

# OFFICER REVIEW

THE MILITARY ORDER OF THE WORLD WARS

JANUARY/FEBRUARY 2014  
Volume 53 • Number 6



## Witness To Normandy

### ALSO IN THIS ISSUE:

- Sniffer Missions: Vietnam
- Memorializing Companions



# Serving Through Participation

The New Year is a time to reflect on this past year. Throughout my travels, I have met so many Companions who chose MOWW to make extraordinary contributions to America by their service. Let me highlight a few of our Companions.

Mr. Travis Putnam, HPM, Holland Chapter, is young, energetic and creative. He has been dedicated to the San Diego YLC since his university graduation in 2002. Currently he is the co-chair, Curriculum Committee, and as such, he brings his expertise as a certified teacher to the program. Companion Putnam is making a difference in the lives of our young people.

LTC Jorge Mas, PM, Puerto Rico Chapter, is that chapter's Commander and brings excitement and fun to the chapter. He captures opportunities to recruit new members and immediately makes them feel welcome and a part of the chapter. He balances work, family and MOWW with enthusiasm that inspires others to do the same. LTC Mas is making a difference by inviting and welcoming others to join MOWW so they too can continue their dedicated service.

The El Paso Chapter's Col Maureen Lofberg, PM, has been an active and fully participating MOWW member since 1989. She continued her dedication and involvement to the Chapter's Massing of the Colors even though she was her husband's full time caregiver. Col Lofberg is making a difference through her perseverance and commitment to our program that honors our country, flag and service members.

Much more could be said about each of these Companions—and about each of you. You do make a difference in your chapter, your communities and our nation. Your active participation in your chapter's activities makes everything the Military Order does possible, and for that, Americans everywhere are ever in your debt.

Dan and I wish you and yours a very healthy and happy New Year!

*Deborah A. Kash*

DEBORAH A. KASH, Captain, USAF (Ret)  
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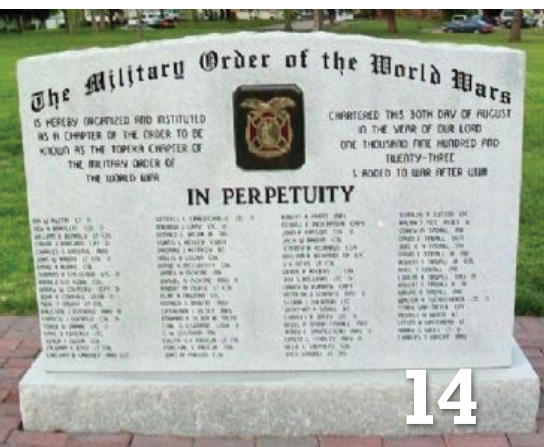
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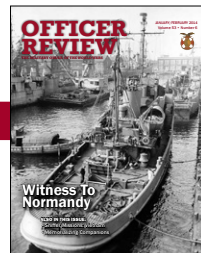
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### ON THE COVER

USS ATA-125 during an inclining experiment at the Norfolk Navy Yard on 23 February 1945.  
Source: US. National Archives



Colonel Theodore “Ted” Gaydos is among the dwindling number of World War II veterans who participated in the invasion of Normandy on 6 June 1944.

Now, age 87 and residing in Florida, we asked him to share some of his experiences as an 18-year-old Sailor aboard a Navy Tug Boat before a National Defense University affair honoring the late MG J. Milnor Roberts, the former Chief of Army Reserves.





# Witness To Normandy

COL ROBERT L. REESE, AUS (RET)  
ADJUTANT, GEN RIDGWAY CHAPTER (018), PA

In 1967, then Captain Gaydos was the Sub Sector Commander to the 99th US ARCOM, commanded by MG Roberts. MG Roberts also served as Commander of the Pittsburgh Chapter of MOWW in 1965.

Having known "Combat" Gaydos, as many of his friends affectionately knew him since the early 1960s, this author asked him to share excerpts of his speech before the National Defense University. Those comments follow:

"One of the most exciting and important events of my Navy career was my participation in the invasion of Normandy on June 6, 1944. I was stationed on the Seagoing Tug ATA-125.

As you know, the invasion, 'Operation Overlord,' put ashore almost 133,000 soldiers on D-Day. The Omaha invasion force alone was comprised of 35,000 men and 3,300 vehicles of the 1st and 29th US Army's Infantry Divisions and the 2nd Battalion of Rangers. Winston Churchill called the Normandy invasion, 'The most difficult and complicated operation to ever take place.' Our ship was assigned to support operations on Omaha Beach.

The night before the invasion, the skipper of our tug called us all together on the deck of the ship as we anchored offshore of Portsmouth. He told us we were going to participate in the world's greatest invasion and wished us good luck.

We shook hands and said good-bye to the "black gang," that is, sailors who worked below decks in the engine room. Then general quarters sounded and we all took our posts. My post was up on the top deck next to the wheelhouse on the port side of the ship. When we were underway, my job was to look for mines, submarines or debris in the water, and ships ahead of us.

Early in the evening, we saw thousands of airplanes in the sky heading toward the northern coast of France to bomb it before our troops arrived. In the harbor, we saw ships as far as the eye could see—every size and type imaginable. There were numerous LSTs. They could carry 300 men and 60 vehicles and could only travel at nine knots per hour. This shallow-draft, deep-water ship could only land in high surf. Smaller LCIs were 160 feet long. They carried up to 200 fully equipped men and travelled at 12.5 knots per hour.



Col Ted Gaydos's distinguished military career began in the Navy and culminated upon his 1985 retirement as an Army Colonel. He served as an ROTC Instructor at the University of Pittsburgh, where he was a graduate, as a Sub-Sector Commander to an ARCOM, and was a member of the 316th QM Battalion, which was activated during the Berlin Crisis in 1961. During his 20-year active duty career, he served tours in Korea and Vietnam before his last assignment as General Officer Manager at the Pentagon. He is a graduate of the Army War College and is a recipient of the Defense Superior Service Medal.

**ATA-125 (former ATR-47) underway on builder's trials off Orange, TX, circa July-August 1943. Builder: Livingston Shipbuilding Company.**

Source: US Navy Bureau of Ships



**ATA-125 (former ATR-47) underway on 27 Oct 43. This tug was to have been transferred to Britain as HMRT Justice but was instead allocated to the US Navy. She became USS ATA-125 on 15 May 44.**

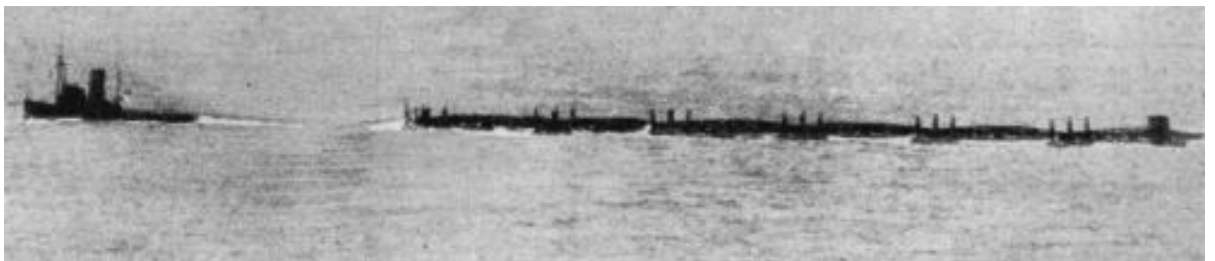
Source: US National Archives



**Photo showing part of a section of the floating roadway being towed over the sea to Normandy.**



**Gigantic prefabricated pier for one of the invasion harbors being towed across the English Channel.**



There were also Liberty cargo ships, troop transports, tankers, communication ships, hospital ships and military cargo ships. Warships made up part of the convoy, such as battlewagons, destroyers, destroyer escorts and cruisers.

While anchored in the Portsmouth harbor, a yard tug brought a huge barge to our ship for subsequent transport across the English Channel. We attached our thick cable towline and subsequently found out it was loaded with ammunition, barbed wire and supplies. We towed this barge across the Channel at 3 knots all night and arrived at Omaha Beach at 0600 where a small yard tug took it to the beach. When I think about it now, I realize one hit by a submarine or shell and we would have all gone 'bye-bye.'"

I had a good spot to see everything from my General Quarters location on the top deck. I witnessed Soldiers loading into Landing Craft Vehicles Personnel and taking off for shore. I was particularly impressed with a soldier who had no shirt on. He wore a straw hat and a bandoleer of ammo across his chest, and was standing on the bow of a small boat. He was a ranger and had gone ashore in the early hours on June 6, before other soldiers.

I could see the steep cliffs the Rangers climbed in the distance. On the shore, I could see tanks and Soldiers going up a path to the top of the hill. Supplies were unloaded on the shore and I could see bodies of men floating in the water near the shore—a very unpleasant sight I will always remember.

