



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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President's Letter

PLEASE NOTE: Due to the travel and vacation plans of our Members, each year our Chapter "Goes Dark" during the months of July and August. Subsequently, we are publishing a June/July Edition, and an August/September Edition our our Coastal Clarion.

Our May meeting was a combined MOAA & MOWW Luncheon meeting celebrating NATIONAL PEACE OFFICERS MEMORIAL DAY, held on Wednesday, May 15th at the San Luis Obispo Elks Club. Conversely, this year's annual combined "ATASCADERO LAKE PICNIC", scheduled for Saturday, May 25th, was cancelled due to rainy weather, so unfortunately, we all missed seeing everyone else's, "Summer's finest" picnic attire.

May and June have been eventful with the, "Lost at Sea" Ceremony at the Cayucos Pier, as well as MEMORIAL DAY CEREMONIES in Atascadero, Paso Robles, Los Osos and Arroyo Grande. On June 6th, there were several "75th Anniversary of D-Day" Ceremonies, as well Cal Poly's ROTC Graduation service, wherein MOAA honored the top ranked Cadets of Cal Poly's ROTC Senior, Junior and Sophomore classes. The Cadets were each presented with a National MOAA Certificate of Accomplishment, along with the Medal & Ribbon to be worn on the Cadet's uniforms, in recognition of their outstanding achievements in academic, athletic and Military Science skills.

In June we will again have a combined meeting with the Vandenberg Chapter of MOWW on Wednesday, June 19th, at the Elks Club in San Luis Obispo, wherein the program honors Boy Scouts of America Troop 51 for their outstanding work in maintaining the American and Betsy Ross flags at the American Heritage Monument in Atascadero.

Finally, in July our Chapter's focus will be on July 4th, when there will be opportunities to celebrate our Nationals Declaration of Independence, with parades in both Atascadero and Cayucos.

Sincerely, Capt. Dave



**Cal Poly
 2019
 ROTC
 Honors**



**Cal Poly 2019 3rd year MOAA
Achievement Award**



**Cal Poly 2019 2nd year MOAA
Achievement Award**

Chaplain June 2019

A man can no more diminish God's glory by refusing to worship Him than a lunatic can put out the sun by scribbling the word "darkness" on a wall.

This most beautiful system of the Sun, Planet and Comets could only proceed from the counsel and dominion of an intelligent and powerful being.

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, along with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.

Chapter Leadership

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Asthma and What You Eat

If the eyes are a window to the soul, then the **lungs** are a door to the body--providing a gateway for the arrival of oxygen to every living cell.

Fitness pros know that regular exercise trains the lungs to inhale more oxygen and exhale more carbon dioxide, improving lung capacity and strength. But can eating better make the lungs healthier, too? Though we have much more to learn, the research is promising. Multiple studies provide strong indications that eating certain foods can reverse some lung conditions and may stall the progression of others--or at least improve their symptoms.

Of course, eating right has no adverse side effects. It also benefits other body systems, so focusing on nutrition for lung health is a win-win. Let's see what research says about the effects of diet on asthma.

Asthma And What You Eat by Matica Heaner, PhD.
Studies suggest that dietary changes can improve lung health.

WEDNESDAY, JUNE 19, 2019 LUNCHEON

Honoring the Boy Scouts of America, Troop 51

Where: ELKS LODGE, 222 Elks Lane, 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 _____

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

WED. June 19, 2019

MOAA/MOWW LUNCHEON

Elks Club in San Luis Obispo

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.