



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."



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

## COMMANDER'S COMMENTS

My special thanks to **Scott Lewis**, Chief Executive Officer for the **Voice of San Diego**. His presentation on 18 March was one of our finest to date. To learn more, go to [www.voiceofsandiego.org](http://www.voiceofsandiego.org).

Once again it is appropriate to thank **Mrs. Virginia Cobb** and the **International Association of Machinists and Aerospace Workers (IAM 725)**. We just received their check for \$1,500 to be used in support of our JROTC and Patriot Education activities. Because of the thoughtfulness and generosity of earlier companions and friends like IAM 725, our chapter has a Memorial Fund to help us provide for our patriotic education and memorial activities. If you know of any other organization that might wish to partner with us, please let me know. This year's selected JROTC cadets visited our Nation's Capital 1-6 April and will describe their experience at our 20 May luncheon. LTC **David Guzman** and **Christine Yeun** served as chaperones.

Our chapter needs to adapt and grow if we are to survive and prosper. I solicit your active participation and recommendations for future program speakers, days of the week we should meet, and your preferred gathering times. **Col Clark Kholos**



## MOWW CINC's Letter To Secretary of Defense On New Distinguished Warfare Medal's Status

Note: The DWM was established Feb 13, 2013 for award to members of the U.S. Armed Forces who distinguish themselves by extraordinary achievement, not involving acts of valor, involving hands-on employment, while engaged in military operations against an enemy of the U.S. or engaged in military operations involving conflict against an opposing foreign force.

Defense Secretary Hagel is conducting a review of the criteria and precedence for award of the DWM.

Dear Mr. Secretary,

The Military Order of the World Wars was founded in 1919 and is the nation's second oldest Veterans Service Organization (VSO). It is junior only to The Legion of Valor. As a senior VSO, we are dismayed by the Distinguished Warfare Medal's (DWM) placement in the order of precedence of United States military awards and decorations.

DOD policy currently states the DWM will immediately follow the Distinguished Flying Cross (DFC) in order of precedence. That means the DWM ranks ahead of the Bronze Star Medal (BSM) and the Purple Heart Medal (PHM). It also means the DWM ranks ahead of the Soldier's Medal (SM), the Navy and Marine Corps Medal (NMCM), the Airman's Medal (AM), the Coast Guard Medal (CGM) and the Coast Guard Gold Lifesaving Medal (GLM), which are the highest non-combat decorations awarded for heroism. This ranking is a serious mistake and is disrespectful to those who have been decorated for heroism by the Nation they so selflessly served.

While we agree with establishing the DWM, we very strongly believe it should be ranked below the PHM because its award does not involve personal, direct contact with the enemy or valor. Clearly, we need a decoration to respond to new and evolving types of warfare, capabilities and battlefield effects, and to honor significant events of extraordinary individual achievement *not involving acts of valor*. Given today's technology and capabilities, that is reasonable and proper.

However, the DOD policy that appropriately states the DWM will not be awarded for acts of valor under any circumstances (because it recognizes a lesser act) lends credence to our firm view that the DWM should not rank ahead of the BSM, PHM, and Service medals for non-combat heroism.

***In short, we support the DWM, but only if it ranks after the PHM but before the Defense Meritorious Service Medal (DMSM) in order of precedence.***

Sincerely

GARY O. ENGEN, LTC, USA (Ret)  
Commander-in-Chief

## Statement by Secretary Chuck Hagel on Vietnam Veterans Day

Today and this weekend, communities across the country commemorate “Vietnam Veterans Day”. This year we also mark forty years since the end of U.S. combat operations in Vietnam. On March 29, 1973, the last of our combat forces departed the country and the final release of American prisoners of war drew to a close.

When Vietnam Veterans reached their hometowns, many were not greeted with the appreciation and respect they very much deserved. In our time we must take every opportunity to thank all Veterans and their families for their service and sacrifice.

More than 1,600 service members remain unaccounted for from the Vietnam War. Their families still seek answers. Today, the Department of Defense reaffirms its commitment to take all steps to account for our missing personnel and bring closure to their families. And we salute and thank our Vietnam Veterans and their families.