One of our ship's missions was to rescue any ship that was stuck on the beach, and we did just that. One LST struck a mine as it hit the beach and was unloading its cargo of men and tanks and could not back off the beach. We attached our heavy cable towline to the LST and started to pull it off the shore. Just as we got it out from the shore, the LST started to sink. Our Warrant Bosun got a fire axe and chopped the cable in half with one stroke. The cable sprang back like a snake and hit the side of the LST with a loud crack. If the Bosun had not cut the cable, our Tug Boat would have gone down with the sinking LST.

I remember when our ship anchored out in the channel at night General Quarters sounded because German airplanes would fly over and all the ships would fire at them. It was the most beautiful fireworks I have ever seen. All guns were firing, and the tracer round made beautiful lights of all colors. I do not think we ever hit any of those planes and it was a good thing because some of those planes were our aircraft.

We crossed the English Channel many times in the next couple of months, towing giant, concrete caisson blocks called 'Mulberrys.' They were sunk near shore at Omaha Beach to make docks and harbors for small boats.

I remember the big gale that happened about two weeks after D-Day, about 20 June. The strong winds and high waters washed ships and supplies ashore and caused some wreckage, e.g., the artificial harbors we towed were destroyed.

A couple of days after D-Day I went ashore with a working party for a couple of hours and saw some interesting things. One was a "Life Magazine" on the beach surrounded by barbed wire and a sign stuck in the sand nearby. The sign told us that the Germans had booby trapped it. I also visited a farmhouse on the top of a hill on Omaha Beach and the vineyard was filled with bunches of grapes, all mined by the Germans. The Army stuck big signs around the grapes warning us of mines. Before we departed the ship, we were told not to touch anything that had barbed wire around it. We were to look for signs warning of mines and booby traps. I witnessed many soldiers marching up the hill in single file to go inland to fight. They had tanks and trucks filled with gas, ammo and supplies accompanying them.

Our Bosun found a howitzer shell on the beach and took it back to the ship. Later that day he was going to make a lamp out of the shell. He pounded it on an iron post and the shell exploded and tore a hole in the palm of his hand. He was transferred to a destroyer who had a doctor that patched him up.

Although I have many more stories I could share with you, I will conclude by telling you Rear Admiral [later Vice Admiral] Edward L. Cochrane, USN, cited our tugboat on 19 August 1946 in an Orange, TX,



of several Navy craft grounded by the heavy storm during operations on the Normandy coast during the invasion of France." ★

newspaper. The Admiral publicly commended the performance of our tugboat, which was commissioned on 12 August 1943 at the Livingston Shipbuilding Company. [Editor's Note: Livingston was the Navy's leading builder of ocean tugs in WWII and continued in that role after the war.] The recognition was for the important role played by our tug in salvaging operations

**VADM Edward Lull "Ned" Cochrane (18 March 1892-14 November 1959) was a noted naval architect who served as Chief of the Bureau of Ships during WWII. He was directly responsible for the Navy's massive shipbuilding and maintenance program from November 1942 until November 1946.**



*COL Robert L. Reese currently serves as Vice Commander of Region III, and Vice Commander and Adjutant of the GEN Ridgway Chapter, having served as its Commander for five years. His last military assignment was that of Commandant of a USAR School. He retired from PNC Bank as Vice President and Controller of its Private Bank in Pittsburgh.*



# Sniffer Missions: Vietnam

VCINC LTC WAYMAN J. JOHNSON, USA (RET)  
ATLANTA CHAPTER (051), GA



The United States pledged its support for South Vietnam. In doing so, it offered the latest security technologies—to include a series of programs intended to detect and monitor North Vietnamese and Vietcong troop movements. This involved setting up a zone of intensive observation along the Ho Chi Minh Trail. At the tactical level, the Chemical Corps used mechanical personnel detectors to locate the enemy.

The detection methods used to locate people depended on effluents unique to humans. The device was a 24-lb. chemical and electronic version of a nose designed to smell the body odor of concealed enemy troops. The first version was a configuration called the XM-2 personnel detector manpack, also known as the E63 manpack personnel detector—a backpack sensor with an air intake tube mounted on the end of a rifle.

**Top of page:** LTC Johnson operates a “Sniffer” from a helicopter; and on the ground in Vietnam.

Source: From the author’s collection.

**Center:** Personnel detectors read ammonia in parts per million.

**(L-R):** Personnel detectors could map the location of the enemy; camouflaged materials.

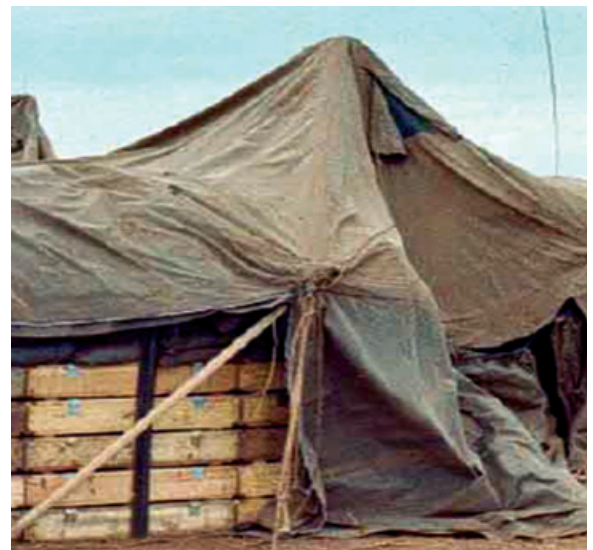
Source: From the author’s collection.



The “People Sniffer,” as it was known in the field, demonstrated that it could locate hidden enemy forces. Dozens of US units received them. The main problem with the E63 was the uncertainty between the effluents produced by the soldiers operating the equipment and that of the enemy. Additionally, operating a device that made a distinct ticking and buzzing sound while at possible ambush sites was not tactically sound.

I was one of the first to use it in the field while assigned to the 4th Infantry Division. As a Captain, I was likely assigned to test the Sniffer due to my Infantry background. I patrolled around the 4th Infantry Division base camp, and was also put on point and set up night ambushes. Luckily, we had no contact with enemy forces during these missions.

I would like to think that it was my report of the noisy Sniffer and picking up our own scent when the wind shifts that encouraged the use of Sniffer as an aerial personnel detector. Shortly thereafter, the E63 was mounted in a helicopter with the air intake tube secured on the skids of a LOH-6, OH-58 or UH-1 helicopter. Later the M-3 airborne personnel detector, a small file cabinet-sized metal box, was developed and mounted on a helicopter. The M3, employed almost daily, became standard issue.





Seldom were there stories told about the soldiers operating Sniffers, sometimes called “Snoopy” or “Bird Dog” missions, in which I was involved. There is not a lot of information available on Sniffer operations. Our contributions received much less recognition than other units. However, there were some Sniffer stories, and this is mine. My story has two chapters in Vietnam, one with the 4th Infantry Division, 1966–1967, and the other with the First Cavalry Division (Air Mobile), 1969–1970.

#### 4th Infantry Division || 1966–1967

In 1967, the 4th Infantry Division was assigned the mission of a large holding action on the entire western flank of the US Army’s II Corps in the Central Highlands of South Vietnam. This was rugged country, inhabited only by small bands of Montagnard of the Jarai tribe astride the Cambodian border. The densely forested Chu Phong Mountains rise eighteen hundred feet from the valley of the La Drang River.

This was the most geographically rugged area in all of the Republic of Vietnam. The highland peaks, the heavily forested slopes, and the jungles and valleys offered good concealment. The terrain favored the marauding NVA Regiments while restricting the mobility of the 4th Division infantrymen. It reminded me of the Smoky Mountains of Tennessee.

Nothing about the Vietnam War was easy. Dense jungles, rice paddies, thick mountain forests, and acres of thick grasslands blurred front lines. Often the enemy was nearly invisible. The threat of ambush lurked on every patrol. After monsoons, hardened North Vietnamese regulars began their annual movements from sanctuaries in Cambodia and into the Central Highlands of South Vietnam.

This was a vital mission for the 4th Infantry Division. Part of that mission was deep reconnaissance to find the NVA. We knew where the Ho Chi Minh Trail was (known in Vietnam as the “Trường Sơn Trail”). The Ho Chi Minh Trail was



(L-R): Montagnard of the Jarai tribe; The author is barely visible inside a helicopter equipped with an aerial personnel detector.

Source: From the author’s collection.

