow the Commandery to maintain a detailed list and a digital copy of all donated material. Moving the historical material to the Historical Society also reduced the office space previously needed for storage. From the Historical Society’s perspective, digitization would make it easier for researchers to view MOFW material while minimizing the physical handling of the originals. Additionally, because of digitization, it will be possible, in the future, to view the material online when and if the Historical Society sees fit to make it available through their library website.

The Digitization Process

It was quickly realized that contracting a professional company to digitize the volumes of material was cost prohibitive. Having limited experience in digitizing documents and photographs, I volunteered to take on the project. Being retired permitted me to dedicate the time necessary. My strong interest in US military history made the project a perfect fit.

One of the first tasks was establishing a list of goals this project would accomplish, then developing a work plan to approach the project to meet these goals. This included first a rough outline, modified over time, of what tasks were necessary to complete the project and then secondly to develop a prioritized “to do” list. I also looked to see what pieces of the project could be done concurrently to economize on time. Throughout the project, detailed notes were taken to track progress, document the “step-by-step” processes utilized, and capture problems encountered and their solutions.

The first major task was sorting the volumes of material into specific categories in chronological order at the MOFW office. Some category examples are: the early drafts and final versions of the Order’s founding documents, early meeting minutes, application ledgers and supporting documents, miscellaneous document groupings, and photographs that were eventually labeled before digitization.

In my home library, I set up a small work area and began photographing documents and eventually scanning the photographs. Sufficient room lighting was set up, so flash photography was not required. The use of flash photography was too harsh and
did not allow the photographs of the documents to exhibit their original true colors and the richness of the old paper upon which they were written or printed. I wanted the final digitized copy of each document to look as if it were the original. One at a time, each document was placed on a white cloth that covered a work table and then photographed using a Kodak Easy Share Z612 camera set on the “document” setting. Over the course of the next two years, numerous trips were made back and forth between the MOFW office and my home to pick up and return material.

The photographed documents, saved in JPG format, were then transferred to my computer, where each was viewed using a photo editing program as a quality assurance check for clarity. When necessary, this program was used to lighten or darken the photographed document. In some cases, a document required a reshoot because of an out-of-focus picture.

A Canon LiDE 2102 scanner was used to scan the Commandery photographs directly onto my computer in JPG format. In many cases, the Commandery photographs required more attention than the documents during the editing process due to their age which caused fading and blemishes. An attempt was made to restore the individual digitized photographs to their original appearance. This process was successful with most of the photographs.

The final product of each document and Commandery photograph was then saved in the highest resolution the computer editing program permitted in JPG format. This procedure increases the digital storage size of the files; however, it gives a more detailed or higher quality picture when viewed, as well as when enlarged on a computer screen to examine fine details. It also provides a clearer copy when printing.

Next, a copy of each final JPG formatted group of documents or photographs was reviewed one final time before a copy was converted to PDF. Both formats were then saved to a memory stick (or “thumb drive”). There are numerous JPG to PDF conversion programs available for free or from an online purchase. However, I used a simple format conversion program written specifically for this project provided by my son-in-law, who works in computer programing.

The decision was made to digitize the documents and photographs in both JPG and PDF formats because it gives viewers two options when viewing the material. For some, it is a personal preference, and for others, it provides a second option if they do not have one or the other viewing format available.

**Emphasis On Backing-Up Work**

It is worth emphasizing that frequent backing-up of all work is prudent as an insurance policy to prevent the possibility of losing work. At the end of each work session, I ensured there was a copy of that session’s work on my computer and on a separate memory stick used only for saving work sessions – labeled “Working.” The working memory stick was a separate memory stick from the three that eventually contained the final products. Each work session was saved in an individual file folder with that day’s date and retained on the “working” memory stick until a final product was placed on the proper memory stick(s). There were several things done to readily identify each of the project’s memory sticks. An identification tag was attached to each memory stick and each stick was kept in a labeled clear plastic pill bottle. The pill bottles also gave the memory sticks additional environmental protection. For those who can remember, this is similar to how camera film was stored to protect the film from the elements before and after its use in camera photography.

