

OFFICER REVIEW

THE MILITARY ORDER OF THE WORLD WARS

NOVEMBER 2013
Volume 53 • Number 4



**Celebrating
Veterans Day 2013**



Serving Those Who Serve

While we celebrate contributions of veterans every day, our country sets aside 11 November as a special day. That day, formerly known as Remembrance Day, is Veterans Day. On that day, our nation unites to

thank our veterans for their unselfish service over the nation's history. Accordingly, many MOWW chapters host and participate in Veterans Day ceremonies and parades throughout the Military Order.

I am deeply grateful for the service and sacrifices of the men and women of our uniformed services—USA, USMC, USN, USAF, USCG, USPHS, NOAA—and their families make every day. In particular, I thank you for your continued service as we honor our nation's veterans past and present.

It will be my honor to represent our Military Order during Veterans Day observances at Arlington National Cemetery in our nation's capitol. Two Companions—CAPT Dennis J Hickey IV, USN (Ret), of the Maj Gen Wade Chapter (DC), and LTC John Hollywood, USA (Ret), of the MG Meade Chapter (MD)—will carry the United States and MOWW colors in the parade of Veterans Service Organizations. It was an impressive celebration.

Later in the afternoon, the MG Meade Chapter holds its annual memorial service honoring General of the Armies John Joseph “Blackjack” Pershing, AUS (Ret). This event, attended by the military attaches from WWI's fellow Allied Nations, is, as always, an inspiring event. Importantly, it recalls G/A Pershing's pivotal role in the Military Order's formation and history.

Many MOWW chapters have outreach and celebratory programs supporting American veterans. For example, the Santa Fe Chapter supports the “Paws for Heroes” program, the San Fernando Valley Chapter supports the “Habitat for Heroes” campaign, and the Dallas Chapter supports the “Welcome Home a Hero” program. Many of our MOWW chapters sponsor, or participate in, similar programs.

In keeping with the Preamble and this necessary focus on veterans, I appointed GSO MG Donald L. Jacka, Jr., USA (Ret), to lead the *ad hoc* Veteran Affairs Committee. Under MG Jacka's leadership, this committee will explore starting a new outreach program focused on veterans, and so will offer their recommendations to that end in the next several months.

Please keep our troops and their families in your thoughts and prayers this holiday season. Dan and I wish you a blessed Thanksgiving.

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Operation RESTORE HOPE: Never So Few

COL STANLEY JOHN WHIDDEN, PHD, MD, USA (RET)
MAJ GEN WADE CHAPTER (O20), DC

“Unified Task Force (UNITAF) was an American-led, United Nations-sanctioned multinational force which operated in Somalia between 5 Dec 92–4 May 93. A United States initiative (code-named Operation RESTORE HOPE), UNITAF was charged with carrying out United Nations Security Council Resolution 794 to create a protected environment for conducting humanitarian operations in the southern half of the country.

After the killing of several Pakistani peacekeepers, the Security Council changed UNITAF's mandate issuing the Resolution 837 that established that UNITAF troops could use "all necessary measures" to guarantee the delivery of humanitarian aid in accordance to Chapter VII of the United Nations Charter. It was regarded as a success.” —Wikipedia



Summary of CA Participation in UNOSOM

The US deployed troops to support the United Nations UNOSOM II mission in response to a Somalia humanitarian famine disaster and social order collapse. This was then known as Military Operations Other Than War (MOOTW), a term no longer in use, which focused on deterring war, resolving conflict, promoting peace, and supporting civil authorities in natural and man-made domestic crises. This phrase and acronym encompassed disaster assistance, peacekeeping, peacemaking, peace enforcement and peace building operations. The United States conducted operations to provide a secure environment for conducting Somalia humanitarian operations (Operation RESTORE HOPE).

In general, the UN established UNOSOM II, which had a strength of 28,000 personnel, including 22,000 troops and 8,000 logistic and civilian staff from: Australia, Austria, Bangladesh, Belgium, Botswana, Canada, Egypt, Fiji, Finland, France, Germany, Greece, India, Indonesia, Ireland, Italy, Jordan, Kuwait, Malaysia, Morocco, Nepal, New Zealand, Nigeria, Norway, Pakistan, Qatar, Romania, Saudi Arabia, South Korea, Spain, Sweden, Tunisia, Turkey, The United Arab Emirates, The United Kingdom, The United States of America, and Zimbabwe.

The US, under the US Forces Somalia (USFORSOM), provided the staff for the United Nations Supply Logistical Command (UNSLC) Headquarters, Combat Service Support units. It also provided 1,167 troops for a Quick Reaction Force (QRF) under US operational control that responded to UNOSOM II emergency threats upon US Central Command (USCENTCOM) approval.

On 5 June 1993, Somali war lord Mohamed Aidid, (USC/SNA) attacked a Pakistani peacekeeping force and killed twenty-four soldiers inspecting his arms depot. The UN secretary-general authorized its forces to “take all necessary measures against those responsible for the armed attacks and to establish the effective authority of UNOSOM II throughout Somalia.”

This action led to confrontations between UNOSOM II and Aidid’s militia. From 12-17 June 1993, US troops attacked targets in Mogadishu. UN Secretary General’s Special Representative for Somalia, Admiral Jonathan T. Howe, USN (Ret), issued a \$25,000 arrest warrant for Aidid.

The UNOSOM II mission changed from peace-keeping to peace-making and enforcement, causing civilian casualties and a negative relationship between UN troops and the Somalis. As civilian casualties increased, Aidid portrayed UNOSOM as foreign occupation invaders. Until mid-July, UNOSOM II used US Cobra helicopters to attack a clan leaders meeting, killing many Somalis. As a result, a Somali mob beat four western journalists to death.

As the UNOSOM II transitioned from peace-keeping to peace-enforcement, Somalis began to support Aidid in an “anti-western colonialist” mentality. Aidid used religious Islamic fundamentalism to exacerbate anti-UN sentiments, causing the US to become more adverse to casualties. Attacks occurred against UNOSOM II coalition militaries, causing serious conflicts between them. Italy was a major US antagonist.

On 8 August, Aidid’s militia detonated a large, remote-controlled, Improvised Explosive Device (IED)

Left: Clan leader General Mohamed Farrah Hassan Aidid

Right: UN Secretary General’s Special Representative for Somalia, ADM Jonathan T. Howe, USN (Ret), is second from left.

Source: unmultimedia.org

Photo page 4: A long shot of an abandoned Mogadishu street known as the "Green Line." The street is the dividing line between North and South Mogadishu, and the warring clans. Members of the clans tore down the roadblocks along the line in a show of unity. This mission was in direct support of Operation RESTORE HOPE. Source:unmultimedia.org

against an American military vehicle. Four American soldiers were killed and seven more were wounded. In response, President Clinton deployed a special task force composed of 400 US Army Rangers and Delta-Force Commandos, named Task Force Ranger (TFR). In early September, 1993, TFR arrived in Mogadishu and hunted for Aidid in Operation GOTHIC SERPENT. On 3 October 1993, TFR was ambushed at a Mogadishu hotel where they thought Aidid was located. This event is known as the Battle of Mogadishu, where eighteen US soldiers were killed in the longest, bloodiest and deadliest battle in Somalia. The American public was horrified and infuriated at the world-wide televised images of TFR bodies being dragged through the streets.

In May 1993, Army Central Command's (ARCENT) Assistant Chief of Staff for Civil Military Operation (ACSCMO) G-5 by-name-requested me to deploy to Somalia to be the US Forces Somalia (USFORSOM) and concurrently the United Nation Logistics Supply Command (UNLSC) ACSCMO G-5. I was considered best qualified for this assignment. I had been to Somalia before the collapse, and I had decades of experience in the 377th Theater Army Area Command's (TAACOM) ACSCMO G-5 staff as a Special Forces-qualified, Psychological Warfare and Civil Affairs (CA) Officer, with two recent combat tours in Operation JUST CAUSE (Panama), and Operations DESERT SHIELD and DESERT STORM (Kuwait). I spent nearly a year there on the streets of Mogadishu—from sunrise to sunset, seven days a week. The following describes my experience.

USSOCOM CA personnel provided continuous support to US Forces Somalia (USFORSOM) and to the United



Nation Logistics Support Command (UNLSC) military and humanitarian operations from 4 May 93 until 31 Mar 94. During this period, CA support included all aspects of Civil Military Operations (CMO) at the tactical level. Initially CA support was provided by six Civil Affairs Direct Support Teams (CADST) of Company C, 96th Civil Affairs Battalion (ABN), Fort Bragg, NC. Support was also provided by a G5 section of three CA officers who had supported UNITAF. (This organization was later replaced by a far smaller support element.)

During the latter stages of the UNITAF operation, the G5 requested additional staff augmentation, but it was envisioned that the staff could be supported with a reduced US CA presence. This CA element consisted of one UNLSC/USFORSCOM CA staff officer, the G5, one Area Support Group S5, and two 3-man CADST, augmented with local Somali interpreters.

