



THE PURPLE MOUNTAIN QUARTERLY

Military Order of the Purple Heart Chapter 423

Volume 7, Edition 4

Jan-Mar 2024

Goodbye 2023 & Hello 2024!

It feels like 2023 just blitzed on past, and we woke up on a blustery morning to find 2024 has arrived. Like this article's artwork shows, it's funny how we can focus so much on our day-to-day endeavors, that we miss the new year standing right in front of us. Well, happy New Year and welcome 2024! We wish you a peaceful and prosperous new year filled with the all the joys that life and liberty can bring.



Please consider making MOPH participation one of your goals for the new year. It's fun, it's easy, and it's purposeful, and it's a great way to connect with fellow veterans. If you've not yet attended a meeting, make a New Year's resolution to give it a try. The George Washington dinner on 10 February will be a fantastic opportunity, and we welcome your participation (bring your family and a big appetite!). More importantly, even if attending MOPH events doesn't fit your schedule, please know that the chapter is here for you if you're in need. All of us need help from time to time, and we view assisting others as giving a hand up, not a hand out.

Wherever 2024 finds you and takes you, please know that we appreciate you and will always honor the service and sacrifice that you and your family have made in service to our great nation. May peace and prosperity by your companion throughout the year.

Connect With Us

Email: moph423@gmail.com
Website: www.moph423.org
NEW PHONE #: (719) 800-1782

Quote of the Quarter:

"A man watches his pear tree day after day, impatient for the ripening of the fruit. Let him attempt to force the process, and he may spoil both fruit and tree. But let him patiently wait, and the ripe pear at length falls into his lap."

- Abraham Lincoln

10 February: George Washington Dinner

Time for our formal annual dinner to recognize General George Washington, the founder of the Badge of Military Merit (the forerunner to the Purple Heart medal). This is our big dinner for the year. This year we'll have dinner provided by Carrabba's Italian Grill. We'll give away some fantastic gifts this year as well, so don't miss the dinner!

Date & Time: Saturday, 10 February; Social Hour at 11:00am; Dinner at noon.

Location: MOPH Chapter 423, 2 Carson Circle, Fountain, CO 80817

Attire: Business attire preferred (suit, tie/bolo); dress casual acceptable (it's more important to have you and your family there; don't stress it if you don't have a suit, etc.).

Food: Carrabba's Italian Grill; assorted non-alcoholic drinks.

PLEASE RSVP no later than Thursday, 01 February. RSVP to Auxiliary President Karen Lindquist at (719) 545-7651 or karenlindquist2@yahoo.com. Sorry, folks, but we cannot guarantee there will be enough food or gifts to give to folks who fail to RSVP.

Note regarding alcohol: As we are a "dry" chapter, and our insurance policy doesn't allow serving alcohol, we don't provide or serve alcohol at our events.

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MOPH Mission: foster an environment of goodwill and camaraderie among Combat Wounded Veterans, promote Patriotism, support necessary legislative initiatives, and most importantly, provide service to all veterans and their families.



Looking for volunteers to help with bingo!

Bingo: Help Wanted (& Appreciated)

Looking for a way to make a positive and tangible difference in the community? Do you enjoy working together with fellow veterans in a stress-free environment? Are you free on Wednesdays from 10:00 a.m. to 3:00 p.m.? If the answer is "yes," we'd love to have you join our bingo volunteer team! Each week we host a bingo session at Bingo World on Academy Blvd. We use the funds to help needy veterans and their families in our community, and to maintain our MOPH chapter. The new year is a perfect time to join us, and we'd appreciate your help.

There is minimal training or stress involved, nor do you have to make a long-term commitment. Just give it a try and make it part of your New Year's resolution.

Please reach out to us at moph423@gmail.com if you are interested in volunteering. There's no big commitment or extra training involved. Come out when you can and have a great time! Your giving ensures we keep helping the community.

Holiday Party a Smashing Success!

Oh, wow, was the MOPH holiday party one for the ages! There was music, food, decorations, a new Christmas tree, laughter (how about that white elephant gift exchange?!?), scholarships awarded, and - most importantly - a wonderful sense of family and fellowship. That, Patriots, is how we strive to make every event.

We were able to give wonderful gifts to every attendee this year, ranging from the luxurious (foot massagers) to the nostalgic (Dad's Root Beer Float kits and Whoopee cushions) to the whimsical (hot dog cooker and bun warmer) to the - well - sweat-inducing cornucopia of hot sauces. What made it especially fun was that no gift was safe as the "white elephant" game ensued where someone who opened a gift after you opened yours could opt to keep theirs or swap it out for yours. Who knew that a hot dog cooker would be so popular (that thing got passed around like a bota bag at a Grateful Dead concert). Young and old alike were roaring with laughter as we opened gifts, poached gifts from others, and poached from the poachers. Dare we say a new tradition has begun with the gift exchange?

