

# OFFICIAL REVIEW

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MOWW 2023 DISTINGUISHED SERVICE AWARD RECIPIENT

## VADM Sean S. Buck

SUPERINTENDENT, U.S. NAVAL ACADEMY





*“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.”*

*—Voltaire*

Dear Companions,

*In this, my last CINC Perspective, I want to thank those who have made a difference by effectively working together for the good of the Order.*

*Over the past two years, I stressed chapter viability and sustainability by focusing on the fundamentals of effective performance. Region, department, and chapter commanders successfully responded by advancing their chapters' outreach programs resulting in sustained growth of the Order. These demonstrable improvements in chapter execution are a product of hard work by many talented and dedicated Companions for which I am personally grateful.*

*Senior leadership is hard at work identifying and solving institutional challenges that plague the Order. IPCINC Fred Lopez, VCINC Deb Dombeck, VCINC Ed Gantt, VCINC Marlon Ruiz, VCINC David Worley, and Past TG Bob Hartman are instrumental in addressing these challenges and are traveling a course that will result in recommendations for potential changes to the Order. I am most grateful to these senior leaders who are performing valuable work and who deserve all Companions' help and support.*

*As chair of multiple committees and a member of several others, SVCINC Victor Pérez is of immeasurable help to me and value to the Order. I thank him for his hard work and dedication.*

*Additionally, not only me, but all in the Order are grateful for the commitment and enthusiasm of our headquarters staff. Justin Hiller and Sunny Alley have not met a challenge they have been unwilling to tackle, and they have engaged with others with competence and good cheer.*

*Our Chief of Staff, Mike Farrell, is a fountain of energy, a source for new ideas, and a force to be reckoned with in accomplishing the Order's goals. I learned from him and believe we worked collegially to move the Order forward with mutual respect and friendship. He made my job easier and infinitely more pleasurable.*

*Finally, my work with the Order would not have been possible without the love and support of my wife, Debbie, who kept me focused when I wandered, humble when needed, and was ever-present as a sounding board and advisor. For this, I am forever in her debt.*

*Keep the faith. There are great things ahead.*

Sincerely,

LTC (DR) MICHAEL A. OKIN, USA (Retired)  
Commander in Chief, MOWW & CEO, MOWW, Inc.

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# OFFICER REVIEW®

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### ON THE COVER

VADM Sean S. Buck, USN, was chosen by CINC LTC Okin as the Order's 2023 Distinguished Service Award Recipient.



# “Setting Course to the Future”



*The Commander-in-Chief  
of the  
Military Order of the World's Wars  
cordially invites you  
to attend the one hundred third  
2023 MOWW Convention*

*Tuesday, 1 August 2023 through  
Saturday, 5 August 2023*

THE CROWNE PLAZA ANNAPOLIS  
173 JENNIFER ROAD, ANNAPOLIS, MD 21401  
HOTEL: 410-266-3131

*Register Online:*

[HTTPS://MOWW.ORG/CONVENTION/](https://moww.org/convention/)



## VADM Sean S. Buck, USN



*Vice Admiral Sean S. Buck reads his orders during a change of command ceremony at the US Naval Academy, where he properly relieved Vice Admiral Walter E. "Ted" Carter Jr. to become the 63rd superintendent on 26 July 2019 at Annapolis, MD. Photo by Kenneth D. Aston Jr., USN.*

**VICE ADMIRAL SEAN BUCK** is a native of Indianapolis, IN. He is a graduate of the US Naval Academy and received his commission in 1983. He was designated a naval flight officer in 1985. He earned a Master of Arts in International Security Policy from George Washington University and has completed studies at the College of Naval Command and Staff, US Naval War College, and the Armed Forces Staff College; a fellowship with the Massachusetts Institute of Technology's Seminar XXI: Foreign Politics, International Relations, and the National Interest; and executive certificate programs at both the Harvard Kennedy School and Harvard Graduate School of Education.

As a Flag Officer, Buck has served as Commander Patrol and Reconnaissance Force with US 5th and 7th Fleets, Fleet Air Forward, Patrol and Reconnaissance Group; Chief of Staff, Strategy, Plans and Policy (J5), the Joint Staff; Director, 21st Century Sailor Office, where his portfolio included the Navy's programs on sexual assault prevention and response, suicide prevention, alcohol abuse, and other destructive behaviors; and most recently he served as commander, US Naval Forces Southern Command/US 4th Fleet.

Flying the P-3C Orion, Buck's early at-sea operational tours were with the "Fighting Marlins" of Patrol Squadron (VP) 40; a disassociated sea tour aboard USS Theodore Roosevelt (CVN 71) as the catapult and arresting gear division officer, and a department head tour with the "Tridents" of VP-26. He subsequently commanded VP-26 and Patrol and Reconnaissance Wing 11.

His shore and staff assignments include Air Test and Evaluation Squadron (VX) 1; Bureau of Naval Personnel; Joint Staff J3; Office of the Chief of Naval Operations staff as executive assistant to the deputy chief of Naval Operations (CNO) for Warfare Requirements and Programs (N6/N7); and as the deputy director for operations in the Strategy and Policy Directorate (J5), US Joint Forces Command. Prior to major command, Buck completed an interim assignment with the National Reconnaissance Office; he is a member of the Navy's Space Cadre.

He also completed a special assignment as a senior fellow on the CNO's Strategic Studies Group in Newport, Rhode Island, an innovation think tank for the Navy.

Buck became the 63rd superintendent of the US Naval Academy on 26 July 2019.

Buck's personal awards include the Distinguished Service Medal, Defense Superior Service Medal (two awards), Legion of Merit (five awards), and various other individual, unit, and service awards. He is most proud of his various unit awards that reflect credit on the successful teams he has served with and the many skilled professionals he has been privileged to work alongside. ★





## 2023 MOWW NATIONAL CONVENTION • ANNAPOLIS, MD

The Crowne Plaza Annapolis • 173 Jennifer Road, Annapolis, MD 21401 • Hotel: 410-266-3131

Visit <https://moww.org/convention/> for more information

<b>Tuesday, 1 August 2023   Dress: Casual</b>				
TIME	EVENT	SET-UP	LOCATION	ATTENDEES
0800-1030	Pre-Convention EXCOM Breakfast	(Conference, 15)	Montgomery	EXCOM Members
<b>0800-1600</b>	<b>GOLF OUTING &amp; LUNCH</b>	<b>Walden Country Club, Crofton, MD</b>		<b>ALL Golfers</b>
1400-1600	Council of Area Commanders (CAC)	(Classroom, 40)	Queen Anne	CAC, CINC, SVCINC, CS
<b>Wednesday, 2 August 2023   Dress: Casual</b>				
<b>0900-1600</b>	<b>TOUR 1: HISTORIC ANNAPOLIS and US NAVAL ACADEMY</b>			<b>ALL ATTENDEES</b>
1600-1700	MOWW History Presentation	(Banquet, 125)	Arundel	All Attendees
1700-1800	Hann-Buswell Chapter Meeting	(Classroom, 60)	Queen Anne	All Attendees
1800-2100	CINC Welcome Buffet	(Banquet, 175)	Arundel	All Attendees
<b>Thursday, 3 August 2023   Dress: Casual (Hann-Buswell Memorial Chapter Dinner: Mess Dress)</b>				
0730-0930	Council of Past CINC's Breakfast	(Conference, 15)	Montgomery	CPC/CINC/SVCINC/CS
0800-0930	New Chapter Commanders Forum	(Classroom, 125)	Arundel	All Attendees
<b>1000-1730</b>	<b>TOUR 2: DAY ON THE BAY</b>			<b>ALL ATTENDEES</b>
1000-1115	MOWW Strategic Plan Brief	(Classroom, 125)	Arundel	All Attendees
1115-1130	National YLC Ad Hoc Committee Update	(Classroom, 125)	Arundel	All Attendees
<b>1130-1300</b>	<b>LUNCH AS DESIRED</b>			
1300-1400	Digital Marketing & Social Media	(Classroom, 125)	Arundel	All Attendees
1415-1515	Membership & Naming Ad Hoc Committee Update	(Classroom, 125)	Arundel	All Attendees
1530-1700	Commander's Call	(Classroom, 125)	Arundel	All Attendees
1800-2100	Hann-Buswell Chapter Dinner	(Banquet, 60)	Queen Anne	H-B Chap Members
	<b>DINNER AS DESIRED</b>			
<b>Friday, 4 August 2023   Business Casual</b>				
0800-0930	National Candidate Presentations	(Banquet, 125)	Queen Anne	All Attendees
0930-1100	Teller Meeting	(Box Square, 20)	Montgomery	Tellers
0930-1100	National Delegate Voting	(Banquet, 125)	Queen Anne	Nom Cmte Del
<b>0930-1500</b>	<b>TOUR 3: HOMES OF THE SIGNERS</b>			<b>ALL Available</b>
1130-1330	MOWW Awards Luncheon	(Banquet, 175)	Arundel	All Attendees
1415-1500	Patriotic Education Committee Meeting	(Banquet, 30)	Arundel	All Available
1415-1500	PS/L&O Committee Mtg	(Banquet, 30)	Queen Anne	All Available
1415-1500	Scouting Committee Meeting	(Classroom, 30)	Prince George	All Available
1515-1600	Homeland & National Security Mtgs	(Banquet, 30)	Queen Anne	All Available
1515-1600	ROTC Committee Meeting	(Banquet, 30)	Arundel	All Available
1515-1600	Veterans Affairs Committee Meeting	(Classroom, 30)	Prince George	All Available
1615-1700	Information & Publicity Meeting	(Banquet, 30)	Arundel	All Available
	<b>DINNER AS DESIRED</b>			
<b>Saturday, 5 August 2023   Business Casual (CINC Banquet: Mess Dress/Tuxedo)</b>				
0730-0830	MOWW Memorial Service	(Classroom, 125)	Arundel	All Attendees
0900-1130	Convention   Business Session I	(Banquet, 125)	Arundel	All Attendees
1130-1300	<b>LUNCH AS DESIRED</b>			
<b>1230-1400</b>	<b>TOUR 4: THOMAS POINT SHOAL LIGHTHOUSE CRUISE</b>			<b>ALL AVAILABLE</b>
1300-1600	Convention   Business Session II	(Banquet, 125)	Arundel	All Attendees
1600-1645	Non-Denominational Worship Service	(Classroom, 125)	Queen Anne	All Attendees
1730-1800	National Officer Photos	(Reception, 15)	(TBD)	CPC/CINC/VCINC/CS
1800-1850	CINC Reception	(Reception, 175)	Banquet Foyer	All Attendees
1900-2100	CINC Banquet	(Banquet, 175)	Arundel	All Attendees
<b>Sunday, 6 August 2023   Dress Casual</b>				
0800-1130	Post-Convention EXCOM Breakfast	(Conference 15)	Montgomery	EXCOM Members
0800-1130	EXCOM Spouse/Partner Breakfast	(Ovals 15)	Prince George	Spouses/Partners





