

Central California Coast Chapter

**MILITARY OFFICERS ASSOCIATION OF AMERICA**

**COASTAL CLARION**

WWW.CALCOASTMOAA.ORG

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**President's Letter**

At our February California Central Coast Chapter's luncheon meeting we had our annual presentation by ***The Mighty Oaks Warriors*** . . . their third year in a row. This year we heard the personal story of an earlier participant, who like many others, had lost his wife, family, military career, and almost his life, to alcoholism brought on by Post Traumatic Stress (PTSD). He concluded by relating how he now serves as their National Coordinator for finding local "Church Families" for those returning to home following graduation from the program. It was also noted at the end of his presentation, that the Might Oakes Warriors would be having a graduation ceremony in Atascadero that evening, where a new group of Warriors prepared to return to home.

At this month's luncheon, on Friday, March 8<sup>th</sup>, we will again have the very popular annual-update from ***Pausabilities*** (formerly known as "*Paws 4 A Cause*"), so mark your calendars as we follow up on their **amazing growth over the past four years**. Finally, you will again find the Chapter's 2019 Dues Letter for those who have not yet updated their annual membership. I look forward to seeing each of you at Friday's annual *Pausabilities* update meetings.

Sincerely, Capt. Dave

**MOAA February 8, 2019 Program.** An update presentation was again made by Maj. Jamie Warner, USMC (Fmr.) highlighting the current status of the Mighty Oaks Warrior Program. The interesting name for this country wide program, which is Faith Based, reflects the message of Isaiah 61: "To restore the brokenhearted through Christ, to build leaders of leaders to rise up from the ashes; they will be called Mighty Oaks of Righteousness." Jamie is the West Coast Regional Facilitator and is based at an "Outpost" just out of San Miguel.

He was joined by Robert Cale, a three tour "Combat Marine", who served in both Iraq and Afghanistan and was recently appointed Aftercare Manager for the Mighty Oaks Warriors. Robert keeps in contact with individuals that have completed the program to support them in getting involved with family and with a local church community.

Robert was raised in foster care, joined the Marine Corps to have structure, and ended up divorced and released from the Corps due to alcoholism. He is now sober and helping others to find Christ as he

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completes Divinity School, on his mission to become a Pastor.

An intensive weekly meeting is guided by Outpost Leaders, who are program alumni. They each have experienced tragedy and hardships through their service to America. Having endured deployments, family separations, learning to handle the effects of Post-Traumatic Stress (PTS) both in war and at home, the instructors are able to connect to the students on a peer level. Attendees learn strategies and successes in combating the challenges of PTS, combat trauma and daily life utilizing the program curriculum and group interaction. An excellent source for learning more about this program is through their website at <http://www.mightyoaksprograms.org/>



### **Be Careful What You Ask for or Vote For - You may get it.**

We are starting to see more patients and others who are using marijuana and other forms of cannabis to self-treat various conditions. Also we are starting to see more information in the literature about medical marijuana and other legalized forms of cannabis. An article in *PT in Motion* magazine: "A Growing Interest in Medical Marijuana" explores the complicated legal landscape regarding MMJ and how a patient's use of MMJ may influence physical therapy care and suggests PTs should cultivate their knowledge of medical marijuana. The author writes "Despite a lingering social stigma attached to marijuana use, there is a growing interest in medical marijuana (MMJ) among patients, researchers, and health care providers, including some PTs and PTAs. Medical marijuana is a potential alternative to opiates, muscle relaxers, and anti-inflammatory drugs. But is it always safe? Dr Walter E. Williams, a columnist for the Daily signal and professor of economics at George Mason University examines some the hidden issues about marijuana use. Dr Williams highlights a speech delivered last month at Hillsdale College's Allan P. Kirby Jr. Center for Constitutional Studies and Citizenship in Washington, D.C. by Alex Berenson who is a graduate of Yale University, with degrees in history and economics. Imprimis adapted the speech about the hidden dangers of marijuana use. Alex Berenson told his audience, "Almost everything that you think you know about the health effects of cannabis, almost everything that advocates and the media have told you for a generation, is wrong." The active ingredient in marijuana is tetrahydrocannabinol or THC. Marijuana is most commonly prescribed for pain, but it's rarely tested against other pain relief drugs, such as ibuprofen. Last July, a large four-year study of Australian patients with chronic pain showed that cannabis use was associated with greater pain over time. Marijuana carries not only a devastating physical health risk but also mental health danger. A 2017 National Academy of Medicine study found that "cannabis use is likely to increase the risk of developing schizophrenia and other psychoses; the higher the use, the greater the risk.....Regular cannabis use is likely to increase

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the risk for developing social anxiety disorder. "Marijuana legalization advocates sometimes argue that its use reduces opiate use. That is untrue. Berenson said, "The United States and Canada, which are the countries that have the most opiod use, also have by far the worst problem with ... cannabis."

From our Chaplain. Daily Work:

O God, who orders all things in Heaven and earth: Help me to go about the tasks and duties of this day with the remembrance that I am Your servant therein. Make me honest, painstaking, and cheerful, and grant that all I do and say may bring good to others and glory to Your holy name!

A Prayer for This House: (This seems most appropriate given our recent very wet weather!)

May nothing evil cross this door; may ill fortune never pry about these windows; may the roar and rain go by;

Strengthened by faith, these rafters will withstand the battering of the storm; this hearth, though all the world grow chill, will keep us warm;

Peace shall walk softly through these rooms, touching our lips with holy wine, till every casual corner blooms into a shrine;

May God bless all who lives and comes within, may each one strive to help and comfort one another as the winds of change blow on.

Laughter shall drown the raucous shout, and though these sheltering walls be thin, may they be strong to keep hate out and hold love in.

**MARCH 8, 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**  
**Post Office Box 5002**  
**San Luis Obispo, CA 93403-5002**

**MARK YOUR CALENDAR**

**MARCH LUNCHEON**

*Friday, MAR 8th 11:30*

**APRIL EXCOM**

*Tuesday, APRIL 2nd -9:00am*

**APRIL LUNCHEON**

*Friday, APRIL 12th - 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.