



The Military Order of the World Wars
Colorado Springs Chapter
Post Office Box 2152
Monument, Colorado 80132

Chapter 151 January 2023 Newsletter

COMMANDER'S CORNER (16 Jan 23)

Happy New Year! I hope you had cause to celebrate the ending of 2022 and are looking forward to a promising new year! A lot has happened in our chapter since our last newsletter.

We just concluded a very successful meeting featuring Lt Gen (USAF, Ret) Chris Miller on the topic of: "Ukraine: Harbinger of the Future?" I have requested his slides. Thanks for those of you who were able to attend. We continue to solicit and invite quality speakers for our monthly meetings and ask for your attendance and consider inviting prospective members.

I am pleased to announce that two of our Rocky Mountain Youth Leadership students won two of the top three awards for the annual MOWW Phoenician Essay Competition. In this national competition, Matthew Allen was 1st Runner up with a prize of \$1,000 and Omari Martin (who spoke at our JROTC luncheon) as 2nd Runner up with a prize of \$500. It is very unusual for two students from the same YLC to receive awards. We are very proud of them and plan to honor them at an upcoming Membership Meeting.

Chapter Bylaws. Our staff has been hard at work updating the Chapter Bylaws from the 1991 version. Our Bylaws require a vote of approval by our members. You will have the opportunity to vote at our next MOWW Chapter meeting.

Speaking of our next MOWW Chapter Meeting, we will host our next MOWW Meeting on Saturday, January 28th, 2023 from 1100-1330. Note: we had to change the date from the previously announced Saturday, 21st meeting. Please save that date to attend the first meeting of the New Year. Adam Weitzel, President of the Pathway to the Rockies Council Executive Board is the guest speaker on the Scouting Program. Note that we are conducting MOWW meetings as Saturday luncheons through April for safer travel during inclement winter weather. Our February speaker will be Michael J. Allen, District Attorney for Colorado's 4th Judicial District.

Our MOWW polo shirts are selling well. You can wear these MOWW shirts at all MOWW events. Please contact [Mike Berendt](mailto:berendt478@aol.com) (berendt478@aol.com, (410) 908-6777 if you want to order a polo shirt. The Rocky Mountain Youth Leadership Foundation has begun planning for the June 12-16 Rocky Mountain Youth Leadership Conference at CSU Pueblo. This involved about 100 rising high school seniors for a week in-resident experience emphasizing leadership, patriotism and the free enterprise system. Please [contact me](#) if interested in helping with the conference. Also, you can contribute to our Chapter before year end. Our Chapter website is: <https://cos-moww.org>.

Our Chapter continues to grow, and I appreciate your efforts to recruit new Companions to our Order. Invite guests to our membership meetings! Please contact me or any Staff member if you have any suggestions for how the Chapter can better serve you and fulfill our mission.

Happy New Year to all!

STEPHEN SHAMBACH, Col, USA (Ret)

Chapter Commander

It is nobler to serve than to be served

MEMBERSHIP MEETING (3 Dec 22)



The Chapter was pleased to welcome Lt General (USAF, Ret) Chris Miller who spoke on the topic "Ukraine: Harbinger of the Future?". General Miller provided a detailed analysis of the history behind the Ukraine-Russia conflict, an analysis of the current situation and the implications of this conflict

for future warfare and the profession of arms. He emphasized the importance of the Ukrainian commitment and political will, the benefit received from NATO training, and the value of initiative and decision making at the lower levels of command. He also focused on the lessons learned from remote, electronic, and urban warfare and compared the trench warfare and destruction of infrastructure to the environment of World War I.

STAFF MEETING (12 Jan 23)

This was a hybrid (in-person and virtual) meeting conducted at Hill House. The meeting was called to order at 1740 hours by Chapter Commander COL Stephen Shambach. Also attending were Lt Col Ulysses Swift, LTC Mike Berendt and Lt Col Rich Peters. Attending by Zoom was BGen Anthony Trifiletti, Col Kerm Neal and Col Rich Rima. Invocation was given by COL Shambach followed by Lt Col Swift leading the Pledge of Allegiance.

Minutes The Dec 22 meeting minutes were approved on a motion by LTC Berendt and seconded by Lt Col Swift with all attendees voting "aye."

Financials LTC Berendt submitted the Treasurer's Report as of 1 Jan 23. The month of December ended with the following assets at Integrity Bank:

Certificate of Deposit:	12,342.64
Savings Account Balance:	\$101.17
Checking Account Balance:	\$2,760.88
Reserved for Programs	\$4,778.96
Total Chapter Asset Balance:	\$19,983.65

January Companion Birthdays

Lt Col Isaac Woodfork–2 Jan; Maj Dustin Keller–14 Jan; Ms. Shirley Durham–30 Jan; Lt Col Anja Wynne–30 Jan.

February Companion Birthdays

Lt Col Susan Cooley–2 Feb; COL Joseph Morgan–3 Feb; Lt Col Robert Becerra–4 Feb; MG Thomas Csrnko–5 Feb; Col Philip Madden–8 Feb; Maj Timothy Matson–18 Feb; Maj Charles Clark–22 Feb; Mr. Jonathan Cole–23 Feb; Capt Douglas Katein-Taylor–24 Feb; Lt Isabel Taylor–26 Feb; Mr. Michael Wilson.

