

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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**Chapter Leadership
Nominees for 2020 - 2021**

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President's Message

Dear MOAA California Central Coast Chapter Members,

The upcoming Friday, November 8th luncheon meeting will be by far the most impactful meeting of 2019, since we will be presenting the nominations for our Chapter's Officers for the 2020 - 2021 term. Following a discussion with each nominee, and a review by the Executive Committee, we will be voting on the nominees listed on the front page of this edition of the Coastal Clarion.

In addition, we will also be voting on the following very important topics:

- 1.) potential changes in our meeting locations,
- 2.) potential changes in the frequency and timing of our meetings, and
- 3.) possible changes to the nature and character of our meetings.

Over the past four years we have held several joint meetings with the Vandenburg Chapter of the Military Order of World Wars, and last month, at each of the organizations' EXCOM meetings, the MOWWW incoming Commander, Jim Murphy, and I were tasked with coordinating this ongoing cooperative venture in increasing the comradery and efficacy of our shared goals and social experiences.

In our case, the National MOAA organization exists to ensure political and financial support for our Nation's defense, while assuring our active duty, retired personnel and their survivors receive their on-going Federal and State support. Additionally, our Chapter exists to serve our Members and their Families, so suggestions will be discussed as to how best serve our Members, ways to increase opportunities for participation, and ways to RECRUIT NEW MEMBERS.

This month's Luncheon meeting will again be held at the Madonna Inn, on Friday, November 8th, starting at 11:30 AM; please remember that it's very important for you to participate in these votes, and 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.net .

Sincerely,

Capt. Dave

Joint Meeting October 2019 Summary

This was another joint gathering of MOAA and MOWW at the Madonna with a very special guest speaker: Lt Col Nelson (Ed) "Fast Eddie" Cobleigh, USAF (ret).

Ed shared with us some highlights of his remarkable career in the Air Force and beyond. He flew jet fighter planes in Vietnam which included night bombings of the Ho Chi Minh trail, he was an early pilot employing laser guided smart bombs, and he pointed out the many lessons learned from Vietnam on how not to conduct a war!

Ed was assigned to the US Navy to teach their pilots the use of laser guided smart bombs. He was also assigned to teach pilots of the English Royal Air Force and the French Air Force on tactical combat techniques, as well as time spent teaching pilots at the USAF Fighter Weapons School and the USN's Top Gun school. (He mentioned that the Tom Cruise movie of Top Gun was very much the way it was.)

He also was assigned to the Iranian Air Force under the Shah of Iran to teach again fighter tactics. One had to appreciate/understand the cultural difference with the Iranians to effectively teach them.

Subsequently as an Air Intelligence Officer, he worked with the CIA, FBI, and MI6 on a variety of covert intelligence projects. One of the projects was to circumvent the acquisition of spare parts for all of the US military hardware left in Iran after the fall of the Shah.

Ed retired to Paso Robles and wanted to document his experiences. In the process of doing that he discovered that he likes to write and ended up publishing 3 excellent books:



- The Pilot Fighter Planes and Paris
- War for the Hell of It: A Fighter Pilot's View of Vietnam
- The First Fighter Pilot - Roland Garros: The Life and Times of the playboy Who Invented Air Combat. His parting call to all that have served was to write about your experiences to share with your family.

EXERCISE AIDS WELL-BEING, from the Moynihans

If you have been following these articles you are well aware of our bias-EXERCISE. Yes, the E-word. There are very few conditions that don't respond well to exercise. If you were to thread a needle through all illnesses, pathologies, etc there would be very few that exercise is contra-indicated. For those who don't like the word exercise you could substitute staying active, movement. In the May 17, 2018 issue of The Tribune, the Ask the Doctor headline was "Exercise aids well-being". The question was how effective is exercise against depression? The take away message is to do something and to do it regularly.

You can find studies that support or refute all types of exercise from high intensity, aerobic, strength, new names for different activities but for our population a recent article in the PT in Motion, March 2018 issue says it very well- Just Taking a Walk Can Extend Your Life, Say Researchers.

Conclusions. . .In older adults, walking below minimum recommended levels is associated with lower all-cause mortality compared with inactivity. Walking at or above physical activity recommendations is associated with even greater decreased risk. Walking is simple, free, and does not require any training, and thus is an ideal activity for most Americans, especially as they age.

Walking as the only form of physical activity, even at fewer than 2 hours per week, also was significantly associated with lower rates of death from respiratory disease, cardiovascular disease, or cancer compared with inactivity.

Some time ago I came across these words, and they have given me direction through much of my adult life: "Be thankful for the challenges you face in your everyday life and experiences. If it were not for these challenges, the hard decisions, the complicated and difficult people you encounter, then others can and will come forward to accept that which you either cannot or will not accept." So consider these kind words: (From Seeds of Gold, Brother Timothy James Larson, with some minor editing!)

Loving God, You have brought reconciliation and peace to my inner self. It is time to breathe a sigh of relief, enjoy the solitude of silence, and witness the healing of body, mind, soul, and spirit. The inner conflicts within me are now a distant memory. I accept and embrace who I am, with joy and reverence; I welcome myself "home"—to a place where I can explore my essence and the wonders of God. With your transforming love, I am who I am; I will be whole; I ask that my many scars become beauty marks—unique sutures that tell my real story of my hurts and experiences and healings, and bear witness of my journey to a newer life. The battle is over; the time of strife is done. We have won, we have conquered! The time of peace has come. Healing, uniting, and reconciling all that is a part of me: Rejoicing, releasing, dancing in the dawn of a new day!

FRIDAY, November 8, 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.

Mark Your Calendar

MOWW EXCOM, Oct. 23rd- 9:30am, Elks Club
MOAA EXCOM, Tues. Oct 29th - 9:00am, Madonna Inn
MOAA Luncheon, Fri, Nov. 8th 11:30am Madonna Inn
MOWW Luncheon, Wed. Nov 20th 11:30am Elks Club

MILITARY OFFICERS ASSOCIATION OF AMERICA
Central California Coast Chapter
Post Office box 5002
San Luis Obispo, Ca 93403

**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.**