



The Military Order of the World Wars

The Companion

San Diego Chapter...Founded 30 August 1926

The Preamble

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 adoption of a consistent and suitable policy of National Security for the United States of America;

To acquire and preserve records of individual services;

To encourage and assist in the holding of commemorations and the establishment of Memorials of the World Wars;

And to transmit all these ideals to posterity, under God and for our Country, we unite to establish;

"The Military Order of the World Wars."



IN MEMORIAL

LCDR James C. Dowdy, USN, Ret

**2011-2012 ROTC AWARD for Outstanding ROTC Support, Category II
2011-2012 Best Large Chapter NEWSLETTER, Second Runner Up**

COMMANDER'S COMMENTS

This is supposed to be our month of November. Thanksgiving. But with the natural disaster that has hit most of the eastern seaboard and northeast United States, it is appropriate to direct our thoughts, prayers and resources to those facing tremendous hardships and loss. That said, we still have much to be grateful for. Finally, the campaigning and the election is history and we can get about the business of putting our personal preferences aside and supporting the governing administration. We chose to forgo our regular October luncheon and focus our energies on the MOC luncheon and the upcoming holiday luncheon on 8 December. This year's Veterans Day Parade was on Monday, 12 November; hope you were able to attend. Take time to enjoy the Thanksgiving Holiday on Thursday, 22

Recently, **CINC LTC Gary Engen** sent companions his annual solicitation letter for support of HQ MOWW operations. If you are able, please support this effort and consider a similar contribution to our own chapter Memorial Fund. Contributions to the American Red Cross or other similar organizations for disaster relief would also be appropriate.



Col Clark Kholos, USAF, Ret



LOOSE SUTURES

Dr. **Thomas J. Marshall, Jr.** MD FACS CAPT MC USN (Ret.), Chapter Surgeon



This month I would like to devote this article to the risk factors for heart disease. Heart disease is still the leading cause of death in the United States accounting for approximately 599,000 deaths annually. Since it is such a prevalent disease, it would be useful to explore the known risk factors in order to identify those risks which can be mitigated to some degree.

Some of the major risk factors cannot be changed or modified in any way, and other than knowing that they place one at higher risk, there is nothing one can do about them. These factors are age greater than 60 years, the male sex and genetic factors which predispose one to a higher risk of cardiac disease such as Marfan's syndrome, congenital heart disease or hereditary hyperlipidemia just to name a few.

Other factors can be modified significantly reducing one's risk of developing heart disease. These factors are hypertension (high blood pressure), elevated cholesterol, diabetes, stress and smoking. Each of these factors can be controlled to some degree by medication or life style modifications. I am sure that you have noticed that obesity is not on this list. That is because by itself obesity does not contribute to heart disease. However, it does contribute to the development of hypertension and diabetes, both of which are significant risk factors for heart disease. Consequently,

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"Loose Sutures" continued from page 1...

most physicians consider weight reduction to be an integral part of any cardiac risk reduction strategy.

I would like to mention a few of the strategies presently in use to address these modifiable risk factors. The control of hypertension is approached initially with weight reduction and increased physical activity. If this is unsuccessful, then anti-hypertensive drugs are added to the regimen.

Elevated cholesterol is initially addressed with diet modification and increased physical activity. As with hypertension control, if diet and exercise do not produce the desired result, serum cholesterol below 200mg./ dl., then medications to lower the serum cholesterol are added.

Diabetes is also initially approached with diet modification, weight loss and increased physical activity. If these fail to control the blood sugar then oral blood sugar lowering drugs are added. If these also fail, then injectable insulin is added.

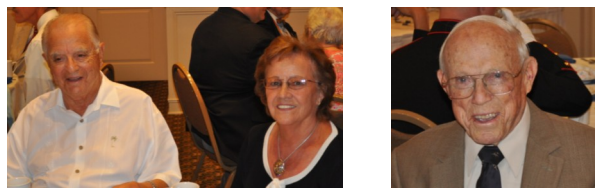
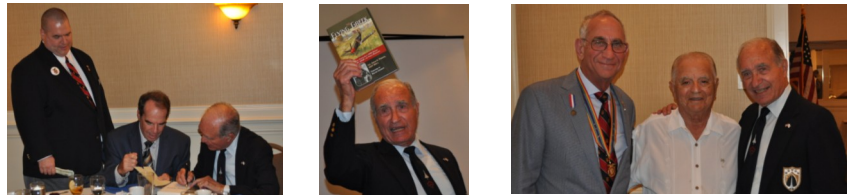
Stress is addressed by behavior modification modalities to reduce stress, such as, increased physical activity, meditation and stress reducing exercise techniques such as yoga and t'ai chi. If the stress is sufficient to produce psychiatric symptoms, such as an anxiety disorder, then appropriate medications are added to the regimen.