And talk about purposeful! We gave out two \$1000 scholarships to Purple Heart family members. Additionally, we gave one of the scholarship recipients a new Apple laptop computer to help them start their college journey. A special "thank you" goes to our bingo team for working tirelessly throughout the year to raise funds to pay for the scholarships and the new laptop! We made a big difference in those scholarship recipients' lives.

Our deepest thanks to everyone who brought a side dish. We were blessed with an abundance of fantastic foods. As always, our Auxiliary team shone with their hard work in decorating the chapter and leading our service. They are rock stars!

Elections 2024!

No, not the bevy of national and local elections. We're talking about the next MOPH Chapter and Department (state) elections coming in March (Chapter) and May (Department). Per our bylaws, MOPH holds elections each year for all of the major offices.

The following chapter offices are open for election:

Commander
Senior Vice Commander
Junior Vice Commander
Finance Officer
Sergeant-at-Arms
Two-Year Trustee

The One-Year Trustee is automatically rolled over from the Two-Year Trustee position. The Adjutant and Chaplain positions are appointed by the new Commander.

All chapter patriots in good standing (and who live within a reasonable commuting distance of the chapter) may hold an elected or appointed position. The nomination and election process is pretty straightforward: patriots are nominated during the March meeting. If there is only one nominee for each of the offices, then a motion can be made for an uncontested election (aka, a "white ballot"). Otherwise, a vote is held for each candidate running for office, with a simple majority needed to win the election. Upon completion of the vote, provided there are no objections to the election, the new officers are installed by a past chapter (or higher) commander.

Department (state) elections are very similar in process, and are held at the annual department convention in May. One of the major differences at department (and national) elections is that a chapter's vote is weighted according to their membership numbers. Chapters provide delegates to department (and higher) elections, with one delegate for every 12 chapter members. With 337 members, Chapter 423 (the largest chapter in Colorado) currently brings a whopping 28 delegates to the department convention. Another difference is that past department commanders (PDC) have a vote as well. Chapter 423 has three PDCs to add to the 28 delegates we bring to the election.

Please consider running for office. It's a great way to make a positive difference in our community and the great State of Colorado! One patriot, one vote, can make all the difference.

Chapter 423

MOPH Officers

Commander:
Dr. David Andrews

Senior Vice Commander:
Larry Hathaway

Junior Vice Commander:
Vacant

Finance Officer:
Michael Epper

Sergeant-at-Arms:
Joe Albrecht

2-year Trustee:
Bobby Browning

1-year Trustee:
Steve Zerger

Adjutant: Ed Armstrong

Chaplain: Glen Cooper

Chapter 423

MOPH Auxiliary Officers

President:
Karen Lindquist

Vice President:
Paula Cooper

Treasurer/Secretary:
Patricia Andrews

Parliamentarian/Sgt-at-Arms:
Ursula Price

Commander's Corner: Whew!

- Dr. David "Doc" Andrews

As you've likely discerned by now, Norman Rockwell is my favorite painter, and this quarter's image (the youngster writing on a barrel as his dog looks on) is a pretty accurate description of me writing to you right now as I wrap up my final quarter as Chapter Commander. I took the helm again as commander to help guide the chapter through a transition year. Having served multiple chapter and department (state) commander terms, I agreed to step in so that we could refresh our chapter, explore new initiatives, bolster our membership, and gain some efficiencies.

On the positive side, we've grown our membership numbers despite the loss of several WWII and Korean War patriots (at 337 patriots as of this writing, we're by far Colorado's largest chapter). We had a great success with our first Purple Heart Day open house and our fantastic holiday party (the white elephant gift exchange was very popular!). We've re-upped our game with the newsletter quality and content (which takes days of hard work to bring to you each quarter). We've been able to streamline most of the chapter's financial processes, including cost-saving measures and trying to cull out the bureaucratic BS that always stymies organizational growth.



On the challenging side, we seem to have a difficult time getting folks to attend meetings and events. I know every veterans' service organization struggles with participation. Part of it stems from the 30-year gap between Vietnam and Iraq/Afghanistan (the two most recent major conflicts that generated numbers of Purple Heart recipients). For the Vietnam era patriots, health and mobility contribute to challenge of attending meetings and events. For the Iraq/Afghanistan era patriots, the lower population pool is a major factor (far less Purple Hearts were awarded during those wars than the Vietnam War). The Iraq and Afghanistan veterans are also in their prime working years and have younger families. Both of those obligations make it a challenge for them to participate in MOPH events. For all, it is a question of forming connections and feeling like it's a purposeful and fruitful investment in their time. All of us face that issue, so please don't feel like your MOPH chapter is brow-beating you into a time commitment you can't or don't want to make. Rather, it's an acknowledgement of the challenges facing the chapter, and a question of how best to address or accept it. We've reimplemented serving a free meal with every chapter meeting. We're working closely with our MOPH Auxiliary team to reinvigorate our events - especially the holiday and George Washington dinners - so that you and your families feel just how deeply we value you.

