



The Patriot

General J. P. Holland Chapter
Military Order of World Wars

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Volume 1 - Edition 3

March 1, 2014

St. Michael's Troop 654 Honor 2nd Eagle Scout



Jonathan Alvarado received his Eagle Scout award during the Troop 654 Court of Honor, Monday, February 23, 2015, at St. Michael's Parish Center. Jonathan is the second boy scout from Troop 654 (chartered to St. Michael's Knights of Columbus Council

11632) to make the rank of Eagle Scout. Troop 654 was founded in March 2013, so this is a significant accomplishment for the Troop as well as for Jonathan. Jonathan's Eagle Scout Project was conducted to benefit St. Michael's Parish. The Project installed a hardened pathway from the pedestrian gate on the south side of the athletic field to improve access for handicapped persons and maintenance vehicles.



Troop 654 Eagle Scouts Christopher Evangelista and Jonathan Alvarado receive a MOWW, General J.P. Holland Chapter Challenge Coin from Chapter Commander Nick Herbka.



For the Good of the Order

The Declaration of Independence

Action of the Second Continental Congress, July 4, 1776

.....**We** hold these truths to be self-evident, that all **Men** are created equal, that they are endowed by their creator with certain unalienable **Rights**, that among these are **Life, Liberty, and the pursuit of Happiness**—**That to secure these Rights, Governments are instituted among Men**, deriving their just **Powers from the Consent of the Governed**, that when any Form of Government becomes destructive of these Ends, it is the **Right of the People to alter or to abolish it**, and to institute new Government, laying its Foundations on such Principles, and organizing its Powers in such Form, as to them shall seem most likely to effect their Safety and Happiness. Prudence indeed, will dictate that Governments long established should not change for light and transient Causes and accordingly all Experience hath shown, that Mankind are more disposed to suffer, while Evils are sufferable, than to right themselves by abolishing the Forms to which they are accustomed. But when a long train of Abuses and Usurpations, pursuing invariably the same Object, evinces a Design to reduce them under absolute Despotism, **it is their Right, it is their Duty, to throw off such Government**, and to provide **new Guards** for their future Security.

United States Constitution

Article 1

Section 7 - All Bills raising Revenue shall originate in the House of Representatives; but the Senate may propose or concur with Amendments as on other Bills.

Every Bill which have passed the House of Representatives and the Senate, shall, before it becomes a law, be presented to the President of the United States; If he approve he shall sign it, **but if not he shall return it, with his Objections to that House in which it shall have originated**, who shall enter the Objections at large on their Journal, and proceed to reconsider it. **If after such Reconsideration two thirds of that House shall agree to pass the Bill, it shall be sent, together with the Objections, to the other House, by which it shall likewise be reconsidered, and if approved by two thirds of that House, it shall become a Law.** But in such Cases the Votes of both Houses shall be determined by yeas and Nays, and the Names of the Persons voting for or against the Bill shall be entered in the Journal of each House respectively. **If any Bill shall not be returned by the President within ten Days (Sundays excepted) after it shall be presented to him, the same shall be a Law**, in like Manner as if he has signed it, unless the Congress by their Adjournment prevents its return, in which Case it shall not be a law.

Every Order, Resolution, or Vote to which the Concurrence of the Senate and the House of Representatives may be necessary (except on a question of Adjournment) shall be presented to the President of the United States; and before the Same shall take Effect, shall be approved by him or being disapproved by him, shall be repassed by two thirds of the Senate and the House of Representatives, according to the Rules and Limitations prescribed in the Case of a Bill.



For the Good of the Order



Old Bold Pilots

Oceanside, California

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. They have increased in number and nationality over the last three decades. The membership includes pilots from World War II, Korea, Vietnam, to the present Day, and from countries like Germany (Luftwaffe) and the Soviet Union. Some members, like Admiral Richard (Dick) Lyons are not flyers, but are a big part of this cadre. Dick Lyons is the first Navy SEAL to be promoted to Admiral. Commander Carl Swepston, a Navy SEAL of the Vietnam era, is a member of the OBP and a Holland Chapter member. Kurt Schulze flew ME-109's for the Luftwaffe. "We didn't fight for the Nazis, we fought for Germany." Alexander Poddoubnyl wanted to be a fighter pilot, but flew transports for the Soviet Union. Other Holland Chapter members include Captain Don Hershberger and LCDR Nick Herbka (Navy Pilot).