**LOOSE SUTURES**  
Thomas J. Marshall, Jr. CAPT MC USN (Ret.)



This month I would like to devote my article to the disease of Hypertension or High Blood Pressure. This problem is extremely common in American adults over the age of 45 years affecting up to 25% of the population above that age. It is more common in males than females and its prevalence is different among the racial groups in our country with African American males having the highest rate of the disease in the US. It is rare for women to develop Hypertension prior to menopause. Other risk factors associated with Hypertension are obesity, lack of physical activity, smoking, high salt intake or low potassium intake, alcohol use (more than 2 drinks per day has been associated with an increased risk of Hypertension), low vitamin D levels, (a rarity in the US) and certain chronic diseases such as high cholesterol, diabetes mellitus, kidney disease and sleep apnea.

There are two types of Hypertension, primary hypertension, which accounts for 90% of the cases of hypertension, and secondary hypertension which is caused by a specific disease. There is no known cause of primary hypertension and secondary hypertension is caused by narrowing of the renal arteries, certain hormonal defects originating in tumors of the adrenal gland, side effects of medications and the use of certain illegal drugs such as cocaine.

The treatment of these two different types of Hypertension is fundamentally different. The treatment of primary hypertension is directed at lowering the blood pressure and the treatment of secondary hypertension is directed at removing the cause of the high pressure such as reversing the narrowing of the renal arteries, removing the adrenal tumor or changing or removing the drug causing the high blood pressure.

Hypertension rarely causes symptoms unless the blood pressure is dangerously high. Then it can cause headaches, nausea, mental status changes or fatigue. Generally speaking, however, the average person with Hypertension is asymptomatic. Therefore, the hallmark of the treatment of hypertension is early detection through routine blood pressure surveillance. One might ask, “Why bother screening for a condition which is very common and generally asymptomatic?” The answer to this question is that the reason for blood pressure screening is to prevent the occurrence of Hypertension’s complications which are heart attack, stroke, blood vessel aneurysms, peripheral blood vessel narrowing or occlusion in the limbs or the brain which can result in limb loss or loss of cognitive function and renal failure. Any of these complications can ultimately result in death. Therefore, it is imperative to screen for Hypertension and to control it once it is identified.

When Hypertension is first detected, secondary hypertension is generally screened for. This can usually be ruled out by a thorough history and physical exam and simple urine and blood tests. Once secondary hypertension has been ruled out, risk factors are screened for such as obesity, smoking, high salt intake, high alcohol intake, low physical activity and stress. Since Hypertension causes its complications over a period of years, an attempt is often made to control the risk factors involved, which if the disease is detected early in its course, can often lower the blood pressure without having to resort to lifelong drug treatment.

Even if drug treatment is necessary, correcting these risk factors often results in blood pressure control with the use of minimal drug dosages. There are a huge array of anti-hypertensive medications, each of which carries certain side effects and adverse reactions. Therefore, each person’s anti-hypertensive regimen must be individualized for him by his physician.

Over the years, Hypertension has been given the nickname, “The silent killer,” due to its lack of symptoms and the devastating complications that it causes. This is a very apt description. This disease must be aggressively sought out with routine screening and vigorously treated once it is identified to prevent it from living up to its moniker.

**GUEST SPEAKER**

**Captain Cedric E. Pringle, USN**  
**Commanding Officer**

**USS Makin Island (LHD-8)**

Captain Cedric E. Pringle is a native of Sumter, S. C. He graduated with a Bachelor of Science Degree in Economics and received his commission via NROTC from the University of South Carolina in December 1986. At sea, he served in USS Ranger (CV 61) and in USS Portland (LSD 37). Other sea tours include USS Fort McHenry as Executive Officer and as Chief Staff Officer for Commander, Amphibious Squadron Four/USS Wasp Expeditionary Strike Group. He also served as Commanding Officer, USS Whidbey Island (LSD 41) from July 2004 to Feb 2006. His command tour was highlighted by Whidbey Island's participation in Hurricane Relief Operations in September 2005. CAPT Pringle reported to USS Makin Island as Executive Officer on August 27, 2010 and took command as the third Commanding Officer on February 29, 2012. Makin Island was deployed to the West Pacific, Indian Ocean, Persian Gulf, & Red Sea during most of 2012 in an Expeditionary Strike Warfare mode, during which she earned her first Battle Effectiveness Award, given only for highest standards of performance readiness and efficiency, received March 9, and earned the 2012 Admiral Flatley Aviation Safety Award, awarded March 22; a truly extraordinary record of winning achievement!