# 2023-24 National Officer Candidates

IPCINC BGEN FREDERICK R. LOPEZ, USMCR (RET)  
CHAIR, MOWW NOMINATING COMMITTEE

## CANDIDATES FOR ELECTED OFFICE (To Date)



### COMMANDER-IN-CHIEF:

BG Victor S. Pérez, USA (Ret)

### SENIOR VICE COMMANDER-IN-CHIEF:

Lt Col David J. Worley, USAF (Ret)

### VICE COMMANDER-IN-CHIEF: (4):

CAPT Deborah A. Dombeck, USCG (Ret)  
Region VIII

CAPT Edward W. Gantt, USN (Ret)  
Region VI

Lt Col Marlon Ruiz, USAF (Ret)  
Region XIII

COL Loren A. Weeks, USA (Ret)  
Region III

*Note: the MOWW Constitution [Article V, Section 2, Paragraph A.2]], states, "Four each, with no two of whom coming from any one region."*

### TREASURER GENERAL:

Col Jerry E. Knotts, USAF (Ret)

### JUDGE ADVOCATE GENERAL:

CPT Harold Greenberg, JD, USA (Fmr)

### SURGEON GENERAL:

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

### CHAPLAIN GENERAL:

LTC Victor W. Burnette, USA (Ret)

### HISTORIAN GENERAL:

HPM Charles W. Bennett Jr.

## "IT IS NOBLER TO SERVE"

## VOLUNTEER AS A CANDIDATE FOR NATIONAL OFFICE

The MOWW National Convention will be held 1-6 August 2023 in Annapolis, Maryland. 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

IPCINC BGen Frederick R. Lopez, USMCR (Ret)

Email: [flopez23@cox.net](mailto:flopez23@cox.net)

### • Vice Chair, Nominating Committee

PCINC LTC Charles S. Chamberlin, Jr., USA (Ret)

Email: [a\\_cchamberlin@mygrandecom.net](mailto:a_cchamberlin@mygrandecom.net)



# PRC Control of the Indian Ocean

COL JAMES T. ROBERTS, SR., USA (RET)

BG BULTMAN CHAPTER (AT LARGE)

MAY 2023

The People's Republic of China (PRC) continues to use the creeping incrementalism philosophy of expanding its presence and control over the Sea Lanes in the Indian Ocean. New reports have identified suspicious construction on the Myanmar-owned

Great Coco Island, the largest and most inhabited of 7 islands. This island (and its satellite, Jerry Island) is 55 kilometers from the Indian-owned Andaman and Nicobar Islands. These reports are of concern to the Indian government.

In March 2023, Chatham House reported new construction on Great Coco Island, on which there is a government weather station. In the past, this station has raised suspicions about its actual function. Although denied by the PRC and Myanmar, the PRC had allegedly established a small signals intelligence station featuring a 45-meter antenna tower that supported electronic intercept equipment. The station's mission was to monitor the Bay of Bengal commercial shipping and naval movement to and from the strategic Malaccan Straits and the Capitol city of Yangon. In 2014, the Indian government's Commander-in-Chief of the Andaman and Nicobar Command noted that the PRC was involved in constructing a runway on the north end of the Island. In January 2023, Maxar Technologies commercial satellite imagery indicated that the runway had been widened and lengthened to 2,300 meters; and that a new control tower, parking ramp, two aircraft hangers, and a large pier had been constructed. Additionally, a new vehicle causeway was detected that connected Great Coco with Jerry Island to the south. This peaked the Indians' ears.



*The image shows two die cast upon a map of Asia, one representing India and the other China. Photo by Ernest Gunasekara-Rockwell, Air University Public Affairs*

Indications are that land clearance on Jerry Island may be in preparation for building new electronic listening facilities. As Jerry Island is closest to the Indian Andaman Islands, any new monitoring facilities there would give better range and accuracy of signals intelligence collection,

especially in identifying Indian Navy and Air Force activities.

There is growing evidence that the Myanmar military junta faces increasing difficulties in controlling the country's armed rebellion against its Yangon government. External sanctions have affected economic stability and growth. It has accepted major financial support from the PRC to alleviate those difficulties and to fund military operations. An agreement between Myanmar and the PRC to build or upgrade an intelligence-gathering post on the Island would be in the interest of both countries.

Additionally, reports indicate that large numbers of Myanmar troops are being used to secure Chinese construction projects at several mainland deep-water ports and other infrastructure facilities rather than being deployed to quell the rebellion. An example of this is that Great Coco Island has a garrison of approximately 200 soldiers (Navy unit 28) there for security purposes, although the Island chain has only 1,400 inhabitants.

To alleviate a strategic economic supply-chain weakness, The PRC has signed a Silk Road Agreement with Myanmar to develop the China-Myanmar Economic Corridor. This agreement connects the Yangon Regional Ports to Yunnan





province via road and rail. Currently, the PRC ships 80 percent of its oil needs and 60 percent of bulk cargo through the Straits of Malacca. When completed, the new commercial transportation route would allow the PRC to use the ports to bypass the Straits during crisis or conflict. It fully understands that Allied signatories to ANKUS and QUAD agreements would seal the Straits in time of war. The corridor was the strategic solution for a sticky problem. A modern listening station on Great Coco would provide early warning of Allied movement toward the Yangon Region.

India has had a long, contentious relationship with the PRC over Line of Control boundary disputes in the Himalayas. In the last decade, it has become increasingly alarmed over increasing PRC Indian Ocean naval warship activities; port construction involving potential PRC naval bases in Cambodia, Myanmar, Pakistan, Djibouti, and Sri Lanka; and aggressive foreign policy (Wolf diplomacy) approaches to foster PRC friendly governments in the region. In 2020, the Indian Navy discovered a total of 12 PRC underwater drones used to collect oceanographic data useful for supporting submarine deployment. India suspects that the PRC is readying itself to wrestle for control of the Indian Ocean.

In 2001, the Indian Government activated the Andaman and Nicobar Command (ANC) based on concerns about PRC designs on the Indian Ocean region. The tri-service headquarters is stationed at Fort Blair, the Island chain's capital. Its mission is to safeguard India's strategic interests in the region, conduct reconnaissance and surveillance of 120,000 ships per year, with 70,000 entering and leaving the Straits of Malacca, enhance rapid deployment of military assets, provide a logistical base for Naval ships, and exercise anti-pirate operations in and around the Malaccan Straits (approximately 55 kilometers from the nearest Andaman Island).

