



The Patriot

General J. P. Holland Chapter

Military Order of World Wars
15561 Paseo Jenghiz, San Diego, CA 92129 * 858-254-4905
www.jphollandmoww.org

National Website

www.moww.org

January-February, 2016

Holland Chapter Hosts Combined Christmas Party

The Holland Chapter hosted the first of many Joint Chapter Christmas Parties to be held at the Bernardo Heights Country Club, in Rancho Bernardo, CA. Three chapters, San Diego, Camp Pendleton and Holland pulled their resources and members to have a most enjoyable and fruitful Party. The Buffet was delicious and the service impeccable. Entertainment was provide by a most beautiful and charming singer, Shawna Greshik. She sang Christmas favorites, such as, "White Christmas", "I'll be Home for Christmas", "Have yourself a Very Merry Christmas", and many more. When Shawna was not singing, she called the winning numbers for the raffle. A silent auction was also held. A total of \$536 was raised to support the San Diego Youth Leadership Conference. Next year the festivities will include dancing. Many thanks to the Chapter Commanders, Ted Parsons (San Diego), Dan Cash (Camp Pendleton), and Nick Herbka (Holland) for their time, energy and support. A special Thanks goes to past CINC Capt. Debbie Cash for her organization and direction



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For the Good of the Order

Old Bold Pilots

Oceanside, CA



The Old Bold Pilots group meet for breakfast at the Oceanside Denny's off El Camino Real every Wednesday at 0700. The group was founded by four P-47 Fighter Pilots in 1984. This month's



"Old Bold Pilot" is Bob Vanderhagen. Bob decided to enter the War after the bombing of Pearl Harbor. His first thoughts were not of flying for the military, but his wife had other ideas. "My wife encouraged me to be a pilot." "I don't think I could pass the test," I told her. "They must have needed a warm body really good."

"I signed up for Cadet Training on October 24, 1942." Bob was first assigned to St. John's College, Minnesota, for three months of academic training. After that he was sent to Santa Ana, Ca for Boot Camp for three months.

Primary flight training was in Blythe, CA., where he flew B-2's in VT-13. Next was Taft, CA. for training in the AT-6. Bob then reported for twin engine aircraft training in Stockton, CA. It was at this time that, when he was training in the Beechcraft twin engine (Bamboo Bomber), he had a mid-air collision with another student flyer. He was flying instruments with only 500 feet of separation from other student pilots. Bob noticed an aircraft coming at him from the 4 o'clock position. There was only time for the other pilot to raise the nose of his aircraft as he collided with the cockpit of Bob's Beechcraft. Bob found himself flying without the nose and wind screen of his aircraft. He basically leaped out of the front of his aircraft and when clear, pulled his rip cord. Unlike today, he was back in the air, two days later. Bob then went to Sacramento Field, CA to receive his training in the B-25 and the A-20. June 1944, he was sent to Columbia, SC for bomber training. Completing bomber training, Bob was sent to San Francisco, to board a liberty ship, which would eventually take him to New Guinea. There Bob was assigned to the 417th Bomber Group, 675th Squadron. (Continue on page 3)



For the Good of the Order

OLD BOLD PILOTS *(Continued from page 2)*



After seemingly, years of training Bob was finally in a Combat Squadron and flying up and down the coast of New Guinea bombing Japanese airfields with the A-20 Havoc. Often, he flew near the ground to strafe and destroy Japanese aircraft with the Havoc's 6-50 caliber machine guns. His Squadron destroyed over 150 Japanese aircraft.

(A-20 Havoc—417th Bomb Group)



One fateful mission, Bob was flying over Bataan to drop bombs on Corregidor, when small arm fire hit one of his engines. Fully loaded (1.5 tons of bombs and 5400 rounds of 50 cal.) and unable to maintain altitude, he decided to ditch his A-20 near a U.S. Navy ship. Within a short time, Bob was pickup and brought to the ship. He was than sent back to his Squadron and back to flying the next day. “Men made of Steel, tougher than the aircraft they flew.”