As I pass the commander's gavel to the next patriot during the March elections, I pass my profound gratitude to Auxiliary President Karen Lindquist for her partnership. Thank you to all of the chapter officers for the great support, and to you - cherished readers - for your trust, support, and positive feedback. I hope that I've served you well. I'll seek to resume my post as a chapter trustee, alongside Steve Zerger, so we can help guide the chapter's leaders over the coming years. I strongly encourage you - especially my fellow OIF/OEF vets - to consider running for a chapter office. You have five of us who've served as chapter commanders, and three of us who've served as department commanders, to lean on for support as you guide us toward the future. Regardless of who takes the reins for 2024-2025, our chapter will remain vibrant and purposeful if we remain focused on the MOPH core mission of helping veterans and their families in need, and by fostering camaraderie amongst combat-wounded veterans and their families. Signing off my final newsletter as Commander, let me close by saying "Thank you, and may God please bless America!"

Gentle Reminder: MOPH is Apolitical

The new year brings the boisterousness of state and national politics to the forefront, and - unless you're living off the grid entirely - you've undoubtedly seen Colorado making national news in the political arena. Our chapter's geographic area covers three districts for the U.S. House of Representatives, with two incumbents retiring (Doug Lamborn (R), 5th District; Ken Buck (R), 4th District) and the other incumbent (Lauren Boebert (R), 3rd District) switching districts. We also have a Presidential race underway, so there's lots of political coverage, discourse, punditry, and rhetoric already underway. Where does MOPH stand?

One of the things you may not know about MOPH is that we are a non-political, non-profit organization (technically a 501(c)19 veterans' service organization), and therefore are prohibited from making any public declarations of support one way or another for any candidate or political party. Regardless of the political rhetoric and which party or candidate gets elected, our organization's focus remains where it should be: on fostering fellowship and helping veterans and their families in need. While all MOPH members are encouraged to participate in the political process as is your constitutional right, please - please - refrain from doing so (or allowing any perception of you doing so) in whichever MOPH position you hold (member or officer of the organization).

Please contact the MOPH National HQ (www.purpleheart.org) if you have any questions.

Recipe of the Quarter Breakfast Egg Bites

Who hasn't made a New Year's resolution to eat healthier? Rarely have time for anything more than a grab-and-go breakfast? Well, this recipe's for you, and - as a bonus - it'll save you money if you're a fan of the Starbucks version of egg bites. Consider this a base recipe where you can alter your add-ins for variety and picky eaters. You can make the egg bites the day before so they are ready for a quick reheat (30 seconds in the microwave) in the morning.

Equipment: blender; 12-muffin tin coated with non-stick spray (Pam)

Base Ingredients:

- 6 large eggs
- 1 1/4 cup low-fat cottage cheese
- 1 1/4 cup shredded cheese (I use either sharp cheddar or a Mexican blend)
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon hot sauce (I prefer Frank's Red Hot Sauce)
- 1/4 teaspoon black pepper

Optional Add-In Ingredients (use 1-2 of the below ingredients, or choose your own!):

- 4 tablespoons of crumbled or finely diced cooked bacon
- 4 tablespoons of cooked, crumbled chorizo sausage
- 2/3 cup finely chopped raw spinach leaves (be sure to thoroughly wash and dry them!)
- 2 green onions (white and green parts), finely chopped

Preheat oven to 300 degrees Fahrenheit. Combine all of the base ingredients in a blender and puree on high speed until smooth (about 30 seconds). Generously coat 12-muffin tin with non-stick spray. Evenly pour the blended base ingredients into the 12-muffin tins (each of the 12 muffin slots should be about 3/4 full). Sprinkle the add-in ingredients onto each of the 12 muffin slots, and use a teaspoon to gently press the add-in ingredients just below the surface of the batter (don't worry: the add-in ingredients will sink further and spread evenly into the batter during the baking process). Bake the egg bites for 20-25 minutes until the batter is fully set (doesn't wiggle when you gently shake the muffin tin), the tops are golden brown, and the eggs begin to pull away from the sides of the muffin tin. Remove from the oven and let cool for 5 minutes. Gently remove the egg bites from the muffin tin and serve then or refrigerate covered overnight.

