



The Patriot

General J. P. Holland Chapter

Military Order of World Wars
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“Going The Distance”

Caring for a Loved One With Lewy Body Dementia

By Betsy Jordan

Betsy Jordan is an amazing lady, who was the caregiver to her husband, Pete Riddle, Navy SEAL, Lawyer, and Juvenile Court Judge. “Betsy wrote her book to tell her story and to help other caregivers. Caregiving stretches the limits of your love. It is filled with sleeplessness and heartaches. It is tough some days, as tough a task as anything you have ever done.” “This is my personal story, but I also hope to help other caregivers. What I most want to tell you is to do it with Love. Caregiving can be one of the most difficult challenges you will face in your life. Just as in long-distance swimming, love is the most important thing you can bring to the challenge. Remember, you need to make it through those choppy waves, relentless swells, and very cold water—you need love to do this. Focusing on your caregiving mission of love will sustain and carry both you and your loved one through all the ups and downs. This means prioritizing love in all your caregiving actions and keeping love front-and-center in all your caregiving decisions. I was lucky that my marriage to Pete, before he was diagnosed, was an extremely loving one. Knowing that you love your loved one without limitation will sustain you through the long “swim of caregiving.



Betsy lives with her dog Bella in a 100-year old house in Coronado. With degrees from Wellesley (B.A. Art History), Harvard (M.A. Art History), and University of California, San Diego, Betsy has been a Humanities Professor at UCSD for 15 years.

Betsy Jordan is a record-breaking, award-winning, master-level swimmer, and she exemplifies the values of Master Swimming: fairness, fun, and fellowship. In her 40+ years of masters swimming competition, Betsy has set over 40 world records and many national and local records, including All-Star and All-American awards. In 2005 she was inducted into the International Masters Swimmer Hall of Fame. You will still find Betsy at the morning swim workouts at UCSD and at the La Jolla Cove on many Saturday mornings. Pete and Betsy have eleven grandchildren, all of them athletically inclined, some following Betsy into masters swim competitions.

And just so you know, Betsy met Pete at the swimming pool, and one of their favorite swims was when they swam the Maui Channel (10 miles) together in 2004.”

“Where there is love there is life” - Mahatma Gandhi



For the Good of the Order

Pictures from the March Meeting





For the Good of the Order

Pictures From April Meeting





For the Good of the Order

Commanders Corner



Dear Companions and Friends of the Chapter—Again, one of the Chapter’s most important events is coming closer. The **Young Men and Women** that we support each year The Chapter will be receiving JROTC Medals and certificates and sending great young men and women to SDYLC. **I ask again for your support for this year to generously give to these noble causes.** The **2016 Winner of the MOWW National Phoenix Essay Award**, has been selected from the San Diego Youth Leadership Conference (SDYLC) attendees. This award is given to a graduate of the past year’s conference, from the many thousands of young men and women attending a Youth Leadership Conference (YLC) throughout the Nation. This is the second time a winner has been selected from the SDYLC in the last four (4) years. I congratulate the CEO and Director of the SDYLC, Companion Travis Putnam. His Leadership Dedication, and Hard Work is directly responsible for the success of his attendees. I also congratulate his staff (including Past National Commander Debbie Kash) and student assistants who have greatly contributed to this highly successful Program. Travis’s goal, each year, is to have 50 students attend this conference. The quotas have been to far below this reasonable number, for lack of funds. **I ask you all, to financially support this wonderful, Patriotic Program.** The cost to send one student is \$400. Donations can be made all year round to support this noble cause of the Military Order of World Wars (MOWW). Please bring a generous check to the General Meeting to support SDYLC. Now is the time to show our concern and **Patriotism for our Wonderful Country, the United States of America.**

New Members for to date - Lt Dave Piontek (PM), CDR Jessica O’Brien, LCDR Rob Kihm, Laura Kelly, Nate Darby (Friend of the Chapter)

We must all work hard to recruit new members to join our Chapter of the MOWW. Family and friends is a good start for new members. God Bless, you All. Be Happy, Healthy, and Fruitful.