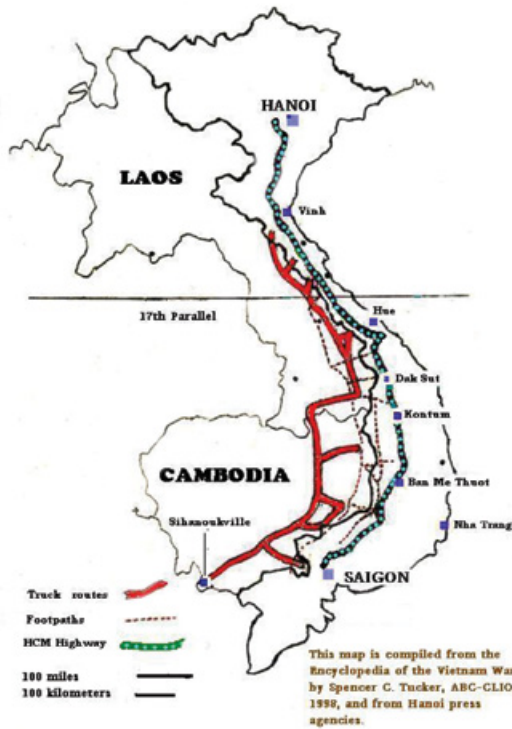


#### Odor Is a Tactical Issue

**“Smoking was not even up for discussion. The gooks didn’t wear insect repellent, and neither did we. The enemy could smell it on you and locate your position. Cooking was out of the question. Rations were eaten cold ....**

**After six days in the jungle, the combination of stale sweat and plain old body odor made us all stink. But the smell could actually be an advantage. Your diet gave you a distinct aroma. The gooks smelled like rotten fish. We had been eating Vietnamese indigenous rations for the past two weeks, just to pick up their smell. If any trail watchers got downwind from our team, they would just think we were another VC unit.”**

“Recondo: LRRPs in the 101st Airborne,” Larry Chambers, New York: Ivy Books, 1992



the route that the North Vietnamese used to bring supplies and equipment through Cambodia and Laos down major outlets off the Ho Chi Minh trail into Vietnam. The problem with the Ho Chi Minh Trail was we were disallowed from going into Cambodia and Laos, thereby giving us a problem. We needed to verify and monitor where supplies, equipment and men were coming into South Vietnam. Air Force Intelligence did part of it via aerial photos. Additionally, detection operations—later termed “Operation Snoopy”—were conducted.

The Army used Sniffer missions to confirm and corroborate with other reconnaissance activities.

Sniffer missions were dangerous. The “Sniffer” helicopter was a lone UH-1D helicopter on the treetops, with helicopter gunships a few miles back marking maps. It was like riding a roller coaster up and down the side of the mountains and making sharp turns to remain in the area of concern. The Sniffer helicopter was vulnerably flying on the treetops. If there was a drawback to a Sniffer mission, it was the extreme low altitude flying, “as low as possible,” at speeds ranging between 80-100 knots, sometimes as slow as 40 knots. The Sniffer aircraft skims over treetops and then dips down to fly a mere 10 to 15 feet above the fields or rivers below. There was danger from enemy forces, but mechanical failure was also a huge risk since there was no room or time to recover. The ride was quite an experience.

The mission of the UH-1C gunships was to mark the maps when the Sniffer operator radioed, “Mark 1” (urea/ammonia), or “Mark 2” (smoke). Moreover, when the Sniffer helicopter received ground fire, the gunships would come in with rockets blazing. Sniffer helicopters would return fire with M-60 machine guns. Sniffers became a type of search-and-destroy

or type of hunter-killer missions near the Cambodian border. When Sniffer intelligence is combined with a quick combat response, it becomes a real threat to any enemy who thinks he can rely on his surroundings for concealment and safety.

Once the enemy is located, air strikes, artillery and gunships focus on him. Sniffer intelligence helped infantrymen prepare for assaults on enemy positions from which some major battles resulted. Sniffers were responsible for helping troops find enemy supplies stored in bunkers throughout thickly wooded areas in the central highlands. The Army considered the Sniffer a valid indicator of enemy occupation in bunker complexes and other hard targets. The main advantage of the Sniffer is that it can find the general location of the enemy no matter how well he is concealed. Because of the chance of receiving gunfire from the ground through the thin metal skin of the helicopter during Sniffer missions, we sat on top of our steel-plated and bulletproof jackets instead of wearing them.



Now the problem was how we knew whether the readings were elephants, a large band of monkeys, a small village, or actually NVA. Part

of the reason you would know it was not elephants was because the location was deep in the high jungle on the ridge line. Elephants did not go there; the terrain was too difficult. In addition, Montagnard villages were visible and they had a distinctive look about them. Generally monkeys do not congregate in that large a group, so you could, based on the terrain analysis and where you were finding these Sniffer readings, assume that there were some NVA in the area.

Sniffer missions were popular missions for the more adventuresome, aggressive pilots—especially with gun ship pilots because they usually got to shoot. As Commander of Sniffer Missions, I became “Sniffer Six.” I have no idea how many enemy troops Sniffer missions located during my tour, but I am sure it runs into the thousands.

I found the Sniffer missions at times fun and exciting, but also terrifying and

**Top of page: The Ho Chi Minh Trail indicating the footpaths and roadways.**

Source: Encyclopedia of the Vietnam War.

**Right: LTC Johnson operates a “Sniffer” from a helicopter in Vietnam.**

Source: From the author’s collection.



nauseating—especially in the central highlands. I simply tried to do a good job. It did require a lot of risk and danger, but I never tried to be especially heroic. I was actually more worried about misreading the machine and discrediting myself than I was about getting killed. There were Sniffer helicopters shot down and crews killed, but we were fortunate not to have that happen in our area of operations.

### 1st Cavalry Division (Air Mobile) || 1969–1970

When I received orders to return to Vietnam, I just knew it would be a much better assignment than my first tour. I was wrong. Even my living conditions were much worse than the first tour. I was assigned to the 2nd Brigade (Black Horse Brigade), First Cavalry Division (Air Mobile) at Fire Support Base (FSB) Buttons near Song Be city. Song Be is about 70 nautical miles north-northeast of Saigon and about 20 miles from the Cambodian border near what was known as the fish hook. Our mission was to protect that province capital, to locate and neutralize the 5th Viet Cong Division, and to interdict enemy movement in Phouc Long Province. I was again Sniffer Six.

Sniffer missions were a little different now. We would be assigned a particular grid area to cover, usually about two square miles. After arriving at the grid coordinates, we would drop down to just above the tops of the trees and fly a zigzag pattern until the entire area was covered. One pilot would fly the pattern; the other pilot would keep our location identified on the tactical map and call the turns to the pilot. The Sniffer operator would monitor the gauges and call over the intercom whether the contact was a “Mark,” “Heavy Mark” or “Needle Pegged,” each indicating the strength of the signal. The pilot responsible for the map would mark the locations of the marks according to their strength. The door gunner and crew chief would be on their guns ready to suppress fire as well as observe activity through the jungle canopy when possible. The major



difference in 1969 was the gun ships providing security—the AH-1G cobra. With its 17-pound rockets and Gatling guns, the Cobra had a lot of firepower. Typically, the Sniffer had two Cobras assisting with the mission, also known as a “Shark Team.”

In one incident, my Sniffer helicopter was grounded due to enemy fire. Miraculously, the helicopter landed safely at FSB Buttons. The mechanic could not explain how the helicopter was able to fly and land safely. During the mission, we spotted a fatally wounded NVA soldier and Sniffer was credited with a KIA.

The NVA and VC learned the significance of what was being done and they were not hesitant about exposing their position to fire on us. One pilot reported that he received more ground fire flying Sniffers than any other mission except hot patrol or LRRP extraction. When the Sniffer helicopter drew enemy fire, a reconnaissance mission became combat. Cobra gunships would open up with their deadly ordnance of rockets and rotating mini gunfire and the Sniffer helicopter will spray the area with their M-60 machine guns.

In late October 1969, intelligence, which included Sniffer missions, revealed NVA plans for an assault on FSB (Fire Support Base) Buttons. It was presumed to be a desperate attempt to overrun Song Be City. This attack, along with several others, were coordinated to precede a speech by President Nixon on Vietnam. Intelligence later confirmed that among the enemy forces were elite units from the NVA Central Office for South Vietnam. The attack came in the early morning darkness of 4 November.

**Helicopter flying just above the tops of the trees.**

Source: Still frame from “Vietnam War Part 1”.

FSB Buttons was attacked by enemy sappers and infantry. I learned much later, at a 1<sup>st</sup> Cavalry reunion, that we had been hit by an enemy force of several thousand. FSB Buttons was defended that night by only a few hundred men.

NVA sappers attacked FSB Buttons at many points. I made it to one bunker and fired toward the perimeter but did not see a thing. We were all Infantry when attacked. Sometime before dawn, helicopter gunships and US Air Force AC-47s “Puff the Magic Dragon” began to turn the tide.

## The AC-47 “Spooky” gunship, nicknamed “Puff the Magic Dragon”.

Source: From USAF Armaments Museum, Eglin AFB, FL



[Editor: During the Vietnam War, the AC-47 “Spooky” gunship was nicknamed “Puff the Magic Dragon,” after the 1963 song of the same name. The North Vietnamese had named the AC-47 the “Dragon” or “Dragon ship” because of its armament and firepower. The nickname soon caught on, and the American troops began to call the AC-47 “Puff the Magic Dragon.” Armament included 3 × 7.62 mm General Electric GAU-2/M134 mini-guns, 2,000 rpm or 10 × .30 in Browning AN/M2 machine guns, and 48 × Mk 24 flares.]

The battle for FSB Buttons raged on until about 0530 hours, at which time the enemy broke contact, leaving behind many dead. Sometimes I still get flashbacks on the events of that night. It became one

of the most significant experiences of my life. Were I not Sniffer Six, I would not have been there.