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1 Please note that I am not advertising any particular company name brands as I explain the digitization process. The brand names are only mentioned to give clarity to the specific camera and setting used in the photographing process and scanner used for Commandery photographs.
Below are the tag and each pill bottle's label:
- Working Memory Stick
- Completed Work - Memory Stick #1
- Completed Work - Memory Stick #2
- Donation Material Memory Stick

**Considerations And Challenges**

Early on in the project, it was decided not all historical material would be included in the donation to the Historical Society. The original hard copy of applications from a specific date forward and their digitized version would be retained at the MOFW office to ensure that no living or past members' sensitive personal information would leave our safekeeping. Additionally, any Social Security numbers were eradicated from all documents, whether retained or for donation. This proved to be time-consuming because from the time forward after the federal government’s establishment of Social Security numbers, every document required scrutiny. Each document was then examined three times. First when cataloging the document, second, just before digitizing the document, and finally, after digitization, when the document was reviewed for clarity.

My biggest challenge during the project was becoming distracted and stopping to read an interesting Companion’s first-person narrative about their military service or a Hereditary Companion’s supporting documentation about their relative. How could any person with a deep interest in military history not want to read about an officer who served alongside General George Washington during our War of Independence, or participants in the War with Spain who charged up San Juan Hill, or World War I and World War II aces, or how a US World War I pilot sunk a German U-boat, or an American aristocrat turned paratrooper who parachuted behind enemy lines during World War II... These are just a few of a long list. I eventually overcame these interesting and enjoyable distractors by writing down the name and Companion numbers of the exciting officers I came across that day. Then, after that work session was completed, I would go back and read the applications, their narratives, and supporting documents.

**In The End**

In all, over the project’s two-year period, just under 15,000 photographs were taken and scans performed of an estimated 14,000 cataloged historical documents and photographs. Each digitized image was then meticulously reviewed before being stored on three separate memory sticks in both JPG and PDF format. Memory sticks #1 and #2 contain complete sets of digitized material and are maintained by the Commandery. Memory stick #3 contains the historical documents and photographs selected for donation and is accompanied by the hardcopy material donated to the New York Historical Society.

**A Closing Note**

I encourage each MOWW Chapter to search for and, if found, preserve their historical documents and photographs. It is an unfortunate reality that once this material is damaged or lost, it can never be recreated. And, if digitization is not feasible, then, at the minimum, I encourage Chapters to place these treasures in a safe and secure climate-controlled location. In this way, the military deeds of past Companions are preserved for future generations to learn from and for possible scholarly research. By doing so, we are fulfilling one of the tenets of the MOWW’s Preamble: “To acquire and preserve records of individual services.”

I can think of no better way to honor the veterans of our armed services who went before us in defense of the freedoms that we cherish today and our democracy.

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**Additional MOFW Information**

Below are two websites to visit if you are interested in learning more about the MOFW:

*The National Commandery Website: https://mofwus.org/*

*The New York Commandery Website: https://mofwnyc.org/*

**Acknowledgments:** The author would like to recognize and thank a good friend and fellow Army veteran Norman Isaacson for his help editing this article. Also, a special thank you to his son-in-law Andrew Weiss for writing the JPG to PDF conversion program.
On 12 October 2019, Lynchburg Mayor Treney Tweedy declared 12 October, from now on, as “Desmond T. Doss Day” in the City of Lynchburg, Virginia.

Desmond T. Doss was a US Army corporal who served as a combat medic in WWII. He was a conscientious objector who was awarded a Bronze Star for his actions on Guam and another Bronze Star with a "V device" for his actions during the Philippines campaign.

Doss was presented the Medal of Honor by President Harry Truman on 12 October 1945; the first conscientious objector awarded the Medal of Honor. During the battle of Okinawa, he saved more than 75 men on the Maeda Escarpment. His story is one that’s known around the world from the film “Hacksaw Ridge,” which won two Academy Awards in 2017.