Calendar of Events	Birthdays	
<p><u>General Meeting May 6th</u> GSP - Captain Don Gragg Navy’s 1st Ballistic Missile Boats, as medical Officer General Meeting June 3rd GSP – Captain Tom Marshall Battle of Midway <u>Business Meeting - May26,</u> 0900 IHOP <u>General Meeting- Aug 5th</u> GSP– Betsy Jordan, Lewy Body Dementia</p>	<p><u>May</u></p> <p>None</p>	<p><u>JUNE</u></p> <p>5th Diane Herbka</p>
	Anniversaries	
	<p><u>May</u></p> <p>None</p>	<p><u>JUNE</u></p> <p>4th Kay & Tom Lettington 29th Arnold & Mary Regardie</p>

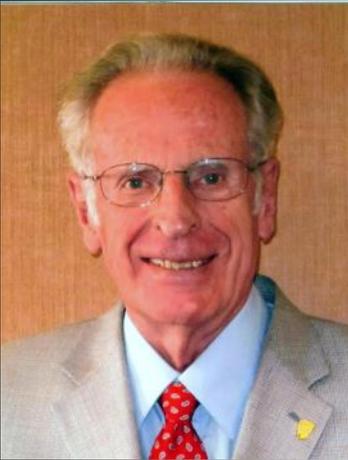




For the Good of the Order

Guest Speaker May 6th

Captain Don Gragg



Donald Gragg, Captain (then Lieutenant), Medical Corps, U. S. Navy (Retired) will describe his training and experiences serving as medical officer of the commissioning crew on USS Abraham Lincoln SSB(N) 602 from 1959 to 1962. The doctor's role on nuclear submarines was new and fascinating. He served as "atmospheric brew master" and radiation safety officer in addition to traditional medical responsibilities. His unique experiences include a legendary interview by Admiral Hyman Rickover.

Born of Oregon pioneer stock and raised on a family farm, Don Gragg graduated from Willamette University, Salem, Oregon, and then received his M.D. degree from McGill University, Montreal, Canada.

Following his internship, Dr. Gragg completed submarine medicine and nuclear power training prior to his assignment as Medical Officer on one of the first Polaris missile submarines. He was "sleeping with nuclear weapons" during the building of the Berlin Wall and the Cuban missile crisis.

During his residency in Internal Medicine, he and his wife, Charlotte, completed their family of a daughter and two sons.

The family moved to Naples, Italy, in 1966, where for three years Don was Chief of Medicine at the U. S. Naval Hospital.

In 1973, Dr. Gragg completed a Ph.D. program in Higher Education (Medical Education) at Michigan State University. He spent the remainder of his 23-year naval career in medical education design with the U.S. Navy and the Department of Defense based in Bethesda, Maryland.

Following retirement from the Navy, Don was in charge of alcohol and drug treatment programs for Kaiser Permanente in Los Angeles.

After his retirement and move to San Diego, Don and Charlotte continued their world travels. Don became active in community groups and served on the Boards and as president of the San Diego World Affairs Council and the Continuing Education Center at Rancho Bernardo.

Don was inducted into the Rancho Bernardo Hall of Fame in 2007 recognizing his years of leadership in local volunteer organizations.

Since moving to Casa in March, 2012, Don has served as Vice-President and President of the Resident Executive Council and been a member of the Health Services and Finance Committees. In 2015 he was appointed to the Casa de las Campanas Board of Directors.

Don's past recreational interests have included marathon running and high altitude trekking in Peru, Nepal, India and Pakistan. He continues to emphasize physical fitness.



For the Good of the Order

Guest Speaker June 3rd

Captain Tom Marshall



Captain Tom Marshall, USN (Ret.)