The ANC has the following: Naval Bases - INS Jarwa (administration and logistics) at South Andaman Island, INS Utkrosh (joint naval and air force base) on South Andaman Island, INS Kohassa (North Andaman Island), INS Kardip (logistics support) on Kamorta Island, and INS Baaz (Great Nicobar Island); Air Force bases - Car Nicobar AFS (37th Air wing headquarters, 122nd Squadron [helicopter] and 151st Squadron [Dornier 228]); and

one Air Defense Wing composed of 2 squadrons of long range and medium missiles; Army - 108th Infantry Brigade (South Nicobar Island) and one territorial battalion (Great Nicobar Island);. The Indian Coast Guard is assigned to the ANC and is headquartered in Port Blair (South Andaman Island) with a unit at Campbell Bay (Great Nicobar Island).

A review of the ANC units, personnel strength and rank structure notes that it is an economy of force organization. The top heavy-high-level rank structure currently assigned to the headquarters provides command and control for surge units in the short term and increased numbers of assigned units as facilities become available in the long term. The Indian Government is upgrading various harbor and airbase facilities to accept larger warships and multi-engine jet aircraft in support of the ANC mission.

Regardless of what is happening on Myanmar's Great Coco Island, the Indian Government has made the decision to commit to the defense of the Indian Ocean Region. It continues to grow its naval forces and is developing its naval power in the Malaccan Straits, where the PRC is most vulnerable. In the past, annual fleet exercises with the United States and other South Asian countries have created a synergy of common cause. The recent QUAD agreement with the United States, Japan, Australia, and India will bring the countries even closer.

Myanmar (PRC) may have its airport and 45-meter tower to track maritime movement, but the Indian Government is now in a position to close the Straits. It remains to be seen if the China-Myanmar Economic Corridor will be the alternative solution. ★

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.*



## COUNTERING China's Cognitive Viruses

BY MAJ YA-CHI HUANG, TAIWAN ARMY

SUBMITTED BY COL ARTHUR N. TULAK, USA, (RET)

VICE CHAIR, NATIONAL SECURITY COMMITTEE AND COMMANDER, DEPARTMENT OF HAWAII

In recent years, the People's Republic of China (PRC) has conducted information operations and cognitive operations through "content farms" — websites and associated entities that churn out massive amounts of low-quality content for propaganda — to influence Taiwan's people and provoke internal conflicts on the self-governed island, which the PRC claims must be unified with the mainland, by force if necessary. However, since protests erupted in Hong Kong in mid-2019 over the PRC's extradition bill and the Chinese Communist Party's human rights abuses in Xinjiang came to light, Taiwan's people are more alert to such disinformation campaigns, especially those coming from the PRC.

As a result, the PRC has been forced to change tactics. Thus, when Taiwan faced a COVID-19 outbreak in May 2021, it was an opportunity for the PRC to conduct its cognitive operations. Now the PRC uses not only its traditional internet trolls, such as the so-called 50 Cent Army or its "wolf warrior" diplomats, it also taps new social media sites and platforms to further spread disinformation and misinformation on controversial issues in hopes of expanding its influence in Taiwan and weakening the people's faith in their government. So when these Chinese cognitive viruses spread into Taiwan's social media in May 2021, it became another crisis beyond COVID-19.



*The People's Republic of China (PRC) uses the "50 Cent Army," a group of China state-backed internet commenters whose numbers reportedly range from 500,000 to 2 million.*

## SPREADING THROUGH SOCIAL MEDIA

Taiwan has nearly 19 million internet users who average eight hours online each day and have eight social media accounts, according to the 2020 Taiwan Internet Report. That is an indication of the maturity of Taiwan's social media. Looking at May 2021, and the coronavirus outbreak, the number of Facebook pages and YouTube channels increased, and plenty of disinformation appeared on Taiwan's dominant messaging app, Line.

Chinese cognitive viruses fall into three categories: attacking Taiwan's government, speaking for the PRC and creating societal chaos. In the first, common themes include questioning the safety of Taiwan's self-manufactured COVID-19 vaccine and criticizing its epidemic prevention measures. When Taiwan's government showed concern over Hong Kong's pro-democracy protests and the closure of the *Apple Daily* newspaper there, Chinese-run social media operations criticized Taiwan's epidemic prevention as insufficient. In the second category, the PRC highlights Taiwanese citizens vaccinated in China, praising the quality of Chinese vaccines and how they have helped other countries combat the pandemic. In the

third approach, the PRC fabricates ridiculous claims regarding other nations' vaccine donations to Taiwan, including Japan, Lithuania, Poland, Slovakia and the United States. While Taiwan is grateful for those donations, the PRC is annoyed. When AstraZeneca vaccines from Japan arrived in Taiwan, for example, false information about side effects spread on social media. When the U.S. announced vaccine donations to Taiwan, another Chinese disinformation campaign sought to tie the donation to arms sales. Similarly, when U.S. senators visited the island, Chinese propagandists claimed the officials were assessing evacuation routes. In short, the PRC seeks to build anger and create fear and panic among Taiwan's people.

## STRENGTHENING SOCIETY'S RESISTANCE

The PRC uses three approaches to spread its cognitive viruses: creating internal conflicts, building people's anger, and dividing and ruling. By enlisting local collaborators to stir controversy and spread false information, it seeks to manipulate public opinion in Taiwan and provoke dissatisfaction and anger toward the government. Moreover, the PRC is adept at allying with the



Japan's fourth donation of COVID-19 vaccine doses was unloaded on 7 Sept 2021 at Taiwan Taoyuan International Airport. A Chinese disinformation campaign on social media questioned the safety of the vaccines. Source: Ministries of Foreign Affairs, Republic of China (Taiwan).



Taiwan holds live-fire artillery drills amid tensions with China. Released on 27 May 2022 by the Taiwan Ministry of National Defense, a Taiwan self-made anti-ship Brave Wind III or Hsiung Feng III medium range supersonic missile was launched. Source: Taiwan Ministry of National Defense via AP.





secondary enemy to battle the primary enemy. Thus, when it works with local collaborators, it is not supporting certain interest groups but just using them to extend its influence and fight the government in Taiwan.

Facing the threat of the PRC's cognitive viruses, Taiwan's Army is working to strengthen the people's resistance and faith in defense through cultural publicity. These efforts have been undertaken not only amid the challenges of the pandemic but also during Taiwan's worst drought in 56 years and the Chinese People's Liberation Army's constant intrusions into Taiwan's air defense identification zone. The Taiwan Army's combat and support units are dedicated to fighting these various difficulties and, while combating Chinese cognitive viruses, hope that cultural awareness measures can also boost the morale of Soldiers and civilians alike. To clarify disinformation immediately, for example, the Ministry of Defense (MND) website not only features a section on clarification of disinformation, but the ministry also posts clarifications on social media sites each time it identifies disinformation.

In addition, the MND continues adapting to produce innovative and creative cultural publicity campaigns, publishing them on social media sites and other internet platforms. It has also collaborated with one of Taiwan's largest television companies to produce a program titled "FIGHTING" since 2018. Celebrities are invited onto the program to experience military life and raise public awareness of military issues. To celebrate Taiwan's Armed Forces Day, the MND collaborated with a private company to design a colorful, military-themed train in an urban style for the metro rail system. It also introduced a canine mascot—a Shiba Inu—as its goodwill ambassador to appeal to younger groups and to present the Armed Forces as approachable, friendly and lively. Unlike previous campaigns, which tended toward the realistic or somber, the latest design series is sweet and upbeat, reflecting a wish to portray the military as relatable and ordinary people.

### ERECTING A COGNITIVE FIREWALL

To effectively resist Chinese cognitive viruses, Taiwan's military must improve cultural

publicity capability and build troops' resistance. By cooperating with other ministries and disseminating military knowledge as widely as possible, the MND hopes to strengthen people's faith in the Armed Forces and raise awareness of the PRC's disinformation campaigns. Just as retired U.S. military analyst Timothy L. Thomas wrote in his article "The Mind Has No Firewall," published in the U.S. Army War College's quarterly academic journal *Parameters*, the importance of a person's mind, consciousness and spirit can't be ignored when focusing on hardware systems. With the PRC persisting in promoting unification propaganda to Taiwan's people, it's crucial that the MND collaborate more with other ministries and build a solid firewall in people's minds to counter disinformation and lower the effectiveness of the PRC's cognitive operations.