This year Desmond Doss Day was celebrated on Friday, 14 October 2022, at Monument Terrace in Lynchburg, VA, and hosted by MOWW Companion COL Thomas W. Current, USA (Ret). The event was attended by Lynchburg’s Vice Mayor Beau Wright, former Mayor (now Council Member) Treney Tweedy, and Council Member Sterling Wilder. Many citizens and veterans representing all the veterans’ organizations in the area attended. The event was covered by print and electronic media.

Council Member Wilder read the Desmond Doss Day proclamation, and MOWW Patriot David Stokes read Doss’s Medal of Honor citation.

As Doss continued to rescue wounded soldiers from the Maeda Escarpment, he prayed, “Just one more, Lord. Just one more!” That has become the action phrase for the Virginia Piedmont Chapter of the MOWW. Just one veteran saved from suicide, just one more forgotten veteran honored, just one more young person shown the love of country and the flag.

Many people in the Central Virginia area wear wristbands that read, “Live like Doss—Just one more!” The Virginia Piedmont Chapter is honored to encourage and assist in the holding of commemorations of our hometown hero of WWII.

(L–R): Companions COL Thomas W. Current, USA (Ret); Scott Myers; HPM Mr. Charles W. Bennett, Jr., and MOWW Patriot David Stokes.

Council Member Sterling A. Wilder reads the Desmond Doss Day proclamation.
On 1 Nov 1983, the National Office of the Military Order of the Wars officially relocated from 1100 17th Street, NW, Washington, DC, to 435 North Lee Street, Alexandria, Virginia. At first, on a rental basis, pending the settlement of the Order’s contract to purchase the building. The deal was closed on 29 Nov 1983 for a purchase price of $390,000.

In his 1984 report, Lt Gen C. M. Talbott, then Chief of Staff, stated that after 65 years, the Order finally had a permanent home in Alexandria, in the Robert G. Kales Building. General Talbot described Captain Robert Kales as our “great benefactor” who made the headquarters possible.

For many decades, the Order had an established goal to own its national headquarters building. Funds were collected over the years and placed in a trust fund for this purpose. In 1981 the Order began an effort to purchase the old Officers Service Club (OSC) building at 21st and R Streets, NW, in Washington DC. The endeavor to acquire, renovate and occupy the property was described as a “web of problems and legal entanglements.” While the deal took much time and never resulted in MOWW occupancy, it was described as a “good investment from a purely financial point of view.”

During the extended process, the Order decided to purchase an office condominium in Old Town Alexandria at a reasonable price. It was said that with the new metro transit system, travel from Alexandria to the Capital would only be 10 minutes longer than from the 21st Street location. At the time, it was thought that the Order would eventually purchase a larger building and rent the current building for a profit.

The Order’s confidence in its actions and its future was justified. On 30 June 1984, the Order reported its highest membership on record, 19,901 Companions. The annual national convention was the largest recorded, with 316 delegates registered and 600 attendees at the banquet to hear the 15th US Secretary of Defense Casper Weinberger speak. ★
The 69th Annual National Veterans Day Observance took place on 11 November 2022, at Arlington National Cemetery. The solemn ceremony honors those who served and continue to serve in the US Armed Forces.

After a breakfast at the White House hosted by First Lady Dr. Jill Biden, a Presidential Armed Forces Full Honor Wreath-Laying Ceremony began at 11 a.m. at the Tomb of the Unknown Soldier, conducted by the U.S. Army Military District of Washington.

MOWW CINC LTC Michael A. Okin, USA (Ret), and SVCINC BG Victor S. Pérez, USA (Ret), (pictured) laid a wreath at the Tomb of the Unknowns. These ceremonies were followed by an observance program at the cemetery’s Memorial Amphitheater.

Unfortunately, Arlington National Cemetery cancelled the 2022 annual Pershing Ceremony and Memorial Service due to inclement weather.

Companions from the Meade Chapter also placed a wreath at Corporal Buckles’ grave. Present were COL Mark Ridosh, USA (Ret), and LTC (CH) Clark Carr, USA (Ret), and COL Kenneth O. McCready, USA (Ret).

Vice President Kamala Harris laid the national wreath during the ceremony, hosted by Maj Gen Allan Pepin, Commanding General of the Joint Task Force of the National Capitol Region and US Army District of Washington. Vice President Harris and others later spoke at the amphitheater.