Sniffer operators distinguished themselves in sustained aerial flight in support of ground combat forces, sometimes as low as 10 feet above ground. Missions were accomplished in spite of the hazards inherent in repeated low-level flights over hostile territory. These missions greatly enhanced the allied effectiveness against a determined and aggressive enemy. I do not think I ever saw anything but courageous acts from any member of the US military, whether in the air or on the ground. Honor, courage, bravery was never lost by those I served with in Vietnam. ★



LTC Wayman J. Johnson has served the Order for over 30 years. He is a charter member of the Augusta Chapter, and served as Chapter, Department and Region Commander. He served as Chair of the Augusta Chapter's Law and Order and Publicity Committees. He received his BS and commission from South Carolina State University, his MA from the University of Oklahoma and AAS from Grayson College (Texas). His 23 year military career involved serving on active duty and reserve components including two tours in Vietnam; one with the 4th Infantry and another with the 1st Air Cavalry Division. After 33 years of various supervisory and oversight positions at a DOE nuclear facility, he retired as a Principal Quality Engineer. He is currently a VAVS Executive Committee member at the VA Medical Center in Augusta (GA).

## (L-R): Aerial view of FSB Buttons; and guard tower with sand bagged bunkers at FSB Buttons.

Source: Frames from video.





# Slung Rifle

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

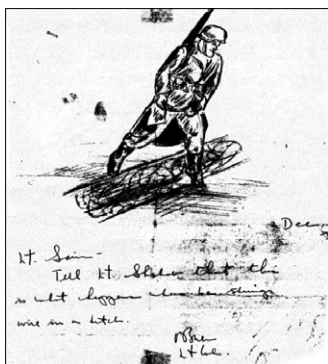
By mid-December 1944, the US 1st Army had made tremendous advancements since the landings at Normandy not six months earlier. Sitting at one of the easternmost penetrations of the 1st Army was the town on Monschau, Germany, which the 38th Cavalry Reconnaissance Squadron (Mechanized), 102nd Cavalry Group (The Essex Troop), was assigned to defend.

—PCINC LTC Alfred Shehab, USA (Ret)

The two cartoons below were penned by LTC O'Brien (Commander, 38th Cavalry Reconnaissance Squadron) and PCINC LTC Alfred H. M. Shehab (Commander, 3rd Platoon, Troop B), then a 1LT, while supporting the operation just described. In the cartoon below, LTC O'Brien was trying to impart a lesson on the lieutenant:

*Lt. Sain—  
Tell Lt. Shehab this  
is what happens  
when you string  
barbed wire along  
a ditch.*

O'Brien  
Lt Col.



Unfortunately, LTC O'Brien's drawing was of a German Soldier walking across the wire with his Karabiner 98 Kurz (Kar98k) Mauser slung on his shoulder.

LT Shehab, who was awarded a Bronze Star Medal for his actions at Monschau, saw an opportunity, and being a good Soldier, he exploited the situation. He sent the drawing below to LTC O'Brien in reply, with this caption:

*Lt. Sain—  
Tell Lt. Colonel  
O'Brien that this  
is what happens  
when the enemy  
approaches my  
position with his  
rifle slung.*

Shehab  
Lt



Commanders  
of the 102nd  
Cavalry Group.  
LTC Robert  
O'Brien (CO,  
38th Cavalry  
Reconnaissance  
Squadron) is on  
the right.



LTC O'Brien never raised the subject again. ★

## 38TH CAVALRY SQUADRON



The 38th Cavalry Squadron earned its spurs and its place in history in World War II during the 11-month campaign in Northwest Europe. It was one of two squadrons attached to the 102nd Cavalry Group (New Jersey National Guard) operating under the control of the V Corps. It was commanded by LTC Robert O'Brien (US Military Academy, 1936). The squadron was the first unit into Paris (ahead of the 1st French Armored Division). It also had the distinction of successfully defending the town of Monschau, Germany, during the Battle of the Bulge in December 1944. The defense of Monschau, the anchor of the northern shoulder of the bulge, earned the squadron the Presidential Unit Citation, the Army's highest combat award a unit can earn.

Source: "A Horse Soldier's Thoughts: Musing of an Old Soldier," <http://horsesoldier.wordpress.com/>

Left: 38th Regimental Crossed Sabers; Below: 102nd Cavalry Group Patch

# Memorializing Companions

MG DONALD L. JACKA, JR., USA (RET)  
COMMANDER, KANSAS DEPARTMENT

We recite the Preamble of MOWW's Constitution each time we Companions open a meeting of the Military Order of the World Wars. One of the fundamental tenets of that Preamble is the establishment of memorials and the holding of commemorations. Yet how many Chapters have been successful in implementing this important work of our Order?

This memorialization and commemoration of the World Wars and our nation's veterans is a very fertile area in which even the smallest chapter can be involved and achieve success—and make a difference in the lives of those in the community. This success is realized in many different ways.

Of course, there is the concept of commemoration, but secondary and tertiary orders of effect include community awareness and validation, attraction of new Companions to the Military Order; and pride in the chapter by its Companions.

Happily, the Topeka Chapter achieved fundamental success in the initial establishment and recent rededication of such a memorial. A former, long-time leader and companion of Chapter, the late COL Robert Tindall, USA (Ret), was the original driving force in establishing a MOWW Memorial in Topeka.

COL "Bob" decided that a memorial to the Topeka Chapter's Perpetual Members would be a Chapter accomplishment which would literally provide

perpetuity to those Companions of the Order who felt strong enough about the precepts of this organization to become Perpetual Members in the first place.

Perpetual Members are literally members in perpetuity, vs. Regular Members who must annually renew their memberships. These Perpetual Members have served MOWW throughout their lives and will continue to serve our Military Order through annual Perpetual Membership (PM) Fund dividend revenues, which are literally a legacy gift to a chapter, given annually in perpetuity.

MOWW's Perpetual Companions will live on in the memory of the Military Order forever, and they will likewise financially support the patriotic works of MOWW forever. With this memorial, the community will remember these Topeka Chapter Perpetual Members because their names are literally "set in stone."

At the Topeka Area Massing of Colors and the Chapter's Perpetual Member Memorial rededication conducted on 27 April 2013, over 500 citizens from Northeast Kansas braved challenging weather conditions and attended. This community patriotic celebration followed weeks of organization and a campaign of publicity—a testament to the importance of the Military Order in local communities.

We targeted all media and our Chapter was able to reach all Topeka areas via print, television and radio. The best part of this was our team effort paid off.

Those attending and those who viewed the results on the evening news were pumped up patriotically. Those in the Topeka community gained a new and favorably impressive impression of the Military Order of the World Wars in general, and the Topeka Chapter in particular. When they saw our Chapter honoring in perpetuity those Companions now serving our community and those who have gone before us, the favorable impression made by our Order and Chapter upon Northeast Kansas became deeper and more lasting.





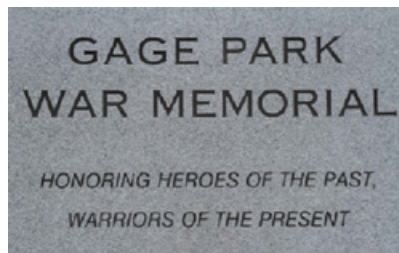
To date, the Topeka Chapter realized three new Perpetual Members because of this patriotic event. In a ceremony for which the MOWW Commander-in-Chief visited the Topeka Chapter, six new members were inducted into our Chapter—three Perpetual and three Regular Members. Of those three Perpetual Members, one was a Regular Member who converted his membership to a Perpetual Membership.

We have found that the establishment of a MOWW Perpetual Membership Memorial tends to encourage new members and existing members to become Perpetual Members. In fact, the Topeka Chapter found that our Chapter's Perpetual Member Memorial attracted the attention of our existing membership and, importantly, new members. In short, as we honor the past, we build on the future—a double bonus!

These existing members of our Chapter and new members can realize the true meaning of being a Perpetual Member by seeing the memorial being updated at periodic rededication ceremonies such as we held in conjunction with our recent Massing of Colors.

Every few years, as we plan to re-dedicate our memorial, we will be attracting conversion of our existing members to new perpetual members. This technique has been successful for our Topeka Chapter and I am sure it can be a success for any Chapter.

*"To encourage and assist in the holding of commemorations and the establishment of memorials of the World Wars...."*



—Preamble  
*The Military Order of World Wars*

At that Topeka Chapter's Perpetual Members Memorial Re-dedication, we added fifty-eight additional names of Perpetual Members to our Chapter roster. These names join the ranks of other famous Perpetual Members of the Military Order of the World Wars. These luminaries include, but are not limited to, Presidents Harry S. Truman, Dwight D. Eisenhower, Herbert Hoover, Ronald W. Reagan, and George H. W. Bush; General of the Armies John J. Pershing, Generals of the Army George C. Marshall, and Omar N. Bradley; Fleet Admiral Ernest J. King, and; General William C. Westmoreland, to name a few.