As the coronavirus has mutated, Chinese cognitive viruses have changed as well. Taiwan is the PRC's first target for its cognitive and information operations. Beijing's goal is to spread its disinformation worldwide, which is what it's doing now. Therefore, just as nations develop more vaccines to protect their people against the coronavirus, they must develop vaccines against cognitive viruses. What happened in Taiwan can be a lesson for all countries that have democracy and freedom and value the voice of their people—just like Taiwan. ★

#### AUTHOR'S BIO



MAJ Ya-Chi Huang is a Major in the ROC Army in Taiwan and serves as the leader of the PRC radio program subdivision, *Voice of Han*, and Psychological Warfare group. She is a 2013 graduate of the Fu Hsin Kang College of the Taiwan National Defense University and holds a Bachelor of Arts in Journalism Development. She also serves as a Chief Counselor in the units of the Longtan Type A Combined

Maintenance Depot of the 3RD Regional Support Command, 33 Chemical Group of the 6th Army Command, and Service Battalion of Army Command Headquarters. As part of her duties, MAJ Huang researches cross-strait societal and cultural issues. During her career in *Voice of Han*, she won the 2019 Taiwan Rotary Golden Wheel Awards for News on Public Service (Radio News Media Coverage).



## Proposed Regular and Perpetual Membership Dues Increase

COL MIKE FARRELL, USMC (RET)  
CHIEF OF STAFF, MOWW

The Executive Committee (EXCOM) of the General Staff has approved a Finance Committee proposal to increase the regular member, perpetual member and memorial member dues. In accordance with the MOWW Bylaws, dues increases are approved by the MOWW General Staff at Convention on the recommendation of the EXCOM. Memorial member dues changes require an amendment to the MOWW Bylaws.

The following EXCOM-recommended regular and perpetual member dues increase will be presented to the General Staff at the 2023 national convention for approval:

- Increase regular membership dues from \$40.00 to \$60.00, effective on 01 Sept 2023.
- Increase the perpetual membership dues from \$350.00 to \$500.00 effective 01 Sept 2023. Current regular members will have until 31 Dec 2023 to upgrade at the current dues rate. The recommended increase in the perpetual membership due to \$500.00 applies to ALL perpetual members, including Warrant Officers and 18-20-year-old hereditary perpetual members. However, first-year commission PM dues will remain at \$200.00.

The EXCOM also endorsed the submission of an amendment to the MOWW Bylaws Article I, Section 8, which proposes to increase the memorial membership in perpetuity dues from two hundred dollars (\$200.00) to two hundred fifty dollars (\$250.00). This amendment was included in the Chair, Constitution and Bylaws Committee's annual report and will be presented to the delegates of the MOWW annual convention for approval.

The Military Order of the World Wars has not increased the Regular member, Perpetual member, or Memorial Perpetual member dues in over ten years. The exact date that the current dues structure was implemented could not be determined. MOWW dues revenues have not kept pace with inflation and do not cover the Order's operating costs. The recommended dues increase will be combined with other efforts to increase revenues from store sales, as well as grants and donations from external donors. ★

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The Military Order of the World Wars is a non-profit Veterans Service Organization (VSO) composed of US Federally-recognized commissioned officers and warrant officers who are citizens of the United States of good moral character and repute who are serving or have served honorably in the Active, Reserve, or National Guard of the United States Army, Navy, Air Force, Marine Corps or Coast Guard, the National Oceanic and Atmospheric Administration (NOAA) Corps and/or the United States Public Health Service (USPHS) Corps. Membership eligibility is also extended to descendants and spouses of these officers, and US Service Academy cadets. Eligible individuals may join one of the Order's chapters located throughout the United States or National Headquarters Chapter.



# A Tomcat is Found but No SCUDs

MAJ ROBERT M. KOMLO, USAF (RET)  
BRIG GEN SCOTT CHAPTER, GA

Nineteen years ago, I was deployed to fight in Operation Iraqi Freedom (OIF), flying the E-8 Joint Surveillance Target Attack Radar System (JSTARS). Reviewing my logbook and old charts from my time in the war, I noticed several significant missions that stood out. On 30 March and 1 April 2003, my crew and I were tasked to go Scud hunting. You may remember that the Scud missiles and their launchers were a problem during Desert Storm. During OIF, it was thought that Iraq still had some Scuds handy and operational. Our assignment was to help rid the world of Saddam Hussein, his Republican Guards and his weapons, including chemical and biological assets that intel said he still possessed in 2002. In early 2003, my E-8 wing organized an expeditionary force which deployed six JSTARS aircraft and crews to Prince Sultan Air Base, located near Riyadh, Saudi Arabia.

I flew both the March and April sorties in the western desert of Iraq on Scud hunting missions.

At first, both missions were monotonous. Like all the nights of OIF spent looking for Scuds, none were found—just various parts or components. On one of these missions, however, the other pilot and I spotted a flash on the deck of the desert. It turned out to be an F-14 heading north with mechanical problems that unfortunately crashed. Thank God both crew members punched out. Before we could report the crashed aircraft, we needed time to communicate with everyone involved, including those on our command center and other intelligence aircraft.

During the coordination of the search and rescue (SAR) package for the downed Tomcat, we were



OPERATION IRAQI FREEDOM (L-R): Maj Robert Komlo and Lt Col Keith Turner, both E-8 Joint Surveillance Target Attack Radar System pilots deployed from the Georgia Air National Guard, clean their windshield before taking off for a mission. JSTARS aircraft fly missions 24 hours a day in support of Operation Iraqi Freedom at a forward-deployed location in Southwest Asia. US Air Force photo by Staff Sgt Matthew Hannen VIRIN: 030421-F-9528H-009.JPG <https://www.edwards.af.mil/News/Photos/igphoto/2000599742/>



told to continue “business as usual,” looking for Scuds, boys and girls. Since I had spent three years as the airspace manager for the JSTARS wing (I was awarded ACC’s “Airspace Manager of the Year” in 2000 — kudos to me, I think), I plotted the location of the flash — as was standard ops and to provide in our debriefs. The nav and I worked up an orbit to project our radar down and around the downed aircraft, eventually relaying it to my crew. This orbit would keep us about 80 nautical miles away, with a 60 to 100 nautical miles long orbit length in a figure-eight pattern.

Initially, we were supposed to monitor the various radio nets for the hopeful rescue, but later, we were told, “You’re it!” Our duty was to monitor and observe the rescue helicopters arriving from the Saudi Arabian border, which were approximately 50 nautical miles to the south. The rescue forces were initially positioned below and to the east of our air refueling orbits at TEXACO. We were tasked to align our orbit to maintain our side-looking ground radar on the entire region to help vector in SAR assets and keep a lookout for any enemy forces that might approach the downed Navy crew members and make a bad night worse. CENTCOM’s Joint Personnel Recovery Center quickly dispatched a USAF 301st Rescue Squadron Combat Search and Rescue HH-60G (supported by TACAIR assets) from Ahmad al-Jaber Air Base, Kuwait, which started the ball rolling for the rescue. Nevertheless, without the air battle

managers (ABMs), the odds of a successful rescue could have been worse if bad guys had been around and searching for the crew.

The front-end crew monitored the radio comms of the rescue team and kept up with the movement of the helos and other support assets (I believe it was F-16s). We were very exuberant to hear that both Tomcat guys got picked up and made it out uninjured.

Thinking about it later, the Tomcat crew was unlucky to suffer a single-engine and fuel transfer system failure, which took them down that night. Fortunately, Mother Luck was with this F-14 crew after their ejection. We were nearby, and the rescue team arrived promptly, as expected from a SAR team. It’s reassuring to know that military flyers can count on such efficient assistance during missions of this sort and in the middle of a desert too!

Our flight was more than 12 hours long—typical for such missions. Our chief air battle manager (a great guy named John) and I were involved in the reports and lessons learned after the flight. It was a great experience to report on this event as we were in the right place at the right time, just as we were several days earlier when we spotted a large enemy convoy and coordinated an attack that destroyed it during OIF.

I would stay in this fight until my return to Georgia six weeks later. ★

#### About the E-8C

The E-8C is an aircraft modified from the Boeing 707-300 series commercial airliners in the mid-90s. E-8s became part of the military’s intelligence, surveillance and reconnaissance aircraft fleet and were used for airborne command and control roles. The Joint Strategic Targeting and Radar System (JSTARS) carries specialized radar, communications, operations and control subsystems and can be air refueled. The most prominent external feature is the 40-foot, canoe-shaped radome under the forward fuselage that houses the 24-foot APY-7 electronically scanned array side-looking airborne radar antenna.

The crew is made up of two pilots, a navigator (called a defensive systems operator), a flight engineer, air battle managers (ABMs) and flight technicians, completing the complement of 18 combat crew members. The ABMs became “rated” crewmembers many years ago. The technicians handle the entire radar system and monitor its health for the ABMs and operate the numerous radios we had in this old bird.

#### About the F-14

Towards the end of their operational lifespan, F-14s were re-purposed for air-to-ground use and converted into F-14D(R) in the early 1990s. During Operation Iraq Freedom (OIF), the newer F/A-18 Super Hornets were used as a replacement for the F-14. However, for carriers without Super Hornets, the F-14 was preferred for precision strike missions due to its two-seat cockpit, low altitude navigation and targeting infrared for night (LANTIRN) pod, and longer range. As a result, F-14s were mainly used for nighttime missions with this pod during the Iraq War.