Committee Updates

Scouts: No status to report (NSTR) on reactivating Chapter relationship with Flight of Eagles club at US Air Force Academy (USAFA). Club is comprised of USAFA cadets who achieved Eagle Scout.

ROTC and JROTC: Companion recognition for Lt Col Keith Woodfork recently retired after 20 years

service as a JROTC at Mitchell High School. Lt Col Swift coordinating with Lt Col Woodfork for presentation at future membership meeting.

Young Marines. Col Neal will check if prospective leader will commit to serving as Young Marine liaison and provide update at next Staff meeting.

Civil Air Patrol (CAP). No response from Chapter Companions to "help wanted" for CAP liaison. COL Shambach stated that a Memorandum of Understanding exists between CAP and National MOWW Headquarters.

LTC Berendt awaiting responses from all JROTC units before publishing schedule for award ceremonies and soliciting support from Chapter Companions as presenters.

Patriotic Education Two Phoenician Essay contestants won 2 of the top 3 awards ([see Commander's Corner](#)).

Public Safety and Law and Order NSTR

Membership and Recruiting

83 Chapter members with 71 residing in Colorado.

Old Business

Recruiting new members is critical to sustaining the Chapter. Please consider recruiting one member for the Chapter.

All recruit new members for new Operating Year (OY) that starts in July! Please consider initiatives on recruiting younger members. We have to recruit three new members. The Staff is working on some new candidates.

Please consider volunteering to serve on any Staff positions for OY 23-24.

Vote on Chapter Bylaws at January 28 meeting.

Only Companions attending meeting can vote on the Bylaws.

[2023 National Convention in Annapolis, MD.](#)

Contact [COL Shambach](#) to inform him if you are attending.

We continue to solicit Companions to volunteer for the following vacant Chapter Staff positions (please go to MOWW website for job descriptions if you are interested in these positions). These are non-elected positions.

- Historian (Priority Position Steve would like filled)
- Public Relations (Priority Position Steve would like filled)
- Marshall
- Chaplain
- Judge Advocate

Chapter Polo Shirts – LTC Berendt is Project Manager. 10 Sold/6 reserved. Placed second order for 12 in various sizes. 8 shirts are available for

purchase at future meetings. Please contact [LTC Berendt](#) if you want to purchase a shirt.

Jan 28 General Membership Meeting.

Guest Speaker is Mr. Adam Weitzel, Council President for Scouts BSA Pathway to the Rockies Council who will provide information on current state of affairs and future plans for Scouting. Zoom Link for Companions wanting to attend virtually: <https://us02web.zoom.us/j/86803639296?pwd=RnA5UUxWc210bVJxRURLaEVob3VXdz09>

Future General Membership Meeting Speakers.

George Reed recruited February speaker Michael J. Allen, District Attorney for Colorado's 4th Judicial District.

Staff working on finalizing speakers for remainder of the OY ending in June. The Staff is in the planning stages of sending invitations to Colorado Springs Mayor Suthers for March and possibly a Space Force General Officer in April.

New Business

Region XIII meeting, 21 Jan 23, Phoenix, AZ. Please Contact [COL Shambach](#) if you want to attend (either in person or virtually).

Standard Operating Procedures - draft documents require Staff review.

Newsletter – new format working well. Need to incorporate Dr. Mallin article and Mr. Warren Gerig photographs.

Staff discussed initiative for inviting previous guest speakers to attend monthly membership meeting and receive Chapter Newsletter.

Next Staff Meeting Thursday, 16 Feb, 1730, Hill House. Zoom link for Companions wanting to attend session virtually:

<https://us02web.zoom.us/j/88248811852?pwd=OU9PQVpQOUh2VEFybjdJNDZGaThQQT09>

Adjournment COL Shambach adjourned the meeting at 1846 hours.

Submitted by Lt Col Ulysses Swift, Adjutant

COMPANIONS HELP WANTED

Civil Air Patrol (CAP) – we are seeking a Companion to spearhead working with the local CAP to recognize their young adults and integrate within our existing programs. Please contact [Junior Vice Rich Peters](#) if interested.

Young Marines – we are seeking a Companion to spearhead working with the local Young Marine Chapter to recognize their cadets and integrate within our existing programs. Please contact [Junior Vice Rich Peters](#) if interested.

Companion Outreach – we are seeking a Companion to assist the Staff in outreach activities

associated with our members to periodically check on them to determine if they require any assistance from the Chapter. We currently have over 23 Chapter members who are over age 75 and would like to establish a program where we personally visit them to ensure they do not require assistance from other Companions. Please contact [Junior Vice Rich Peters](#) if interested.