Under this concept, one CADST supported the UNLSC and the other supported the QRF. The stable security situation, which was obtained under UNITAF, deteriorated following their departure, culminating in the TFR's Olympic Hotel battle from 3-4 Oct 93. In response to these events, and in response to an Aug

Members of Task Force Ranger under fire in Somalia, 3 Oct 93; Operation CODE IRENE, the Battle of Mogadishu.

Photo: US Army Rangers





93 Army Central Command (ARCENT) G5 assessment, additional CA personnel deployed in Oct 93 under the command of USFOR SOM. The number of CA personnel rapidly expanded from eight to thirty soldiers, and support transitioned from the Active Component CA unit (96th CA Bn) to the Reserve Component regionally-aligned and JSCP-apportioned 352d Civil Affairs Command.

Civil Affairs (CA) operations are divided into two supporting missions: 1) conduct civil-military operations (CMO) and; 2) support civil administration. CMO includes Humanitarian Assistance, Foreign Nation Support, Military-Civic Action, Populace and Resources Control, and Civil Defense (FM 41-10). CA elements conduct CMO to support the commander's assigned mission and US national policy. Support to civil administration is assistance to stabilize a foreign government.

CA personnel enhanced the UNLSC /USFOR SOM commander's relationship with civil authorities and civilian populace, and promoted mission legitimacy and enhanced military effectiveness. CA personnel assisted commanders by gaining the confidence of local authorities and populations, thereby assuring compliance with measures supporting military operations.

CA operations also reduced the negative aspects of military operations on the civilian populace, and consolidated CA activities to support Commander, USFOR SOM objectives. These activities were conducted as a combined effort by a sparse UNLSC /USFOR SOM CA staff supporting the international UN political / humanitarian departments, and the US Liaison Office (USLO), Mogadishu.

Civil Affairs Operations Environment in UNOSOM II

COMUNOSOM II never appointed a coalition-level CA staff officer to coordinate CA operations for coalition forces. The impact of this shortfall was that there was no UNOSOM theater CA strategy. This void created a situation in which there was frequently no CMO conducted, or there existed redundancy of CA effort which wasted manpower and resources.

USFOR SOM CA operations consisted primarily of humanitarian assistance missions to provide limited supplies to schools and orphanages throughout the USFOR SOM area of operations. CA elements conducted much of the groundwork in support of planned tactical operations, such as dislocated civilian resettlement, negotiations, and the construction or improvement of existing roads in Mogadishu.

UNOSOM II coalition forces developed their own independent CA operations based upon the type of units resourced for the operation. Many conducted civic action programs and provided humanitarian assistance to schools, orphanages, medical clinics, and local "food for work" programs. However, unlike USFOR SOM, these Coalition forces did not have specific CA staff

Personal Collection:
COL S. J. Whidden,
USA (Ret)



Right: UNOSOM aided in the creation of a common national radio station to counteract inflammatory broadcasts by clan-controlled radio stations.

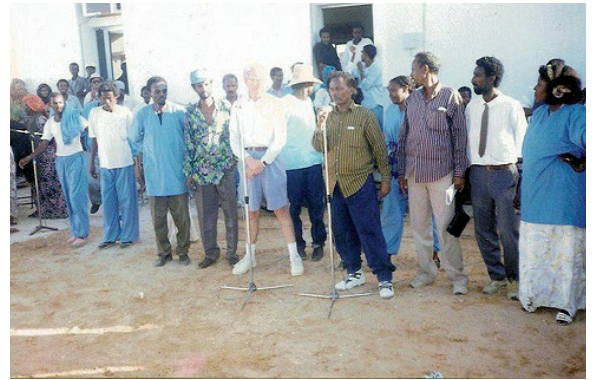
Source: unmulti-media.org

officers dedicated to planning CMO. The coalition forces recognized the tremendous positive impact of CMO in enhancing their relationship with the local Somalis, and each proceeded to develop their own independent plan and operations.

The UN later made a critical decision to integrate CA operations with its political and humanitarian efforts. The fusion of CMO activities with coalition and US CA operations was pivotal in UNOSOM's humanitarian success.

UNOSOM II developed the Civil Military Operations Center (CMOC), which coordinated escorts for food convoys, feeding site operations, and supporting coalition efforts. The CMOC was manned by a coalition staff and served as the primary interface between all humanitarian agencies and military forces, and as the primary clearing house for the humanitarian activities in Somalia. The CMOC also hosted a daily meeting, briefing the Non-Government Organizations (150 NGOs) on the current security situation and coordinating requests for support. The CMOC location, a congested and dangerous area of downtown Mogadishu, had significant impact—especially in a situation where coordination of all UNOSOM CA operations needed to be centralized. Security requirements and travel restrictions limited accessibility by personnel traveling from the University or Embassy compounds where most headquarters and staff elements were located.

Personal Collection: COL S. J. Whidden, USA (Ret)



CA Strategy and Planning Shortfalls in UNOSOM

Before CA soldiers initially deployed in Dec 92 to support UNOSOM, a CA plan was approved and in place. This CA plan was based upon clearly stated and understood national goals and objectives. However, the UN never developed a plan to synchronize CA operations. The UN military and civilian assets required detailed coordination for overall CA operations to be successful. When UN CA coordination occurred, the system was functional. In a UN CA plan, CA planners should have developed short term, intermediate and long term objectives, all with a means to measure progress. As it existed, the situation was absent any sort of cohesive plan oriented toward a specific end-state.

Under Chapter VII (Operations), the UN must have CA operations to project the image that the military is helping civilians, not acting as an occupation force (as the UNOSOM military force was perceived by USC/SNA). CA operations were vitally important in Somalia, as demonstrated by programs such as the Pothole Filling Program, which had the effect of repairing roads, preventing mine laying, creating the image of infrastructure repair, stimulating the local economic infrastructure, and bringing various clan leaders together to solve common problems.

CA programs benefitting the entire community were not attacked, obviously because all the clan leaders profited from their existence. The "Food for Work" program was created as a measure to induce local nationals to support UNOSOM objectives. By offering food in exchange for services, the UN provided incentives to support UN operations, and ultimately enhanced security for all coalition forces.



The approval by appropriate authorities of a well-defined and phased CA plan is required before the commencement of operations. The approval process, which should flow via the chain of command, should also include the highest military and civilian leaders duly recognized. The UNOSOM civilian headquarters was not involved in the process for US CA operations until after Oct 93. It was at this time that the UNOSOM political and humanitarian sections became involved with US CMO around US military bases.

The sensitivity of CA operations, combined with the need to coordinate all humanitarian, UN agency, and HRO and NGO efforts, necessitates the approval of CMO at the SRSG or at UN New York, depending upon the complexity of the operation. The SRSG may delegate approval authority. However, political sensitivity of peace enforcement operations may require CMO approval for sensitive operations be retained at the SRSG level.

The USFORSCOM CA Plan during UNOSOM II

As a result of the lack of a UN CA plan, the Assistant Chief of Staff G5, UNSLC/USFORSCOM, drafted a CA plan which was approved by the UNLSC Commander. The plan articulated the Commander's guidance for providing CA support to the UNLSC/USFORSCOM logistics bases. It emphasized:

1. Humanitarian Assistance (HA), which encompassed short-range programs aimed at ending or alleviating suffering.
2. Military Civic Action (MCA), which projects designed and intended-to-win support of the local population in the fields of education, health, public works, economic, and social development.

3. Foreign Nation Support (FNS) programs, which identified, coordinated, and acquired Somali resources to support operations.
4. Populace and Resources Control (PRO operations, which provide Somali security, supply, personnel and material resources.
5. Civil Defense (CD) projects, which were directed toward reducing attacks on USFORSCOM /UNLSC bases by using local Somalis as part of the security.
6. Medical Civil Action Programs (MEDCAPS) operations, which provided Somalia medical care.

Personal Collection:
COL S. J. Whidden,
USA (Ret)

The CA plan also permitted subordinate maneuver commanders to have the freedom to develop innovative CA projects supporting the mission. This allowed their attached CA personnel, within the confines of available resources, to develop supporting plans as well as the timetable associated with them. CA elements were flexible and oriented on what they could do, rather than on what they could not do. Within these limits, CA elements were allowed the freedom to operate and missions were accomplished with a minimum of resources and requirements. As a result, commanders concurred with allowing CA-related problems to be solved at the lowest possible level.

Dock workers unload supplies from a ship in Mogadishu, Somalia.

Source: unmulti-media.org



USFORSOM Employment of CA during UNOSOM

From the beginning, the primary mission at COMUSFORSOM was force protection. In support of that mission, CA elements assumed an active role in dealing with the local civilian community, to include clan leaders, tribal elders, university professors and police, to enhance the security of the USFORSOM bases. CA elements:

1. Reduced armed interference from local nationals by making them part of the security force, and compensating them with rations in the “food for work” program.
2. Used the local clan to assist in the identification and location of potential threats, thereby reducing the need for cordon and search operations.
3. Reduced tensions around the logistical bases by developing an equitable distribution of LOGCAP contractor jobs.
4. Hosted local meetings with district government councils within the Medina and Dharkendy districts to develop better relations.
5. Fostered close relationships with the Mursade, Habar Gedir, Abgal and Matan clans to enhance force protection.
6. Maintained an active humanitarian assistance program, which provided food and medical aid to an appreciable numbers of orphanages, schools, hospitals and clinics in Mogadishu.