(Flight of A-20's On Bombing Mission)





For the Good of the Order

Christmas Party December 5, 2015



Companions and Guests of Camp Pendleton, San Diego, and Holland MOWW Chapters





For the Good of the Order

Chick-fil-A Honors Our Veterans

Chick-fil-A, has once again proved the opposite to the world. This time it did so by unveiling an amazing Veterans Day tribute that left Georgia resident Eric Comfort in complete shock.



According to a Face book post he published on Monday, when he walked into a local Chick-fil-A, Eric discovered a “Missing Man Table” that contained a single rose, a Bible and a folded American flag, as well as a plaque within which was the following explanation: “This table is reserved to honor our missing comrades in arms. The tablecloth is white — symbolizing the purity of their motives when answering the call of duty. The single red rose, displayed in a vase, reminds us of the life of each of the missing and their loved ones and friends of these Americans who keep the faith, awaiting answers. The vase is tied with a red ribbon, symbol of our continued determination to account for our missing. A pinch of salt symbolizes the tears endured by those missing and their families who seek answers. The Bible

represents the strength gained through faith to sustain those lost from our country, founded as one nation under God. The glass is inverted — to symbolize their inability to share this evening’s toast. The chair is empty — they are missing.”

After the story went viral, the store manager, Alex Korchan, explained to that his team members had set up the table because they “wanted to honor veterans.” Furthermore, he revealed that he planned to offer free meals to all veterans and their family members this Veterans Day between the hours of 5 p.m. And 8 p.m. Korchan also put up a poster so that customers could write in the names of loved ones who they have lost. “We’ve had a lot of people who have come in and seen it and been touched by it,” Korchan continued. “It’s been special to see.”



For the Good of the Order

Home Remedies for Cold and Flu

When your healthy, home remedies are the last thing on your mind. But when winter comes, the freezing temperatures and winds do not only mean snow and thick jackets. It also means irritating colds and frustrating flu that can hit you quickly. How can you enjoy the cold season, if some form of cold-related sickness is bothering you.

Here is some home remedies that you can try to alleviate or prevent cold and flu.

1. **Lemon**—hot lemonade has been used as a flu remedy since Roman times and is still highly regarded in the folk traditions in New England. Lemons, being highly acidic, help make mucous membranes distasteful to bacteria and viruses. Lemon oil which gives the juice its fragrance, is like a wonder drug containing anti-bacterial, antiviral, antifungal, and anti-inflammatory constituents. The oil also acts as an expectorant. To make this flu-fighting drink, place 1 chopped lemon—skin, pulp and all—into 1 cup of boiling water. While the lemon steeps for 5 minutes, inhale the steam. Strain, add honey (to taste) and enjoy. Drink hot lemonade three to four times a day during your illness.
2. **Milk and Turmeric**—Besides ginger tea or masala chai, warm milk and turmeric mixture is a popular and effective way to fight a cough. This mixture is good for children and adults. Turmeric and milk are healthy ingredients needed for healthy living.
3. **Vitamin D**—is an amazingly effective antimicrobial agent, producing 200 to 300 different antimicrobial peptides in your body that kill bacteria, viruses, and fungi. In the United States, the late winter average vitamin D level is only about 15-18 ng/ml, which is considered a very serious state. It is estimated that 95 percent of U.S. senior citizens may be deficient, according to a study by the National Institutes of Health with 85 percent of the American public.
4. **The Pillow prop**—make gravity work in your favor to help ease nasal pressure. Raising your head when congested helps to drain sinus passages. Using an pillow or two to lift your upper body can keep things moving in the right direction.
5. **Orange juice**—is full of vitamin C, which may help shorten a cold's duration and work as a natural decongestant. Aim for 500mg of vitamin C four times a day. A cup of OJ has 124mg. Other good sources of vitamin C include strawberries, tomatoes, and broccoli.
6. **Ginger Tea**—Drink a cup of ginger tea. Ginger helps block the production of substances that cause bronchial congestion and stuffiness, and it contains compounds called gingerols, which are natural cough suppressants.
7. **Peppermint**—is a valuable expectorant in the treatment of bronchitis, colds, and flu. It reduces fevers by inducing sweating and cooling the body. It is also a painkiller for headaches and migraines. It is a soothing decongestant and makes an effective inhalation for clearing blocked sinuses.
8. **Camphor, Eucalyptus, and Menthol**—are often combined in ointments and medicines. Camphor is often used in topical pain relievers and muscle ache creams. Eucalyptus leaf or oil is used both as a food flavoring and in many medicine applications.