COMING EVENTS (January & Later)

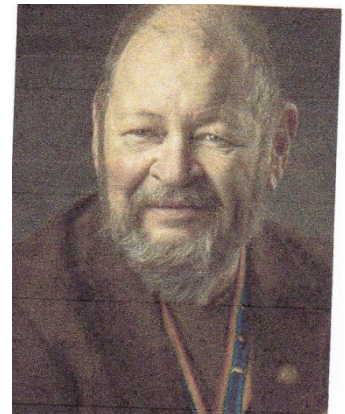
- ✓ **MEMBERSHIP LUNCHEON (28 Jan 23)**
 - (Saturday), time 11:30 A.M.
 - Location: Patty Jewett Golf Course.
 - Program: Boy Scouts of America - Adam Weitzel Pathway to the Rockies.
- ✓ **STAFF MEETING (16 Feb 23)**
 - (Thursday), 1730.
 - Location: Hill House
- ✓ **MOWW NATIONAL CONVENTION (1-6 Aug 23)**
 - Location: Annapolis, MD



The following article was included in Chapter Newsletter for information purposes. Thanks to Dr. Mallin for his permission to include this article.

PAIN AND AGING

CPT Robert E. Mallin,
MD, USA (Fmr)
Surgeon General,
MOWW



One consequence of growing old, playing contact sports, being overweight, or just walking upright, is the potential for back and sciatic nerve problems. Basically, your spinal column is a curved stack of vertebrae bones with nerves coming out between them. If all goes well, the stack stays “in line,” i.e., the nerves have plenty of room and we can get around well. However, too often there are some problems.

Some of it starts at birth, most problems come with time. Sciatic exercises will usually relieve pain in the short-term and provide conditioning for long-term relief. I can't stress too strongly to get expert help! Physical therapist, physical medicine and

rehabilitation physician, etc., directed exercises may help. These can be done on land or in the water. Remember: activity is better than prolonged bed rest. Many exercises strengthen the back and abdomen. Stretching is a mainstay. However, the wrong exercises can worsen the situation. Check with an expert first. A herniated disc or a narrow spinal canal needs specific consideration.

Sciatic pain is caused by compressing nerves coming out of the spine in the low back. Pain can go from the butt to the toes. Exercises are generally rotational. Firm surfaces, knees bent, rotate each leg to the flat surface—two sets of ten usually. Knees bent rotate them together left and right, hold 15 seconds. Two sets of ten. Knees bent, elbows press to table, rotate pelvis upward. Knees then together left and right, hold 15 seconds. Two sets of ten. Knees bent, elbows press to table, rotate pelvis upward. Knees bent, lift one at a time, 2-3 inches off the deck, and hold for 15 seconds. Next could be lifting each knee and lowering the opposite arm to a place behind you. Arms folded on chest, rotate 20-30 times to the side, holding 15 seconds. Bend your back to the floor, relaxing everything. One set of five will help. See a specialist for water exercises. Stop if it hurts, as opposed to just feeling stretched. "No pain, no gain," does not apply to rehabilitation routines.

Your training expert may want to add upper body or leg straightening exercises, weight training, etc. I can tell you from personal experience that pain vanishes in the water, especially warm water (92-94F), and exercises are more pleasant. Plus, at the pool everyone is less self-conscious. It is OK to say that you are here for a workout, not for chit-chat. Nonetheless, there are people who give encouragement and care, even when you exercise on your own and you are not in a formal exercise class. An hour or more of exercise passes quickly—and it's good for you. In a rehabilitation center, the program is individually generated for you. You are constantly guided through your session. Modalities can change from visit to visit as the situation warrants. If you qualify, Medicare covers a generous amount of visits to the rehabilitation center, but you will need a doctor's referral.

At a community or college pool, you do not need a referral, although you may need to be a student. A one-credit course typically qualifies you to use all facilities during most times of every day. For me, the obvious thought was to combine the rehabilitation center's instructions and specific exercises with the warm water pool's facilities for my ideal program.

Most important, get diagnostic help and start a program—now. There is every reason for you to enjoy your workouts, and benefit from them!
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 U.S. Army (1966-1968) he earned a Bronze Star, Purple Heart and Air Medal, and a Combat Medical Badge, among other decorations.

POINTS OF CONTACT

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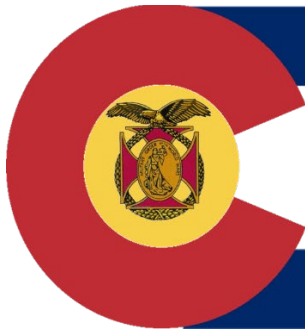
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CONTRIBUTION OR PLEDGE

Yes, I am making a tax-deductible contribution or pledge to the Colorado Springs Chapter of the Military Order of the World Wars.

I wish to contribute or pledge \$ _____ to the Patriotic Education Fund.

I wish to contribute or pledge \$ _____ to the ROTC Fund.

I wish to contribute or pledge \$ _____ to the Boy and Girl Scout Fund.

I wish to contribute or pledge \$ _____ to the Law & Order Fund.

I wish to contribute or pledge \$ _____ to the Operations Fund (postage, bulletin, directory, recognition programs – plaques, medals, etc.)

Name

Please make checks payable to Colorado Springs Chapter, MOWW

Send to: LTC Mike Berendt (USA, Ret)
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