7. Facilitated a cultural exchange program by developing a bazaar-style marketplace with local Somali entertainment.

The impact of these efforts was to reduce tensions and improve relations between USFORSOM and Somalis. CA operations played a critical role, despite the austere environment and limited resources in Somalia.

CA elements were a proven force multiplier, confirming the need for commanders at all levels to include a CA staff planner when conducting Military Operations Other Than War (MOOTW).

HQ USFORSOM CA Staff Section Manning

Manning the UNLSC/USFORSOM CA section was a critical issue that was discussed during the ARCENT G5 staff assistance visit in Aug 93. In this visit, it was concluded that the CA support structure was not adequate to support the mission. The ARCENT G5’s assessment recommended that the USFORSOM CA force apportionment be increased by three CADSTs—one each supporting logistics operations at Hunter Base, Sword Base, and the Airfield. The assessment further recommended that the HQ UNLSC/USFORSOM G5 staff structure be augmented with a CA Operational Planning Team (CAOPT). The recommendation was approved, forwarded and validated as part of the August force protection package request.

Shortly thereafter, the S5 of the Area Support Group returned to the US and was not replaced for over thirty days. Additionally, in early September, two of the CADSTs were replaced by new teams from the 96th CA Bn (minus one officer). Consequently, the G-5 UNLSC /USFORSOM CA staff was then supported with one two-man CADST. This manning level remained until late September, when two additional CA staff officers were provided to serve as the S5 and the Commander of the CADST allocated to UNLSC. Concurrent with the arrival of the JTF in Oct 93, the number of CA assets increased significantly with the additional CADSTs and CAOPT. These CA assets were available to assist COMUSFORSOM and subordinate commanders until the withdrawal of US forces at the end of Mar 94.

CA Participation in MOOTW

Inadequate civil affairs staff augmentation contributed to many of the problems experienced in Somalia, as

Below: Somali women consult a medical officer serving with the African Union Mission in Somalia (AMISOM) at a free Outpatient’s Department medical clinic. The clinic has continued to treat civilians affected by the violence surrounding extremist group Al-Shabaab in and around Mogadishu over the years.

Source: AMISOM Press Release 04 March 2013



it reduced the commander's ability to anticipate and preempt problems, or otherwise serve his CA needs. This shortfall was particularly evident in the transition from the initial "limited and specific" mission focus to a more long-term nation building operation.

Civil affairs should be an integral part of the planning and execution during MOOTW. It is important for any commander to understand the capabilities and resources available to him to conduct civil affairs, especially in operations where there is a likelihood of civilian interference with military operations. CA presence at every operational command level is essential. The theater also requires a senior CA staff officer to be responsible for all theater plans, programs, and policies, and for the collection and dissemination of all CA-related information.

Annex G (Civil Affairs) to the USCENTCOM OPLAN planned to support USFORs objectives with a CA Brigade consisting of two general purpose CA battalions, and a command and control element. The operation plan was not executed by the Joint Task Force (JTF) because of the lack of access to reserve components. A limited number of CADSTs were initially deployed with "limited and specific" mission guidance to conduct a short term operation not to exceed 90 days, after which the UN would assume responsibility for all operations. Subsequently, as US

involvement transitioned from UNITAF to UNOSOM II, the in-theater CA assets were depleted and US forces had limited resources to cope with a changing situation.

CA force allocations must be based on the unique blend of active and reserve component units assigned to the US Army Civil Affairs and Psychological Operations Command (USACAPOC). The only active component civil affairs unit, the 96th Civil Affairs Battalion (Abn), comprises only three percent of civil affairs assets and is designed to provide contingency support of short duration to the regional CINCs. Five regionally-aligned General Officer Commands (GOCOM) from the Reserve Component (RC) comprise the remaining 97 percent of civil affairs assets. They are organized to provide backfill and assume long term civil affairs support. The 96th Civil Affairs Battalion (Abn) provides civil affairs generalists who have the capability to rapidly deploy to contingencies worldwide in support of tactical/maneuver commanders. The RC GOCOMs contain all of the functional specialists trained to provide CA staff support from brigade to Unified Command level for long-term missions specifically oriented to nation-building operations.

Civil Affairs participation in all phases for planning and execution is required in any operation in which the presence of civilians in the area of operations is anticipated. A CA presence in operations is also required at all levels. It is critical to effectively planning, resourcing and coordinating CA operations, as well as contributing to the timely review and resolution of CA-related problems. Access to the RC, where civil affairs GOCOMs are structured to provide staff support to units from Unified Command to brigade level, is necessary to ensure adequate civil affairs support to the theater of operations. ★

Below left: The African Union Mission in Somalia (AMISOM) has launched two key projects: to rehabilitate water wells and construct a primary school in Mogadishu as part of its humanitarian and civil affairs initiative to the people of Somalia in areas liberated from Al-Shabaab terrorists.

Source: AMISOM Press Release 31 March 2012.



COL Stanley John Whidden, M.D., Ph.D., USA (Ret), served in a variety of senior Army positions on national, interagency, homeland security, public health and international (UN) defense projects. He also participated in seven international operations

on four continents. He retired after 38 years as a senior commissioned officer in the US Army Special Forces.



Rescuing HMS Bounty's Crew

As Hurricane Sandy approached land, the HMS Bounty and 16 sailors aboard were in dire need of help. More than 90 miles off the coast of Hatteras, NC, the three-masted sailing vessel had lost power and was taking on water in an area mariners call the “Graveyard of the Atlantic” for its infamously treacherous seas. With its pumps failing, the Bounty’s crew abandoned ship. Adrift in two life rafts they were powerless against the raging seas.

As this scene played out late Sunday evening, Sandy’s winds were in excess of 60 knots and an HC-130J Hercules airplane launched from Air Station Elizabeth City. The aircrew encountered significant turbulence and after flying through bands of the storm, they arrived on scene.

The Hercules was the first sign of salvation for Bounty’s survivors and the aircraft kept watch over the adrift sailors through the night deploying flares, additional life rafts and a self-locating datum marker buoy, a device that helps the Coast Guard measure surface currents to aid in the search for survivors.

The HMS Bounty, a 180-foot replica of the original HMS Bounty, was shown submerged in the Atlantic Ocean during Hurricane Sandy approximately 90 miles southeast of Hatteras, NC. US Coast Guard photo by Petty Officer 2nd Class Tim Kuklewski.

As the Hercules stood sentry, Elizabeth City launched rescue helicopter CG6012, piloted by LCDR Steve Cerveny, to begin rescue operations. Wearing night vision goggles, the helicopter raced to the scene amidst heavy rain and powerful winds. They had to fly low, at about 300 feet, to stay below the clouds and arrived on scene just after sunrise Monday morning.

It did not take long before they spotted a survivor in the water, adrift and alone. The survivor was wearing an insulated suit. Co-pilot LT Jane Pena spotted the strobe lights attached to it. Before they could hoist the sailor to the safety of the helicopter’s cabin, the aircrew had to overcome the challenge of safely deploying their swimmer and rescue basket amidst Sandy’s fury.

“The biggest challenge was the wind and the waves,” recalled Petty Officer 3rd Class Mike Lufkin. “During the recovery of the survivors from the life raft, we tried adding weight bags in the basket to make it more manageable in the wind, but once the basket hit the water, it sunk.”

After trying a few different methods their teamwork persevered and soon Petty Officer 2nd Class Randy Haba, the crew’s rescue swimmer, was pulling people out of the life raft and bringing them safely aboard the Jayhawk helicopter. Pena recalls looking out at this point and seeing another strobe in the distance. It was the sunken ship, with only its three masts sticking out.

With the crew of the CG6012 focused on getting the survivors out of one life raft, rescue helicopter CG6031 arrived on scene ready to rescue survivors from the second life raft. Pilot LCDR Steve Bonn is no stranger to harrowing rescues. He flew in some of the toughest conditions Mother Nature can conjure as a rescue pilot in Alaska. However, despite his experience, he was still stunned as he witnessed 30-foot waves literally breaking over the top of the life rafts when he arrived on scene.

Bonn did not take time to dwell on the sheer enormity of the seas. CG6031 had an hour to conduct the rescue so they could make it back to their airbase without running out of fuel. He piloted the helicopter above the second life raft, about a mile away from the first. Inside, the survivors were huddled together, cold and weary.

Rescue Swimmer Petty Officer 3rd Class Dan Todd swam to the raft. In a particularly calm, and candid moment, he greeted the survivors with, “Hi, I’m Dan. I heard you guys need a ride.”

“When we show up, it’s the worst day of these survivor’s lives, using an ice-breaker like that helps them relax knowing that we’re in control, and that this is just another day for us,” said Todd. “It was good that we got to go help people. We were just doing the job.”

Photo top: Detail from photo of the HMS Bounty, as it submerged in the Atlantic Ocean during Hurricane Sandy.

Source: Petty Officer 2nd Class Tim Kuklewski/US Coast Guard

Photo below: A crewman from the HMS Bounty is aided in the water by a member of the US Coast Guard next to a life raft in the Atlantic Ocean.

