



Newsletter for November 2019

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Header courtesy Eric Wand

Chapter Luncheon

Officers & Staff 2018 - 2019

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As I write this, our Commander LTC Lou Stout will be in Washington DC on an Honor Flight! I have been to DC many times, but the most emotional was when I took an Honor Flight! If you've not done so, please take advantage of the opportunity! See me for details!

In the last month's newsletter I expressed concern regarding the future of our chapter, as many of our officers would be stepping down on 1 January. On 23 October there was a special Executive Committee (ExCom) meeting to discuss this most serious issue. If it were necessary to consider closing or remaining active, 2/3 of the members would be asked to vote on the matter. (A number of our members have contacted me and expressed serious concern regarding the potential of closing the chapter. This was a strong motivation for the ExCom to consider alternatives.) The ExCom considered who would be valid voting members, and an acceptable roster was approved. The members expressed mutual concern and agreement that the chapter should continue its active status. It was agreed that no such vote should be taken. Members present came forward to accept leadership roles and responsibilities. The final solution was the slate of officers shown elsewhere in this newsletter. Some will express concern that the obligations, duties and chores affiliated with these positions fall on a very few; this is certainly true! So at the November meeting, as in the past, members will be encouraged and asked to come forward. If you are not able or willing to do so, can you recommend a member? This is very serious, and I will be providing worksheets that will identify what each position is responsible for and an opportunity for you to add your name to help; you are critical for the future of our chapter.

One major decision that the ExCom made was to reduce the number of monthly meetings. Currently we meet 10 times, with 5 to 6 meetings joint with MOAA. We have discussed this in the past. Each organization has slightly different aims and goals, but there are many of us who are members of both so logic would suggest that our joint meetings do two

things: Certainly social, as we want to meet and greet our friends, but also to learn from guest presenters on a wide range of issues of interest and concern. Our next joint meeting will be on 18 December at Camp San Luis Obispo Officer's Club. We have arranged for the Cuesta College Carolers to entertain us with seasonal songs! So prepare for that date, and we kick things off at 1130!

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 liked to write and ended up publishing 3 excellent books:



- *The Pilot fighter Planes & Paris.*
 - *War for the Hell of It: A Fighters Pilot's View of Vietnam.*
 - *The First Fighter Pilot - Roland Garros: The Life & 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*

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!

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.

**Slate of Officers
to be
considered for 2020**

Officers & Staff 2020

Chapter Commander:
Maj James Murphy USMC (Ret)
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Sr Vice Commander:
Lt(jg) Joseph Brocato USN (frm)

Jr Vice Commander:
LTC Lou Stout USA (Ret)
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Adjutant:
Maj James Murphy USMC (Ret)

Treasurer:
Lt(jg) Joseph Brocato USN (frm)

Chaplain:
Maj James Murphy USMC (Ret)

Sergeant at Arms:
Maj James Murphy USMC (Ret)

Judge Advocate:
LTC Dan Dow USA (NG)
805-703-3187

Staff at Large:
LTC Angel Ortiz USA (NG)
Capt David Brandmeyer USMC(frm)
CPT Richard Hathcock USA (frm)

GEN Hoyt S. Vandenberg Chapter

Military Order of World Wars

Executive Committee

108 Indio Drive

Shell Beach, CA 93440

Address correction requested

MOWW Preamble

To cherish the memories and associations of the World Wars waged for humanity;

To inculcate and stimulate love of our country and flag;

To promote and further patriotic education in our nation;

Ever to maintain law and order, and to defend the honor, integrity, and supremacy of our national government and the Constitution of the United States;

To foster fraternal relations among all branches of the armed forces;

To promote the cultivation of military, naval, and air science and the adoption of a consistent and suitable policy of national security for the United states of America;

To acquire and preserve records of individual services;

To encourage and assist in the holding of commemorations and the establishment of memorials of the World Wars; and

To transmit all these ideals to posterity; under God and for our country we unite to establish . . .

The Military Order of the World Wars.