Alex Poddoubnyi wanted to fly fighter jets. But instead, choose to work for the Antonov Design Bureau, and become a transport test pilot. He completed test pilot school as the youngest pilot in his class. He was part of the aircrew to fly the first An-124 transport in December 1982. "In 1988, we came in the An-124 to New York to pick up aid for children of Chernobyl." "I flew the world's largest airplane to the United States and met my future wife. It was a new An-225 that he landed in Chicago. On a later flight, Alex decided to defected to the USA, in 1991 by flying An-124 Transport plane to San Diego to be with his American wife.

(upper left photo—Alex (on right) stands in front of the world's largest aircraft, An-225)

(Lower left photo—Alex and fellow crewmen in 1983-84 at the Kosmonaut Shatalov



For the Good of the Order



VA News Release

Online Prescription Tracker Gives Veterans 24/7 Online Access to Status

Recommendation Made by VA Employee, 2013 SAVE Award Winner

Veterans can now track the status of most of their prescriptions online, thanks to an innovative idea by a Department of Veterans Affairs' (VA) employee. The new 24/7 service allows online tracking for most prescriptions mailed from the VA Mail Order Pharmacy. The Prescription Tracker was recommended by VA employee Kenneth Siehr, a **winner** of the President's 2013 Securing Americans Value and Efficiency (**SAVE**) Award. Siehr's idea focused on the use of technology as a way to save money and improve the services VA provides to its patients.

"Our nation's Veterans deserve a first-class pharmacy and quality customer service as a part of the exceptional health care available from VA," said Siehr, the National Director for Consolidated Mail Outpatient Pharmacies. "It is an honor to be part of serving Veterans and to have been recognized for an idea that enhances our services to them."

More than 57,000 Veterans are currently using the service through **My HealthVet**, an online feature that allows Veterans to partner with their health care team. The number is expected to grow as VA starts to educate Veterans about the new feature. Later this month, the tracking feature will include images of the medication that dispensed. Over the next year, a secure messaging alert will be added so that Veterans know when a medication was placed in the mail.

"VA prescription refill online is an excellent example of how one employee looked at the process of VA prescription tracking through the eyes of our Veterans and came up with an idea that better serves Veterans," said Interim Under Secretary for Health, Carolyn M. Clancy. "This idea is both innovative and transformative, and it is certainly one, when put into action, improves customer service for America's Veterans."



For the Good of the Order

Heart Attacks and Water

How many folks do you know that say they don't want to drink anything before they go to bed because they'll have to get up during the night? Heart Attacks and Water—Who knew all of this?

Why do people have to urinate so much at night time? Answer, gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush out the toxins out of your body, but this is news to most people.

Very important from a Cardiac Specialist

Drinking water at a certain time maximizes its effectiveness on the body.

2 glasses of water after waking up—helps activate internal organs

1 glass of water 30 minutes before a meal—helps digestion

1 glass of water before taking a bath—helps lower blood pressure

1 glass of water before going to bed—avoids stroke or heart attacks

Water at bedtime will prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie horse.

Most heart attacks occur in the day, generally between 6am and noon. Having one at night, when the heart is at rest, means something unusual has happened. Mayo clinic Dr. Somers and his colleagues have been working for decades to show that sleep apnea is to blame.

1. If you take aspirin or baby aspirin once a day, take it at night. The reason: Aspirin has a 24 hour “half-life”; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).