Source: US Coast Guard/REUTERS



While Todd tossed around in the seas—what he describes as feeling like being in a washing machine—Petty Officer 1st Class Gregory Moulder literally held the safety of his swimmer and the survivors in his hands as he operated the helicopter’s winch. As the rescue took place, Moulder was focused on keeping Todd and the survivors as steady as possible and his shoulder was taking the force of each wave. At one point during the rescue, he tells his fellow crew he probably threw his shoulder out, in the most matter-of-fact way possible.

“Well, my shoulder hurt like hell...I didn’t dislocate it, but I probably strained my shoulder and elbow stopping the basket from swinging in the high winds,” said Moulder. The hurricane-force winds generated seas that left no room for error, a fact all involved

were reminded of through the omnipresence of a single word, repeated repeatedly: “altitude.” Co-pilot LT Jenny Fields explains the warning heard repeatedly throughout the cabin and in the cockpit is part of a safety system that uses radio waves and timing to measure the distance between the bottom of the helicopter and the surface of the water. Despite how distracting the warning may sound to the casual observer, Fields processed the warning but remained solely focused on keeping the helicopter steady.

“The difficulty is not necessarily flying so low; but maintaining position with the life raft and rescue swimmer in the water,” said Fields. “The wind and waves were constantly pushing the targets through the water, so it was a lot of work for the pilots at the controls in the helicopters to stay in position.”

At the conclusion of “just another day” for the Coast Guard aircrews, 14 survivors headed home to their loved ones...but the search continued for two remaining members of the crew.

Subsequently, aircraft launched and Coast Guard Cutters Elm and Gallatin diverted to the scene in search of the two missing sailors. One would be recovered unresponsive seven nautical miles from the vessel’s original reported position. Several days later, Coast Guard authorities suspended the search for the remaining crewmember.

Suspending a search-and-rescue case is one of the hardest decisions Coast Guard men and women have to make, but ultimately—after searching more than 90 hours (since the Bounty’s crew abandoned ship) and covering 12,000 overlapping square nautical miles in the Atlantic Ocean—the search for HMS Bounty’s Captain, Robin Walbridge, was called off.

The search-and-rescue operation to save the crew of HMS Bounty has already become one of the enduring images of Hurricane Sandy. However, for 14 men and women who called Bounty home and the families of the two who have not returned, the memory of the bravery of the rescue crews who willingly put themselves in harm’s way to save those in peril that will last a lifetime. ★

Story Source: Go Coast Guard Online, Real-Life Stories: <http://www.gocoastguard.com/>



Coast Guard helicopter (seen from above) holds steady as a raft holding survivors is pulled out of the ocean amid 30-ft. waves.

Source: Video by Petty Officer 1st Class Brandyn Hill, US Coast Guard, 29 Oct 12.



ADM Robert Papp, VADM John Currier, and CAPT Joseph Kelly (Commanding Officer of Air Station Elizabeth City), with the aircrews and operation specialist who were directly involved in the HMS Bounty crew rescue.

Source: US Coast Guard photo by Petty Officer 3rd class David Weydert.

“Notify the Pilot, Sir”

LT COL BRUCE M. BAILEY, USAF (RET)
DALLAS (069) CHAPTER, TX

We were required to review emergency procedures for the RB-47 at every Roll Call or briefing. The CO pulled out a box of index cards. The box contained emergency procedure questions and the answers. The CO pulled out a card and directed the question to one of the lieutenant copilots, “What do you do in case of a wing fire?”

That was one of the most serious of all emergencies and demanded prompt, exact action. However, the wing headquarters building was commonly known simply as “Wing,” and all staff officers working there were known as “Weenies.”

The lieutenant fired back his response, “Sir, we would surround the building and not let any of the weenies get out.”

The CO exploded, the red clearly showing all the way to the top of his head. He chewed the copilot out thoroughly about levity during formation and his unprofessional disregard for a serious emergency. After the barely subdued laughter finally died down, he pulled out a second card.

The RB-47 was modified to carry three crewmembers in what would have been the bomb bay in a bomber. Those crew members were called Ravens or Crows.

They operated the electronic reconnaissance systems. Their normal role in any emergency was to just do as directed, because most emergencies were not in their area and thus not their concern. The few emergencies that involved the crows required only that they inform the Aircraft Commander (pilot) of what was going on.

The CO read the next question, “You are cruising at 35,000 feet when the aircraft goes into a spin. The aircraft is still in a spin when you reach 15,000 feet. What is your response?”

He looked around and directed it to one of the Crows that had been nearly asleep and so did not hear the question. So, the crow, instead of giving the correct response, which was, “Bail Out,” gave what would be the correct answer in 95 out of 100 cases, “Notify the pilot, Sir.”

The CO threw the box of cards at him, and rested his head on the podium. ★



Lt Col Bailey served two years in Marine Corps infantry, then transferred to the Air Force where he was an Electronics Warfare Officer (RB-47s, RB-57s, RC-135s and DC-130s). He was involved in the U-2 and SR-71 programs.



El Paso Chapter Honors Girl Scouts of Desert Southwest

CPT PAULA R. MITCHELL, USAR (RET)
EL PASO CHAPTER (070), TX



▶ The Color Guard for the Girl Scouts of the Desert Southwest presented the Colors for the El Paso Chapter's 21 September 2013 Chapter Luncheon at the G. V. Underwood Golf Course, Fort Bliss, TX. The Girl Scouts also led the Pledge of Allegiance and the Texas Pledge during the introductory ceremony.



▶ Chapter Commander CPT Paula R. Mitchell, USAR (Ret), presents Girl Scout CEO Diane Flanagan with the Silver Patrick Henry for 2012-2013. Ms. Flanagan has assisted the Chapter in Patriotic Education activities involving the Girl Scouts in Chapter activities over the last several years. The Girl Scout Color Guard looks on as Ms. Flanagan receives her ribbon and certificate.



▶ Additionally, Girl Scout Troop Leader Blanca Trout received a Silver Patrick Henry for 2012-2013 for her work with the Chapter in Patriotic Education activities over the last several years. The Girl Scout Color Guard also received a Certificate of Appreciation for their participation in chapter activities.

SGT Stubby: War Dog Hero

SUBMITTED BY LTC CHARLES S. CHAMBERLAIN, USA (RET)
 COMMANDER, REGION VIII
 AUTHOR UNKNOWN

Meet America's first war dog, a stray Pit Bull Terrier mix, named Stubby, also known as SGT Stubby. He was the most decorated war dog of World War I, and the only dog to be promoted to sergeant through combat.

One day, he appeared at Yale Field in New Haven, CT, while a group of soldiers were training. He stopped to make friends with the soldiers as they drilled. One soldier, Corporal Robert Conroy, developed a fondness for the dog. He named him Stubby because of his short legs. When it became time for the outfit to ship out, Conroy hid Stubby on board the troop ship. To keep the dog, the private taught him to salute his commanding officers warming their hearts to him.

Stubby served with the 102nd Infantry, 26th (Yankee) Division, in the trenches in France for 18 months. He participated in four offensives and 18 battles. The loud noise of the bombs and gunfire did not bother him. He was never content to stay in the trenches; instead he went out and found wounded soldiers.

Stubby entered combat on 5 February 1918 at Chemin Des Dames, north of Soissons, and was under constant fire, day and night, for over a month. In April 1918, during a raid to take Schieprey, Stubby was wounded in the foreleg by the retreating Germans throwing hand grenades. He was sent to the rear for convalescence, and as he had done on the front was able to improve morale. When he recovered from his wounds, Stubby returned to the trenches.

After being gassed and nearly dying himself, Stubby learned to warn his unit of poison gas attacks, and continued to locate wounded soldiers in no man's land. Since he could hear the whine of incoming artillery shells before humans could, became very adept at letting his unit know when to duck for cover.

He was solely responsible for capturing a German spy in the Argonne. The spy made the mistake of speaking German to him when they were alone. Stubby knew

he was no ally and attacked him, biting and holding on to him by the seat of his pants until his comrades could secure him.

Following the retaking of Chateau-Thierry by the US, the thankful women of the town made Stubby a chamois coat on which were pinned his many medals. There is also a legend that while in Paris with Corporal Conroy, Stubby saved a young girl from being hit by a car. At the end of the war, Conroy smuggled Stubby home.

After returning home, Stubby became a celebrity and marched in, and normally led, many parades across the country. He met Presidents Woodrow Wilson, Calvin Coolidge, and Warren G. Harding. Starting in 1921, he attended Georgetown University Law Center with Conroy, and became the Georgetown Hoyas' team mascot. He would be given the football at half-time and would nudge the ball around the field to the amusement of the fans.

Stubby was made a life member of the American Legion, the Red Cross, and the YMCA. In 1921, the Humane Education Society awarded him a special gold medal for service to his country. It was presented by General John Pershing.