Smoking is the factor, which when ceased, produces the greatest benefit. It is also the hardest to bring under control. The average smoker makes seven attempts to stop smoking before they are successful. In the past the only way to stop smoking was through "will power" alone. While this continues to be a major factor in smoking cessation, there are several medications now available which seem to help in the battle to stop smoking.

As I am sure that you have noticed from this review of the strategies to control the risk of heart disease, diet and exercise make a significant contribution to lowering one's risk of developing heart disease and are a part of every cardiac risk reduction program. They are also two things that the average person can directly impact themselves.

If these controllable factors contributing to heart disease are brought under control, then the risk of heart disease is significantly reduced and one's quality of life and longevity are improved. Heart disease is one of the few diseases that the average person can actually impact by bringing these controllable risk factors under control and they should make every effort to do so.

MORE FROM THE CHAPTER ANNIVERSARY DINNER POW/MIA CEREMONY Performed by the San Diego JROTC Brigade Staff



James C Dowdy,
LCDR USN, Ret
1 March 1922
20 October 2012



Jim was a member of our chapter since 1975. Our hearts and prayers go out to his lovely family.

COLA

There will be a 1.7 % COLA increase in Social Security and other entitlement programs.

PRESCRIPTION FEES

Prescription fees are expected to rise. One way to save is by using the Tricare Mail Order Pharmacy. A 90-day prescription costs the same as a 30-day prescription at a retail outlet.

HELPFUL HINT

Before the weather turns much cooler, now may be the best time to get your furnace serviced and checked out for the winter. **Sheri Harris**

HIGHLIGHTS IN HISTORY

9 November 1965 - At 5:16 p.m., the Great Blackout of the Northeast began as a tripped circuit breaker at a power plant on the Niagara River caused a chain reaction sending power surges knocking out interconnected power companies down the East Coast. The blackout affected over 30 million persons, one-sixth of the entire U.S. population. Electricity also failed in Ontario and Quebec.

11 November 1938 - Irving Berlin's *God Bless America* was first performed. He had written the song especially for radio entertainer Kate Smith who sang it during her regular radio broadcast. It soon became a patriotic favorite of Americans and was one of Smith's most requested songs.

13 November 1942 - The five Sullivan Brothers from Waterloo, Iowa, were lost in the sinking of the cruiser *USS Juneau* by a Japanese torpedo off Guadalcanal during World War II in the Pacific. Following their deaths, the U.S. Navy changed regulations to prohibit close relatives from serving on the same ship.

17 November 1800 - The U.S. Congress met for the first time in the new capital at Washington, D.C. President John Adams then became the first occupant of the Executive Mansion, later renamed the White House.

19 November 1863 - President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery. Famed orator Edward Everett of Massachusetts preceded Lincoln and spoke for two hours. Lincoln then delivered his address in less than two minutes. Although many in attendance were at first unimpressed, Lincoln's words have come to symbolize the definition of democracy itself.

22 November 1963 - At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

26 November 1789 - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic.

30 November 1782 - A provisional peace treaty was signed between Great Britain and the United States heralding the end of America's War of Independence. The final treaty was signed in Paris on September 3, 1783. It declared the U.S. "...to be free, sovereign and independent states..." and that the British Crown "...relinquishes all claims to the government, propriety and territorial rights of the same, and every part thereof."

**San Diego Chapter's
Christmas/Hanukkah
Party
Saturday,
8 December 2012**

at
11:30 PM – 2:00 PM

at the
Seven Seas Restaurant
411 Hotel Circle South, San Diego CA 92108

\$21.00

**Menu Choices
Turkey, Pot Roast or Salmon**

____ Reservations @ 21.00 Each
Total Amount Enclosed _____

Name _____

Turkey, Pot Roast or Salmon

Name _____

Turkey, Pot Roast or Salmon

Reservations: Mail, phone, or email
to:

CAPT Dave Dahmen,
5902 Rocky View Court,
Bonita, CA 91902
619.479.8839 or dahmend@cox.net

Checks payable to "San Diego Chapter,
MOWW"