Captain Thomas J. Marshall, Jr. MC USN, retired from active duty in December of 2011. During his 24 years of service, he commanded a combat medical unit during the assault phase of Operation Iraqi Freedom in 2003, served as Chairman of the Department of Surgery at the Naval Medical Center, San Diego (2006-2008) and served aboard ten ships including four aircraft carriers, five amphibious assault ships and a submarine. In addition to his Medical Degree, he also has a Masters Degree in Military History. Since his retirement he has served the San Diego Chapter as Senior Vice-Commander and is presently Chapter Historian.

The Battle of Midway, which occurred from 3 June 1942- 5 June 1942, 75 years ago, has been described by historian Walter Lord as an “Incredible Victory” and historian Gordon

Prange as a “Miracle at Midway.” I believe that despite the fact the Japanese fleet was significantly larger than the US fleet and had the momentum of nearly six months of uninterrupted victories, the US victory was neither incredible nor a miracle. There were five factors that occurred both prior to and during the battle which contributed to making the fight a more equal fight and resulted in an American victory.

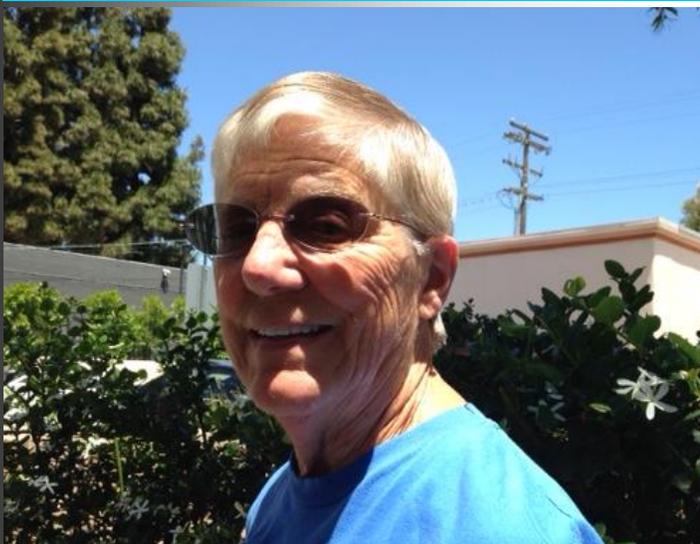
The General John P Holland Chapter is the local Chapter of the MOWW located in Rancho Bernardo, California. The Chapter meets on the first Saturday of the month except for October, which meets on the second Saturday. The luncheon/meeting is held at the Bernardo Heights Country Club, located at 16066 Bernardo Heights Parkway, San Diego, CA 92128. Typical attire is coat and tie, but dress comfortably as you desire. The meeting starts at 1130, followed by an excellent luncheon at 1145. The cost of the luncheon is \$22. Guests Speakers follow lunch, and usually speak for 30-45 minutes. Come join us and see if this organization is for you.



For the Good of the Order

Guest Speaker August 5th

Betsy Jordan, PHD



Betsy Jordan was the caregiver to her husband, Pete Riddle, Navy SEAL, Lawyer, and Juvenile Court Judge. **“Betsy wrote her book to tell her story and to help other caregivers.** Caregiving stretches the limits of your love. It is filled with sleeplessness and heartaches. It is tough some days, as tough a task as anything you have ever done.” “ This is my personal story, but I also hope to help other caregivers. What I most want to tell you is to do it with Love. Caregiving can be one of the most difficult challenges you will face in your life. Just as in long-distance swimming, love is the most important thing you can bring to the challenge.

Remember, you need to make it through those choppy waves, relentless swells, and very cold water---you need love to do this. Focusing on your caregiving mission of love will sustain and carry both you and your loved one through all the ups and downs. This means prioritizing love in all your caregiving actions and keeping love front-and-center in all your caregiving decisions. I was lucky that my marriage to Pete before he was diagnosed was an extremely loving one. Knowing that you love your loved one without limitation will sustain you through the long “swim of caregiving.