In 1926, Stubby died in Conroy's arms. His remains are featured in "The Price of Freedom:

Americans at War" exhibit at the Smithsonian. Stubby was honored with a brick in the Walk of Honor at the United States World War I monument, Liberty Memorial, in Kansas City at a ceremony held on Armistice Day, 11 November 2006. ★



National Security On Report

COL JAMES T. ROBERTS, JR., USA (RET)
 COMMANDER, SAVANNAH CHAPTER (053), GA

Recently I came across a news release from William A. Thien, the Commander-in-Chief of the Veterans of Foreign Wars, in which he commented on the sad state of affairs regarding decisions made concerning our members of the Armed Forces. I would like to share it with you.

“As the national commander of the nation’s oldest and largest war veterans’ organization, I am disgusted with the partisan bickering and government paralysis caused by a White House and Congress who will not budge from their ideological extremes in order to properly take care of America’s true heroes.

Tuesday’s news that the government would not transport or make a death assistance payment to grieving military families was the last straw for almost 2 million members of the Veterans of Foreign Wars of the United States and its Auxiliaries. It is appalling and nothing short of a travesty that elected officials continue to receive paychecks and benefits while not providing for those who deserve it most.

Because of failed leadership, the Department of Veterans Affairs was forced to close 56 regional offices and furlough of 7,000 VA benefits employees, which will

further exacerbate a total claims workload that currently exceeds 1.9 million. And that news came as more than 4 million wounded, ill and injured veterans, as well as war widows, were told their Nov 1 disability or survivor benefits checks could be postponed. The loss or postponement of a maximum \$2,816 a month could be financially devastating to those veterans and survivors who live month to month.

All this came while National Park Service leadership continues to show the hypocrisy of their decision to close the nation’s war memorials to veterans while permitting thousands of others to gather on the National Mall, and while the federal government continues to make foreign aid payments while our own national security is threatened because of Congress’ failure to pass a defense budget or put an end to the sequester.

It is totally unacceptable and disgraceful that our elected leaders in Washington would allow this to happen.

Congress has a constitutional obligation to fund the government and to pay its debts, and that obligation extends to taking care of veterans, service members



and their families. The VFW believes that Congress must uphold its constitutional obligation to fund the government, and that the passage of piecemeal legislation is not a pathway to reopening the government, nor will it put an end to the political stalemate.

The VFW is tired of the political blame game emanating from the White House and both sides of Congress, and I am once again calling on all VFW members and veterans' supporters everywhere to contact their members of Congress and the White House and tell them to end this budget crisis now.

We need leadership, not more rhetoric, and if the government is unable to take care of veterans, then the government should quit creating us.

And should another military family crisis arise like Tuesday's failure, I can guarantee the VFW will provide whatever financial assistance necessary to those families."

This statement sums up the outrage and distaste felt by veterans specifically, and by the public in general.

Even worse, Pentagon instructions to military officials in the field concerning the shutdown indicated they could not go to off-post civilian meetings, attend public relations events or conduct official off-post travel.

One commander, a member of the local Rotary, indicated he was forbidden to attend by the Pentagon policy. Another senior officer sent his regrets through his PAO, saying that he could not be the speaker at the annual MOWW Massing of the Colors and that his unit's brass band and color guard could not present the National Colors.

Are we moving to a mindless military where no one questions bad decisions and where no one in the chain of command dares to say, "Stop, is this the common sense way to treat our citizens and our veterans? They are our life blood and support system for the future."

Since the beginning of our great nation, our military services have followed General George Washington's leadership principle that our nation's military must be subservient to our elected and appointed civilian leadership.

That must continue. However, this principle does not negate a senior military leader's responsibility to



William A. "Bill" Thien was elected Commander-in-Chief of the Veterans of Foreign Wars on 24 July 2013, at the VFW's 114th National Convention, held in Louisville, KY.

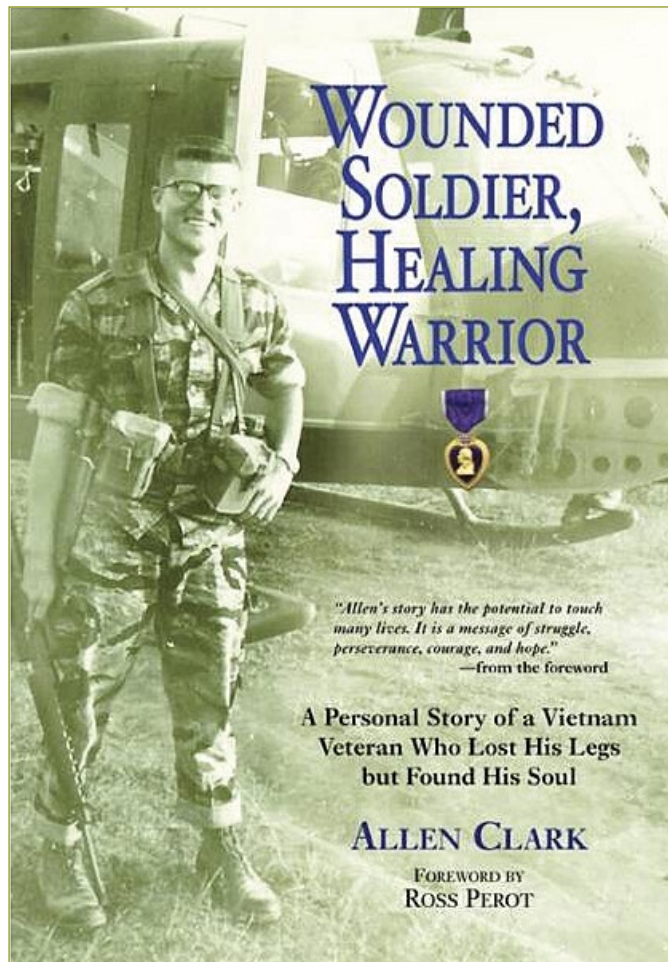
Mr. Thien served in the US Navy from 1969-1974 and served five years in the Indiana National Guard. His decorations include the Vietnam Service Medal with three stars, Vietnam Campaign Medal with 1960 Bar, Armed Forces Expeditionary Medal (Korea), National Defense Service Medal and several from the National Guard.

communicate with our military members, our citizens, and our veterans as to the reasons for decisions made and corrective measures taken when authorized. I have heard nothing from our military leaders – what say they to the American people? ★

Mr. Thien's speech and photograph page 18 were published 9 October 2013 on vfw.org



COL Roberts, a 34-year veteran, last served in Iraq as a DA civilian in 2010. He is a past MOWW chapter chair, and the past national Chair, Law & Order Committee. He is now a business continuity-planning consultant after serving as a United States Marshal in the Bush administration.



*Soldier, Companion (Dallas Chapter) and Author
United States Military Academy, Class of 1963
Army Special Forces Vietnam, 1966-1967
Silver Star, Purple Heart, Combat Infantryman's Badge
Patriot*

“Allen’s story has the potential to touch many lives. It is a message of struggle, perseverance, courage, and hope,” noted Ross Perot in the foreword to Allen’s book, “Wounded Soldier, Healing Warrior.”

Twenty-two years in active military service or in service to veterans in the Department of Veterans Affairs are a part of my life. I imagine I have heard experienced or heard about the depth and breadth of the military experience. I saw the sheer terror when under fire, the sadness for those killed beside us, and the regrets of the medics because they could not save everyone. I saw the agony of the battlefield memories, the lack of worth of the Vietnam veterans, and the sleepless years. I

saw the triggers of war, the former and current wives talking about the weapons that were at hand, and the explosive tempers. Too often, there did not seem to be any real or lasting relief, and sadly many suffered until their deaths—albeit with counseling, psycho-therapy, group sessions and years of pills.

Each of us has our own demons. In 1968, I had my own personal brush with Post Traumatic Stress Disorder (PTSD). I was back eight months from Vietnam and stressed out with fears of ever walking with artificial legs, of having any ability to have and raise children, and of having gainful employment upon my release from Brooke General Hospital amputee ward at Fort Sam Houston, Texas. I harbored anger and sadness.

After going without sleep for four days, I entered a closed psychiatric ward for fourteen weeks. I required individual psychotherapy for the next five years. By the grace of God, I have needed neither anti-depressants nor a psychiatrist since then—for over 40 years.

There are two elements critical to our healing, i.e., coming to grips with our identity, and our resiliency. We have two identities, one as a courageous and loyal warrior. The second, and the more important one, is our identity as a person of faith. Our resiliency is our ability to bounce back and recover from setbacks.

Warfare, in and of itself, is ultimately a struggle for our soul and spirit. Thankfully, we can choose to allow our healing to proceed through our identities and our faith. However, many of us turn instead

“There are a host of heroes to whom this country owes a debt it can never repay. Allen Clark lost both his legs while serving his country in Vietnam. When he came home, his body was broken, but his spirit never faltered. He went back to school. He earned his master’s degree in business administration. He served his state in a high government post and is now a successful businessman. He’s an inspiration to all who know him.”

*President Ronald Reagan
The White House
10 September 1984*

to abusing substances to mask our problems. In such cases, we succumb to the destructive choice of self-medication.

Ultimately, to cope with, if not be healed of, our issues, really requires our spiritual healing. To achieve this, one of the most important things we must do is forgive ourselves and others for mistakes made in “the fog of war.”