Deadline is by

Tuesday, 4 Dec 2012

BRING AN UNWRAPPED NEW TOY



STAFF 2011-2012

ELECTED

Commander

Col Clark J. Kholos, USAF

Sr. Vice Commander

LtCol Jack Harkins, USMC

APPOINTED

Chaplain

CAPT Ted Atwood, USN

Marshal

Mr. Craig Noble

Adjutant & Membership

Vacant

Treasurer

CAPT Dave Dahmen, USN

Historian

Mr. Richard DeRosset

Finance

LT Darryl Peralta, USN

Hospitality

LCDR Ray Skinner

Budget/Audit

CAPT Will Hays, USN

JROTC

LTC David Guzman, USA

Massing of Colors

LtCol Jack Harkins, USMC

Newsletter Editor/Publicity

CAPT Dave Winesett, USN

Newsletter Publisher

Capt Debbie Kash, USAF

Patriotic Education

Mrs. Sheri Harris

Programs

Lt Col Allen Miliefsky

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CDR Ted Parsons, USN

Surgeon

Dr. (CAPT) Tom Marshall, USN

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Capt Dan Kash, USAF



San Diego Chapter
The Military Order of the World Wars
1667 Reflection Street
San Marcos, CA 92078

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Time Dated Material*

Join The Military Order of the World Wars!

MOWW® is the Military Association for Federally Recognized Commissioned Officers of the United States Who Are Serving Honorably or Have Served Honorably in the Uniformed Services.

"Take Time to Serve Your Country"

Membership classifications:

Regular Membership, renewed yearly.

Perpetual Membership, granted once for life and perpetuity.

Hereditary Memberships, which may be granted to spouses and descendants of officers, Regular (yearly), or Perpetual.

The San Diego Chapter convenes monthly for luncheon meetings and conducts numerous special activities with and for civic, educational, and service programs. Visitors are welcome and are encouraged to contact the Chapter for dates, times, and locations of current meetings.



SAN DIEGO CHAPTER WEBSITE

www.sandiego-moww.org

JOIN US ON FACEBOOK

NEWSLETTER DEADLINE 23 November 2012

November Birthdays

- 07 LTC Paul NAU, AUS (94)
- 07 LT Michael GUBITOSI, USN
- 08 Mr. Moshe RUBIN
- 10 Capt William ALLEN, USMCR
- 10 Mr. Matthew ANDREWS
- 13 Mr. Chad LAURENDEAU
- 20 LT Anna Marie SAENZ, USNR
- 21 LCDR James BROCKMAN, USN (90)
- 23 CAPT Edward BEHM, USN
- 24 1Lt Donald ALLEN, USAF
- 25 LCDR Beth KUHL-GRASMUCH, MC, USN
- 27 CWO2 Arthur ROEMMICH, USN (94)
- 27 Mr. William COPE
- 30 CWO Michael GAMBER, USMC (96)

November Anniversary

- 02 Thomas and Judy SPLITGERBER
- 07 Russell and Beverly VOWINKEL (48)
- 10 Kenneth and Linda GROOVER (?)
- 14 Allen and Josey MILLIEFSKY (8)
- 20 James and Jewell BONNER (42)



<p>CONTACTING HQ MOWW FREE PHONE: 1.877.320.3774 Ext 101 – Art Morrill III, CofS & Officer Review Ext 103 – Mdse, Sales, Admin Ext 104 – Ken Staples, Mbshp, Computer Spt WEBSITE: www.militaryorder.net EMAIL: moww@comcast.net (ATTN: <u>n-a-m-e</u> in Message Block)</p>	<p>TRICARE Svc Ctr - 1.888.874.9378 Prgm - 1.888.363.2272 Pharm Prgm - 1.877.363.6337 DEERS - 1.800.538.9552 APPOINTMENTS - 619.532.8225 NMCS Rx REFILL - 619.532.8400 PATIENT RELATIONS - 619.532.6418</p>
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MARK UR CALENDAR			
EVENT	DATE	TIME	WHERE
Staff Meeting	15 Nov	9:30 AM	Revere Center
Chapter Holiday Luncheon	8 Dec	11:30 AM	Seven Seas Restaurant
2013			
Staff Meeting	7 Jan	9:30 AM	Revere Center
Chapter Luncheon	21 Jan	11:30 AM	Seven Seas Restaurant
Staff Meeting	4 Feb	9:30 AM	Revere Center
Chapter Luncheon	18 Feb	11:30 AM	Seven Seas Restaurant

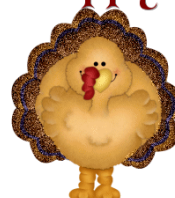
Prayer

Help Me Thanksgiving Day Prayer

O God, when I have food, help me to remember the hungry; When I have work, help me to remember the jobless; When I have a home, help me to remember those who have no home at all; When I am without pain, help me to remember those who suffer, And remembering, help me to destroy my complacency; bestir my compassion, and be concerned enough to help; By word and deed, those who cry out for what we take for granted. Amen.

-Samuel F. Pugh

Happy



Thanksgiving