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President's Note

Dear Central California Coast Chapter Members,

Here we are again; Summer has slipped by and many things have changed in our lives! As noted in last year's September message, for many of us our families have changed with the addition of new members due to marriages and births; and the loss of family due to their passing, or their relocations for education, marriage and/or work. As noted, a very important part of our lives is sharing sorrows and joys with others . . . through both listening and relating to those whom we have known over the years.

As in years past, our September Luncheon is when nominations are submitted/received for our Chapter's Officers for the upcoming 2020 & 2021 terms of office, so please present your nominations to any of our current EXCOM Members, as we will vote on your nominations in November, so the incoming Officers can be sworn in during our January 2020 CCCC MOAA Luncheon.

This month's Luncheon meeting will be held at the Madonna Inn on Friday, September 13th, starting at 11:30 AM, and again, it will be a joint MOAA / MOWW Luncheon, with the program featuring a presentation on the preparation and commemoration of the 75th Anniversary of, "D Day". Finally, please remember that it's very important for you to contact either Ken or Jim to confirm your reservations ASAP:

LtCol Ken Chapman (805) 489-8214 - kenchapman1989@gmail.com or Maj. Jim Hawkins (805) 226 8503 - pasohawk@charter.com

Sincerely,

Capt. Dave

75th Anniversary of “D Day” - Summer 2019

Our September 2019 Luncheon is another opportunity for us to have a joint meeting with MOWW, as “MOWW Companion” Tim Haley, USMC (fmr), will be presenting PowerPoint slides of his trip to Europe, where he observed preparations for the 75th Anniversary Ceremonies commemorating “D Day” to be held this summer. Tim has put together an eye-opening presentation of the historic sites that he and his wife Janet observed, including his meeting the USMC’s Commandant, and visits to Belleau Wood and Normandy in France. Included in the Normandy visit were La Pointe du Hoc, Omaha Beach, Normandy National Cemetery, St Mere Eglise Church, and several other sites. We look forward to seeing you and sharing Tim’s experiences.

From our Medical Representatives, the Moynihans

Some good news for coffee drinkers. European researchers have found an inverse association between habitual (ie, daily) coffee drinking and the risk of falls in the elderly-and that inverse association was particularly strong among those who drank caffeinated! The association also held (although not to the same extent) for a lower risk of injurious falls. Furthermore, when looking at specific subgroups, the inverse association was consistent across sex, obesity, protein intake, sleep duration, physical activity and alcohol consumption. The authors concluded that habitual coffee consumption was associated with lower risk of falling in older adults in Spain and the United Kingdom. Their study adds to the research that shows coffee consumption has been associated with a lower rate of type 2 diabetes, cardiovascular disease, and sarcopenia (progressive decline in muscle mass due to aging which results in decreased functional capacity of the muscles)-all of which are strong risk factors for falls. Hopefully these results carry over to US coffee drinkers!

Am J Clin Nutr. 2019;109(5):1431-1438.

Chapter Leadership

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FRIDAY, SEPTEMBER 13, 2019
JOINT MOAA/MOWW LUNCHEON

Where: Madonna Inn, San Luis Obispo, CA
Time: 11:30 Social 12:00 Lunch & Program

Name _____

____ #for Lunch (Chef's Choice)____ or (Veggie Plate _____

Please make your reservations by calling Ken Chapman
805-489-8214 OR Jim Hawkins 805-226-8503.

Or make reservations via our Chapter website
www.calcoastmoaa.org

Luncheon \$25 per person _____

AUX Member \$15 _____

ROTC Awards Fund _____

Please make checks payable to "CCCC MOAA"
Business casual or wearing your uniform is encouraged.

From our Chaplain, Jim Murphy . . .

I don't have a name to offer credit for these words, but I think, especially as we have lost loved ones and dear friends---it seems every week I read the name of a friend who is no longer of this earth. So when you are sad and grieving, please consider these thoughts:

To Those I Love & Those Who Love Me: When I am gone, release me, let me go; I have so many things to see and do. You mustn't tie yourself to me with tears, be happy that we had so many years. I gave you my love; you can only guess how much happiness. I thank you for the love you have shown, but now it's time I traveled on alone. So grieve a while for if grieve you must then let your grief be comforted by trust. It's only for a while that we must part so bless your memories within your heart. I won't be far away, for life goes on so if you need me, call and I will come. Though you can't see or touch me, I'll be near and if you listen with your heart, you'll hear all of my love around you soft and clear. And then, when you must come this way, I'll greet you with a smile and say, "Welcome Home."

MILITARY OFFICERS ASSOCIATION OF AMERICA
Central California Coast Chapter
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San Luis Obispo, Ca 93403

MARK YOUR CALENDAR

EXCOM - Wed. Sept.4th, 9:00am
SLO Elks Club
LUNCHEON - Fri.Sept.13th, 11:30am
Madonna Inn

**Central California Coast Chapter
Military Officers Association of America • Preamble**

The membership of the Central California Coast Chapter, Military Officers Association of America, in order:

- **To inculcate and stimulate love of our Country and our Flag;**
- **To defend the honor, integrity and supremacy of our Naational Government and the Constitution of the United States;**
- **To advocate military forces adequate to the defense of our country and to oppose any influence (whatsoever) calculated to weaken the National Security;**
- **To foster fraternal relations between all branches of the various services from which our members are drawn;**
- **To cooperate fully with the various active services in the dissemination of information to the public;**
- **To aid active and retired personnel of the various services from which our members are drawn, their dependents and survivors, in every proper and legitimate manner;**
- **To establish these, as the bylaws of the chapter.**