We cannot even have a chance for healing unless we recall the issues from before, during and after our military service that continue to burden us. We must not harbor bitterness or anger, or be unforgiving to those whose actions affected our lives.

A method I used in my healing process was to audit three arenas of my life: unhealed hurts, unmet needs, unresolved issues. These are evident in all lives but especially in the lives of those who have been to war. After listing these influences in column one, I listed in column two what it would take to heal the hurt, meet the need, and resolve the issue. Column three simply represents the effort, support and faith needed to enable the resolution listed in column two to happen.

Let me be clear, there is a great deal of soul-searching, hard work and discipline needed, but this approach is a helpful and centering, i.e., it is a means by which people can come to terms with things and proceed in having a happy life. Thankfully, it worked for me, and happily, it works for many others. ★



CPT Clark graduated the US Military Academy (1963) as a lieutenant of Engineers, after which he served in Vietnam as a

Military Intelligence officer (Fifth Special Forces Group). He is a Silver Star, Purple Heart and Combat Infantryman’s Badge recipient, and was airborne-qualified. He earned an MBA from Southern Methodist University (Dallas, TX). He was an investment manager for Ross Perot and the Special Assistant for Administration to Texas Governor Clements. In 1989, he was the Assistant Secretary for Veterans Liaison and Program Coordination at the US Department of Veterans Affairs. In 1991, he became the Director of the National Cemetery System. In 2011, the Texas state Disabled American Veterans organization chose him as their Outstanding Disabled American.

Allen’s website:

www.combatfaith.com

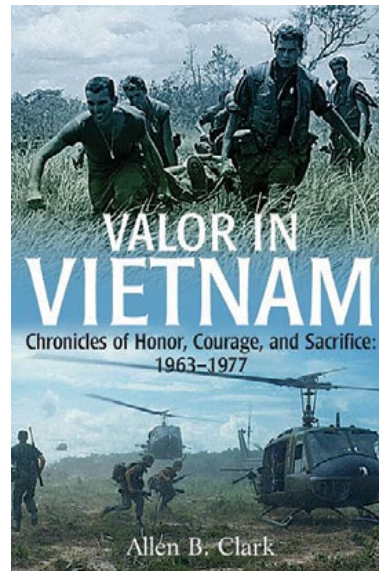
Book Websites:

- “Wounded Soldier, Healing Warrior”

www.woundedsoldierhealing-warrior.com

- “Valor in Vietnam 1963-1977: Chronicles of Honor, Courage, and Sacrifice”

www.valorinvietnam.com



Contact Allen at:

allenbclark@aol.com



Chapter Action Plan

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

CINC Goals should be the basis of each chapter's annual Chapter Action Plan (CAP)

1. GROW CHAPTER MEMBERSHIP & INCREASE COMPANION PARTICIPATION

- a. Coordinate with the MOWW Membership Committee
- b. Set and achieve monthly recruiting and retention goals (see the monthly Region Report). Brief status during monthly Staff and Membership Meetings
- c. Involve everybody! Everybody should recruit at least one new Companion every year
- d. Focus first on veterans, but pursue all categories of membership, i.e., veteran, hereditary, cadet
- e. Invite potential members to attend meetings, follow-up, and use sponsors and mentors

2. STRENGTHEN CHAPTER OUTREACH PROGRAMS

- a. Patriotic Education Programs (i.e., Youth Leadership Conferences and Massing of Colors)
 - 1) Coordinate with the MOWW Patriotic Education Committee
 - 2) Chapters may not be able to sponsor YLCs and MOCs immediately, but once chapters have funds, they can sponsor high school sophomores and juniors to attend YLCs sponsored by other chapters
- b. ROTC Programs (Senior and Junior)
 - 1) Coordinate with the MOWW ROTC Committee
 - 2) Connect with university SROTC programs and high school JROTC programs in the local area. Meet personally with their leaders
 - 3) Identify presentation needs (i.e., medals, ribbons, certificates, presentation folders).

Order these using the MOWW website ("MOWW Store"). Companions should present these items at SROTC and JROTC award ceremonies

c. Scouting Programs (BSA and GS-USA)

- 1) Coordinate with the MOWW Scouting Committee
- 2) Connect with Boy Scout Troops and Girl Scout Councils in the local area. Meet personally with their leaders and representatives
- 3) Identify presentation needs (i.e., Eagle Scout and Gold Award certificates, presentation folders). Order these using the MOWW website ("MOWW Store"). Companions should present these items at BSA and GS-USA award ceremonies

d. Monuments, Memorials and Plaques Programs

- 1) Coordinate with the MOWW Monuments and Memorials Committee
- 2) Sponsor or co-sponsor monuments and memorials to veterans, etc., in the local area
- 3) Catalog existing monuments and memorials, and provide such information to the national committee chair

e. National Security, Homeland Security, and Law & Order Programs

- 1) Coordinate with the applicable MOWW committee (i.e., National Security, Homeland Security, and Law & Order)
- 2) Secure speakers for monthly chapter meetings
- 3) Form a "speaker's bureau" of chapter Companions who can speak at chapter meetings and other venues. These activities are very good publicity for MOWW
- 4) Write articles for MOWW's *Officer Review*™

3. RAISE MOWW LOCAL AND NATIONAL VISIBILITY

- a. Coordinate with the MOWW Information & Publicity Committee



And, just for good measure...

- b. Develop news releases; distribute to local media, set up interviews (newspapers, radio, TV)
- c. Publicize MOWW and meetings on public service television stations
- d. Write articles for MOWW's *Officer Review*™

4. ENHANCE LEADERSHIP TRAINING AT ALL LEVELS WITHIN OUR ORDER

- a. Coordinate with the Education & Training Committee
- b. Core training material is in the MOWW Constitution, Bylaws, Strategic Plan and Policy Manual (all available on the MOWW website)
- c. Begin with the MOWW Policy Manual, especially Chapters 6 ("The Chapter") and 7 ("The Companion"), Policy Manual Appendices, and MOWW Forms. All are available on the MOWW website
- d. Focus first on core responsibilities and related information, then broaden training over time
- e. Education, training and mentoring is necessarily a recurring, commander-led, effort

5. PROMOTE COMPANION, CHAPTER AND COMMUNITY RECOGNITION

- a. Coordinate with the MOWW Information & Publicity Committee, and the MOWW Activities & Awards Committee
- b. Honor Companions through the presentation of Certificates of Appreciation, Outstanding Service Awards, Patrick Henry Awards, National Citations, etc.
- c. Honor the chapter by submitting the chapter for all annual MOWW program awards for which it is eligible, e.g., ROTC Program, Information & Publicity, etc.
- d. Honor individuals and organizations in the local community area via Bronze Patrick Henry Awards, Certificates of Appreciation, etc.
- e. Develop news releases; distribute to local media, set up interviews (newspapers, radio, TV)
- f. Publicize MOWW meetings and events on public service television stations
- g. Write articles for MOWW's *Officer Review*™

X. STRENGTHEN INTERNAL CHAPTER PROGRAMS [ADDED]

- a. Financial Management Program
 - 1) Coordinate with the MOWW Treasurer General
 - 2) The commander sets the tone for solid financial management; the Treasurer is the primary responsible officer for this area
 - 3) Ensure all IRS tax reporting and HQ MOWW tax certification is successfully accomplished on time, annually
 - 4) Ensure an Annual Financial Review (AFR) is accomplished (the AFR Checklist is on the MOWW website under "Forms")
- b. Financial Development Program
 - 1) Coordinate with the MOWW Financial Development Committee
 - 2) Managing this chapter program is a natural role for the chapter treasurer, although a different Companion could lead it
- c. Historical & Archives Program
 - 1) Coordinate with the MOWW Historian General
 - 2) The chapter historian leads the chapter effort to secure Companion Profiles (MOWW Form 4, which is on the MOWW website under "Forms").
 - 3) This chapter officer (or the Chapter Information & Publicity Chair) can prepare "Chapters in Action" submissions for MOWW's *Officer Review*™
- d. Activities & Awards Program
 - 1) Coordinate with the MOWW Activities & Awards Committee
 - 2) The chapter Activities & Awards Chair should manage the annual process that ensures the chapter submits for all awards for which chapter individuals, the chapter itself, and individuals and organizations in the local community are eligible ★



You don't have to be local to help locally

REHAB

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

In addition to diet, somewhat successful home exercises, and a “tune-up rehab visit,” I signed up for warm water exercises. I got there early to check out the class. The young man said I could have an eye level locker with an easy combination. In retrospect, that was a sign.

So, in I walked, bare-footed with my cane on wet and slippery tile, and prickly fiber carpets underfoot. After getting through the locker room changing experience, I ambled to the pool.

It was a huge affair, going from 3.5 feet to 9.5 feet in depth. I watched the class instructor, one of those trim, beautiful cheerleader types that, at least for me,



were unapproachable in high school. She rhythmically and flawlessly moved to her rock and roll exercise tapes while the less nubile in the pool tried to follow. After her class, I got in the water just to see how hard entering and exiting would be for me in my class. Gravity did all the work getting in. Getting out, I discovered, was another matter.

