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(Vacant)

San Pedro/South Bay Chapter
Military Officers Association of America
P. O. Box 601
Redondo Beach, California 90277
Chartered 24 December 1969



SEPTEMBER 2025 NEWSLETTER

And pick a main course when making reservations

President's Message:

The San Pedro/South Bay Chapter of the Military Officers Association of America (MOAA) had a very interesting speaker in August. Miss Mona Telega provided a presentation on The Seafarers & Shoresides and her work with International Seafarers Center.



This month, we recognize two very significant military events from the past. 80 years ago, on September 2, 1945, World War II officially ended. The Representatives of the Empire of Japan signed the "official Surrender Documents", during a ceremony on the USS Missouri, in Tokyo Bay. I'm sure all of us have seen photos and old news reels of this event. General of the Army Douglas MacArthur overseeing the event along with Fleet Admiral Nimitz by his side. At that moment the U.S. took a deep breath and was confident that we had seen the end of wars for a while. Unfortunately, that was not the case, as less than 5 years later, we were in another conflict in Korea, and things weren't going well. 75 years ago this month, we turned the tides of battle with our brilliant Amphibious Landing at Inchon, Korea on September 15, 1950.

At our September Meeting, I propose that we raise our glasses to salute the brave Americans (and our Allies) who fought and served in The Korean War.

Parking will be validated. Be sure to carry your parking ticket with you into the hotel.

Warm regards,
Jack Pharris

Dinner Meetings: Jan. through Nov. our Dinner Meetings start at 6:30pm the third Friday of each month at the restaurant noted in the newsletter. Our December meeting is Brunch usually 11am on the 2nd Sunday. Check newsletter.

Please make reservations:

Procedures: Jan-Nov please make reservations in accordance with the instructions below the menu.

Late reservations and cancellations are acceptable. Contact Sheri at 310-948-2436 or Sherriljean@aol.com.

Donations: If you have new or used clothing or Household Items you would like to donate to a Veteran's Organization please contact, our President, Bob Ettinger at 310-541-8625.

A Charity Donation letter for Income Tax purposes will be provided.

Ride Sharing: If you are a member who would like to attend our dinner meeting, but are unable to drive here, please call a chapter officer who will try to arrange for your dinner meeting transportation with another member.

Change of Status Notification:

If you know of a member who has passed on, please call one of the Chapter officers listed on our letterhead.

Attention:

Please send your email address and cell phone number to our Data Base Manager, Harry Axelrod at hiaxelrod@earthlink.net so it can be included in our Official Use Only database.

Also please note in the email if you would like to receive our Newsletter by mail (i.e. Postal service).

Monthly Board Meeting

The next meeting of the Chapter Board will be at the Restaurant 30 minutes prior to the Attitude Adjustment Period for our dinner meeting. Members and guests are welcome to attend.

SEPTEMBER 19 DINNER MEETING

Speaker: Ryan Mullany

Topic: Port Police / LAPD Coordination

Ryan Mullany is currently serving as a Sergeant for the Los Angeles Port Police assigned to the Maritime Law Enforcement Training Center and holds a 100-ton Coast Guard Captain License.

Ryan is a dedicated and accomplished professional with extensive experience in law enforcement, maritime operations, and community service. Ryan began his life on the sea as a Fish Processor in Ekuk, Alaska, a deckhand on a 110-foot yacht in Newport Beach, California, and as a surf instructor in Nayarit, Mexico.



In partnership with California State Parks, Boating, and Waterways, Ryan enhances public safety through effective hands-on training. As the program supervisor, Ryan manages a 3-million-dollar fleet of police training boats and vehicles while overseeing administrative responsibility for 30 instructors from several California law enforcement agencies.

Active in community service, Ryan has held multiple leadership roles within the California Association of Harbor Masters & Port Captains, serving as President in 2016. Ryan's commitment to excellence is evident through numerous awards, including the prestigious Wess Dodd Service Award received this year from the California Boating Safety Officers Association.

Having earned his Bachelor of Science from California State University, Fresno, Ryan combines academic knowledge with practical skills to drive positive change within the boating community.

Dress: Business attire or MOAA shirt & jacket

Location: **Torrance Doubletree Hotel**
21333 Hawthorne Blvd
Torrance, CA 90505

Attitude Adjustment Period:	6:30 p.m.
Announcements:	7:00 p.m.
Dinner:	7:05 p.m.

Menu: Iced tea, hot tea, and coffee, **Appetizer** Market Salad, Blue cheese dressing, cherry tomatoes, and seasonal fruit, with candied walnut

Choice of Entrée **NOTE: All entrees can be prepared Gluten Free (advise Sheri when placing your order please)**

- **Seared Salmon** - Ajo Blanco sauce, English Peas garnished with Gomashio
- **Lemon Garlic Pappardelle Pasta** - Seasonal Vegetables
- **Filet Mignon** - 8oz, mash potatoes, seasonal vegetables

Dinner Price: \$60. You may pay at the door before 6:50 pm.

Please TEXT or Voice Mail Sheri Thompson at 310 948-2436 with your Reservation (commitment to pay) and menu choice or Cancellation no later than noon the Wednesday before the dinner. Cancellations acknowledged by Sheri will be accepted.