Accompanying music was from The United States Army Band “Pershing’s Own.”
“Setting Course to the Future”

2023 MOWW National Convention

Join your fellow Companions in Annapolis, Maryland
1-6 August 2023
Health Tips for a New Year

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

It's that time of year again, when it is appropriate to review life and possibly make a few resolutions such as simply dressing correctly. Dress for the weather if you go out on cold or damp days. Wear loose layers of clothing. The air between the layers helps keep you warm. Put on a hat or a scarf. Wear a waterproof garment if it's rainy or snowy. Change clothes ASAP if wet. Getting really cold can make you very sick. Older adults will lose body heat faster than the young. Changes in your body that come with aging make it harder for you to be aware of getting cold. Hypothermia happens when body temperature gets very low (95°F or less) and can cause heart attacks, kidney problems, liver damage, or worse.

Not only the cold outside but cold inside, can lead to hypothermia. Keep heat at least 68°–70°F and wear a sweater as needed. Hypothermia has been known to happen in nursing homes and group facilities too. Close rooms not in use and basement doors. Check that your house isn’t losing heat through windows. Dress warmly and eat enough food. Body fat helps you to stay warm. Alcoholic drinks make you lose body heat. Beware that some poorly made space heaters are fire hazards or can cause carbon monoxide poisoning. Memory loss can also cause one to get confused about heat and cold. Ask your doctor if your medicines can affect body heat. Early signs of hypothermia are cold feet and hands, puffy or swollen face, pale skin, shivering, slower speech, or slurring words.

A Few Ways To Improve Your Life In 2023

Develop an “attitude of gratitude.” From both a psychological and physiological point of view, being grateful is, believe it or not, good for your health...counting blessings reduces depression, stress, and lowers blood pressure.

Become more physically fit helps a great deal. Getting enough quality sleep helps keep extra weight off, and reduces factors for heart attacks, strokes, and chronic diseases and it allows you to think more clearly.

Strengths social relationships. Studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer. Brighten someone else’s life. One can get an actual “helper’s high” from feel-good neurotransmitters. Make learning a lifelong habit. Place a priority on maintaining your health.

Other helpful habits to cultivate are: Cutting back on sweetened beverages, which are linked to increased health risks. Find a physical activity that you like and set an attainable goal for yourself in doing it. Take more “me time.” Taking time for yourself is not selfish. Cook more at home, if possible, rather than go out to eat. Rely less on convenience foods, associated with poor overall diet quality, obesity, and increased risk of numerous conditions, including heart disease and diabetes. To cut back prepare more meals at home.

Limit screen time. Many people depend on their phones and computers for work and entertainment. This has been linked to depression, anxiety, and loneliness. Meditation is an evidence-based way to promote mental well-being. Use healthier household products. Purchase more natural beauty products, household cleaners, laundry detergents, and personal care products. Cut back on alcohol imbibing. Keep yourself on track, such as limiting drinking to weekend nights or setting a limit for the week. Take a vacation—even a short one. Try a new hobby or revisit an old one; partaking in a hobby that you love can help you live longer. Engage in positive self-talk and reduce negative talk. Visit your doctor. Get examined regularly. Take care of your teeth. Maintain your oral health, and create a sustainable, nourishing eating pattern that works for you.

Though most New Year’s resolutions are only kept for a short period, the ones listed above are sustainable ways to improve your physical and emotional health that can be followed for life. Be well.
Gratitude in Dark Times

LCDR DEBRA F. ROGERS, ED.D., USN (RET)
CHAPLAIN GENERAL, MOWW

“Even in the darkest of times, we can praise God for his love, his sovereignty, and his promise to be near us when we call.”
—PSALM 145:18

We are amid dark times, domestically and globally. There seems to be turmoil and unrest in many international geographic regions. Globally, there is a multitude of issues: tensions continue over Taiwan, multiple devastating natural disasters, the ongoing political disturbance in Iran resulting in countless protestor deaths; missile tests in North Korea and further assessments show there is a risk of civil unrest surging in more than half of the world’s countries, human rights atrocities, food insecurity, and finally the Ukrainian war. Similarly, locally there are multiple mass shootings seem to be a weekly occurrence, divisive political division, soaring inflation, mass employer layoffs, and a host of other problems.