The new instructor arrived and was kind enough to let me sign the waiver from the water. We all put on a “one size fits all” floatation device. It did fit...around my neck.

We went to the deep end. My natural and enhanced buoyancy kept me floundering in my effort to be vertical. The others were walking in place while I was still floundering to get back to the shallow end.

Did you ever wonder how those lift chairs work? To exit the pool there were four toehold, built-in, steps that I could never manage on my best day. The chair lift was remarkably helpful after the guards found the rusty old key.

Once on dry land I explained to the instructor her class was not for me. She said, “Deep water aerobics aren’t for all, especially beginners.” She recommended the “warm

water exercises.” That was when I realized I was in the wrong class, and literally in over my head with her.

I hobbled over to the next pool. It had ramps, a grab bar or two, and an instructor reminiscent of cigar chewing, motor pool boss, Master Sergeant Gilstrap who considered all the armored vehicles his personal property. I apologized for being late, promised to be a good student, and show up for the right class on Thursday.

Soon it was time to go home, dripping wet if need be. Did you ever try to work “an easy combination” lock when your glasses were inside the locker? I swallowed my pride and got a young gym majordomo to work the lock and, due to my new aches and pains, help me with my shoes.

I sloshed toward the front door, stopping at the desk for a copy of the schedule so I could tell when I could I use the therapeutic pool. Another impossibly muscled youth told me about codes, web sites etc. Finally, a more mature lady took pity on me and made a Xerox copy of the schedule.

Strangely, I feel achy, but better. Nonetheless, as Arnold said, “I’ll be back,” only this time wiser—and in the correct class. ★

REHABILITATION AND FITNESS MOVEMENTS

USE THE 5 UNIQUE PHYSICAL PROPERTIES OF WATER

- **TURBULENCE.** Currents in the water massage the skin, and promote circulation and relaxation.
- **RESISTANCE.** Every movement performed under water encounters resistance from every direction. The force and energy required to move through water develops muscle, bone strength and cardiovascular and muscular endurance.
- **BUOYANCY.** It decreases the shock of landing, which is otherwise be transmitted through bones, joints and ligaments. Buoyancy also counters the effect of gravity. Body weight is offset by 75 -90% (chest-to-neck level of immersion). The obese, the elderly who may have fragile bones, the arthritic, the disabled, the injured athlete as well as pre- and post-natal women, all these groups exercise with relative ease in water.
- **HYDROSTATIC PRESSURE.** It assists participants to exercise more vigorously with less strain on the cardiovascular system. HP reduces swelling in injured or swollen joints or limbs that are immersed. The pressure of water on the chest wall is favorable environment for developing respirator muscles.
- **THERMAL CONDUCTIVITY.** The water carries away excess body heat during exercise, creating a cool, comfortable workout environment. Blood that would otherwise be employed in transporting heat is available to deliver oxygen and remove waste products from the working muscles.



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.

Giving Thanks

CDR WILLIAM J. HOUSTON, CHC, USN (RET)
CHAPLAIN GENERAL, MOWW

Companions, November is a very special month for us for many reasons. We celebrate Navy Day, The Marines Corps Birthday, the Navy Chaplain Corps Birthday, Veterans Day and Thanksgiving.

The last two have a rather special relationship this year. The first Thanksgiving was a real hardship for the Pilgrims. Over half of their number had died, and many were sick. They had little food and no support from outside. In the abundance of our age, we often forget what it was like in the early days of the founding of our country, just how difficult survival was.

Despite the real hardships they faced, they came together, invited their Indian friends to join them, and gave thanks to God, whose presence with them they never doubted. For us, this may not seem like much. However, they celebrated God's presence and blessings with thanks and praise—even in the face of severe hardship.

Now, centuries later, we still celebrate them and their accomplishments. We stand in wonder and gratitude when we come together in our homes in safety and plenty.

The other celebration we observe in November is Veterans Day, and we have never before been in quite the same situation we are now. Recently, our veterans could only celebrate the monuments to their selfless service after they took down obstructions and broke rules to visit them...walking, moving in wheel chairs, both often with the help of other veterans, families and friends.

Many of us still struggle with the fact this happened, but in the month of Thanksgiving, we should remember that these veterans, many of whom may be our Companions, were exercising the freedoms of thought and expression, which were so very important to those Pilgrims of so long ago. We should be thankful that we still have that right. Let our prayers be that we do not repeat this situation.

When we remember our veterans, we should remember that the price of our way of life is never fully paid, and

every generation has its own struggles and must pay their share to protect our country and way of life.

In so many ways, all of us are involved, one way or another, in the events and celebrations of this month. Let us not forget their significance, and the suffering and sacrifice experienced by so many to make today possible. Give thanks.

To all of our veterans, thank you. We honor you and renew our commitment to you, and to the continuing battle for our freedom and liberties. To all Marines, "Semper Paratus!"

God bless you all, and have a very happy Thanksgiving Day! ★



"Padre Bill" served as an enlisted Soldier in the Army Counter Intelligence Corps (Korean War). Returning to college after service, he entered the clergy and was later commissioned in the US Navy Chaplain Corps where he served as a chaplain for twenty years. During the TET Offensive, he was the Chaplain at First Med BN (USMC) in Vietnam. He holds the Combat Action Ribbon, Presidential Unit Citations and Navy-Marine Corps Citations. He also served with 2/7, 1st MarDiv, RVN. He is active in several Military organizations, including serving as the chaplain for the California Polytechnic State University Army ROTC.



DALLAS (069), TEXAS

Dallas ROTC Sets a Record-Breaking Year

BY CAPT LYLE MUELLER, USMC (RET)

Former Chapter Commander LTC Walt Capps, USA (Ret), presented a Certificate of Achievement to one of the top cadets at Berkner High School, in Richardson, TX. This presentation completed a record-breaking year, in which the Dallas Chapter awarded 51 citations to high school JROTC cadets and 27 citations to SROTC cadets at nine different universities.



COL ROOSEVELT (247), NEW YORK

SROTC Gold Award of Merit Recipient

FROM HOFSTRA UNIVERSITY NEWS

On 3 May 2013, Cadet Sean Ogden from Hofstra University was presented an MOWW SROTC Gold Award of Merit from Chapter Adjutant and Treasurer Companion LTC Paul Farinella, USA (Ret). Cadet Jaisy Kim received the Silver Award, and Cadet Antoine Dykes Silver received the Bronze.



MEMPHIS (066), TENNESSEE

Col Barbara Ann McGrath, USAF (Ret), Named Gold Patrick Henry Recipient

BY PCINC LTC DAVID R. TITUS, USA (RET)

Col Barbara Ann McGrath, USAF (Ret), has been named a recipient of MOWW's Gold Patrick Henry Medallion in recognition of patriotic achievement. The award presentation was made on 4 May 2013, by VCINC LTC Wayman J. Johnson, USA (Ret), on behalf of CINC LTC Gary Engen, USA (Ret). Only three such medallions are awarded annually by the MOWW Commander-In-Chief.

Col Barbara McGrath joined the Military Order of the World Wars in 1984. She has supported her Chapter by serving at all levels including as Commander in 1989, 1999 and 2000, and as Chaplain for three years. She has represented Region V on the National Awards Committee since 1999 and served as Treasurer, General Staff Officer and Commander, Region V.

Col McGrath has served as a facilitator in the Chapter's YLCs and judged the essay contest. She has judged Veteran's Day JROTC parade performances and joined Companions in Veterans Day parades. Since 2007, she has been the coordinator of programs and activities of the chapter meetings.

While serving in the Air Force, Col McGrath was qualified in ten different aircraft with approximately 4,000 hours flight time. The missions took her worldwide with Aeromedical Evacuation Missions during the Viet Nam War, the Cold War, Operations DESERT SHIELD and DESERT STORM.



LTG MIDDLETON-BATON ROUGE (056), LOUISIANA

LTG Middleton-Baton Rouge Presents 2013 Youth Leadership Awards

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

On 1 October 2013 the Baton Rouge-LTG Troy H. Middleton Chapter of the Military Order of the World Wars (MOWW) met at the City Club of Baton Rouge for its regular monthly meeting and dinner with 45 attending.

During the meeting, the local chapter honored Gregory Patrick Riley, Parkview Baptist H.S., Jesse P. Mayeaux, St. Michael's the Archangel H.S., and Courtney Garrett Gardner, Sillman Institute, as their 2013 Youth Leadership Award winners. Patrick Riley, son of Alfred and Paige Riley, Jesse Mayeaux, son of Ken and Shannon Mayeaux, and Garrett Gardner, son of Jeff and Traci Gardner, are all currently seniors at their respective schools.

As chapter winners, the students received an expense paid trip to attend the MOWW Patriots Point Youth Leadership and Patriotic Education Conference aboard the USS Yorktown in Charleston, SC, from June 25-28, 2013. Patrick Riley was selected during the conference as the Patriots Point Youth Leadership Conference Essay Award Winner and will compete for the MOWW National Phoenician Essay Award this spring.

The local MOWW chapter annually selects several area high school juniors based on academic performance and community service activities as youth leadership award winners and sponsors their attendance at the conference.

