

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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#### President's Note

Dear Central California Coast Chapter Members,

As we all know, the motto of MOAA is, **"To Continue to Serve"**, and during September some nominations were submitted/received for our Chapter's Officers for the upcoming 2020 & 2021 term. If you have not yet offered up your service for the coming year, or submitted any nominations, please do so at this month's luncheon, or sooner if possible, as we will be voting from among these nominees in November, so that the incoming Officers can be sworn in during our January 2020 Luncheon. Remember, each of these Officer functions will be fully supported by the previous holders; so, do not hesitate to start, or continue, serving your Chapter.

In addition to nominating new Chapter Officers, November's luncheon meeting will cover several additional and important topics, including possible changes in the location, frequency, and character of our Luncheon meetings. Although the National MOAA organization exists to ensure support for our nation's defense and assuring our active duty and retired personnel and their survivors receive their on-going Federal and State support, our Chapter exists to serve our Members and their Families. Many suggestions will be discussed as to how best serve our Members, and several new ways to increase opportunities for meaningful participation.

Finally, this month's Luncheon meeting will again be **held at the Madonna Inn, on Friday, October 11th, starting at 11:30 AM**, and again, it will be a joint MOAA / MOWW Luncheon, with the program featuring Lt. Col Nelson (Ed) "Fast Eddie" Cobleigh, a renowned fighter pilot, author and speaker, who flew for the Air Force of 5 different Nation's governments. Finally, please remember that it's very important for you to contact either Ken or Jim to confirm your reservations ASAP:

LtCol Ken Chapman (805) 489-8214 - [kenchapman1989@gmail.com](mailto:kenchapman1989@gmail.com) ,

or

Maj. Jim Hawkins (805) 226- 8503 - [pasohawk@charter.net](mailto:pasohawk@charter.net)

Sincerely,

*Capt. Dave*

## September's Meeting

was as a special joint meeting of MOAA and MOWW. MOWW Companion Tim Haley, USMC (fmr) made a trip to Europe last summer and gave us a very interesting slide presentation of the historic sites he visited. These included Belleau Wood and Normandy in France. Normandy visit included La Pointe du Hoc, Omaha Beach,



Maj Jim Murphy USMC (ret), Cpl Jim Haley USMC (fmr), Ltc Lou Stout (ret)

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## The October 11, 2019 meeting

will be another joint gathering of MOAA and MOWW at the Madonna Inn with our very special guest speaker Lt Col Nelson (Ed) "Fast Eddie" Cobleigh, USAF (ret).

Ed will give us some highlights of his remarkable career as he flew jet fighter planes with the US Air Force, US Navy, Royal Air Force, Imperial Iranian Air Force, and the French Air Force. He instructed at the USAF Fighter Weapons School, the USN's Top Gun School, and the Royal Air Force's Qualified Weapons Instructor course. As an Air Intelligence Officer, he worked with the CIA, FBI, and MI6 on a variety of covert intelligence projects. He has visited 50+ countries in various capacities, including bombing them. Ed is not only an excellent speaker but is also an accomplished best-selling author with his knowledge and experience reflected in his 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***.

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## FIT THROUGH THE YEARS, from Bob & Margy Moynihan.

First of all our disclaimer, we have no affiliation with Costco or their products other than being Costco members. With that said we wanted to call your attention to the June 2018 edition of the Costco Connection, volume 33, number 6. There is a special section "FOR YOUR HEALTH". There is a series of 7 articles, Each article will provide tips and advice for staying healthy and fit at any age.; 1) Fitness as we age focuses on the BESS-S training - Balance, Endurance, Strength, Speed, and Stretching and Flexibility.; 2) "Agercize" your life provides some unconventional approaches to exercise to help motivate you.; 3) Decades of women's health provides some common health conditions that affect women, and steps to take at various life stages to help you stay as healthy as possible.; 4) Joint Account - joint-health advice from Chris Evert to help keep joints healthy and active.; 5) Nap Chat - there's a nap for that. Discusses how proper sleep habits can make you healthier - and better at your job (for those of us still working, I still enjoy, promote and demonstrate the value of a good "combat nap"; 6) Buyer's Picks. Provides several product selections from Costco health buying team.; (7) The Pain of Shingles suggests treatment options for this common condition. It is a painful skin and nerve condition that can last for weeks or longer. The centers for Disease Control and Prevention tell us shingles is increasing among adults. Both our family doctor and our VA health care provider have recommended shingle vaccinations to us and we have taken their advice and been vaccinated. If you don't receive the Costco Connection I'm sure you know someone who does and who may let you read their magazine. I will send our magazine to whoever may want it. Live Life Well! Enjoy the Fall, still wear sunscreen!

## Chaplain's Notes from Jim Murohy, USMC

This has not been an especially happy few days. By the time you read this, in late September, two old WWII Marines died and I attended both funeral services. Over that two day period I also attended a memorial service for another dear friend. But how do we grieve, how do we honor those, and how do we celebrate their lives? Many have probably read the following, but in tribute to my friends who are no longer of this earth, I offer the words by Mary Elizabeth Frye:

*Do not stand at my grave and weep, I am not there; I do not sleep. I am a thousand winds that blow, I am the diamond glints on snow, I am the sun on ripened grain, I am the gentle autumn rain.  
When you awaken in the morning's hush I am the swift uplifting rush of quiet birds in circling flight, I am the soft starlight at night. Do not stand at my grave and cry, I am not there; I did not die.*

Think kind thoughts of those who are still with us, and to those who are not. Remember the pleasant moments you shared with each, and hold those thoughts as you go through your days.

FRIDAY, October 11, 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](http://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, Sept. 25th - 9:30am, Elks Club**  
**MOAA EXCOM, Wed. Oct. 2nd - 9:00am, Madonna Inn**  
**MOAA/MOWW Joint Luncheon, Fri. Oct. 11th - 11:30am, Madonna Inn**

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.**