As humans, we tend to show increased gratitude during the good times, but studies reveal that if we wait to express gratitude until the end of those dark times, we miss our true power. Naturally, we tend to become despondent given the dark circumstances, but research shows that it’s during these moments that gratitude is more important than ever. The positivity of gratitude helps us broaden our emotional capacity and build networks of social connections. Showing gratitude regardless of our external or internal circumstances resides in God’s word. Through His word, there are encouraging scriptures that facilitate gratitude. Psalm 145:18 states, “Even in the darkest of times, we can praise God for his love, his sovereignty, and his promise to be near us when we call.” Further, Isaiah 58:10 reads, “...with God, even our darkest times have hope because He is with us. Your darkest hour will be like the noonday sun.”

Practical Strategies for employing gratitude include but are not limited to authenticity and simplicity. Sincere gratitude is not a quick fix, and far more than just having an on-the-bright-side attitude. Gratitude is most effective when it’s a personal and intentional habit. Secondly, re-engage the informal ways of sharing gratitude—a quick verbal or written note, a warm gesture, and the like. During the darkest of times, small gestures of gratitude can make a world of difference. Additionally, as a proverbial optimist, I venture to state that no matter how dark the times may seem, there remains so much goodness in the world because God is and always will be the light of the world. ★
General Meade Chapter, MD

Chief Judge Barbera Retirement Gala
BY LT COL SHELDON A. GOLDBERG, USAF (RET)

Mary Ellen Barbera retired as Chief Judge of the Maryland Court of Appeals in September 2021. In April 2013, then-new Chief Judge Barbera joined the chapter’s YLC program, and the chapter began to vary the curriculum to respond to student interests. Students could now listen to oral arguments in the Court of Appeals, see a SWAT Unit equipment demonstration, or receive a briefing from a Police Department Forensic Services latent fingerprint expert, for example. The Judge opened many doors for Maryland’s YLC students.

(L-R): Chief Judge Barbera received a MOWW Coin of Excellence and a Certificate of Appreciation from Lt Col Sheldon A. Goldberg, USAF (Ret).

Sun City Center Chapter, FL

TSA’s Gregory Mertz Addresses Chapter
BY CAPT BENJAMIN KEPLEY, USN (RET)

The Chapter held its monthly meeting on 20 April 2022. The featured speaker was Gregory Mertz, Assistant Federal Security Director, Transportation Security Administration Tampa, FL (TSA). In this role, he is responsible for Liaison, Investigations, Special Assignments, Assessments, Case Management and Dignitary Movement at Tampa, Sarasota, and St. Pete’s airports. Mr. Mertz’s discussed his passion for working on terrorism and extremism cases. He was in the classroom with President Bush when word was relayed to the president about the 9/11 attacks on the World Trade Center.

(L-R): Gregory Mertz, Col Douglas Roderick, USAF (Ret), Chapter Commander;

Chicago Chapter, IL

VAC President Recognized for His Service
BY COL MICHAEL P. PECK, USA (RET)

CW2 Lee Lopez, Jr., USA (Ret), Commander of the Chicago Chapter, presented Mr. Nick Konz Jr. with MOWW’s Eagle Award. The award was given in recognition of his outstanding service over the past ten years as President of the Veterans Assistance Commission (VAC) of Lake County, IL. Nicholas Konz Jr. has been helping veterans since his US Army service ended in 1966. Looking on is MOWW Veterans Affairs Committee Chair, COL Michael P. Peck, USA (Ret).