Additionally, it was discovered that land-based Navy F-14 Tomcats secretly supported special ground operation forces during multiple strike missions over western Iraq. These missions required aircraft to fly long distances, provide strong precision strike capabilities, and support forward air control airborne missions, which are all capabilities unique to the Tomcat. Although land-basing the typically carrier-based F-14s was considered unorthodox, new tactics, techniques, and procedures were introduced to make these missions successful.



# Beyond The Invasion

BG RAYMOND E. BELL, JR. PHD, USA (RET)

BG BULTMAN CHAPTER (AT LARGE)

Today, Doctor Emily Kennedy is a scientist who recently worked to support the US Army's pandemic fighting efforts by analyzing infection samples drawn from soldiers stationed around the world. But at the end of June 2003, after the sharpest edge of the fighting in Iraq was quiescent, then mobilized Army Reserve Lieutenant Colonel Kennedy (she was promoted to colonel in-country) was driving in a convoy of Humvees from an army camp in Kuwait to Baghdad, Iraq. It was several months beyond the invasion, and she was supporting the US Army civil affairs effort to take part in the reconstruction of the Iraqi infrastructure damaged as a consequence of Operation Iraqi Freedom One.

The trip was part of her first experience in a wartime environment, and it afforded her unique challenges along with the ever threat of danger. Wearing her heavy helmet and cumbersome protective gear and displaying her loaded weapon, Kennedy shared driving tours with her fellow mobilized Army Reserve civil affairs soldiers as they moved north. The two-day drive included combating the dust storms and experiencing boiling heat. Their route led them through small hamlets, past remnants of marshland, over miles

of desert, and encountering people shuffling along, many of whom greeted the soldiers along the way. They stopped for the night at an airbase and shared a tent that housed fellow civil affairs soldiers, which, fortunately, contained a wooden plywood floor laid down upon the sand.

Today in an age when women in the military are performing combat duties, we are finding war veterans like Kennedy more than ever deeply involved in the battlefield scene. She is now retired from the Army Reserve, having last served in the United States in an entirely different combat zone, the pandemic arena. At the same time, as she did, women in the armed services are more than ever stepping up to go directly into harm's way, this time at the "tip of the spear."

Another woman combat commander, Holland Pratt, was previously a West Point First Captain in the Class of 2022 at the United States Military Academy at West Point. She was an honor graduate who, after attending graduate school at Oxford, England, on a Rhodes Scholarship, reports to her first active duty unit. On completing her advanced degree in Great Britain, she was to find herself as a lieutenant either in the turret of a tank commanding a tank platoon or as a scout leader at the head of a cavalry platoon. She was not alone, as other classmates were also on the way to commanding front-line combat units.

In the recent Iraq wartime history, after the invasion of the country, American women in military uniform occupied various positions at different levels of responsibility in the effort to reconstruct the infrastructure, which was a monumental task. Kennedy's experience is instructive. As a member of a civil affairs command, one of several in the Army Reserve force structure, she held a staff position in the organization as chief of the command's public health team. It does not take too much imagination to figure out the kinds of jobs required in a desolate country struggling to reestablish some semblance of adequate health care after the people spending years under the thumb of a tyrant whose only purpose was self-aggrandizement.



2022 West Point First Captain Holland Pratt: eager to serve and willing to lead. Courtesy photo.

In February 2003, after being called to active duty from her civilian Department of Army scientific position, she spent several weeks training in the United States. Then it was to Kuwait, where after waiting for a viable civil affairs task, she was assigned as Officer in Charge of what was called the Fusion Cell. This *ad hoc* organization oversaw and coordinated major government and civilian projects. Cell members wrote information papers intrinsic to the environment and addressed specialized scenarios. When in the theater of operations, Cell members produced and presented the daily up-date briefings to the appropriate general officer in charge and to all soldiers who chose to attend the comprehensive briefings. Fusion Cell briefs addressed all 26 functional areas spanning the country's infrastructure.

As the war scenario changed over time, the initial focus on hearing the good news stories from the civil affairs community was reversed. Instead, it evolved into a need to become more informed about areas that were not improving as expected, mainly due to enemy sabotage. The cell changed its focus to areas such as power generation, gasoline availability, and other economic challenges. Public health was one of the more improved areas and not a subject for cell reporting on a weekly basis, so Kennedy, who had reported on public health issues, was given leave to participate in another area of concern.

She elected to work for the Ministry of Science and Technology inside the protected Green One compound in Baghdad with responsibility to report

the state of progress and reconstruction of the ministry in the city. Additionally, because of her civilian skills, she chose to interview the ministry biologists and chemists who came to visit her in the course of various conferences. The purpose and outcome of the meetings were to identify projects and scientific collaborations locally and worldwide.

One such project she got funded involved a collaboration effort between Iraqi and American scientists, which resulted in identifying radioactive waste in the ground near the Al Tuwaitha nuclear facility. The waste had been dumped on the ground by unsuspecting looters who took emptied radioactive waste cans home to be used as water containers. The noxious activity adversely impacted the people's livestock which became exposed to the area's contaminated wastewater. The unfortunate result was that many families thereby lost a valuable economic asset and themselves physically suffering. This particular situation later became the subject of an article in the *Bulletin of Atomic Scientists*.

Kennedy did not consider herself an important individual engaged as a civil affairs officer in Iraq. However, as one who was doing her duty she was still typical of the American woman soldier who today effectively populates the armed services. To be sure, it is important to continue to recognize and applaud the valuable contributions women in military uniform to include those like Kennedy have made, and still make, in serving to protect the American people. ★

Another example: CPT Marissa Frazer stands at attention command during a change of command ceremony at the National Guard armory in Holdenville, OK, 9 July 2021. CPT Frazer assumed command of Bravo Battery, 1st Battalion, 160th Field Artillery Regiment, 45th Infantry Brigade Combat Team, Oklahoma Army National Guard, as the first female commander of a combat arms unit in the 45th IBCT. Oklahoma National Guard Photo by SGT 1st Class Mireille Merilice.





# CDR Alan Mandigo Sets the Bar High

CAPT EDWARD J. MURPHY, USAF (FMR)  
COMMANDER, PUGET SOUND CHAPTER, WA



On 8 March 2020 (L-R): PCINC Col David Gibson awarded the MOWW General Staff Emeritus to CDR Alan Mandigo, USN (Ret).

CDR Alan Mandigo has a big job annually preparing the Puget Sound Chapter's ROTC/JROTC awards. This involves the preparation of awards packages to high schools and colleges in the Pacific Northwest, Pacific Islands, the Far East, and Spain, which have ROTC and JROTC programs sponsored by our Chapter. The Spring mailing used to be small and manageable and maybe even fun, but over the years, Alan turned it into a much bigger effort.

Commander Alan M. Mandigo retired from the US Navy in 1994. Soon after, he started teaching JROTC at Stadium High School, and there met a MOWW Companion who talked Alan into our chapter. In 1996 he agreed to become the Chapter ROTC Chair with just 14 ROTC/JROTC Programs to manage. However, the number began to grow until now there are 116, and no end in sight. Now the job of mailing out award packages is considerable.

Not afraid of work, CDR Mandigo was Chapter Commander for two years, Chapter Treasurer for 13 years, and Chapter Awards Officer for 14 years. He held the positions of WA State CDR, Region XV CDR, and National ROTC Committee Chair, the last job he still holds and is due to retire from this year. Alan has been an integral part of the Northwest Youth Leadership Conference since 1998 and currently serves as assistant Director, Registrar, and Treasurer. CDR Mandigo ensures JROTC support for the Chapter's Massing of the Colors. The Puget Sound Chapter awarded the MOWW General Staff Emeritus to CDR Alan Mandigo in March 2020.



Puget Sound Companions assisted CDR Mandigo to prepare 116 ROTC and JROTC packages.

This year Alan devised a way to lighten his load by arranging a JROTC/ROTC awards package mailing party with his wife Annie's help. They offered the incentive of lunch. It worked well. Packets are now in the mail or hand-delivered to recipients, and we had fun doing the job. Alan Mandigo has set the bar high for himself and for others, and we are grateful to be on the same team with him.

Remembering the adage, "Many hands do light work," the Puget Sound Chapter is serious about our JROTC/ROTC outreach program. ★





# CAPT Paul Mawn Honored at Harvard

SUBMITTED BY THE GREATER BOSTON CHAPTER, MA

Located as we are in the heart of a region containing many prominent universities, the Greater Boston Chapter places great emphasis on encouraging ROTC programs at the larger colleges. We also advocate for the favorable treatment of students who are veterans, and we are leaders in participating in patriotic commemorations on the major campuses. Over the years, this has not always been easy, given current sentiments in the academic world. Of our members locally and perhaps throughout the Order, no one has been more effective in advancing patriotic principles on campus over the years than CAPT Paul Mawn in his extraordinary work at Harvard University.