**ANNOUNCING**

**2013 Massing of the Colors**  
**Saturday May 4 at 10:30**

**Spreckels Organ Pavilion Balboa Park**  
**Contact Lieutenant Colonel Jack Harkins**  
[jack.r.harkins@gmail.com](mailto:jack.r.harkins@gmail.com)

**2013 MOWW CONVENTION**

**August 12-18, 2013**

**[Omni Dallas Hotel at Park West](#)**

1590 LBJ Freeway, Dallas, TX 75234  
 Phone: (972) 869-4300, Fax: (972) 869-3295  
 For phone reservations, call 1-800-THE-OMNI



**San Diego Chapter's**  
**58th Annual**  
**Massing Of The Colors**  
**Saturday, May 4, 2013**

**10:30 AM – 12:00 NOON**

**SPRECKELS ORGAN PAVILION**

**BALBOA PARK**

**Tributes: Medal of Honor Recipients**  
**Legion of Valor & American EX-POWs**  
**Wounded Warriors**

**Military Order of Purple Heart**

.....  
**Marines Honor Volley Firing**

**Patriotic Music Concert**

**Chapter MOC Luncheon At 12:30**

**In Veterans Museum, 2115 Park Blvd**

**All-American Buffet**

**\$20.00 Per Person**

**Entrees, Veggies,**  
**Salads, Rolls, Coffee, Tea, & Dessert**

**Reservation Deadline Monday, April 29, 2013**

**Phone or Email Reservations**

**With Full Names To:**

**LT Darryl Peralta**

**peraltadarryl@att.net 619.426.1387**

**Pay At The Door: Cash**

**Or**

**Check payable to "San Diego Chapter, MOWW"**



**ELECTED**

**Commander**  
Col Clark J. Kholos, USAF

**Sr. Vice Commander**  
LtCol Jack Harkins, USMC

**APPOINTED**

**Chaplain**  
CAPT Ted Atwood, USN

**Adjutant**  
Mr. Craig Noble

**Marshal**  
Mr. Craig Noble

**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 Publisher**  
LtCol Jack Harkins, USMC

**Patriotic Education**  
LTC David Guzman, USA

**Programs**  
Lt. Col Jack Harkins

**SDYLC Board of Directors**  
Capt Debbie Kash, USAF  
CDR Ted Parsons, USN  
Lt.Col Jack Harkins, USMC

**Surgeon**  
Dr. (CAPT) Tom Marshall, USN

**Webmaster**  
Capt Dan Kash, USAF



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

*Change Service Requested  
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](http://www.sandiego-moww.org)

**JOIN US ON FACEBOOK**

**NEWSLETTER DEADLINE April 26, 2013**

*April Birthdays*

- 07 COL Thomas HAGGERTY
- 08 CAPT "L" Vernon EDWARDS USN
- 09 Major Kenneth GROOVER USMC
- 09 Mr. Peter DODGE
- 10 Ms. Margaret ANDREWS
- 11 Mr. William QUIREY
- 14 Ms. Michelle ANDREWS
- 15 CAPT Angeline LIAKOS USN
- 17 Mr. Jack FENNIG
- 19 Mr. Brad FULLER
- 28 Mr. Richard DE ROSSETT
- 28 Mr. Mark GYGAX

*April Anniversary*

- 11 Gordon and Nancy KINLEY (59)
- 27 Will and Norma HAYS



**Prayer**

We continue to lift up our petitions to You, our ABBA Father. We pray for our leaders. May they choose this day whom they will serve and not waver between two opinions, that they will not be tossed to and fro like the waves of the seas. May they be steadfast, strong, and courageous, and may they meditate daily on Your Word, the Book of Life. May Your Light shine in them as they lead the people. Amen.

[www.presidentialprayerteam.com](http://www.presidentialprayerteam.com)

**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](http://www.militaryorder.net)

**EMAIL:** [moww@comcast.net](mailto:moww@comcast.net) (ATTN: n-a-m-e in Message Block)

**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

**CALENDAR**

<b>EVENT</b>	<b>DATE</b>	<b>TIME</b>	<b>WHERE</b>
<b>Massing of the Colors</b>	<b>4 May</b>	<b>10:30 AM</b>	<b>Balboa Park</b>
<b>Luncheon: With The Military Order of the Purple Heart</b>			<b>At Veterans Museum</b>
<b>Staff Meeting</b>	<b>6 May</b>	<b>9:30 AM</b>	<b>Revere Center</b>
<b>Chapter Luncheon</b>	<b>20 May</b>	<b>11:30 AM</b>	<b>Anchors Conference</b>
<b>Staff Meeting</b>	<b>3 Jun</b>	<b>9:30 AM</b>	<b>Revere Center</b>
<b>Chapter Luncheon</b>	<b>10 Jun</b>	<b>11:30 AM</b>	<b>Anchors Conference</b>