Got a recipe you'd like to share with the Chapter? Please send a copy of the recipe to MOPH423@gmail.com. We'd love to hear from you and share your recipes!



THE PURPLE PULPIT

As we embark on a new year, we encourage you to find peace through the power of prayer. Put your faith and problems in the Lord's hands. No problem is too big or weighty for God, and peace can be found in putting your faith in His capable hands.

"We give thanks to God always for you all, making mention of you in our prayers, remembering without ceasing your work of faith, labor of love, and patience of hope in our Lord Jesus Christ in the sight of our God and Father, knowing, beloved brethren, your election by God.

For our gospel did not come to you in word only, but also in power, and in the Holy Spirit and in much assurance, as you know what kind of men we were among you for your sake."

1 Thessalonians 1: 1-6

Please reach out to Chapter Chaplain Glen Cooper if you or any patriots or family members you know are ill or in need of solace and prayer. You can reach us at (719) 800-1782 or moph423@gmail.com.

My God grant you peace, dignity, grace, and honor as you walk the path of recovery. Please remember that you are never alone. We are here for you just as we know you are here for us. God bless you!

Auxiliary President's Page

As we welcome in 2024, let us take a quick glance back at 2023. Covid finally eased up so we could have more meetings in person, we celebrated George Washington's birthday with a catered dinner (so yummy). In March, we elected new members and some attended the Department convention in Denver. August found us hosting an open house to celebrate National Purple Heart Day. Many Veterans organizations attended and demonstrated their activities. Dignitaries of Fountain and Colorado Springs were in attendance. Hamburgers, hot dogs, and the trimmings were served. Commander David, Larry and Glen manned the grill. The greatest of the day was getting new members! WELCOME! During this year we were in contact with veterans in nursing homes to provide snacks and some of their wants, and show our support. To end our year we celebrated our Holiday dinner with turkey, ham, and all the trimmings done by our own veterans and ladies. Commander David got a fabulous Christmas tree, and Santa brought and put lots of gifts under the tree. Our very young elves distributed the gifts to each in attendance. Ursula did a beautiful job of decorating our tables! A great dinner to say the least!!

We are hoping for a better and blessed 2024. January 13th will be our first business meeting of the year. February 10th we will have a catered meal to honor George Washington's Birthday. March 9th will be a business meeting and election of new officers. All offices are open, so decide which office you might like. ALL business meetings begin at 10:30 am at 2 Carson Circle in Fountain. The February dinner will be served at 12 noon with social hour beginning at 11am. Some of our meetings are followed by a light lunch (YUM) and visiting. We will be helping the Gold Star Mothers by making sellable items to help them raise money for their national convention to be held in Colorado Springs this summer.

We have spent a fair amount of money and lots of time correcting and updating our newsletter data. In November and December, our quarterly newsletter was mailed and emailed with an enclosed request of correct addresses. About half of our membership replied and for those who did, we greatly appreciated your response. If you are not receiving the quarterly newsletter, please let us know via phone at (719) 800-1782 or mail at: MOPH, 2 Carson Circle, Fountain, CO 80817. We also have an excellent website at www.moph423.org which contains our quarterly newsletter plus other valuable information.

For our new ladies you can buy a name badge at www.thepurpleheartstore.com. Or you can call 337-856-7789 or 888-987-4838. The cost is \$14.50. You can also get a vest which is part of our uniform. The cost to you is \$25.00. They are made by a seamstress in Pueblo and Karen can assist you with your purchase.

Looking forward to seeing you at the meetings.

Yours in Patriotism,

Karen Lindquist, President

Karenlindquist2@Yahoo.com

719-545-7651



Mark Your Calendars

13 January (Saturday): Chapter Meeting

Time: 1030-1130, Meeting & Eating: Chili/Chili Dogs & Cornbread to fend off the cold!
Location: MOPH Chapter 423 bldg., 2 Carson Circle, Fountain, CO 80817

10 February (Saturday): MOPH Annual George Washington Dinner (Catered)

Time: Social hour starts at 1100; Food served at 1200
Location: MOPH Chapter 423 bldg., 2 Carson Circle, Fountain, CO 80817
Attire: Business Dress preferred; Business Casual acceptable
Caterer: Carrabba's Italian Grill

09 March (Saturday): Chapter Meeting & Elections

Time: 1030-1130, Meeting & Eating & Elections!
Location: MOPH Chapter 423 bldg., 2 Carson Circle, Fountain, CO 80817

Contact Us

We welcome your feedback, contributions, and—most importantly—your fellowship.

MOPH Chapter 423

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Fountain, CO 80817

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