CAPT Paul E. Mawn USN (Ret), of Sudbury and Harwich Port, MA, a Greater Boston Chapter Companion, was selected as the initial recipient of the Alumni Leadership Award by the Harvard Veterans Alumni Organization. Harvard President Lawrence Bacow and President of the Harvard Veterans Alumni Organization Peter Goodman recently presented this award to him. The citation on this new award reads: *"To CAPT Paul E. Mawn USN (Ret), in recognition of his outstanding professional achievement, leadership, commitment to public service and support of Harvard's military-affiliated communities."*

CAPT Mawn was commissioned as an officer in the US Navy through his participation in the Navy ROTC program at Harvard, where he

graduated *cum laude* in Geology. After his release from active duty, he remained in the active Navy Reserve for over two decades. He was awarded the Navy Commendation Medal by the Secretary of the Navy for his activities while briefly serving on active duty during "Desert Storm." He subsequently retired from the US Navy on the deck of the USS Constitution after 32 years of service.

CAPT Mawn has served as the Chairman of the Advocates for Harvard ROTC for many years, which has grown from 400 to over 2,600 members under his leadership. Seventy-five percent of these members are US military veterans with one or more Harvard degrees. During this period, he successfully advocated for ROTC programs to be formally recognized again by Harvard and be permitted on its campus. He has worked tirelessly to significantly increase the number of Harvard undergraduates enrolled as cadets and midshipmen.

In his civilian career, CAPT. Mawn was in the oil business for many years in executive positions with Exxon and Hess Oil, and later he managed international petroleum consulting projects with Mercer Management and as president of Concord Consulting Group. Captain Mawn has received the Silver Patrick Henry Medal for patriotic services and other awards conferred by the Greater Boston Chapter and Region I. ★



In 2011, CAPT Paul Mawn, USN (Ret), and Cadets listen to then Harvard University President Drew G. Faust speaking at the dedication of a new ROTC office. By Lauren Frohne/Globe Staff



(L-R): President Lawrence Bacow of Harvard University, CAPT Paul Mawn, USN (Ret), and Peter Goodman, President of the Harvard Veterans Alumni Organization.



# The Evolution of MOWW's Database

HPM JUSTIN HILLER

NATIONAL MEMBERSHIP MANAGER, MOWW HEADQUARTERS

MOWW has maintained a membership database for more than a century. Over the years, the database has expanded significantly, whether in paper form or electronic. The *National Bulletin* (which preceded *The Officer Review*) often reported on lost or mishandled paper records. When an electronic record was finally introduced, the system crashed multiple times over the years, and the roster had to be rebuilt.

There are various reasons for the wild inaccuracies in the database. One reason was the removal of all Regular memberships after their exit from the Order, whether by cancellation, resignation, or even death. Yes, the records would be expunged after removal.

Another reason was the removal of first names and dates of birth of Perpetual members after their death, despite the need to keep them on the roster "in perpetuity."

Finally, paper records of applications were moved to the archive at the Hoover Institution at Stanford University for safekeeping by Gist Blair. While that sounds like a good idea, this Membership Manager cannot verify the data stored in the database without it. I have been relying on the old *National Bulletins*, good old-fashioned research, and, in some cases, logical guesswork.

Yes, the database the Adjutants can call the MOWW Member Roster is a usable patchwork of information, which will be an ongoing process until I have more information from the Hoover Institution archive.

As we entered the second century of the Order, it was clear that a new format was necessary to keep us current. Sunny Alley, the Merchandise Manager, and I researched and interviewed sixteen different platforms designed for entities like ours. If we recommended something to the Order, we would need to be clear that the new service would help and not hinder our organization. In this new century, many features were essential to give us a foothold to move forward and progress. We were looking for ways to connect with our members and

offer them fresh content that they hadn't received before. We needed ways to show Companions that they weren't just names on a spreadsheet anymore. We needed to connect their membership to our online capabilities. Our goal was to find a platform that could maintain a comprehensive record of our Companions' membership, including all their data, receipts for dues, donations, and eventually, Convention registrations. Finally, we wanted an email blaster service that could be used to communicate with all Companions quickly and efficiently. We ultimately decided on ToucanTech.



In 2014, ToucanTech was founded by two British women who had prior experience in university alumni services. They were looking to reformat the way they approached alumni events. Fast forward eight years, enter a computer programmer, and *voila!* An app was born!

The app they built has evolved well past alumni membership and events to include all sorts of uses for organizations. Their passion for making the system easy for all users ultimately pushed them to the forefront. Capterra, the most comprehensive software directory on the web, placed ToucanTech on their 2023 shortlist for Association Management Software.

ToucanTech offers a number of features that I plan to share with MOWW slowly over the next couple of years. As I am drafting this article, we have just completed the upload of all MOWW records to the system and will be starting to receive payments through the system in the coming week. After you read this article, please feel free to peruse the MOWW website. Look for the "Pay Dues" and "Make A Donation" buttons on the top of the homepage, which is the quickest way to access the new payment system. In the upcoming months, I plan to grant system access to all Companions and initiate the development of our new Online Community. In this digital age, being online is crucial and MOWW must adapt accordingly. With ToucanTech's help, MOWW will rise to meet this new century. ★





# My Mother said, “Breakfast is the Most Important Meal of the Day”

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

Breakfast is often called that for good reasons. It does “*break* the overnight *fasting* period”; it replenishes the body’s supply of glucose to boost energy levels and alertness while also providing essential nutrients required for good health.

Breakfast is an indispensable meal that allows us to provide our body with necessary nutrients. If you wake up feeling hungry in the morning, it’s crucial to address it. What are the consequences of skipping breakfast?

Some people experience headaches, blood sugar dips, faintness and difficulty concentrating when they skip breakfast. Breakfast helps maintain healthy blood sugar levels, helps keep blood pressure levels steady, and improves cholesterol levels by supplying essential vitamins, minerals, and nutrients. Incorporating this into your routine can aid in managing your weight, enhancing cognitive abilities, and lowering the likelihood of illness.

In the case of intermittent fasting, skipping your evening meal, not breakfast, is better and easier. Have your dinner either early or just a snack to begin your fasting. Research suggests fasting in the evening and overnight, then eating early in the morning, is the better way to pursue a weight reduction program.

What are the most important foods to eat for breakfast? Choose whole, unprocessed foods from the five food groups: fruits, vegetables, grains, protein, and dairy. Include proteins from yogurts, eggs, nuts, and seeds or legumes. The best time to have breakfast is usually within two hours of waking up. Pay attention to your hunger signals rather than the time of day is important. If you are a gym-goer and prefer exercising in the morning, have something light like a banana or avocado toast at least half an hour before working out.

A good breakfast includes at least three of the five main food groups: eggs, whole-grain toast, cereal,



milk, and an apple. Choosing whole-grain bread, cereal or oatmeal to start your day works well.

The most popular breakfast food in America is eggs. Bacon is crowned America's favorite breakfast food! It's salty and savory flavor is what makes this breakfast side dish so addicting. What do Europeans eat for breakfast? Pastries, cold or hot, are everyday breakfast items. Porridges and unsweetened cereals are common, and Cornflakes and muesli are popular dishes.

Here are some of the worst foods you can eat in the morning: breakfast cereals, Pancakes and waffles, toast with margarine, muffins, fruit juice, toaster pastries, scones with jam and cream, and sweetened non-fat yogurt. There are many healthy breakfast options from different countries. In Japan, a traditional breakfast usually includes fish such as salmon or mackerel, miso soup, pickled vegetables, and rice. In China, breakfast includes starch-based dishes such as noodles, congee, dumplings, plain or stuffed buns, and oven or pan-baked flatbread. Eggs are cooked and seasoned in many different ways.

Beginning your day with a balanced meal that includes protein can leave you feeling satisfied and full. A typical German breakfast often consists of hearty bread and rolls topped with butter, sweet jams, and local honey. You may also find thinly sliced meats, cheese, and even Liverwurst.

