



Central California Coast Chapter
MILITARY OFFICERS ASSOCIATION OF AMERICA
COASTAL CLARION

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PO Box 5002 San Luis Obispo, CA 93403-5002



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Luncheon
1/11/19 • 11:30 AM***

Happy New Year *California Central Coast MOAA Members,*

During 2017 we continued the process of seeking ways to increase our chapter's efficacy, membership and reach as an organization. Among the approaches adopted, was continuing our dual-luncheon meetings with the Vandenburg Chapter of the Military Order of World Wars (MOWW), which has proven to be very successful. In this, the first *Coastal Clarion* issue published in 2019, we can see the results in the photos of the combined organization's Christmas party, held at the Officers Club at Camp San Luis Obispo on December 11th.

Your attendance at this month's meeting is very important as we will be discussing MOAA's Key Goals for 2019. Specifically, we will be discussing actions that each Central California Coast Chapter Member can take to support the following 2019 MOAA Goals: 1.) Ensure TRICARE top-quality access, 2.) Prevent disproportional TRICARE fee increases, 3.) Sustain military pay compatibility with the private sector, 4.) Stop erosion of compensation and quality-of-life benefits, 5.) End financial penalties for Military Survivors, 6.) End Concurrent receipt penalties for military retirees, 7.) Achieve equality of benefits for Guard and Reserve members with their active duty counterparts, 8.) Strengthen DoD-VA collaboration and services to support wounded warriors and an expanding population of women veterans, 9.) Ensure timely access to service-earned benefits, 10.) Protect military and veteran family support programs and policies.

Finally, please note that accompanying your copy of the January 2018 *Coastal Clarion*, you will find the Chapter's 2018 Dues Letter, which needs to be completed and submitted ASAP, along with your reservations for this month's luncheon meeting on January 11th. Again, this year we will have our "annual-update" luncheons with the Mighty Oaks Warriors in February, and "Paws 4 a Cause" (Pausabilities) in March, as we follow up on their progress during another year of their serving our local veterans.

Sincerely, Capt. Dave

MOAA/MOWW CHRISTMAS LUNCHEON DEC 11, 2018 MOAA Version

The MOAA and MOWW combined Christmas Luncheon was held at the Officers Club at Camp San Luis Obispo Tuesday, December 11, 2018.

Base commander Lt Col Angel Ortiz arranged for an excellent venue for our combined luncheon. The buffet line was well stocked with rib-eye, salmon, potatoes & gravy, green beans with bacon with an array of beverages and desserts and the facility was well decorated. Tables

were set with a salad and a couple of bottles of central coast fine wine.

MOWW District Commander Lt Col David Worley, USAF drove up from Los Angeles to conduct the induction of the MOWW officers for 2019.

The Cuesta College North County Chorus (*Vox Concordia Mundi*) Choral Group gave us a nice selection of Christmas music to set the mood for the Christmas Season...and we did a lot of sing-a-longs!

It was a very enjoyable afternoon, our thanks to all that participated and especially to Camp San Luis Obispo and their Officers Club.



New Year Resolutions!

The holidays can be a stressful time of year for many people. It is often a season of excesses-too many parties, too much food and drink, too many relatives or perhaps no relatives, too much buying and now that the holidays are over too much worrying about how to pay those bills. Many will be making resolution to lose weight, eat better, quit smoking, and manage stress. To reduce the stress of making lots of resolutions we would suggest focus on one positive- Start an exercise program!

Gretchen Reynolds of the New York Times writes “ By now, we can all agree, I hope that being physically active is good for us. It raises fitness, reduces disease risks, lengthens life spans, improves heart health and, in multiple other discrete ways, makes us stronger and more well”. In her article published in the San Luis Obispo Tribune on December 25, 2018 she writes “How Exercise May Help Health”. Studies are now looking into how people who exercise have different proteins moving through their bloodstreams than people who

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do not exercise. Data suggests that changes in protein levels are likely to be integral to the complex process by which a workout becomes wellness.

But to minimize the stress you don't need to know or understand how exercise does so many good things all you need to do is start. Happy New Year! Live Life Well!
Bob & Margy Moynihan

Chaplain's notes January 2019

The church calendar still shows "Christmas season". I hope you were able to keep a positive spirit during this festive time! Sadly there are some who dread the Christmas time and are despondent. At least one church in San Luis Obispo conducts a "Blue Christmas" service intending to help dispel some of that "blue". So as we begin another new calendar year, I offer this blessing and gratitude for all.

May your legacy---So breathtakingly unique---Stand as tall as

The mighty redwoods, With roots Planted deeply In moist, holy soil.

May your beauty And integrity Shine forth With the penetrating brilliance

Of the first light at dawn. May you be blessed with Peaceful serenity,

joyful gratitude, And the hopeful reassurance

That you are Lovingly embraced By the Holy One. May it be so!

(Seeds of Gold, Br Timothy James Larson)

JANUARY 11, 2019 - 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 Richard Ennes (805) 227-7138. OR Ken Chapman 805-489-8214. Or make reservations via our Chapter website www.calcoastmoaa.org

Luncheon \$25 per person _____

Member Chapter Dues \$25 _____

AUX Member \$15 _____

ROTC Awards Fund \$ _____

Please make checks payable to "CCCC MOAA"

Business Casual or wearing your uniform is encouraged.

MILITARY OFFICERS ASSOCIATION OF AMERICA
Central California Coast Chapter
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San Luis Obispo, CA 93403-5002

MARK YOUR CALENDAR

JANUARY LUNCHEON
Friday, Jan. 11th 11:30
EXCOM January 29th - 9:00
FEBRUARY LUNCHEON
FEB. 8TH - 11:30

**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 National 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.