(Continue on page 7)



For the Good of the Order

Home Remedies for Cold and Flu (continued from page 6)

Eucalyptus is used to treat breathing problems, pain, and inflammation, burns and ulcers, and even cancer. Menthol can be used as flavoring in lozenges for sore throats and coughs or as a soothing ingredient in anti-itch creams and medications for the mouth. The three are often combined in over-the-counter ointments used for nasal congestion and cough suppression.

9. **Spice up your cooking**—any flavor that provokes a reaction deep in your chest is one could be used to diminish a nasty cold or flu. Add chilies', cayenne pepper, ginger, cloves, and horseradish liberally to any food that you make. You can also mix together cider vinegar, honey, cayenne pepper, and ginger into a cough syrup.
10. **Garlic**—is a powerhouse natural antibiotic, anti-fungal, and antibacterial. Garlic can tackle almost any illness. For the most potent effect, finely mince 1-2 cloves of garlic and float in a small glass of water. Drink quickly—if you are really sick, you won't even notice the taste. Pregnant women should not take more than one clove of garlic medicinally per day.
11. **Green Tea**—has many properties that can keep you in tip-top health—and therefore better prepared to ward off cold and flu bugs. Two to three cups of tea are recommended daily. If you do come down with cold or flu symptoms, consider 3-4 cups a day to expedite ridding your body of those nasty bugs and give your body's defenses an extra jolt.
12. **Echinacea**—is the best-researched herb for enhancing immune defenses to help prevent respiratory tract infections. Echinacea does reduce the duration and incidence of the common cold.
13. **Gargling**—can moisten a sore throat and bring temporary relief. Try a teaspoon of salt, four times daily. To reduce the tickle in you throat, try a astringent gargle, such as tea, which contains tannins to tighten the membrane. You can make a viscous gargle with honey, sage and cayenne pepper all which are slightly antiseptic. Steep fresh sage leaves with the cayenne, in 100ml of just boiled water for 10 minutes. Add 50ml of honey; you can add a pinch of salt and some cider vinegar to help loosen phlegm.
14. **Chicken Soup**—stops certain white blood cells (neutrophils) from congregating and causing inflammation, preventing large amounts of mucous from being produced. The hot soup also thins the mucous. Add chopped garlic to your soup to give a powerful boost. Garlic kills germs and appears to stimulate the release of natural killer cells, which are part of the immune system's arsenal of germ fighters.
15. **Honey**—honey has long been used in Chinese medicine for coughs. Mix 1 tablespoon of honey with 1 cup of hot water, stir well and enjoy.
16. **Mushrooms**—white button mushrooms have powerful immunity-boosting effects. These fabulous fungi increase the production of antiviral proteins that can destroy or deactivate the invaders that make you sick.
17. **Oatmeal**—contain selenium, zinc, and beta glucan to help your immune system and fend off cold and flu infections. Add a generous portion of yogurt—its probiotics may keep a virus from settling into your respiratory system.
18. **Humidify your home in winter**—wonder why the flu tends to strike in the colder months? Artificial heat lowers humidity, creating an environment that allows the influenza virus to thrive. Adding moisture to the air in your house in the winter with a warm- or cool-mist humidifier may not only help prevent the spreading of flu, it may also make you fill more comfortable.
19. **Don't eat junk food**—When you have the cold or flu, your body is under a lot of stress fighting the infection. Big, heavy meals take vital energy to digest, resources which your body could use to fight the infection. An old saying states, "Feed a cold and starve a fever." A better saying is "Starve a cold and starve a fever." The best thing to do is drink lots of liquids—water, fruit juices, and if needed soups, butt stay away from heavy and highly processed foods. High liquid intake is important, as the body uses water to carry wastes products and toxins to your eliminations system.