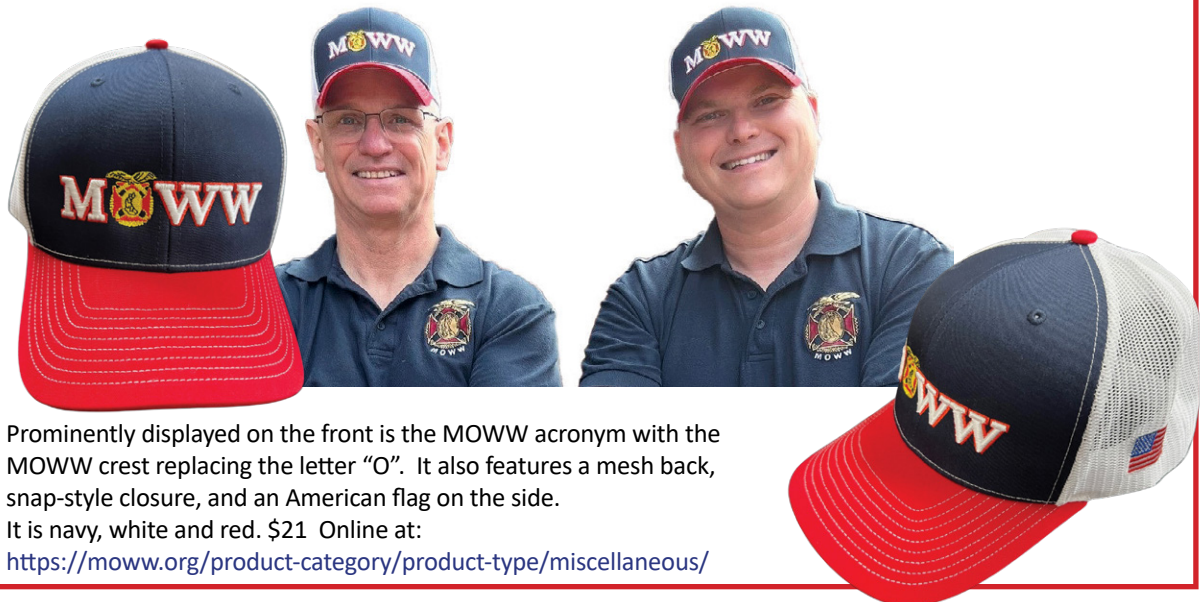
The ingredients and dishes for breakfast vary a great deal around the globe. What's most important is choosing the foods and cuisines that suit your dietary needs and tastes.

To maintain a healthy diet, it's important to keep in mind the fundamental principles of consuming low amounts of sugar, high levels of fiber, and low amounts of cholesterol. This can be achieved by incorporating whole and fresh foods into your meals. Healthy eating should be enjoyable as well as nutritious. Explore, be adventurous, and discover your own healthy start to the day. Starting your day with breakfast can be the most important meal of the day. ★  
Be well.



## The brand new MOWW Trucker hat is now available.

Check out the Chief and I wearing the hat! Get yours today, and wear them proudly when you head out. Also, be sure to order soon, so you can receive it in time for the National Convention in August!



Prominently displayed on the front is the MOWW acronym with the MOWW crest replacing the letter "O". It also features a mesh back, snap-style closure, and an American flag on the side. It is navy, white and red. \$21 Online at:

<https://moww.org/product-category/product-type/miscellaneous/>

# The Power of Forgiveness: A Biblical Perspective

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

*“For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”*

—MATTHEW 6:14

In today's climate, I feel compelled to talk about the importance of forgiveness. Forgiveness is critical to our faith and most often discounted and overlooked. However, truthfully, forgiveness is crucial to our spiritual growth, well-being, and relationship with others. In that vein, it's important to understand forgiveness from a biblical perspective, its benefits, and cultivate a forgiving heart.

Understanding the biblical perspective of forgiveness articulates that forgiveness is not just about an act of mercy or a feeling of compassion. It is a spiritual discipline and a commandment from God. The Bible states that forgiveness is the act of pardoning someone who has wronged us and releasing them from their debt. The Bible says in Matthew 6:14, “For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”

The act of forgiveness is liberating and benefits not only the person who receives forgiveness but also the person who gives it. It frees us from emotional hostage by releasing the burden of anger, bitterness, and resentment, and opens the

door to healing, reconciliation, and peace. God's word talks about “bearing with each other if anyone has grievance against another. Forgive as God forgives you” Colossians 3:13.

The challenge of forgiveness can be difficult and often requires us to overcome our ego, pride, and self-righteousness. Sometimes the wounds caused by others can cut very deep, and forgiveness appears impossible. However, with faith and spiritual strength, we can overcome these seemingly insurmountable challenges and experience the transformative power of forgiveness. In Ephesians 4:31-32 states, “Get rid of all bitterness, rage, and anger, brawling, and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, as we want to be forgiven.”

The ultimate model of forgiveness can be seen throughout the bible in God's word, and we are challenged to forgive others as God forgives us.

Ultimately, forgiveness is a gift that we give ourselves and others. It's a powerful tool for healing, reconciliation, and transformation. Let's embrace forgiveness with open hearts and minds. ★







Puerto Rico Chapter, PR

## Saluting Two Outstanding JROTC Cadets

BY COL ADALBERTO RIVERA, JR, USAF (RET)

JROTC cadets at Antilles High School, Fort Buchanan, Puerto Rico received their MOWW JROTC medals for exemplary performance. The awards were presented by the Puerto Rico Chapter on 26 May 2023.

(L-R): Cadet Sergeant Idrian Malavé; LTC Jorge Más (ROTC/JROTC Program Coordinator), and Cadet Sergeant Anamaris Irizarry.

Virginia Piedmont Chapter, VA

## Army, Navy, & Air Force ROTC Joint Awards Ceremony

BY HPM MR. CHARLES W. BENNETT, JR.

On 18 April 2023, CINC LTC (Dr.) Michael Okin, USA (Ret), awarded MOWW ROTC Certificates to deserving cadets from Liberty University, James Madison University and the University of Virginia. The combined Spring 2023 Awards Ceremony was held at McLeod Hall Auditorium on the campus of the University of Virginia in Charlottesville.



University of Nebraska at Omaha

## Recognition for Air Force ROTC Cadets at the University of Nebraska at Omaha (UNO)

SUBMITTED BY MARY KJELDGAARD, DEPARTMENT OF AEROSPACE STUDIES, UNIVERSITY OF NEBRASKA AT OMAHA

Capt Keith Saylors presented Gold, Silver and Bronze MOWW ROTC Medals at the Award Convocation held on 21 April 2023.



MOWW Gold Award to Cadet Luis Quintero



MOWW Silver Award to Cadet Kaleb Kroeger



MOWW Bronze Award to Cadet Jessica Fabianiak





Northeast Florida Chapter, FL

## Law and Order: Police Officer of the Year

BY CW04 DAVID A. MCCUISTION, USN (RET)

During the May chapter meeting, the Northeast Florida Chapter honored the Police Officer of the Year for Duval County and Jacksonville. Officer Carl C. Whitt III, Duval Sheriff's Office, played a critical role in an arrest involving a business burglary in August 2021. He was accompanied by Assistant Chief of Police, Will Janes.

(L-R): CW04 David A. McCuistion congratulates Officer Whitt after the award presentation.



LTG Middleton Chapter, LA

## L&O Outstanding Performance Award

BY PCINC COL CLAY C. LE GRANDE, USA (RET)

On 7 February 2023, the LTG Middleton Chapter held a dinner to honor local First Responders. One of the attendees, Fire Inspector Aaron Johnson from the Baton Rouge Fire Department, had previously won 3rd Place, National Law & Order Outstanding Performance Award during the previous program year. Aaron was recognized for stopping an armed robbery. He was presented with the 3rd Place Certificate signed by the CINC and a plaque from the LTG Middleton Chapter.

(L-R): Chapter Commander PCINC COL Clay C. Le Grande, USA (Ret), Marian Johnson, Aaron Johnson Jr. and Fire Inspector Aaron Johnson.



Fort Knox Chapter, KY

## District Judge Hosts Fort Knox Members

BY BG DAVID ESTES, USA (RET)

The Fort Knox Chapter held its May meeting at the Hardin County Judicial Center, Elizabethtown, KY. HPM Companion Judge Kim Shumate gave an excellent briefing on Law & Order. Judge Shumate directs the Veterans Treatment Court, where participants enter a rehabilitation program. About 80% will graduate, allowing the veteran's criminal record to be expunged.

Pictured: Judge Shumate, center in white, Front row (L-R): MAJ Mike Pesko, LTC Larry Herzog, COL Joe Schroeder and MAJ Carl Cornelius. Across the back (L-R): COL Ed Pate, MG Terry Tucker, COL Dale Stewart, BG David Estes, COL Bill Betson, LTC Dick Ardisson, MG Bill Barron, CPT Steve Spenser, COL John Butler and COL Walt Meinshausen.







North Central Florida Chapter, FL

## Congratulations to 2LT Nathan Vowinkel

BY PCINC CAPT RUSSELL C. VOWINKEL, USN (RET)

On 27 May, 2LT Nathan Vowinkel graduated from West Point with a degree in Mechanical Engineering. He was commissioned and will take the 37-week Cyber Course at Fort Gordon, GA, as he branches into Cyber service. The photo shows him with his grandparents, CAPT and Mrs. Russell Vowinkel.