LEGISLATIVE AFFAIRS

By George and Sheri Thompson

Fall Prevention and the SAFE STEPS for Veterans Act of 2025: Each year, more than 14 million adults aged 65 and older fall, according to the Centers for Disease Control and Prevention (CDC), and about 1 million of them end up hospitalized. In fact, *falls are the leading cause of injury-related death for older adults*. 41,000+ That's how many retirement age Americans died from falls in 2023. However, falls *can* be prevented. Here are 15 surprising things that can increase your risk of falling:

Risk No. 1: Your medications: Medications can keep you healthy, but side effects that can cause dizziness, blurry vision or a delayed reaction time can make you [more prone to falling](#).

Risk No. 2: Diabetes: People who have diabetes often have other problems that increase the risk of falling, such as [loss of vision](#) (retinopathy) and [sensory function](#) (neuropathy). What's more, medications that control blood sugar can cause levels to go too low (hypoglycemia), making a person light-headed.

Risk No. 3: Other age-related diseases: [Parkinson's disease](#), stroke, arthritis and peripheral artery disease can also affect your ability to walk and can increase your risk of falling.

Risk No. 4: Your pets: Man's best friend can be a fall hazard. Excited pets can jump and knock you over. A 2009 CDC study found that 86,629 fall injuries each year were associated with cats and dogs.

Risk No. 5: Worsening memory: A 2023 study published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, found that [nearly half of older adults with dementia](#) experienced one or more falls in 2016, compared to less than one third of older adults without dementia.

Risk No. 6: Changes in vision: It's not unusual for vision to worsen as you age. If left untreated, however, vision impairment can affect your balance and ability to judge distance, increasing your risk of falling.

Risk No. 7: Postural hypotension: As you go from lying down or sitting to standing, your [blood pressure](#) drops, and it can take a second or so for the blood to flow up to your brain. Medications that affect your blood pressure can cause postural hypotension; so can [dehydration](#), diabetes and Parkinson's disease, among other factors.

Risk No. 8: Hearing loss: Hearing and balance are connected — both systems are in the inner ear —

which is why hearing loss is often accompanied by [balance problems](#).

Risk No. 9: Bunions and other foot problems: As people get older, foot abnormalities such as [bunions](#), fallen arches and hammer toes become more common, and studies show that these issues can increase a person's fall risk.

Risk No. 10: Muscle loss: Our [muscles lose strength](#) and bulk as we age — a condition known as sarcopenia. This varies from person to person but by age 80 or 90, some adults can lose as much as half of their muscle strength.

Risk No. 12: You're walking too slowly: You might think walking at a slower pace could help prevent falls. However, research suggests that older adults who walk slowly tend to fall more often.

Risk No. 13: Your weight: Carrying too much weight can increase your fall risk. One study published in the *American Journal of Preventive Medicine* even found where you carry your weight matters: Older adults who carry their [weight around their middle](#) had a higher risk of falling than those who carry their weight around their hips, researchers found. At the same time, older adults who are [underweight](#) are at higher risk of falling than those at a normal weight.

Risk No. 14: An abnormal heart rhythm: This can take the form of beating too fast, too slow, or beating irregularly, and can make you feel dizzy and light-headed.

Risk No. 15: Having already fallen: If you've had a fall, have a fall assessment with your doctor or another health care provider, like an occupational therapist, to address the causes of your first fall, and lower your risk of another.

Other fall risk factors include area rugs, phone chargers and other cords, poor lighting, clutter and poorly marked curbs or uneven sidewalks.

(Source: AARP, Jan 30, 2025)



San Pedro/South Bay Chapter
PO Box 601
Redondo Beach, CA 90277

September 2025 Newsletter

Please RSVP for the dinner meeting with your menu choices by Wednesday Noon before the meeting.
Dues, Charity and JROTC donations may also be paid using the form below.

FIRST CLASS MAIL
RETURN SERVICE REQUESTED
Time Sensitive Material

Moved? Let us know. The Post Office will not forward Newsletters even if you have submitted a "Change of Address" form.



San Pedro /
South Bay
California
Chapter



2025 Membership Application

☐ New Member ☐ Renewal* ☐ Reinstating

*** If renewing: Please fill in Name and only information that has changed.**

Send this form with a check payable to:

SP/SB MOAA to: SP/SB Chapter MOAA, PO Box 601, Redondo Beach, CA 90277

Name _____ Nickname _____ Branch of service _____ Rank _____

☐ Retired ☐ Active ☐ Reserve ☐ National Guard ☐ Former ☐ Auxiliary (surviving spouse) ☐ Associate (spouse)

Address _____ City _____ State _____ Zip _____

Phone (H) (____) _____ (W) (____) _____ Cell (____) _____

Email (please print) _____ Send Newsletter by: ☐ email (saves \$\$) ☐ mail ☐ both

Birth Month _____ Spouse's Name _____ Birth Month _____

Recruited by _____ ☐ Current MOAA Member number _____ **TOTAL \$** _____

Annual chapter dues:

Please check one

- ☐ Chapter Membership \$ 40/year
☐ Chapter Surviving \$ 10/year
Spouse

I would like to:

- ☐ Contribute to chapter JROTC Scholarships Program \$ _____
☐ Contribute to chapter Veterans Charity Programs \$ _____
☐ Serve on the Board or help with other projects.