



Central California Coast Chapter
MILITARY OFFICERS ASSOCIATION OF AMERICA
COASTAL CLARION
WWW.CALCOASTMOAA.ORG
PO Box 5002 San Luis Obispo, CA 93403-5002

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for 2020 - 2021**

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President's Message

Dear Central California Coast Chapter MOAA Members,

As 2020 begins, our Chapter completes its 7th decade, and we're now planning all new meeting schedule frequencies, dates, times of day and locations for our future meetings. As was discussed in the December edition of the Coastal Clarion, the purpose of these changes is to meet the changing needs of our current Members, while increasing the probability of engaging new Members, who may not be able to attend meetings that are only held mid-day during the work week.

In December, our annual MOAA & MOWW Christmas Party was held at the San Luis Obispo Country Club, with entertainment by the Cuesta College Carolers, and as you can see in the accompanying photos, it was well attended. On January 28th, our MOAA Chapter was a guest of the Vandenberg Chapter of MOWW, also held at the San Luis Obispo Golf Club, where we celebrated an amazing event dubbed, "The Final Call", which celebrated the service of many WWII Veterans, all of whom were in their 90's or over 100 years of age (please see the following group photo).

Our next luncheon meeting will again be a combined MOAA & MOWW meeting, which will feature (Fmr) California State Senator Sam Blakeslee, speaking on the impact of our newest military service, the US Space Force, and its impact on San Luis Obispo County. The meeting is scheduled for March 18th at 11:30 AM and will be held at the San Luis Obispo Elks Club. To make your reservations, please contact either:

Maj. James Murphy, USMC (Ret) (805) 528-7565 - jmurphy@calpoly.edu

OR

LTC Richard Ennes, USAF (Ret) (805)227-7139 - richardpat2@gmail.com

At our February 11th MOAA EXCOM meeting, we decided to have two major quarterly events during the coming year, and as we finalize the planning, we will be sending out additional information . . . in any case, we're certain that you will be excited by what's being planned. Finally, accompanying this 1st Quarter edition of the *Coastal Clarion* is your 2020 Chapter dues reminder form. If you have not already done so, please print the MOAA Chapter form, fill it out, and then return it, with a check for \$25. to P.O. Box 5002 San Luis Obispo, CA 93403-5002.

Sincerely,

Capt. Dave



MOAA January 2020 Meeting

The “Final Call” Victory Tribute to our WWII veterans was held on January 28, 2020 at the San Luis Obispo Country Club hosted by the MOWW.

There were 22 WWII veterans in attendance and the event was covered by KSBY and The Tribune with supervisors Debbie Arnold, Lynn Compton, and John Peschong attending along with District Attorney Dan Dow. The Veterans gathered outside on the patio for a group shot just before having a very good lunch.

After lunch, LTJG Joe Brocato had each veteran introduced and they were presented with a nice personalized souvenir, a Certificate of Recognition from the County Board of Supervisors (signed by each), and Certificate of Recognition from the California Legislature Assembly signed by Assemblyman Jordan Cunningham.

Joe Brocato and his team were very well organized, the meeting flowed well and it was a very significant tribute to our WWII heroes.



Sailor, this is why your resolution to go to the gym will fail

Come January, 40 percent of Americans will make New Years resolution, and nearly half of them will aim to lose weight or get in shape.

But 80 percent of New Year's resolutions fail by February, and gyms will experience a decrease in traffic after the first and second months of the year as those who made New Year's resolutions to get in shape lose steam (how are your resolutions coming along?)

As a lecturer at Binghamton and former Olympic weightlifter, and world champion powerlifter and strength coach, much of William Clark's life has been spent in training halls and gyms around the country. People often ask him, "How does he stay motivated to work out?"

Motivation is driven by emotion and that can be positive, as long as is used for a short-term objective. For some, a New Year's resolution can serve as a motivator. But since motivation is based on emotion, it can't last long.

Think of it this way: No one can laugh or cry indefinitely, and that is exactly how we know that motivation will fail. Emotion is a chemical release yielding a physiological response. If someone attempting to get in shape is reliant upon this reaction to propel them towards working out, they are almost sure to burn out, just like with a resolution.

When people buy gym memberships, they have the best of intentions in mind, but the commitments are made in a charged emotional state. Motivation helps with short-term objectives, but is virtually useless for objectives that require a greater length of time to accomplish.

In other words, don't totally discount the value of motivation, but don't count on it to last long either because it won't.

Discipline yields results. If motivation won't help you reach your goals, what will?

The answer is discipline. Discipline, as William Clark defines it, is the ability to do what is necessary for success when it is hardest to do so. Another way to think of it is having the ability, not necessarily the desire, to do what you need to when you least want to.

Failure to get up when the alarm rings, the inability to walk away from a late night of partying before game day or eating a doughnut when you have committed to no processed sugar are all failures of discipline - not motivation.

The keys to discipline are practice and consistency. Discipline means repetitive – and sometimes boring – action. There are no shortcuts. You can thank motivation for the first three weeks or so of your successful gym attendance, but after that you need to credit discipline.

There is another clear line defining the difference between motivation and discipline. Motivation in and of itself typically fails to build other qualities necessary for advancement, but discipline does. Discipline develops confidence and patience.

Discipline builds consistency and consistency yields habits. It is those habits that, in the end, will ultimately define success.

William Clark, Binghamton University, Navy Times January 2 2020

https://www.navytimes.com/news/your-navy/2020/01/02/sailor-this-is-why-your-resolution-to-go-to-the-gym-will-fail/#.Xi3SkrEIO_Y.email

Chaplains notes:

In some church calendars this is the beginning of the longest seasons, so I'll just add some other thoughts to carry us along!

As we age, we often find ourselves either giving or receiving special care. When giving, we may feel so frustrated and often angry! That person is so demanding! But not really.

That anger is really a human trait. Your care giving is an extension not of obligation, but of love. I'm reminded of a few words I came across the other day: (You need to consider these carefully!)

"What you are, now, we once were; what we are now, you shall be." Life is fleeting, and death comes to all. I do not intend to be morbid, but we need to enjoy our times with our loved ones and appreciate the sunrises and the sunsets. *Enjoy the King Alfred Daffodils as they blossom this spring!*

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Mark Your Calendar

**MOAA/MOWW combined Luncheon,
“Impact of the US Space Force on SLO County”
Wednesday, March 18, 2020 @ 11:30AM
at the SLO Elks Club**

**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.**