(L-R): Mr. Nick Konz, CW2 Lee Lopez, Jr., USA (Ret), and COL Michael P. Peck, USA (Ret).
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Puerto Rico Chapter, PR

Monitoring US Skies and Sea

BY COL ADALBERTO RIVERA, USAF (RET)

Companion Lt Col Sonny Marcombe, PRANG (Ret), is the Director, Caribbean Air & Marine Operations Center (CAMOC) in Puerto Rico. He was the guest speaker during the chapter’s general membership meeting on 27 August at Antonio’s Restaurant in Condado, PR. The CAMOC utilizes data from several resources to monitor and detect aircraft and marine vessels smuggling drugs into US territory.

(L-R): Lt Col Sonny Marcombe received a MOWW Certificate of Appreciation and a figurine representative of the Puerto Rican culture, presented by Chapter Commander Col Adolfo Menendez, USAF (Ret), thanking him for his interesting talk to attending Companions and guests.

Brig Gen Scott Chapter, GA

Honor Flight—an Honorable Mission

BY MAJ ROBERT M. KOMLO, USAF (RET)

The Chapter was privileged to host CMSgt Bobby Long, USAF (Ret), at our April meeting. He is the Vice President of Middle GA Honor Flight and spoke about the mission of the program. A nationwide organization, Honor Flight enables US veterans to visit the memorials built for their service and sacrifice in Washington, DC. To learn more about the program, please see www.middlegahonorflight.org.

(L-R): Capt John H. Hurst, USMC (Ret); CAPT Andy Bunch, USN (Ret); CMSgt Bobby Long USAF (Ret); Mr. Frank Anderson, and Capt Floyd B. Williams, USAF (Ret).

Greater El Paso Chapter, TX

Veteran’s Forums during the Week of Veterans’ Day

BY LTCOL CF “BUCK” HAMILTON, USMC (RET)

For many years, Companions from the Greater El Paso Chapter led by CPT David Thackston, USA (Fmr), visited local elementary schools to teach the meaning of Veterans’ Day. Students learn about respect for the flag and what it means to be a veteran. At some of the schools, the students present to the Companions; but for the majority, Companions present to the students. The chapter visited six schools.

Students from Polk Elementary School, El Paso Independent School District enjoy waving the flag.
So Many Fairs! So Many Conventions! Never Like This One!

BY CDR GEORGE T. PARSONS, USN (RET)

September 25, 2022, dawned with mild temperatures. Virtually no wind at Liberty Station, San Diego. The first ever FORCE-CON 2022 (www.Force-Con.com) executed a huge, 3-day outdoor convention to honor and salute our military forces.

The team manning the MOWW booth talked with hundreds and shared our numerous outreach efforts! We even walked about to the 50 other booths explaining MOWW and what we do. The most captivating were the WWII, Korean War, and Vietnam veterans in attendance, and especially the final veteran panel. We spoke with active duty, retired, and former military. And so many family members and friends of the military! Many people eagerly accepted our Massing of the Colors cards. Passersby stopped when they saw others at our booth. We gave them one or more: pocket-sized notebooks, emergency whistles, small flashlights, The Officer Review magazine, MOWW applications and brochures. We invited Sea Cadets, Scouts, and other high school students to our Massing of the Colors, Wreaths Across America, and June Youth Leadership Conference.

The San Diego Chapter on-site team included Chapter Commander Ms. Barbara Peralta; CAPT Jason Gilbert, USN (Ret); Ms. Kathleen Winchester; MOWW Patriots Victor Martin and Carlos Garcia, and Companion PO2 Craig Noble, USN (Fmr). Companion Pat Parsons made the final decisions on giveaways and designed and created MOWW information on each one. CDR George T. Parsons, USN (Ret), coordinated participation for this event. Southern CA Dept. Commander Capt Daniel Kash, USAF (Fmr); Lt Col Charles Palmer, USMC (Ret), and PCINC Capt Deborah Kash, USAF (Ret), provided virtually all the funding and booth equipment.

The event increased awareness of MOWW and the Chapter’s outreach, attracted people to our events, involved many Companions from the Department, Region, and nationally, and, displayed enthusiasm to all. So, yes! A success!