For the Good of the Order

Commanders Corner



Dear Companions and Friends of the Chapter, the first joint Chapter Christmas Party was a great success, but more so, a wonderful time for all who attended. The raffle and silent auction raised \$536 for the San Diego Youth Leadership Conference. Twenty fifteen was a very good year for our Chapter. We had great speakers, and many in attendance. We sent six high school juniors to SDYLC and supported the San Diego ROTC Consortium with the Medals/Certificates of Merit and four NJROTC programs with Medals/Certificates of Merit. I want to thank the Companions who helped make this year a great success. I hesitate to single out any individuals for their exceptional support, so I will thank everyone of my active Companions for all that they do. Lets make 2016 the best year ever, and take that opportunity to enjoy the companionship and support of our activities. We have a Red, White and Blue Challenge coming up in May. Let's PLAN to make this event a most successful, enjoyable, and memorable event of the year. I also want to wish Eldon Baker a speedy recovery and quick return to his Companions.

This Day in History

January

- 17th Desert Air War Begins—1991
- 23rd Peace in Vietnam announced—1973
- 27th Signing of Vietnam Peace Accord in Paris—1973
- 30th Viet Cong launch Tet Offensive—1968

February

- 1st National Freedom Day
- 19th US Marines Landed on Iwo Jima—1945
- 23rd US Marines raised Flag on Mt. Suribachi—1945
- 24th Operation Desert Storm Ground War began.1991

Calendar of

General Meeting-Jan 9th

GSP – COL Steven Pisanos, Double ACE in WWII, shot down over France and worked with the French Underground.

Staff Meeting—JAN-22nd

General Meeting-Feb 6t

GSP– Capt Royce Williams, attacked by 7 Mig-15's during Korea War,

Birthdays/Anniversaries

January

- 14th—Andre LeCault
- 15th—Arnold Regardie
- 27th— Tom Morgan

February

- 7th—Mike Pormorski
- 15th—Chris Dettmar
- 21st—Tim Swan

I join my Companions in welcoming Rabbi Dr. Bruce H. Charnov Ph.D. J.D. FRAeS, our new Chapter Chaplain. Bruce joined the MOWW and our Chapter about 5 months ago. Bruce also was a Guest Speaker in October, as a subject matter expert in the Gyro-copter and Auto-gyro. We are blessed to have him and he lovely wife Sophia as part of the Team.



For the Good of the Order

November Meeting Photos

Companions-Friends-Guests-November Meeting





For the Good of the Order

Guest Speaker for November Meeting

Guest speaker for January



Steve Pisanos (born November 10, 1919 as Spiros Pisanos is a USAF Colonel (retired) who served successfully as a fighter pilot with the British Royal Air Force (RAF) and the United States Air Force (USAF) 4th Fighter Group in World War II, having been credited with 10 victories and thus considered an ace. By the end of his career in 1974, he received 33 decorations and distinctions.

He is author of the book *The Flying Greek*, published in April 2008, where he has meticulously recorded all of his personal adventures and detailed war fighting experiences. During the war Steve was shot down over France and hidden from the Germans by the French Resistance. Steve remained with the French Resistance, working with OSS agents until the Germans were forced out of Paris.



Guest speaker for February



LT Royce Williams. Royce was assigned to Navy Fighter Squadron 781 (VF-781) in Carrier Air Group 102 aboard the USS Oriskany in Carrier Task Force 77, supporting combat operations against North Korean Communist aggressors who had invaded South Korea and were being driven back towards the Soviet and Chinese borders. VF-781 pilots were flying the latest Grumman models of the Panther Jets, the F9F-5 aircraft. What started out as a Carrier Airborne Protection (CAP) mission with a flight of four F9F-5 panthers, turned into a “Dog Fight” with the odds of 4 Panthers against 7 Mig-15s. Very quickly the odds were 2 –7 when Royce’s Flight Leader and his wingman returned to the carrier because of mechanical problems. After Royce shot down his first of four Mig-15s, his

wingman followed the MiG down to ensure the victory was complete, and now the odds were 1—6, in favor of the Russian Mig-15s, flown by Russian pilots, out of a Vladivostok airbase. Royce continued the fight entirely in afterburner, until he took a 30mm round in his right wing. Royce headed back to the carrier for the most dangerous landing with only ailerons for control. Royce evaded the last three MiGs, by descending into a cloud layer as he got low and slow to make a carrier landing he would never forget.