Bayer is making crystal aspirin to dissolve instantly on your tongue. They act much faster than the tablets. Why keep aspirins by your bedside, its about Heart Attacks. The majority of people (60%) who had a heart attack during their sleep did not wake up. If it occurs, the chest pain may wake you up from your deep sleep. If that happens, **immediately dissolve two aspirins in your mouth and swallow them with water.** Afterward—call 911—Phone a neighbor or a family member who lives close by—Say “heart attack” - say that you have taken two aspirins. Take a seat on a chair or sofa near the front door, wait for their arrival and **DO NOT LIE DOWN!**



For the Good of the Order

Commanders Corner



Dear Companions and Friends, Spring is near and we have great Guest Speakers coming to talk to us. March 7th, we will have several NJROTC Cadets speak to us about their learning experiences at last year's San Diego Youth Leadership Conference (SDYLC). Last year we raised over \$1800 to send young men and women to the SDYLC. This year we have pledged our support to an additional school, Mar Vista HS NJROTC. Please help our Chapter to make this year one of the best ever in supporting our young people with Patriotic Education. We also ask if you can share some of your time to help Don Hershberger preserve our Military History through the Veteran's History Project.

This Day in History

March

- 2nd Operation Rolling Thunder began (1965)
- 3rd Star Spangled Banner Made Unites States National Anthem (1931)
- 19th Operation Iraqi Freedom began (2003)
- 25th US ground forces leave Somalia (1994)

April

- 6th Persian Gulf Was Ends (1991)
- 11th Persian Gulf War Official Cease Fire (1991)

Calendar of Events

- General Meeting-Mar 7th
GSP—Chris Gunn VA
SDYLC cadets speak
- Business Meeting—
Mar26th, 0900, Coco's
- General Meeting - Apr 11th
GSP—Col Bill Weaver
“Flying at Mach 3+ without an aircraft..”

Birthdays

March

- 8th Eileen Baum
- 16th Gary Wilson

April

- 4th Royce Williams
- 26th John Cantor
- 28th Gary Grise

Dwayne asked Lonnie. "Do you remember that stuff they used to put in our coffee during the war, to make us forget about women?" Lonnie replied "I think you mean salt peter." Dwayne. "Yep, that's the stuff. I think it's beginning to work!"



For the Good of the Order

Tusi Army Airfield

A landing/takeoff area for helicopters is located at Tusi Army Airfield within Fort Hunter Liggett, CA. Tusi Army Heliport (AH) is a US Army Reserve asset which is under the Air Traffic Services Command (ATSCOM) at Fort McPherson, GA

Chief Warrant Officer (W2) Ronald L. Tusi is one of Army Aviation's most outstanding attack helicopter pilots. One specific action best illustrates his tactical skills. On 15 April, 1972 at An Loc, Vietnam, a number of enemy tanks had penetrated the friendly position and were within a few meters of the Republic of Vietnam's Fifth Division Headquarters.

As conditions deteriorated rapidly, U.S. advisors to the Division Headquarters urgently requested AH-1 Cobra support. CW2 Tusi responded immediately and despite extremely intense anti-aircraft fire, he single-handedly attacked the threatening enemy force, killing four tanks, damaging a fifth, and forcing the others to withdraw.

At the time of his Hall of Fame induction, CW2 Tusi's record of killing ten tanks with helicopters has never been equaled, and he was considered to be Army Aviation's leading tank killer. During five tours in the Republic of Vietnam, he earned the Distinguished Service Cross, four Silver Stars, eight Distinguished Flying Crosses, three Bronze Stars (one with "V" device), 67 Air Medals, the Vietnamese Cross of Gallantry with Gold Star, and the American Legion Aviation Award for Valor in 1972. CW2 Tusi's brilliant career was cut short by his untimely death in a Cobra accident on the night of 6 August 1974. He was participating at the time in the dangerous "Night Owl" experiments which were used as a basis for today's night fighting techniques.



Ron Tusi on the left



Ron Tusi second from the left.

CW2 Ronald J. Tusi Army Aviation Hall of Fame 1983 Induction



For the Good of the Order

Guest Speakers for March and April Meetings

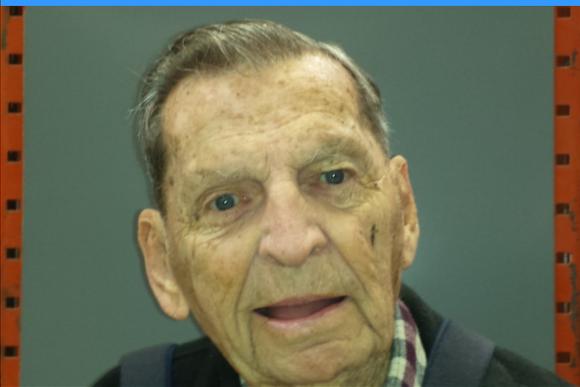
Guest Speaker for March 7, 2015 is Christopher Gunn, USMC (ret)

Christopher Gunn is a Veteran's Advocate, who works for the Veteran's Administration (VA). Chris will discuss Veteran's Benefits provided by the VA and those other benefits that most Veterans are not aware of.