As we endeavor to build the strengths and memberships of our chapters, increase Companion involvement in chapter programs and improve our chapters' incomes, we must apply all incentives to encourage eligible officers to join MOWW as Perpetual Members. That is how we live our motto, *"It is nobler to serve than to be served."* ★



**Story from 2007 available online:**

**Excerpt from *The Topeka Capital-Journal***

**Posted Online: Monday, November 12, 2007**

*"Honoring those who served—Ceremonies around capital city honor all military personnel"*

By Steve Fry; Photo credit Mike Burley

Amid patriotic music and Veterans Day speeches, the Bronze Star was pinned on the Army tunic of Sgt. Maj. David Tindall on Sunday. Tindall received the Bronze Star for "exceptional meritorious service" based on a program in which small arms captured from enemy troops or recovered from civilians in Afghanistan were refurbished, then turned over to soldiers in the Afghan National Army.

Tindall, who has served one-year stints in Afghanistan and Iraq, received the Bronze Star and Defense Meritorious Service Medal at a ceremony sponsored by Topeka Chapter 86 of the Military Order of World Wars.

The program was conducted in Gage Park at the Korean War, World War I memorials and the MOWW Perpetual Memorial.

# Liberator of France

MAJ ROBERT J. WILLIAMS, USAF (RET)  
TREASURER, FORT WORTH CHAPTER (133), TX



Recently, the Military Order's LTC Oren L. Peters, USA (Ret), received France's highest honor for his service in liberating France during WWII. He became a Chevalier (Knight) of the French National Order of the Legion of Honor for his military service during the Second World War. Sujiro Seam, Consul General of France, presented the Legion of Honor to LTC Peters during a ceremony at the Oklahoma State Capitol.

LTC Peters was in the 179th Infantry Regiment and earned the Silver Star

Medal during the campaign of Italy. He went on to take part in the landing at Saint-Maxime (Operation Dragoon) on 15 August 1944.

His unit, assigned to the 45th Division, followed the advance toward northern France. He participated in the attack of Dijon, the surge of Belfort, the fight for Epinal, the battle of the Vosges and the capture of Rambervilliers. ★



LTC Peters bows his head during the National Anthem before receiving the honor of Chevalier (Knight) of the French National Order of the Legion of Honor at the Oklahoma State Capitol in Oklahoma City, OK.



## LTC OREN LEE PETERS, USA (RET)

### OKLAHOMA MILITARY HALL OF FAME CITATION

"Lieutenant Colonel Oren Lee Peters, US Army, was born 16 April 1921 in Edmond, Oklahoma. He enlisted into the 179th Infantry Regiment, 45th Infantry Division, Oklahoma US Army National Guard, 8 January 1939, and was a Private First Class when, in September 1940, the 45th was activated.

During World War II, he served 511 days in combat in the European Theater of Operations, where he participated in eight major campaigns and four amphibious operations. When a private first class he was awarded the Silver Star; as a staff sergeant was awarded the Bronze Star Medal. In addition, he received the Purple Heart and the Combat Infantry Badge. He was discharged 30 June 1945.

In October 1947, he again enlisted into the Oklahoma National Guard and was commissioned in June 1948. He served in the 45th Division in the Korea War in 1951 and was awarded the Army Commendation Medal and a second Combat Infantry Badge.

The states of Oklahoma and Arkansas twice awarded him the Minute Man Award for his performance of duty while an instructor at the National Guard Professional Education Center, Camp J. T. Robinson, Arkansas. His service to the Boy Scouts, 179th Infantry Regiment and 45th Infantry Division Associations, Kiwanis International, Masonic Lodge and to his church prompted his 1985 induction into the Edmond, Oklahoma, Hall of Fame.

He earned a Bachelor of Science Degree from Central State Teachers College (now University of Central Oklahoma)."



# Oklahoma Military Hall of Fame

LTC NEIL SPRINGBORN, USA (RET)

MG CRITZ CHAPTER (155), OK

It was with great pride when the General Critz Chapter, Lawton, OK, learned that one of its long-time Companions, retired LTC Jerry P. Orr, USA (Ret), was inducted into the Oklahoma Military Hall of Fame. In addition, LTC Orr also received the Oklahoma Military Heritage Foundation's MG Douglas O. Dollar Distinguished Service Award for service to the military. LTC Orr is not the only member of this Chapter inducted. LTC Jack Johnson was inducted in 2012 and our Chapter's founder, MG Harry Critz, was inducted many years ago.

LTC Orr was born in 1934 in Shreveport, LA, and graduated from C.E. Byrd High School in 1952. He then entered Centenary College of Louisiana and graduated in 1956 with a BS degree in Physical Education. In 1975, he received a Master's Degree in Business Administration from Central Michigan University.

LTC Orr entered the Army in 1957 as a second lieutenant of Artillery. In 1958, he deployed to Korea where he served as a platoon leader and forward observer with the 2nd Battalion, 19th Field Artillery. On his return to Ft Sill, he commanded a battery in the 1st Missile Brigade and later served as an aide to Brigadier General William P. Peers. He then commanded a "Little John" missile battery.

In 1963, he was assigned to the 1st Battalion, 81st Field Artillery (Pershing), and in 1964 deployed to Germany with the unit for the next three years serving as a Battery Commander and S-3. In 1968, he was sent to Vietnam and was assigned to the 4th Infantry Division as the S-1, Division Support Command, for two months, after which he assumed the duty of S3 of the 2nd Battalion, 9th Field Artillery. He later served as the acting Battalion Commander for one month during some of the most intense ground combat in the Central Highlands and was twice wounded. Orr later served in the Pentagon in the Office of the Deputy Chief of Staff, Research and Development. Following that assignment, he was the Executive Officer of the 1st Division Artillery, retiring in 1979.

Orr's awards include the Soldiers Medal, two Bronze Star Medals with the "V" device, two Purple Hearts Medals, three Meritorious Service Medals, eight Air

Medals, the Vietnam Cross of Gallantry and the Army Commendation Medal.

Since retiring, Orr has worked with the Boy Scouts as a volunteer, and as a District Director in Oklahoma and Colorado for more than 30 years. In addition, since 2004 he has been an active member of the Fort Sill Retiree Council, and a life member and Director of Chapter 751 of the Vietnam Veterans

of America (VVA). He is a perpetual member of MOWW and served as Chapter Commander while living in Colorado Springs, CO, and as the Oklahoma Department Commander. He was also the Chapter Commander, Senior Vice Commander and Junior Vice Commander of the General Critz Chapter in Lawton, OK.

In 2010, he was awarded a Certificate of Appreciation from the Commanding General, Fort Sill, OK, for his "dedicated and selfless service to the Lawton-Fort Sill Community." When asked about receiving this prestigious award, and his induction to the Oklahoma Hall of Fame, LTC Orr stated he was "exceptionally grateful not only for being nominated but also for having been able to serve his country alongside the many fine enlisted personnel, noncommissioned officers and officers with whom I worked." He has memories that will last a lifetime along with the many friendships formed during his years of service.

LTC Orr's years of service to our country while on active duty and his service to the military after retirement exemplify the MOWW motto, "*It is nobler to serve than to be served.*" Based upon LTC Orr's exceptional military and public service history, Oklahoma is truly fortunate to have LTC Orr as a citizen of Oklahoma and as a Companion in MOWW's MG Critz Chapter. ★



# 2014 CONVENTION AGENDA



BWI AIRPORT MARRIOTT | 1743 WEST NURSERY ROAD • LINTHICUM, MD 21090 | PHONE: 1-410-859-8300; FAX: 1-410-691-4555

## PRE-CONVENTION ACTIVITIES

### TUESDAY, 5 AUGUST 2014

TIME	EVENT
0800-0950	PRE-CONVENTION EXCOM MEETING
1000-1050	BUDGET COMMITTEE MEETING
1100-1250	COUNCIL OF REGION COMMANDERS (CRC) MEETING

#### LUNCH AS DESIRED

1230-0850	HQ MOWW & HOST CHAPTER MEETING
1300-1350	PATRIOTIC EDUCATION COMMITTEE
1400-1420	BOARD OF TRUSTEES MEETING
1500-1550	HANN-BUSWELL MEMORIAL CHAPTER MEETING

### WEDNESDAY, 6 AUGUST 2014

TIME	EVENT
1000-1500	TOUR 1: TBD GOLF CLUB (0900 TEE-OFF)
1000-1500	TOUR 2: FT M <sup>C</sup> HENRY; BALTIMORE INNER HARBOR
1000-1500	TOUR 3: BALTIMORE & OHIO RR MUSEUM; BALT. INNER HARB.
1800-1850	COMMANDERS' CALL (HOST: CINC)

## CONVENTION ACTIVITIES

### THURSDAY, 7 AUGUST 2014

TIME	EVENT
1000-1500	TOUR 4: BALTIMORE INNER HARBOR
1000-1500	TOUR 5: ANNAPOLIS
0700-0850	COUNCIL OF PAST COMMANDERS-IN-CHIEF
0800-0850	SEMINAR HOMELAND SECURITY
0900-0950	SEMINAR LAW & ORDER
1000-1050	SEMINAR INFORMATION & PUBLICITY
1100-1150	SEMINAR NATIONAL SECURITY
1200-1250	NATIONAL SECURITY PANEL DISCUSSION