2LT Nathan Vowinkel is also a Perpetual member of the MOWW. His grandfather was a past Commander-in-Chief of the Order.



Colorado Springs Chapter, CO

## Chapter Recognizes Eagle Scouts

BY LTC MICHAEL D. BERENDT, USA (RET)

Colorado Springs Chapter Commander COL Steve Shambach, USA (Ret), and Scouting Coordinator Col Kermit Neal, USAF (Ret), attended the annual Pathway to the Rockies Recognition Banquet. They awarded each of the eleven new Eagle Scouts a MOWW Eagle Scout Recognition Certificate.

This is a tremendous effort by these young men and women, and we welcomed the opportunity to recognize them for their accomplishments.

*COL Shambach (far left) and Col Neal (far right) welcomed new Eagle Scouts at the 2023 Pathway to the Rockies Banquet.*



COL Billie L. Stephens – Apache Trail Chapter, AZ

## Eagle Scout Court of Honor

BY LTC PATRICK STOLZE, USA (RET)

On 9 December 2022, Troop 285 held an Eagle Scout Court of Honor in Chandler, AZ, where Region XIII and COL Billie L Stephens Chapter Commander LTC Patrick Stolze, USA (Ret), recognized four newly promoted Eagle Scouts. (Pictured L-R): Payne Downey, Christopher Novy, Thomas Dexter, and Jake Farmer received MOWW Eagle Scout Recognition Certificates during the ceremony. The event was organized by Scouting Coordinator HPM Chuck Mackey in collaboration with Scoutmaster Kory Reeves and Troop 285's contact James Novy.

*(L-R): Payne Downey, Christopher Novy, LTC Pat Stolze, Thomas Dexter, and Jake Farmer.*





Region IV (DC, MD, VA, WVA)

## Brigadier General Arthur B. Morrill, III, Elected Region IV Commander

BY HPM MR. CHARLES W. BENNETT, JR.

The Oakwood Country Club in Lynchburg, VA, welcomed the MOWW Region IV Spring Conference on 22-23 April 2023. Brigadier General Arthur B. Morrill, III, USAF (Ret), former MOWW Chief of Staff, was unanimously elected Region IV Commander. B Gen Morrill was sworn in by MOWW CINC LTC Michael A. Okin, MD, USA (Ret).

*(L-R): MOWW CINC LTC Michael A. Okin, MD, USA (Ret), congratulates Brigadier General Arthur B. Morrill, III, (Ret), on his election as Region Commander.*



Region VII (AL, AR, LA, MS, MO)

## Region VII Installation of Officers

BY PCINC COL CLAY C. LE GRANDE, USA (RET)

The Col James Elmer Chapter hosted the Spring Conference of Region VII in North Little Rock, AR, with MOWW CINC LTC Michael A. Okin, MD, USA (Ret), and VCINC CAPT Deborah A. Dombeck, USCG (Ret), in attendance. MOWW Merit Awards were presented to LTC Patrick Widner, Lt Col David Dunlap, and LTC Shaun McGarry for their contributions to establishing YLC & YLSs in the region. The culmination of the night was the installation of the 2023-2024 Region Officers by CINC LTC (Dr) Michael A. Okin.

*(L-R): CINC LTC Okin installs the 2023-2024 Region VII Officers. Lt Col David Dunlap, Region Vice Commander; PCINC COL Clay Le Grande, Region Commander; HPM Donna Widner, Region Treasurer.*



Region VI (FL, PR, VI)

## Region VI's Spring Conference

BY COL ADALBERTO RIVERA, USAF (RET)

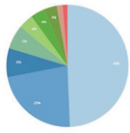
The MOWW Region VI Spring Conference took place on May 20-21, 2023, in San Juan, PR. The conference opened with a warm welcome from LTC Charlie Conover. CINC LTC Michael A. Okin, MD, USA (Ret), joined via ZOOM and remained connected throughout most of the event. SVCINC BG Victor Perez presented awards, including the SPH Medal to COL Robert Schlegel and the GPH Medal to CW4 David McCuiston. He presented "El Quijote" statues to LTC Conover and Col Adolfo Menendez for their leadership as Region VI Commander and Puerto Rico Chapter Commander, respectively.

*(L-R): COL Robert Schlegel, SVCINC BG Victor Perez, LTC Charles Conover and CW4 David McCuiston.*





## PTSD-Repository



The PTSD Trials Standardized Data Repository (PTSD-Repository) is a database that contains information pulled from almost 400 published randomized controlled trials of PTSD treatment. To go to the database, click here: <https://ptsd-va.data.socrata.com/>

The National Center for PTSD uses data collected from these studies on PTSD treatment in adults to create data stories. The stories will help users of the PTSD-Repository learn about the included studies and draw insights from the data about PTSD treatments. To learn about the PTSD-Repository go to: <https://ptsd-va.data.socrata.com/stories/s/jyb7-yupa>

## Bill To Expand Burial Benefit For Veterans Passes House



In May, “Gerald’s Law,” a bipartisan bill introduced by Rep. Jack Bergman (MI) and Rep. Colin Allred (TX), passed the House of Representatives as part of a package of bipartisan bills included in HR 1669, the VET-TEC Authorization Act. Gerald’s Law, introduced initially as HR 234, will close a loophole that denies certain terminally ill veterans their VA burial allowance if they do not pass away at a VA facility.

The dire need for a solution to this problem was underscored for Rep. Bergman by Denise Formolo, the Veterans Service Officer for Dickinson County, MI, who shared the story of a constituent veteran named Gerald “Jerry” Elliott and his surviving family who endured this terrible situation.

Currently, the “Non-Service Connected Burial and Plot” benefit from the VA will only cover up to nearly \$800 in burial and funeral expenses for the surviving family of a veteran *if* they are hospitalized at the VA at their time of death. Forcing a veteran to give up their benefit if they wish to pass away in the comfort of their own home and surrounded by loved ones is wrongful.

Rep. Bergman’s bill will expand the eligibility for this VA benefit, permitting terminally ill veterans discharged from a VA hospital or nursing home

to pass comfortably at home under hospice care without fear of losing the allowance for their families.

Follow this link to read the entire bill: <https://www.congress.gov/bill/118th-congress/house-bill/234/text>

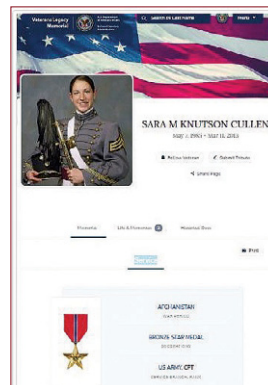
## Summary of VA Benefits for National Guard and Reserve Members and Veterans



Where can I learn more about VA benefits for National Guard and Reserve members?

Go to [www.ebenefits.va.gov](http://www.ebenefits.va.gov), the one-stop shop to learn about and apply for VA benefits, or [www.benefits.va.gov/guardreserve](http://www.benefits.va.gov/guardreserve), a website tailored to help National Guard and Reserve members learn about their benefits and answer frequently asked questions.

## Veterans Legacy Memorial (VLM) Website Adds 300K Service Members.



The Veterans Legacy Memorial is the nation’s first digital platform dedicated to the memory of Veterans interred in VA’s national cemeteries, VA-grant funded cemeteries, two National Park Service national cemeteries, and now, 27 Defense-managed military cemeteries.

Each of these 300,000 Veterans will now have individual pages on VLM where family, friends and others can post tributes, upload images, and share their Veteran’s achievements, biographical information, and historical documents.

Of the 27 cemeteries, five are operated by the Navy, four by the Air Force, and 18 by the Army, including two national cemeteries: Arlington National Cemetery and the US Soldiers’ and Airmen’s Home National Cemetery. For more information visit: [https://www.vlm.com.va.gov/?utm\\_source=Veterans%20Legacy%20Memorial&utm\\_campaign=cem](https://www.vlm.com.va.gov/?utm_source=Veterans%20Legacy%20Memorial&utm_campaign=cem)





# Reveille

RANK/NAME (SERVICE)

NEW MEMBER

Sponsor

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\*\*Denotes RM/HRM

DATA FROM APRIL–MAY 2023

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COL Daniel G. Foust, USA (Ret)\*







# Reveille

RANK/NAME (SERVICE)

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DATA FROM APRIL–MAY 2023

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*LTC Dennis V. Christo, USA (Ret)\**





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*\*\*Denotes RM/HRM*

DATA FROM APRIL–MAY 2023

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"IT IS NOBLER TO SERVE THAN TO BE SERVED"

# OFFICER REVIEW®

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