Chris has also invited several NJROTC Cadets from Mira Mesa High School to join him and describe their experience of attending the San Diego Youth Leadership Conference. The March Meeting kicks off the Fundraising Drive for SDYLC.

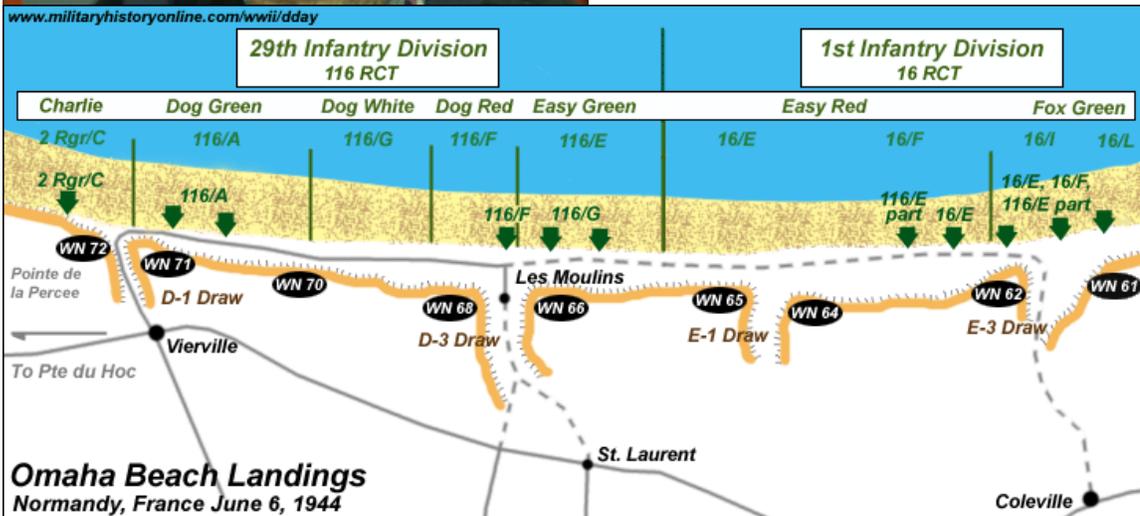


Guest Speaker for April 11, 2015 is CPO Walter Spain.



Walter Spain was just a young Naval enlisted man when he boarded the boat, to become part of the Third Wave to storm Omaha Beach, June 6, 1944. He didn't carry a gun or other offensive weapon ashore. His mission was to carry a camera and record the landing in every detail. Walter was working for Naval Intelligence Service

Walter stayed on Omaha Beach for the next several months. The beach at Omaha Beach sector was about 7,000 yards long with a gentle slope. During that time, he recorded the bravery, the ingenuity, the suffering and death that wars always bring. His story is called "The Road to Normandy." After the War, Walter continued his education and eventually reached the position of Administrator of Procurement for the NASA Space Shuttle Program.





For the Good of the Order

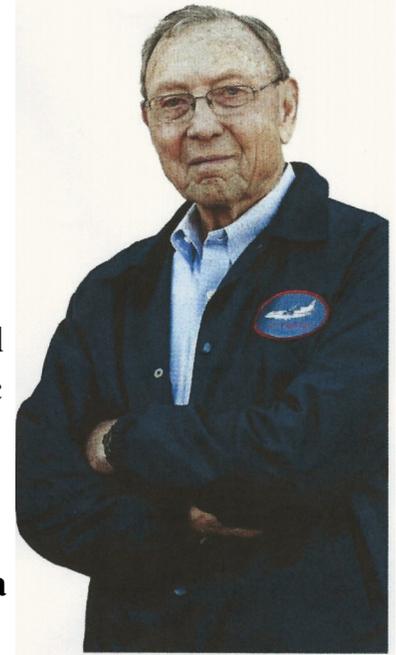
Guest Speakers for May and June Meetings

Guest Speaker for May 2, 2015 is Bill Weaver



Bill Weaver was a civilian Test Pilot for Lockheed, flying the SR-71 “Black Bird” out of Edwards Air Force Base in California.