(L-R): LTC Patrick L. Widner, Vice Commander for Youth Leadership, presents Outstanding Leadership Awards to Garrett Gardner (Sillman Institute); Jesse Mayeaux (St Michael's H.S.), and Patrick Riley (Parkview Baptist H.S.), with assistance from COL Uylsses S. Hargrove, Jr., Chapter Commander.



PUERTO RICO (121)

Companion MAJ Hermes Velez-Franceschi, AUS (Fmr), Honored

BY LTC JORGE L. MAS, USA (RET)

In a ceremony during the General Membership Luncheon on 24 August 2013, our Adjutant, COL Juan R. Figueroa-Laugier, USA (Res), presented the Silver Patrick Henry Award for Patriotic Achievement to the sons of deceased Chapter Companion MAJ Hermes Velez-Franceschi, AUS (Fmr).

Photo left: Mr. Ivan Velez and Dr. Hermes Velez, Jr., accepted the Silver Patrick Henry Award on behalf of their father. *Photo center, L-R:* Chapter Commander LTC Jorge L. Mas, USA (Ret); Mr. Ivan Velez; Dr. Hermes Velez, Jr., and COL Figueroa-Laugier, USA (Res). *Photo right:* Dr. Velez gave an acceptance speech following the ceremony.



MAJGEN PENDLETON (150), CALIFORNIA

Mrs. Marji Palmer, HPM

LTCOL CHUCK PALMER, USMC (RET)

Region XIV and Department of California Commander, GSO LtCol Bill Byrne, Jr., USMC (Ret), installed Mrs. Marji Palmer as a Perpetual Member. Chapter Commander LtCol Chuck Palmer, USMC (Ret), served as her sponsor.

Clinical Nurse Leaders (CNLs)

Slowly but surely, VA is introducing a whole new kind of nurse at its medical centers across the country, and it's making a noticeable difference



in the level of care patients are receiving. They're called Clinical Nurse Leaders (CNLs).

"These health care professionals absorb vast amounts of information every day and get that information to those who need it, when they need it," explained Cathy Rick, chief nursing officer for VA. "They help to ensure that the unit is performing at peak efficiency and that every patient's needs are being addressed."

Rick said the CNL is not a Nurse Manager, the traditional 'boss' of any nursing unit, but something very different. "Unlike the Nurse Manager, who must often spend a considerable amount of time and energy dealing with administrative issues, the CNL remains on the nursing unit, in the thick of things, serving as a resource for nurses and an advocate for each patient," Rick said. "The CNL is an expert at clearing away care roadblocks and keeps a close watch on the status and progress of each patient, as well as their safety."

Marjory Williams, program director for the VA Office of Nursing Services CNL Implementation & Evaluation Service in Temple, Texas, said VA's goal is to have CNLs at all points of care across the VA system within the next three years.

VA Medical Centers Will Have The Ability To Purchase Non-VA Medical Care

The Department of Veterans Affairs announced that Veterans will have greater access to quality health care through a new initiative: Patient-Centered Community Care (PCCC).



Under PCCC, VA medical centers will have the ability to purchase non-VA medical care for veterans through contracted medical providers when they cannot readily

provide the needed care due to geographic inaccessibility or limited capacity. Eligible veterans will have access to inpatient specialty care, outpatient specialty care, mental health care, limited emergency care, and limited newborn care for enrolled female Veterans following the birth of a child.

In total, VA has awarded two contracts under PCCC, one to Health Net Federal Services LLC and another to TriWest Healthcare Alliance Corp. These companies will set up networks in six regions covering the entire country. VA expects to have these regional contract networks available to its medical centers by the spring of 2014.

For additional information, please visit: <https://www.fbo.gov/index?s=opportunity&mode=form&id=3dde670a20dee9c5a6b38d8ca53642e1&tab=core&cvview=0> ★



WWII Vet, Medal of Honor Recipient Laid to Rest



Retired Army MSG Nicholas Oresko was honored at a public funeral service 10 Oct. in Paramus, NJ. Oresko died on 4 Oct at the age of 96 and was the oldest living

WWII veteran and Medal of Honor recipient.

On 23 Jan 1945, at the Battle of Bulge, the non-commissioned officer demonstrated awe-inspiring courage when he conducted a lone assault on two machine gun positions on a hill to advance his platoon.

"SGT Oresko was wounded in the attack, yet despite his wounds, he continued to fight in order to protect his Soldiers and complete the mission," US Military Academy Superintendent LTG Robert Caslen Jr., said.

He was presented with the Medal of Honor at the White House on Oct. 30, 1945, by President Harry Truman. Oresko continued to serve Soldiers for 32 years with the Department of Veterans Affairs and retired as a supervisor. ★



Reveille

NEW MEMBER
SPONSOR

BG HOLLAND CA

LT Carl Swepton, USN (Ret)
CAPT Thomas E. Morgan, USN (Ret)

CENTRAL ARKANSAS AR

2LT Rebecca D. Burkhart, USA
Col James D. Elmer, USAF (Ret) *

COL WOODS-OKC OK

Lt Col William R. Schwertfeger, USAF (Ret)
LTC Michael E. Sloniker, USA (Ret)

CONEJO VALLEY CA

Mardy K. Medders
Col Jerry E. Knotts, USAF (Ret) *

EL PASO TX

Dr. Robert T. Lofberg – Memorial PM *
Col Maureen Lofberg, USAF (Ret) *

Lisa J. Muller
CPT Paula Mitchell, USAR (Ret) *

Debbie Owen
CPT Paula Mitchell, USAR (Ret) *

Katie Urbina
CPT Paula Mitchell, USAR (Ret) *

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Maj Robert J. Williams, USAF (Ret) *

GEN WESTMORELAND SC

COL Rex A. Brown, USA (Ret)
Capt Charles F. Gilmer, USAF ANG *

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CAPT Deborah A. Dombeck, USCG (Ret) *

Karen L. Richardson
CAPT Deborah A. Dombeck, USCG (Ret) *

CAPT Frederick H. Vogt, USCG (Ret)
CAPT Deborah A. Dombeck, USCG (Ret) *

LTG MIDDLETON LA

CDR Stuart H. Benjamin, USN (Ret)
Maj Rodney L. Breland, USAF (Ret) *

LTC Reginald Brown, USA (Ret)
COL Clay Le Grande, USA (Ret) *

MAJ GEN WADE DC

Capt Ted S. Haddad, USAF (Fmr)
LTC Alfred H. M. Shehab, USA (Ret)

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CAPT James P. Googe, Jr., USN (Ret) *

NORTH TEXAS TX

Col James D. Elmer, USAF (Ret) *
CDR John Lopez III, USN (Ret) *

PRINCE GEORGE'S COUNTY MD

2nd Lt Joy Nichols, USAF (Res)
Col Louis N. Ferguson, USAF (Ret) *

SAN DIEGO CA

Chuck A. Single
Col Clark J. Kholos, USAF (Ret) *





Taps

RANK/NAME (SERVICE)

*Denotes Perpetual Member

ALBUQUERQUE NM

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AUGUSTA GA

Lt Col Daniel B. Smoak, USAF (Ret) *

AUSTIN TX

Col Paul C. Fritz, USAF (Ret) *

BG BULTMAN [AT LARGE] VA

LCDR Hugh T. Adams, USN (Ret) *

MAJ William B. Gundrum, USA (Ret)

CAPT DILWORTH TX

CPT Lee W. Zane, USA (Fmr)

CHICAGO IL

RADM Aldis J. Browne, USN (Ret) *

COL Robert G. Brugh, USA (Ret) *

LT Albert B. Chipman, USA (Ret) *

LTJ John G. Phillips, USN (Ret) *

LT Henry L. Sanderson *

CPT GREVEMBERG LA

Lt Col Edward H. Blum, Jr., USAF (Ret)

DALLAS TX

COL Edward H. Heilbron, USA (Ret) *

EL PASO TX

MAJ Martin L. Hanna, USA (Ret)

FORT HOOD TX

COL Edward H. Heilbron, USA (Ret) *

FORT WORTH TX

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G/A BRADLEY CA

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GREATER BOSTON MA

CDR Redmond L. Clevenger, USN (Ret) *

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MG BUTLER KY

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LTC Richard A. Raderer, Sr., USA (Ret)

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Lt Col Joe S. Hilliard, USAF (Ret) *

CPT Robert A. Lilly, AUS (Ret) *

MG MILES NM

CPT Stephen D. Stoddard, USA (Ret)

PHILADELPHIA PA

MAJ David A. Horn, AUS (Ret) *

COL John W. Kovacsofsky, AUS (Ret) *

CPT Harry Z. Miller, USN (Ret) *

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PINSON MEMORIAL TX

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PORTLAND OR

LT Sarah E. Alexander, USA (Fmr) *

PUGET SOUND WA

LCDR William L. Aller, USN (Ret) *

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Maj Lois L. Tilley, USAF (Ret) *

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SAN DIEGO CA

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LT Henry M. White, USN (Ret) *

SAVANNAH GA

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CDR Richard D. Schubert, USCG (Ret) *





"IT IS NOBLER TO SERVE THAN TO BE SERVED"

OFFICER REVIEW

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