#### LUNCH AS DESIRED

1300-1350	SEMINAR RESERVE OFFICER TRAINING CORPS
1400-1450	SEMINAR PATRIOTIC EDUCATION
1500-1550	SEMINAR CHAPTER ACTIVITIES & AWARDS
1600-1650	SEMINAR CHAPTER OPERATIONS
1700-1750	SEMINAR FINANCIAL DEVELOPMENT
1800-2100	CINC WELCOME BUFFET



### FRIDAY, 8 AUGUST 2014

TIME	EVENT
0800-0950	SEMINAR MEMBERSHIP
1000-1050	SEMINAR SCOUTING
1130-1415	MOWW AWARDS LUNCHEON
1430-1500	TELLER ORIENTATION
1430-1510	NATIONAL CANDIDATE PRESENTATIONS
1520-1700	TELLER SUPPORT MEETING
1520-1700	DELEGATE VOTING (NOMINATING COMMITTEE)
1800-1900	HANN-BUSWELL CHAPTER COCKTAILS
1900-2100	HANN-BUSWELL CHAPTER DINNER

### SATURDAY, 9 AUGUST 2014

TIME	EVENT
1000-1500	TOUR 6: WALTERS ART MUSEUM; BALTIMORE INNER HARBOR
0730-0830	MEMORIAL SERVICE
0900-1150	CONVENTION   BUSINESS SESSION
1200-1250	LUNCH AS DESIRED
1300-1530	CONVENTION   GENERAL STAFF MEETING
1600-1650	NON-DENOMINATIONAL WORSHIP SERVICE
1800-1850	CINC RECEPTION
1900-2100	MOWW INSTALLATION BANQUET

## POST-CONVENTION ACTIVITIES

### SUNDAY, 10 AUGUST 2014

TIME	EVENT
0800-0950	POST-CONVENTION EXCOM MEETING
0800-0950	EXCOM SPOUSE/GUEST BREAKFAST



# CONVENTION TOURS

BWI AIRPORT MARRIOTT | 1743 WEST NURSERY ROAD • LINTHICUM, MD 21090 | PHONE: 1-410-859-8300; FAX: 1-410-691-4555



## TOUR 1

### MOWW GOLF TOURNEY

Cost TBD

Wed, 6 Aug 14, 1000-1500  
Eisenhower Golf Club,



## TOUR 2

### FORT M'HENRY; BALTIMORE INNER HARBOR

\$30/Person (Includes  
admission)

Wed, 6 Aug 14, 1000-1500

Visit this coastal star-shaped fort best known for its role in the War of 1812, when it successfully defended Baltimore Harbor from an attack by the British navy in Chesapeake Bay 13-14 September 1814. It was during the bombardment of the fort that Francis Scott Key was inspired to write "The Star-Spangled Banner." Complete the day with lunch at the world famous Baltimore Inner Harbor.



## TOUR 3

### BALTIMORE & OHIO RR MUSEUM; BALTIMORE INNER HARBOR

\$30/Person (Includes  
admission)

Wed, 6 Aug 14, 1000-1500

The B&O Railroad Museum exhibit of historic railroad equipment is one of the most significant collections of railroad treasures in the world. It has the largest collection of 19th-century locomotives in the U.S. With a magnificent roundhouse, rail-car repair shop, gift shop and restaurant, this is not your typical museum. Complete the day with lunch at the world famous Baltimore Inner Harbor.



## TOUR 4

### ANNAPOLIS, MD

\$30/Person

Thu, 7 Aug 14, 1000-1500

Walk through the streets of one of America's finest historic towns. Visit the Naval Academy, our nation's oldest State Capitol Building, and the city dock. Shop on Main Street and dine on Chesapeake Bay's tastiest bounty.



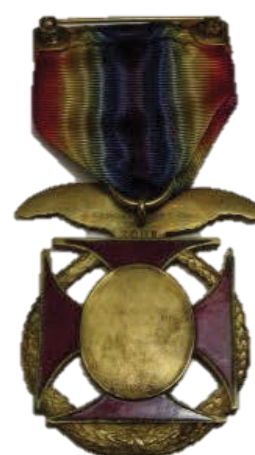
## TOUR 5

### WALTERS ART MUSEUM; BALTIMORE INNER HARBOR

\$30/Person

Sat, 9 Aug 14, 1000-1500

The Walters Art Museum is internationally renowned for its collection of art. The collection presents an overview of world art from pre-dynastic Egypt to 20th-century Europe, and counts among its many treasures Greek sculpture and Roman sarcophagi; medieval ivories and Old Master paintings; Art Nouveau jewelry and 19th-century European and American masterpieces. Complete your day with lunch and sightseeing at the Baltimore Inner Harbor. (Note: this tour will also drop passengers off at the Inner Harbor on the way to the Museum.)





# 2014 Convention Prep

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

*Companions ... we hope you will attend  
the 2014 National Convention and  
enjoy the Companionship and  
learning opportunities that will abound*

★ ★ ★

The 2014 MOWW Convention at the BWI Airport Marriott Hotel (Baltimore, MD) promises to be a great one. To prepare for it, we must recognize Companions, chapters and local communities via the awards process; prepare National Officers reports, develop educational seminars and prepare convention credentials; identify candidates for national office, and more.



## CONSTITUTION & BYLAWS AMENDMENTS || Due To The Committee By 15 Feb 14

**Point of Contact: Constitution & Bylaws Committee (contact information is in the National Directory on the MOWW Website)**

Companions must submit proposed amendments to the MOWW Constitution and Bylaws to the Constitutional & Bylaws Committee by 15 Feb 14 IAW the MOWW Constitution (Article VIII, Section 1) and the MOWW Bylaws Article IX, Section 1). Chapters should coordinate with the applicable national committee in preparing their submissions.

Submitters must use the following one page format:

- Current Constitution or Bylaws language (include Article, Section & Paragraph reference);
- Proposed Constitution or Bylaws language;
- Rationale for and benefit resulting from, proposed amendment
- Submitter's Rank and Full Name, and Contact Information

NOTE: The Chair, Constitution & Bylaws Committee, must provide the Constitution and Bylaws amendments to the MOWW Chief of Staff for publication in the *Officer Review*™ magazine.

## NATIONAL ELECTED OFFICE || Email nominations to the Chair, Nominating Committee

**Point of Contact: Nominating Committee (contact information is in the National Directory on the MOWW Website)**

The MOWW Motto says, "It is nobler to serve than to be served." In that spirit, we encourage each of you—no matter how long you have been a Companion—to consider running for national office this year, if not also to strongly encourage promising candidates to run for national office. Candidates and nominating individuals should coordinate with the Nominating Committee in preparing their nominations, etc.

NOTE: The Chair, Nominating Committee, must provide the national candidate slate (by position) to the MOWW Chief of Staff for publication in the *Officer Review*™ magazine.



## CHAPTER & INDIVIDUAL AWARDS || Due to the respective committee by 15 Jun 14

**Point of Contact:** Various Committees (contact information is in the National Directory on the MOWW Website)

Your Companions, your chapter, and your local community and its citizens do great things and so they have earned the recognition that comes with excellence, each according to their contributions. Chapters should be preparing their annual MOWW awards for every award for which they are eligible (e.g., ROTC, Patriotic Education, Law & Order, Chapter Activities), National Citations, Bronze Patrick Henry Awards, etc.

Please refer to the MOWW Policy Manual for guidance. Do not assume your chapter is not competitive. Many award categories had no chapter submissions last year—especially in small and medium chapter categories. Chapters should coordinate with the applicable national committee in preparing their submissions.

NOTE: The chairs of the various committees must email their respective award selections by award name and category to the MOWW Chief of Staff by 30 Jun 14.

## ANNUAL NATIONAL OFFICER REPORTS || Due to the Chief of Staff by 15 Jun 14

**Point of Contact:** Chief of Staff (contact information is in the National Directory on the MOWW Website)

For operating and historical reasons, annual National Officer reports are required. Affected officers include the CINC, Chief of Staff, SVCINC, VCINC, and other National Officers, Region Commanders, and committee chairs (standing and *ad hoc*). Annual reports should be from one to three pages in length and written in narrative style.

NOTE: Reports received by the Chief of Staff after 15 Jun 14 are not included in the annual Convention Book.

## GENERAL STAFF EMERITUS APPLICATION || Due to the Chief of Staff by 15 Jun 14

**Point of Contact:** Chief of Staff (contact information is in the National Directory on the MOWW Website)

Eligible Companions may apply for General Staff *Emeritus* status. Refer to the MOWW Policy Manual for guidance and use MOWW Form 7, “General Staff Emeritus Application.”