On that fateful day, Bill and his recon and navigation specialist Jim Zwayer, were testing navigation and reconnaissance systems in the iconic 1960’s spy plane. At mach 3.2 over the New Mexico-Texas border, the right engine experienced an “inlet unstart,” instantaneously creating a catastrophic trust imbalance. The



airplane pitched up violently and Bill prepared for the worst.

Consciousness returned in mid-air. And Bill will tell you the rest of the story later.

Guest Speaker for June 6, 2015 is Navy Marine Mammal Program Veterinarian Cynthia Smith

The US Navy Marine Mammal Program (NMMP) began in 1959 with a single Navy scientist and one dolphin. Since that time, the program has expanded its study with the development of the Fleet Marine Mammal Systems utilizing dolphins, beluga whales, and sea lions. In addition, the NMMP is doing a variety of research projects investigating the hearing abilities in a number of species of marine mammals. Research studying dolphins biosonar, and their physiological environmental adaptations are also being conducted. Maintaining the health of the Navy’s marine mammals is central to the Navy Marine Mammal Program’s mission and focus. A full time staff of veterinarians, veterinary technicians , and biologists ensures that to necessary care and management processes are in place to provide for all the health needs of the animals. A veterinarian and a veterinary technician are on call around the clock, 7 days a week.

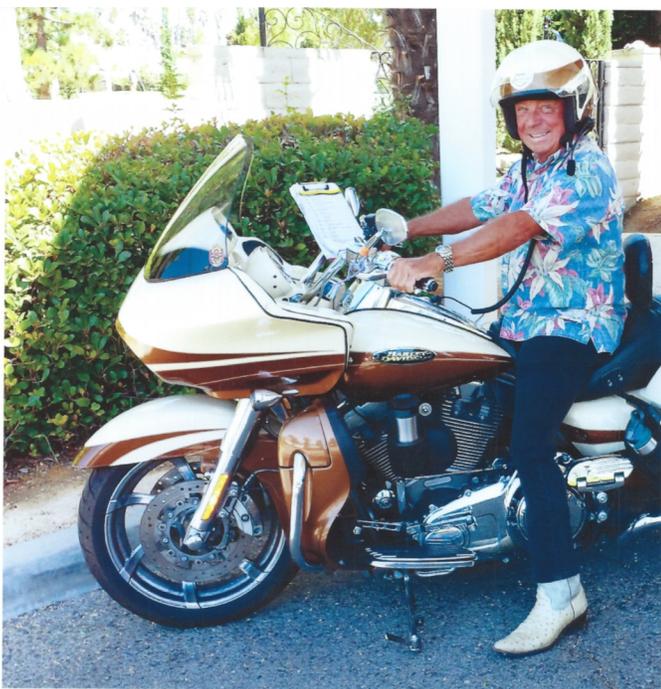


For the Good of the Order

In Fond Memory

Lieutenant Colonel Cort B. Stark

This morning I received the very sad news that LTCOL Cort Stark has died in a motor cycle crash Saturday, February 28, 2015. He was returning from one of the many rides he and fellow riders take each month out of state. This ride was planned to Phoenix, Arizona and back home, in San Marcos, California. Saturday afternoon, as Cort was returning, near Kingman, Arizona, on SR 93 he was forced to avoid a car that was braking in front of him. Visibility was poor because of previous rain showers, as he performed an emergency lane change. He hit the fender of the car, causing him to slide into oncoming traffic. Cort died instantly.



