



COASTAL CLARION

CENTRAL CALIFORNIA COAST CHAPTER
 MILITARY OFFICERS ASSOCIATION OF AMERICA
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MOAA Preamble



President's Letter

Welcome California Central Coast MOAA Members.

Fall is here, and the slightly cooler breezes of morning now greet us as we start our daily routines. The Central Coast has again been blessed with the balmy weather that we are accustomed to, as many in Texas, and the southeastern US struggle to deal with the devastation of this season's hurricanes.

As those of you who attended September's chapter meeting know, our program featured Captain Robert Christenson, USN (Ret), who's presentation was, "The Evacuation of Saigon". As the Executive Officer of the USS Blue Ridge, he presented interesting facts, stories and perspectives of the series events that virtually everyone in attendance had participated. We all learned more from those among us, as almost everyone there had a story and perspective of those critical days in our countries military history.

As a reminder, our October 13th meeting is a joint meeting with Vandenberg Chapter of MOWW, and a "Celebration of the life of Col. Jack Jones". Finally, we just confirmed that we will be having two very interesting programs in the coming months, as US Congressman Salud Carbajal, and Brigadier General Kelly A. Fisher, Land Component Commander, California National Guard have each agreed to speak at upcoming Chapter meetings. As we always note, there are many changes coming for our MOAA Chapter, and we truly need everyone's participation and input as we address these issues. I look forward to seeing each of you on October 13th. Sincerely, Capt. Dave



Captain Robert Christenson, USN (Ret), gave an interesting presentation on "The Evacuation of Saigon" As the Executive Officer of the USS Blue Ridge, a command ship off the coast of Vietnam in April 1975, he was there. He shared his experiences and perspective on the actual evacuation. There was not universal agreement on the part of American politicians on the pre-planning of an evacuation...some resisted even planning with the "concern" that if

you plan it...it will happen. But of course some did the planning and had several options, the last of which was to use helicopters. With the North Vietnamese bombing the airstrips and the access to the sea (use of airplanes and boats were not practicable) it forced the last option.

American helicopters as well as South Vietnamese copters were used to carry the people from the embassy to ships. The ships were not aircraft carriers so there was not a lot of deck space. Also notice the copters in the photo have skids vs wheels so moving them around deck to make room for more coming... was "a challenge". The space problem was solved by shoving the helicopters overboard!! Capt Bob pointed out that there is a lot of our military hardware at the bottom of the South China Sea!



Health Article from Bob Moynihan Chronic Fatigue Syndrome

Chronic Fatigue Syndrome (CFS) is a condition that affects 1% of the population. It is categorized by generalized fatigue that persists for 6 months or longer, and is more intense than would be expected, based on the effort a person regularly exerts. Although science has yet to yield a full understanding of the underlying cause(s) of CFS, many researchers suspect deficiencies of the aerobic energy, immune system, and gastrointestinal systems may be responsible for the functional impairment experienced in individuals with this condition. The disease is sometimes called myalgic encephalomyelitis (ME), CFS/ME but a 2015 panel chose to describe the illness as "systemic exertion intolerance disease." This name the panelists wrote captures a central characteristic of the disease; the fact that exertion of any sort can adversely affect patients in many organ systems and in many aspects of their lives." Research shows that the condition, once ridiculed as imaginary, is a true physiological disease. (PTinMOTION-mag.org September 2017)

Without treatment, CFS often leads to disability. With treatment, including physical therapy, the condition can be managed well, leading to an improved quality of life.

Signs and Symptoms Research has identified several symptoms of CFS, including:

- Fatigue • Generalized pain • Frequent headaches • Muscle weakness • Cloudy thoughts and confusion
- Disturbed sleep • Flu-like symptoms

Your physical therapist also may check for other conditions, such as depression, and may refer you to specialists for co-management of your symptoms. Physical therapist treatments may include: • Education. Your physical therapist will teach you strategies to help conserve energy while performing your daily activities. • Movement and Strengthening Exercises. Moving and exercising can improve your short-term endurance and strength, and reduce your pain. Your physical therapist will help you identify specific movements that will help reduce your specific symptoms. • Manual Therapy. Manual (hands-on) therapy may be applied to manipulate or mobilize the skin, bones, and soft tissues to help reduce pain and improve movement.

Chapter Leadership

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OCTOBER BIRTHDAYS

**MAJ Daniel Rowe, AUX Nancy Watson,
MAJ Edward Rogers, MAJ Douglas DePalma,
CAPT James Angerson, COL Ronald Staib,
CDR Frank Root, CDR Coral Smith,
LTC Al Fonzi, MAJ James Murphy,
RADM Theodore Almstedt, LTC Newell Terrill**

OCTOBER ANNIVERSARIES

**Richard & Mrs. Hathcock,
Donald & Beth Eaton,
Charles & Elizabeth Clarke,
Al & Roberta Fonzi**

October 13, 2017 - 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.

MARK YOUR CALENDAR

EXCOM Mtg. Oct. 3rd, 9:00 am
LUNCHEON Mtg. Oct. 13th 11:30 am

**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.