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For the Good of the Order

Veterans Celebration 2017

4th Annual at Corona High School

Mr, Jeff Perry, and the History teaching staff at Corona High School held their 4th Annual Veterans Celebration event on May 24, 2017. Juniors from the school's history classes sit with veterans and ask them questions about their time and accomplishments, during the service to our country. Chapter Commander Nick Herbka and Admin Officer Don Hershberger attended this event for the 2nd straight year. The time and conversations spent with the junior class is invaluable and inspiring. Both mentor and student learn from each other.





For the Good of the Order

Certificate of Appreciation for March



Lieutenant Colonel Don Donahue

The Companions and Guests of the General J. P. Holland Chapter sincerely thank you for sharing your most informative and exciting presentation, on the Flight of the Black Bird. It is truly a great pleasure to have you speak of the most remarkable advancement in Aviation History, as a witness and integral part of the Team. The records set by the "Blackbird" remain today. We wish you the very Best in your future endeavors.

"Fair Winds and Following Seas"



For the Good of the Order

Certificate of Appreciation for April



VADM Ted "Twig" Branch

The Companions and Guests of the General J. P. Holland Chapter sincerely thank you for sharing your most informative and exciting presentation, on the opportunities and challenges of today's digital world, drones and drone defense, the Internet of Things (IOT), and Big Data and Data Analytics and what that means and brings. We thank you for your remarkable Dedication and Service to the United States of America, ensuring our Security and Freedom from the High Seas to Cyber Space. We wish you the very Best in your future endeavors.

"Fair Winds and Following Seas"



For the Good of the Order

Chaplain's Corner

Carl Swepston, Navy SEAL, LT USN (Ret)



Final Honors



An acknowledgment of service to America

Miramar National Cemetery is the only cemetery in North America that offers a Final Honor service to the families of veterans. This tribute will be a lasting legacy to those who served honorably, or sacrificed their lives in service to our nation; a thank you for their service to America.

Final Honor service is available at Miramar National Cemetery for the interment of any veteran, regardless of rank. Final Honor offers its funeral carriage service at the cemetery, for free, every Monday. Service is provided for a fee on other days. Please call 760-445-1981 to make arrangements.

Who is eligible for this service?

The families of any United States military veteran eligible for burial in a national cemetery may schedule Final Honor service at Miramar National Cemetery. We provide

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For the Good of the Order

Chaplain's Corner

Carl Swepston, Navy SEAL, LT USN (Ret)



Final Honors

What does Final Honor service include?

Final Honor service includes a traditional horse-drawn funeral carriage, a white horse, a uniformed driver and attendant. The casket or urn(s) is placed in the carriage from the funeral home hearse, and transported from the cortege assembly point directly to the commitment shelter or gravesite. Family and funeral attendees often form a procession to follow the carriage on foot.

When is Final Honor available?

Final Honor services are available, rain or shine, approximately 255-260 days annually from 9 a.m. until 3 p.m., with additional hours and/or days for special services, if necessary. Our funeral carriage service is available for holiday events such as Memorial Day, Veterans Day, and for other public events. At the present time, the carriage can comfortably accommodate an interment service at the cemetery every 30 minutes.

Can I make a contribution to Final Honor?

Final Honor welcomes contributions from families, individuals, civic organizations or corporations. Final Honor is a 501(c)(3) non-profit organization registered in the State of California. Contributions to Final Honor can be made through the . <http://finalhonor.net/> Organizations also may elect to sponsor Final Honor (see below).

What costs does my contribution cover?

Your contribution will cover costs that include travel to and from the cemetery or other venue with horse, carriage and staff in a horse trailer; maintenance of vehicles, horses and their equipment; staff uniforms; insurance, and our guarantee of first-class service.

If my organization decides to sponsor Final Honor, what can we expect in return?

The horse and carriage are transported together in a 24-foot horse trailer pulled by a truck. Corporate logos and names can be tastefully displayed on the two vehicles as "proud sponsors." All business cards and promotional literature, as well as our website, will include the names of all sponsors at any level, with the largest sponsor having "top billing". Final Honor will endorse sponsors' products and services, if at all possible. In some cases, sponsors may wish to remain anonymous. Whatever the sponsors' preference, we will abide by that choice.