## MOWW RESOLUTIONS || Due to the Legislative & Resolutions Committee by 15 Jun 14

**Point of Contact:** Legislative & Resolutions Committee (contact information is in the National Directory on the MOWW Website)

Adopted MOWW Resolutions demonstrate the Military Order’s positions on issues or offer recommendations on topics of interest to the Military Order in any area encompassed by the Preamble to the MOWW Constitution. Please contact the Chair, Legislative & Resolutions Committee, for guidance on the format.

NOTE: The Chair, Legislative & Resolutions Committee, must provide the accepted proposed resolutions to the MOWW Chief of Staff for publication in the *Officer Review*™ magazine.

## CONVENTION CREDENTIALS || Bring credentials to the convention

**Point of Contact:** Nominating Committee (contact information is in the National Directory on the MOWW Website)

Commanders at all levels must prepare Convention Delegate Appoint credentials (MOWW Form 22). Provide to Convention Registration representatives at convention.

Commanders at all levels must prepare Chapter Nominating Committee Member/Alternate Credentials (MOWW Form 23). Provide to Nominating Committee representatives at convention. ★



# What About Proteins?

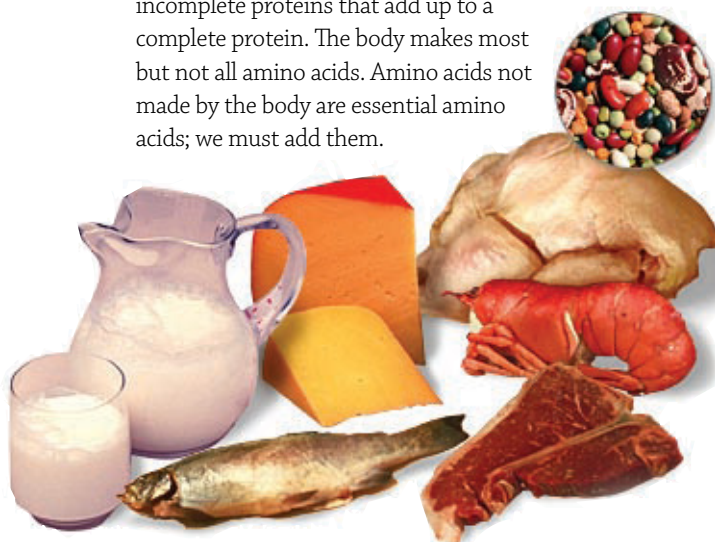
CPT (DR) ROBERT E. MALLIN, USA (FMR)  
SURGEON GENERAL, MOWW

In past articles, I have written about fats and carbohydrates. These are essential, useful and tasty components of the foods in our diet. However, in my opinion, the biggest most useful component of our diet is the protein part. Proteins are the ones that do the building and repair work that keeps us going.

Proteins are big molecules made up of smaller components called Amino Acids. They have only four calories per gram, and so their use as a source of energy is a last resort. Muscle mass is the last resource we have. Proteins also make enzymes needed to carry out multiple chemical reactions and functions. Some proteins are transporters of messages to cells used for development as they build the basic unit—genes. All organs, muscles and hormones need them.

While it is possible to live fat and carbohydrate free (as many diets proclaim), it is impossible to do without proteins. These compounds come in two varieties, complete and incomplete. A “complete protein” such as meat, dairy products, poultry, fish, eggs and soy (a non animal product.) contains all the 20 amino acids by themselves that your body can use. Incomplete proteins such as nuts, grains, and vegetables contain many but not all the magic twenty. Therefore, they need help to become “complete” and work. That is why vegetarians need additional help for their nutrition.

Rice and beans form a classic combination of two incomplete proteins that add up to a complete protein. The body makes most but not all amino acids. Amino acids not made by the body are essential amino acids; we must add them.



Ideally, protein should be 10-35% of the diet, i.e., ~0.4 grams per pound of body weight. It seems that excess and continued use of unbalanced protein as in some supplements is no good. It can put strains on the liver and kidneys that must degrade and excrete the excesses.

Complete protein sources are meat products (steak, fish, chicken), dairy products, milk, cheese, yoghurt, cottage cheese. Eggs, tofu and soy milk also fit in here. The average US diet typically contains plenty of proteins—except for the elderly and those on restrictive regimens. We must constantly check them for deficiency.

The diets of less developed countries and the poor are often protein deficient. Proteins generally are the most expensive of the food groups. Kwashiorkor is a deficiency disease often seen with chronic deprivation. Protruding stomach, thin hair, skin color changes, weight loss slow growth, diminished mental incapacity and death are the eventual results.

For normal daily life, the average person generally needs 0.4 grams of protein per kilogram of body weight. For endurance purposes as with long distance running or swimming the amount of protein can be up to 1.2-1.4 grams per kilogram. The strength development oriented needs of athletes such as weight lifters or professional sportsmen can from 1.4-1.8 grams per kilogram of body weight. In many weight reduction diets, a protein shake or supplement serve as a meal substitute. Decreasing the amount of carbohydrate intake and increasing protein intake seems to work better than other programs.

In these matters, your doctor should guide you. Remember, too much protein puts a strain on the liver and kidneys. As is the usual philosophy, act in moderation and have a health care practitioner as a monitor. ★



CPT (Dr.) Robert E. Mallin, USA (Former) is a graduate of Adelphi University and New York Medical College. He is certified with the American Board of Plastic and Reconstructive Surgery and is a Fellow of the American College of Surgeons. In private practice from 1975-94, he was the Alaskan State Physician of the Year. While in the US Army (1966-1968) he earned a Bronze Star, Purple Heart and Air Medal, and a Combat Medical Badge.



# Our Sacred Duty

CH (COL) MURRAY J. BERGER, PH.D., USAR (RET)  
ASSISTANT CHAPLAIN GENERAL, MOWW

Each January brings the New Year, and with it, new possibilities and opportunities, and memories. February, the shortest month of the year, brings with it three special days of observance: Groundhog Day, Valentine's Day, and Presidents Day. Each has its specific history, meaning, and observance. Yet, it seems to me that both of these months share a common denominator: remembering.

Groundhog Day turns our thoughts to nature and God, as we remember and long for the warmth of spring, and the nurturing, growth and renewal it brings.

On Valentine's Day, we remember those we love, those we cherish, and those who give substance to our lives.

On President's Day, we remember our nation's presidents, how they shaped our great nation, and how their many sacrifices and contributions made what we enjoy today possible.

Likewise, it is always our duty to remember those serving, our fallen comrades, and their families—not just on one day, but every day. In fact, it is our sacred duty to remember them all.

Therefore, let us remember those men and women currently serving in our uniformed services, defending and protecting our nation at home and abroad. Let us remember our fallen comrades and Companions. Let us also remember the participants of battles still living among us—be those battles be in their recollections or at places where they served throughout the world.

With these things in mind, may we renew ourselves by remembering those we love, the friends who support us, those who served for us, and those in our nation's uniformed services who now protect us. Let our daily words and deeds demonstrate to all that we will always remember their love, friendship, service and sacrifice. ★



As winter storm Janus dumped several inches of snow on northern Virginia and Washington, DC, on 14 Jan, the Tomb Sentinels of the 3d US Infantry Regiment (The Old Guard) kept their watch over the Tomb of the Unknowns.

Photo by Staff Sgt Ben K. Navratil



MG MEADE (026), MARYLAND

## Honoring the Memory of Unknown French Soldiers in the Revolutionary War

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

History reflects the vital role played by France that led to American victory against the British in the Revolutionary War. In 1781, the French joined American forces to defeat the British at Yorktown. Thousands of French soldiers tolerated brutal heat and thirst as they marched to Annapolis, enroute to the battle in Yorktown, VA. It was during this time, in September 1781, that these unknown soldiers came to be buried in unmarked graves on the grounds of the Annapolis Naval Academy. In the early 1900s a monument was erected to remember and honor these, and all French soldiers who had given their lives to the American cause.

*(Above left, L-R):* Lt Col Sheldon A. Goldberg, USAF (Ret), Chapter Commander; GSO LTC John H. Hollywood, USA (Ret), MOWW Maryland State Commander, and Companion COL M. Hall Worthington, USA (Ret), in his position with the Maryland Defense Forces, prepare the MOWW wreath to lay at the Memorial to the unknown French soldiers who died during the American Revolutionary War.

*(Above right)* The monument was designed by Baltimore sculptor J. Maxwell Miller. The bronze plaque of a heroic female figure is emblematic of sorrowing memory.

*(Right):* Lt Col Sheldon A. Goldberg, USAF (Ret), lays the MOWW wreath at the memorial.







**PUGET SOUND (120), WASHINGTON**

## MG Stephen R. Lanza, USA, Speaks to MOWW/MOAA

BY MAJ DON CAMPBELL, USA (RET)

On 17 Nov 13, MOWW's Puget Sound Chapter held a joint meeting with MOAA/Washington for the annual National Security program. MG Stephen R. Lanza, Commanding General, 7th Infantry Division, was an excellent keynote speaker, making the meeting a great success.

(L-R): MOAA Chapter President and Companion Lt Col Richard W. Muri, USAF (Ret); MG Lanza displaying his memento mug, and Chapter Commander, MAJ Don Campbell, USA (Ret).