Pictured above left: CDR George T. Parsons, USN (Ret), Region XIV Commander in San Diego Chapter Booth. Pictured right: Visitor at San Diego Chapter Booth speaking with CDR George T. Parsons, USN (Ret), Region XIV Commander.
Region VI Fall Conference 2022

BY LTC CHARLES CONOVER, USA (RET) The highly productive MOWW Region VI 2022 Fall Conference convened at the Fairfield Inn Orlando International Airport on Friday-Saturday, 21-22 October 2022. Along with six of seven Region VI chapter representatives (five of seven Chapter Commanders and the PR Department Commander), the Region VI Commander and staff were honored to welcome the MOWW SVCINC BG Victor S. Pérez, USA (Ret). Attendees adopted the theme “Preserving the Past while Embracing the Future,” which was also the theme at the MOWW 2022 National Convention and continues to be an active part of the Region’s planning and execution. Two Companions participated on Friday only. There were four national committee chairs to answer questions, and another Companion volunteered to be the vice chair of the ROTC/JROTC committee and will assume the chair position in the coming year. Two recently inducted Companions, Lt Col Joe Muhlberger USAF (Ret), and LTC Rene Jewett, USA (Ret), also actively participated and were warmly welcomed.

(L-R): Col Doug Roderick, USAF (Ret); Mrs. Roderick; MAJ Bob Smith, USA (Ret); COL Robert Schlegel, USA (Ret); LTC Charles Conover, USA (Ret); HPM Krista Conover, SVCINC BG Victor Pérez, USA (Ret); Maj James Haney, USMC (Ret); HPM Vicki McCuistion, Col Adalberto Rivera Jr., USAF (Ret); Lt Col Joe Muhlberger, USAF (Ret); Col Adolfo Menendez, USAF (Ret); Lt Col Richard Gouin, USAF (Ret); LCDR John Coyne, USN (Ret); LTJG Charles Collins III, USNR (Ret); LTC Rene Jewett, USA (Ret); and CWO4 David McCuistion, USN (Ret). Not pictured: COL James Fletcher, USA (Ret), and 1LT Thomas D. Hart, USA (Fmr).

Colorado Springs Chapter, CO

Chapter Welcomes Top Cadets

BY LTC MIKE BERENDT, USA (RET) On 27 October 2022, the Chapter welcomed Col Franklin Hinson, USAF (Ret), Sr Military Instructor at Mitchell High School, who gave a dynamic and informative presentation on AFJROTC. Two of his cadets, Cadet Col Omari Martin and Cadet Lt Col Jade Schaf, spoke of the opportunities that AFJROTC provides them. Cadet Col Martin is the top cadet of his cadre and was sponsored by the chapter to attend the Rocky Mountain YLC, where he was named “Top Student.” Cadet Lt Col Schaf attended the AFJROTC Flight Academy and will complete her private pilot licensing prior to graduation.

(L-R): Col Hinson, Cadet Jade Schaf, Cadet Omari Martin, Col Kerm Neal, USAF (Ret).
Featured Veteran of the Day

November 30, 2022: Companion Donald “Doc” Ballard (Catalina Mountains Chapter, AZ), LTC Donald “Doc” Ballard, USA (Ret), was born in Kansas City, MO, in December 1945. Growing up, he helped his family in house construction and entrepreneurial endeavors, although he felt his childhood “was just like any other kid.”

Influenced by his community’s respect for a local dentist, Ballard hoped to pursue the occupation. Though he worked in a local dental laboratory, he was unable to finance higher education. He therefore enlisted in the Navy in 1965, hoping to obtain educational opportunities.

At boot camp, Ballard was designated a corpsman. Although this did not allow him to pursue dentistry, he was able to “fulfill his goals,” albeit “on a different path than the one [he] set out to meet.” After attending the Naval Hospital Corps School in Great Lakes, Illinois, he served at the Naval Hospital in Memphis, Tennessee. He then served with the Marines in the 2nd Marine Division at Camp Lejeune, North Carolina, in October 1966.

Ballard deployed to Vietnam in December 1967 as part of the 3rd Marine Division. Although he believed he would be sent to a “fixed facility,” the Navy’s needs led him to serve on the front lines.

Shortly after his arrival in Vietnam, Ballard was assigned to Company M, 3rd Battalion, 4th Marines. As a corpsman, his main duties involved treating marines for health issues and enemy-inflicted wounds both on and off the battlefield.