Cort was a warm-hearted, generous, kind, and a most Patriotic man. Cort was always first to help anyone in need. He was our Guest Speaker on December 6, 2015. He started his talk about the helicopters employed during the Vietnam War. But we will remember him, for his humorous stories of what took place during his tours in Vietnam. My children are already familiar with the Valor and Humor of LTCOL Cort Stark,

Cort was born in Long Beach, CA, but grew up in Arlington, VA. He entered the Army in 1966 at Fort Jackson, South Carolina. He was commissioned a 2nd Lieutenant (Armor) at Fort Knox, Kentucky. He earned his Wings at the Rotary Wing Flight School at Camp Walters, Texas. Cort then transitioned to the AH-1 Cobra helicopter at the Hunter Army Air Field, Georgia. After advanced helicopter training, Cort was assigned to the 7th Squadron of the 1st Cavalry in South Vietnam. He flew AH-1 Cobras, UH-1 Hueys, and OH-6 Light Observation Helicopters, in his tours of Duty in Vietnam.

Captain Cort Stark, USA, served two tours in Vietnam from 1968-1970. During that time, Cort was the recipient of 49-Air Medals, 4-Distinguished Flying Cross, 1-Purple Heart, and 2-Bronze Stars with the "V" device. Needless to say, Captain Stark consistently flew the most dangerous and classified missions. After Vietnam, Cort was involved in the planning of the All-Volunteer Army from the Draft. He organized and established the Cuban-Haitian refugee Camp in Puerto Rico. Assigned to Panama, Cort was the Chief of Training, U. S. Army, Panama. In 1986, LTCOL Cort Stark retired as the Deputy Post Commander, Fort Clayton, Panama.

Cort was a Member of the Old Bold Pilots, Quiet Birdman Palomar Hangar, and Motorcycle Clubs. We are proud to say he was a part of the History of the Holland Chapter, Military Order of World Wars. He will be missed by many!



For the Good of the Order

LTCOL Cort Stark



Captain Cort Stark, USA, served two tours in Vietnam from 1968-1970. It was on a secret mission over the border of Cambodia that he and his observer discovered a North Vietnamese Training Camp. Unattended at the time, a flagpole and flag in the center of the camp seemed ripe for the picking. With a smile and a nod, the plan was made to hover near as possible to the flagpole and snatch the flag. The impromptu mission was a secret success.



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Cort tell the story of how he and his Observer got the North Vietnamese Flag while on a sensitive Mission, to the.....
“OLD BOLD PILOTS”

Cort retells his story of how he obtained the North Vietnamese Flag to the Companions of the “Holland Chapter, Military Order of World Wars”

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ADM Flynn, GEN. Greshik, ADM Fontaine, LTCOL Cort Stark, CAPT Morgan, LCDR Herbka





For the Good of the Order

Awards for January and February



Tom Lettington—Outstanding Service

For outstanding Leadership, Dedication, and Loyalty To the General J. P. Holland Chapter of the Military Order of World Wars. You have excelled as the Gen. J. p. Holland Chapter Website Manager and Newsletter Editor. You consistently develop and improve this website to enhance the image and standing of this Chapter. You lead by example. Your Companions deeply appreciate your hard work and dedication.



Travis Putnam—Outstanding Service

For outstanding Leadership, Dedication, and Loyalty To the General J. P. Holland Chapter of the Military Order of World Wars. You have excelled as the President and CEO of the San Diego Youth Leadership Conference. Your teaching and leadership skills set the bench mark for professionalism and dedication. You lead by example. Your Companions deeply appreciate your hard work and dedication.



Colonel Sam Ursini—Silver Patrick Henry

The MOWW General J. P. Holland Chapter is proud to present you the Silver Patrick Henry Medallion for your Superior Achievements and Dedication to the National Defense and Security of the United States of America, as a U. S. Air Force Bombardier/Navigator. Your continued leadership, sacrifice, hard work, and dedication to our Country continued in the Aerospace Industry in the development of new aircraft and defense systems. Your endeavors ensured the security and superiority of this Great Nation, the United States of America. The Companions and Friends of the General J. P. Holland Chapter wish you the very best in Life and May God Bless your future Service.



For the Good of the Order

Words of Inspiration

John 15:9-17

As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. "This is my commandment, that you love one another as I have loved you.

Greater love has no one than this, that someone lay down his life for his friends.

You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. These things I command you, so that you will love one another.

Psalms 23, 4

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou *art* with me; thy rod and thy staff they comfort me.