For the Good of the Order

Awards for November



Letter of Appreciation

The General J.P. Holland Chapter takes great pleasure in presenting you a letter of Appreciation for your superb presentation on the commercial uses of a "Quad-copter" in today's technologically advanced world. Your talk was most inspiring and informative to all Companions and Guests. We wish you continued success in your endeavors and thank you for sharing your time and knowledge.



Silver Patrick Henry Plaque

Presented to Dr. Cynthia Smith, VM, Assistant Director of the National Marine Mammal Foundation and Chief Veterinarian for the Navy Marine Mammal Program by Lt. Carl E. Swepston, USN, Navy SEAL, and Companion, of the Holland Chapter

Farwell to Chaplain Dave Korinek



Chaplain Dave Korinek has retired from the California National Guard Chaplain's Corps on November 15, 2015. Dave has also served as chaplain for the Gen. J.P. Holland Chapter of MOWW for the past six years and planned to continue in this role during his retirement. He served the Rancho Bernardo Community as Chaplain for the Rancho Bernardo Veterans Memorial Association (RBVMA) on three events each year, Memorial Day, Independence Day, and Veterans Day.

However, an opportunity to serve at a Orange County Children's Hospital several days a week, including Saturdays, will make him unable to continue his role as the General John P. Holland Chapter Chaplain. **Dave will continue to serve the RBVMA as their Event Chaplain.** It is with humble heart and sincere appreciation that the Companions and Friends of the Holland Chaplain wish to thank Chaplain Dave for his many Invocations and Benedictions, his wisdom in the Chaplain's Corner of the Chapter Newsletter and most assuredly, his Wonderful Friendship.

Navy Marine Mammal Program Tours

We received dates and quotas for the Tour of the Navy Marine Mammal Program. This is where the Seals and Dolphins are housed. The mammals are trained on base, in the Bay and the open ocean. The two dates are, March 11th, Friday, 1200pm—15 persons, March 18th, Friday, 1000am, - 15 persons, tours are one hour long. **Arrive 15 minutes early.** The base is located on Pacific Coast HWY, about 1 mile north of the San Diego Airport, on the left hand side. Park across the street from the Pacific Fleet Training Center in the Starbuck's parking lot. Walk across the street to the entrance to the base. You will be escorted into the base by a member of the Chapter, who has a military ID card. **If you have a military ID card, you may enter the base and find parking to the left of the Guard House near the NMMP area.**



For the Good of the Order



My Retirement

Chaplain (MAJ) Dave Korinek



Major Dave Korinek recently celebrated his retirement from the California National Guard Chaplain Corps together with family, friends and military colleagues at Mimi's Café in Mira Mesa. Dave has also served as chaplain for the Gen. J.P. Holland Chapter of MOWW for the past six years and plans to continue in this role during his retirement. At his November 15th retirement event, Dave took the opportunity to recognize two chaplain corps colleagues – LTC Bob Blessing and Major Dave Hart - for their contributions to the Gen. J.P. Holland Chapter and presented them both with the chaplain's newly minted unit coin. Both chaplains have filled in at past MOWW events when Dave was unavailable due to military duty or travel. In addition, Chaplain Blessing was a luncheon speaker for the Gen. J.P Holland Chapter after return from his last deployment in Iraq several years ago. His talk was well received by companions and

guests.



Pictured during the coin presentation – from left to right – are CH (LTC) Blessing, CH (MAJ) Korinek and CH (Major) Hart. LTC Blessing has 23 years of combined service with the U.S. Army and National Guard and currently serves as Installation Chaplain, U.S. Army Maneuver Training Center, Camp Roberts, CA. Major Hart has 15 years of service with the CA National Guard and prior service in the U.S. Air Force. He currently serves as chaplain for an MP battalion in Southern California. Major Korinek presented the coins with deepest appreciation on behalf of the Gen. J.P. Holland Chapter.