**COL WOODS (073), OKLAHOMA**

## Reaping the Benefits of ROTC

BY MAJ LARRY J. WASSON, USAF (RET)

The COL Woods Chapter hosted cadets representing the OK-081 AFJROTC Wing from Edmond North High School and their Senior Aerospace Science Instructor Lt Col Lester P. Tucker, USAF. Companions enjoyed listening to each of the cadets describe what JROTC meant to them. Some of the statements focused on: "The teaching of what it meant to be a leader," "guidance," and; "the help we needed and wanted."

(L-R): Lt Col Lester P Tucker; Wing Commander C/Col Emily Weiher; C/Maj Krista Spada; C/Maj Jacob Darnell, and C/Capt Clayton Estes.



**CLEARWATER (136), FLORIDA**

## An Honor and a Privilege

BY LTC THADDEUS GILLILAND IV, USA (RET); SUBMITTED BY LTC GEORGE SMITH, USA (RET)

LTC Thaddeus Gilliland IV, USA (Ret), with his wife, Pam and two of their grandchildren spent a week in Washington, DC. On Thanksgiving Day they paid a visit to Mount Vernon where they attended a wreath laying ceremony at General Washington's tomb. At the beginning of the ceremony the narrator said they like to use a current, former or retired service member to lay the wreath and asked if any were in the crowd. He was the only one.

The ceremony was very brief. After the recitation of the Pledge of Allegiance, the narrator read a prayer written by General Washington. Then it was LTC Gilliland's turn. The narrator opened the tomb and stepped aside. He picked up the wreath, entered the tomb, and placed the wreath between the General and his wife, Martha. He took one step back, came to attention, faced the General and saluted.





LTG MIDDLETON (056), LOUISIANA

## Wreaths Across America

VCINC COL CLAY C. LE GRANDE, JR., USA (RET)

On 13 Dec 2013 nine LTG Middleton Chapter Companions and spouses assisted in the placement of 3,000 Christmas wreaths at the Port Hudson National Cemetery (PHNC) as part of the Wreaths Across America project. Lt Col Phil Collins, USAF (Ret), Past Chapter Commander, has directed the fund raising and wreath placement effort for the Port Hudson National Cemetery for the past five years.

Of the more than 10,000 veterans buried at PHNC, most of the interments in the cemetery's original sections are 3,400 Federal troops from the American Civil War. Interments in the cemetery's expansion areas include veterans from World War I, World War II, the Korean War, the Vietnam War, and recent conflicts in the Persian Gulf and Afghanistan.

**LTG Middleton Chapter members in the photo that assisted in placing the wreaths are (L-R): Chapter Vice Commander Maj Rod Breland, USAF (Ret); GSO LTC Shaun McGarry, USA (Ret); Past Chapter Commander Lt Col Phil Collins, USAF (Ret); VCINC COL Clay C. Le Grande, Jr., USA (Ret), and Chapter Commander COL Ulysses "Shelby" Hargrove, USA (Ret).**



**AUGUSTA (168), GEORGIA**

## JROTC Recognition

BY LCDR RON FREEMAN, USN (RET)

Cadet LTC T. J. Fulcher, Battalion Commander of the Hephzibah High School Army JROTC, was awarded the MOWW Community Service Award rotating plaque for his unit for 2012-13 from Chapter Commander LT Richard Herdegen. C/LTC Fulcher also accepted a MOWW Certificate of Achievement for his unit.



**US NAVAL ACADEMY, ANNAPOLIS, MARYLAND**

## USNA Awards Ceremony

BY LIEUTENANT TENG K. OOI, PHD, USNA/UCLA/VPI/UAH

Midshipman First Class Max Cullen Van Benthem, received the 2013 MOWW Prize for having the third highest Order of Merit in the Naval Academy's graduating class. This award recognizes and honors Van Benthem's superior scholastic academic achievements, his demonstrated accomplishments in athletics, extracurricular activities and his commitment to serve in the military.

**(L-R): Capt Robert E. Clark II, USN; Midshipman 1/C Van Benthem and PCINC CAPT Russell C. Vowinkel, USN (Ret).**

Photo courtesy of Maj Khalilah Thomas.



**SANTA FE (209), NEW MEXICO**

## Pearl Harbor Day Remembrance

BY CPT (DR) ROBERT E. MALLIN, USA (FMR)

On 7 Dec 2013 the Santa Fe Chapter of MOWW, in conjunction with MOAA, held their annual Pearl Harbor Day of Remembrance Banquet. The day was cold and crisp with snow in the air, just as it was 71 years ago. The venue was the Lodge at Santa Fe which overlooks the National Cemetery's broad, snow covered silence. Their flag was flown at half staff in remembrance.

**Deputy Chief of New Mexico Homeland Security Mark Rowley; PCINC MG Franklin Miles; Rear Admiral Mike Barr and MG Frank Schober. They are in front of a Pearl Harbor commemorative blanket and flags.**





## VA Adds Five Illnesses Related to Service-Connected Traumatic Brain Injury

Some veterans with traumatic brain injury (TBI) and who are diagnosed with any of five other ailments will have an easier path to receive additional disability pay under new regulations developed by VA.



The new regulation impacts some veterans living with TBI who also have Parkinson's disease, certain types of dementia, depression, unprovoked seizures or certain diseases of the hypothalamus and pituitary glands.

This regulation stems from a report of the National Academy of Sciences, Institute of Medicine (IOM) regarding the association between TBI and the five diagnosable illnesses. The IOM report, *Gulf War and Health, Volume 7: Long-Term Consequences of Traumatic Brain Injury*, found "sufficient evidence" to link moderate or severe levels of TBI with the five ailments.

The new regulations, printed in the Federal Register, say that if certain veterans with service-connected TBI also have one of the five illnesses, then the second illness will also be considered as service connected for the calculation of VA disability compensation.

Eligibility for expanded benefits will depend upon the severity of the TBI and the time between the injury causing the TBI and the onset of the second illness. However, veterans can still file a claim to establish direct service-connection for these ailments even if they do not meet the time and severity standards in the new regulation.

Veterans who have questions or who wish to file new disability claims may use the eBenefits website, available at [www.eBenefits.va.gov/ebenefits](http://www.eBenefits.va.gov/ebenefits).

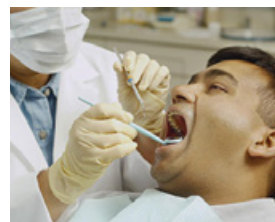
Servicemembers who are within 180 days of discharge may also file a pre-discharge claim for TBI online through the VA-DoD eBenefits portal at [www.eBenefits.va.gov/ebenefits](http://www.eBenefits.va.gov/ebenefits).

The published final rule is available at <http://www.regulations.gov>.

Information about VA and DoD programs for brain injury and related research is available at [www.dvbic.org](http://www.dvbic.org)

Information about VA's programs for Gulf War Veterans is available at [www.publichealth.va.gov/exposures/gulfwar/hazardous\\_exposures.asp](http://www.publichealth.va.gov/exposures/gulfwar/hazardous_exposures.asp)

## VA Offers Dental Insurance Program



VA is partnering with Delta Dental and MetLife to allow eligible veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase

affordable dental insurance beginning 15 Nov, VA officials announced today.

More than 8 million veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage. Participation will not affect entitlement to VA dental services and treatment.

There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either Delta Dental, [www.deltadentalvadip.org](http://www.deltadentalvadip.org), or MetLife, [www.metlife.com/vadip](http://www.metlife.com/vadip), or contact Delta Dental at 1-855-370-3303 or MetLife at 1-888-310-1681. Coverage for this new dental insurance began 1 Jan 2014, and is available throughout the United States and its territories.

Also eligible for the new benefits are nearly 400,000 spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Generally, CHAMPVA participants are spouses, survivors or dependent children of veterans officially rated as "permanently and totally" disabled by a service-connected condition.

Veterans who are not enrolled in the VA health care system can apply at any time by visiting [www.va.gov/healthbenefits/enroll](http://www.va.gov/healthbenefits/enroll) or calling 1-877-222-VETS (8387) or visiting their local VA health care facility. ★



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Imprint embroidered  
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Made with a 5.6-oz 65/35 polyester/cotton pique blend of material. Breathable side vents with a three-button placket, flat-knit collar and cuffs, and a hemmed bottom.

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"IT IS NOBLER TO SERVE THAN TO BE SERVED"

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*To cherish the memories and associations of the World Wars  
waged for humanity;*

*To inculcate and stimulate love of our Country and the Flag;*

*To promote and further patriotic education in our nation;*

*Ever to maintain law and order, and to defend the honor, integrity and  
supremacy of our National Government and  
the Constitution of the United States;*

*To foster fraternal relations among all branches of the armed forces;*

*To promote the cultivation of Military, Naval and Air Science and the  
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*To acquire and preserve records of individual services;*

*To encourage and assist in the holding of commemorations and the  
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*To transmit all these ideals to posterity; under God and for our Country,  
we unite to establish*

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