On the afternoon of May 16, 1968, Ballard moved to regroup with his company after providing aid to two heat-stricken marines. As he was doing so, an enemy unit assaulted his company. He subsequently rushed to provide aid to an injured marine, placing himself amid enemy fire despite the risk to his life. As four marines were evacuating the injured marine to a safer area, an enemy soldier launched a grenade. Not satisfied with only cautioning the marines of the incoming threat, Ballard jumped onto the grenade to save them. Immediately after recognizing the failure of the grenade to explode, Ballard returned to providing aid.

For Ballard’s actions that day, President Richard Nixon awarded him the Medal of Honor in May 1970 at the White House, an experience the corpsman described as “beyond belief.” Describing his accomplishment, he later humbly explained that “there are a lot more deserving people than [him] that should have gotten the Medal of Honor.” In addition to the Medal of Honor, Ballard received the Purple Heart after suffering wounds while engaging in combat in Vietnam.

Ballard was evacuated to Japan for two months before returning to the United States, where he continued his work at the naval hospital in Memphis. After earning the Medal of Honor in 1970, he left the Marines and joined the Kansas Army National Guard, where he served for 30 years.

Ballard retired from service in 2000 with the rank of colonel. A year later, he was inducted into the Kansas National Guard Hall of Fame. He also became treasurer of the Medal of Honor Society in 2013. In addition to his unique career in the military, Ballard had two children with his first wife. He later remarried and had another four children.

We honor his service.
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<th>Chapter/Membership</th>
<th>RANK/NAME (SERVICE)</th>
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<tr>
<td>AUGUSTA CHAPTER, GA</td>
<td>Mrs. Ruth Beck*&lt;br&gt;Col Maryetta M. Beck, USA (Ret)<em>&lt;br&gt;Lt Col Hollis L. Bush, Jr., USA (Ret)</em>&lt;br&gt;CW4 Gary L. Smith, Sr., USA (Ret)<em>&lt;br&gt;Lt Col Dieter Voegele, MD, USN (FMR)</em>&lt;br&gt;Col Maryetta M. Beck, USA (Ret)*</td>
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<td>AUSTIN CHAPTER, TX</td>
<td>1st Lt Wayne A. Courreges, Jr., USMC*&lt;br&gt;Col Mark R. Coast, USA (Ret)<strong>&lt;br&gt;Col Greg A. Daddis, USA (RET)</strong>&lt;br&gt;Col John C. Hemmerling, USMC (RET)**&lt;br&gt;Lt Col David C. Yorck, USMCRet)*</td>
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<td>BG HOLLAND CHAPTER, CA</td>
<td>Col Mark R. Coast, USA (RET)<strong>&lt;br&gt;Lt Col David C. Yorck, USMCRet)*&lt;br&gt;Col Greg A. Daddis, USA (RET)</strong>&lt;br&gt;Lt Col David C. Yorck, USMCRet)<em>&lt;br&gt;Col John C. Hemmerling, USMC (RET)**&lt;br&gt;Lt Col David C. Yorck, USMCRet)</em></td>
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<td>CHICAGO CHAPTER, IL</td>
<td>Mr. Clayton J. Larsen**&lt;br&gt;Col Michael P. Pech, USA (Ret)<em>&lt;br&gt;Mr. Zachary R. Larsen**&lt;br&gt;Col Michael P. Pech, USA (Ret)</em></td>
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<td>2Lt Andrew Wieder, PAARNG*&lt;br&gt;Col Joseph P. Kirklin III, USA (Ret)*</td>
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BG Victor S. Perez, USA (Ret)*
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SAN FRANCISCO BAY AREA CHAPTER, CA
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**RANK/NAME (SERVICE)**

* Denotes PM/HPM
** Denotes RM/HRM

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CWO4 VERNON MCGEE, USCG (RET)*
“IT IS NOBLER TO SERVE THAN TO BE SERVED”

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★ GA Omar N. Bradley, USA
★ President Ronald W. Reagan (CPT, USAAF)
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