In addition to the coin presentation, Dave spoke to the assembly about the importance of MOWW's youth leadership development mission. All seven of Chaplain Korinek's grandchildren were in attendance and he challenged them to pursue the ideals espoused by the MOWW – Americanism, patriotism, leadership and trust in God. He also had the grandchildren stand at attention and lead the assembly in the Pledge of Allegiance. The grandchildren, ages 5 to 17, pictured from left to right are - Noah, Owen, Quinn, Colin, Vaughn, Emma and Drew. Chaplain Korinek reminded the assembly that America's future leaders will come from the ranks of today's youth.

Dave also told the assembly that he plans to continue doing chaplaincy during retirement. In addition to support of the MOWW, Dave recently accepted a part-time chaplain position with a leading children's hospital in Southern California. He is enjoying this new ministry and finds that the skills and experience he gained in the military are a good fit with the needs of patients, family and staff at the children's hospital.



For the Good of the Order

CINC SOLICITATION

Dear Companions -

Each year we ask Companions for their generous financial support of our Military Order's activities. This is my first letter to you as the Commander-in-Chief (CINC) of your Order. As past CINC's have done, I ask that you step up to help "Your Military Order" achieve its 2015-2016 CINC Solicitation goal of \$90,000 to pay for activities such as:

- * Materials for new chapters, such as MOWW flags (e.g., BG Ryder Chapter)
- Additional printings of the Officer Review YLC issue for each YLC Director to use in advertising
- ROTC and JROTC Awards of Merit (HQ funded over 1,000 awards given in 2014-2015)
- BSA Eagle Awards and GS-USA Gold Awards (HQ funded 35% of Eagle Awards and 75% of Gold Awards given)
- MOWW Membership Tri-fold brochures, and Patriotic Education, ROTC & Scouting brochures
- Service Academy (e.g., USMA, USN, USAF, USCG) and military college awards, e.g., Army War College
- Medals, ribbon bars, and certificates to Junior/Senior ROTC cadets, Boy Scouts Eagle Scout Award certificates, and Girl Scouts Gold Award certificates not supported by a chapter.
- Publishing 10 issues of *Officer Review* magazine annually. Officer Review is very well received and is MOWW's, principal way to communicate within the Order and with supporters
- Supporting chapters and Companions throughout the year with essential services and merchandise!

MOWW continues to promote and sponsor many activities throughout America. These efforts can only happen with your donations. Please consider sending MOWW a tax-deductible donation today!

For the Good of the Order

Ruth L. Hamilton

Ruth L. Hamilton, *LTC, USA (Ret)*

Commander-in-Chief



For the Good of the Order

Chaplain's Corner



**Rabbi Dr. Bruce H. Charnov,
Ph.D. J.D. FRAeS**

The 1998 song “Closing Time” by Semisonic contained the proposition that “every new beginning comes from some other beginning's end” and while those lyrics spoke of the closing of a bar late at night, there is a greater truth here celebrated in every major religion – that of endings and beginnings.

We chronicle this every New Year's Eve by celebrating the end of the old year and the beginning of the new – and what a wonderful thing is this celebration for with the coming of the new, arises hope and promise, the possibility of better days and beneficial results.

Everyone makes mistakes, however inadvertent – that is never the question – but the ever-present unknown always remains how we deal with our mistakes. The challenge of a new beginning is to seize the opportunity to reflect on the past and do better – not merely to resolve to do better but to actually change what we do.

There is a momentum to habit and regular course of action – the ever-present truth is that the routine resists change – and requires resolve and strength to bring about the desired changes.

So that is the challenge – to be strong enough and committed enough to change for the better – to seize the opportunity of that new beginning.

The average 72-year lifetime consists of 2,270,592,000 seconds which equates to 37,843,300 minutes or 630,720 hours or 26,286 days – daunting and sometimes overwhelming, but mercifully – we encounter this lifetime one day at a time.

The sun sets on the old day and rises to the new one – so in a very real sense, each day represents and offers a new beginning. So what will you do tomorrow with that new beginning? Now that's a really personal question!