

WINGS



NEWS

Volume 8 Number 09

Established May 2014

September 1, 2021

Ed Reynolds Publisher

Email Wings News at Ed_ReynoldsJr@msn.com

Ed Reynolds Editor

+++++

Wings Over Wendy's in Public Again



Photo by Avery Willis

Wings Over Wendy's at the Wings Over Camarillo Airshow August 21 to 22, 2021

David Timmerman, Ken Mayer, Tony and Karen Velarde, Chuck Mathews, Larry Kushner, Tom and Rebecca Maiden. Micheal Sugar, Shannon Muchow had table displays in the Veterans Pavillion at the 2021 Wings Over Camarillo Air Show.

Frank Lopez, Andy Kopetzky, Avery Willis, and Bob Donovan supported the Air Show. Neil Houston and Jay Wertz were also at displays outside the Veterans Pavillion.



Karen and Toney Valarde display



Chuck Mathews model aircraft display



Michael Sugar photo display



Shannon Muchow display



David Timmerman display



Bob Donovan at Jay Wertz's booth



Frank Lopez and Andy Kopetzky supporting the show

Photos by Ken Mayer, Frank Lopez, and Avery Willis



Photo by Ed Reynolds

COVID-19 Impacts Wings Over Wendy's Meetings

The COVID-19 virus caught up to two Wings Over Wendy's leaders, causing a cancellation of the August 23 meeting in the Auditorium (It was still conducted on Zoom). Both had had two vaccination shots.

Bill Tapp and his wife suffered symptoms after having dinner with another couple that also developed symptoms after the meal. As a result, Bill spent three days in the hospital on the weekend of August 14th. After completing a fourteen day quarantine, he returned to normal activities.

Ed Reynolds suffered mild symptoms on August 9th following a six day trip to Tennessee. He was not tested until August 16th after reporting he had contact with Bill on the 10th. Los Angeles Department of Public Health conducted a contact tracing analysis and concluded that Ed was infected with the virus during his trip to Tennessee. His wife was not on the trip, and she did not become infected during Ed's fourteen day quarantine.

The moral of these incidents is that the COVID-19 vaccinations significantly reduced the severity of the virus if you get what they term a "breakthrough infection."

The COVID-19 virus is highly contagious, but it should not be feared if you have been vaccinated any more than catching flu if you have had your annual flu shot.



Revised Coffee and Donut Bar Location

With school back in session Wings Over Wendy's have adjusted the meetings coffee service. Only the coffee setup crew are allowed in the school area and they wear masks, gloves and wipe the kitchen clean. The coffee and donut bar is now set up along the south side of the auditorium.



Wings Over Wendy's Promotional Products

Added to the Coffee and Donut Bar is a case to display Wings Over Wendy's promotional items. It includes the logo pins Charles Scott made for the group (pin backed or magnetic backed); Logos, either magnetic or peel backed, face masks with logo, name tags and business cards.

The lockable display case will be at every meeting and will be stored in the coffee closet.

August 2021

Meetings

August 2, 2021

High Flight

Oh, I have slipped the surly bonds of earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds . . . and done a hundred things
You have not dreamed of . . . wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air.
Up, up the long, delirious, burning blue
I've topped the windswept heights with easy grace
Where never lark, or even eagle flew.
And, while the silent, lifting mind I've trod
The high untrespassed sanctity of space
Put out my hand, and touched the face of God.

*John Gillespie Magee Jr., R.C.A.F.
(killed in WWII)*

Musical Setting of the High Flight Poem by John G. Magee, Jr.

On August 2, we started the featured presentation with a three-minute musical rendition of the famous aviation poem of *High Flight* by John G. Magee, Jr.



High Flight was composed by Pilot Officer John

Gillespie Magee, Jr., an American serving with the Royal Canadian Air Force. He was born in Shanghai, China in 1922, the son of missionary parents, Reverend and Mrs. John Gillespie Magee; his father was an American and his mother was originally a British citizen.

He came to the U.S. in 1939 and earned a scholarship to Yale, but in September 1940 he enlisted in the RCAF and was graduated as a pilot. He was sent to England for combat duty in July 1941.

In August or September 1941, Pilot Officer Magee composed *High Flight* and sent a copy to his parents. Several months later, on December 11, 1941 his Spitfire collided with another plane over England and Magee, only 19 years of age, crashed to his death.

His remains are buried in the churchyard cemetery at Scopwick, Lincolnshire.

Biography and photo courtesy of the United States Air Force.



Honoring Air Force Day

The featured presentation on August 2, 2021, was a video honoring *The United States Air Force 1903 – Today – A history of Heroes*

Air Force Day was established on August 1, 1947, by President Truman "in recognition of the personnel of the victorious Army Air Forces and all those who have developed and maintained our nation's air strength." August 1 was chosen to mark the 40th anniversary of the establishment, in 1907, of the Aeronautical Division in the Office of the Chief Signal Officer of the Army.

(Continued page 5)

The video documented the developments and

accomplishments of the United States Air Force. Before the days of the monstrous bombers or the speedy fighter planes we have seen, or even before the motorless plane the Wright Brothers would fly at the start of the 20th century, the only form of air travel would be the hot air balloon. In 1861, around the beginning of the Civil War, Professor Thaddeus Lowe would demonstrate the possibilities of balloon warfare. Hot air balloons would surprisingly be utilized during combat, despite their obvious limitations. However, once the Wright Brothers finally made a flight the flood gates opened for the development of these new “flying machines.” Once an engine-powered aircraft came about, the new Aeronautical Division would put these planes to test until they would be put into combat in 1914.

Since those early days of flight, we have seen amazing things done with planes. The video documented year by year accomplishments of the Air Force and its members. Such as Eddie Rickenbacker in WWI, Charles Lindberg’s many accomplishments, the vast number of aircraft developed for WWII, Jimmy Doolittle’s developments and achievements.

During WWII, the accomplishments of celebrities such as Glenn Miller, Ronald Reagan and Jimmy Stewart. Women in the Air Force and on the production line during the war. The dropping of the Atom Bomb hastening the end of the war.

Following WWII and the Korean war, the video documented the accomplishments of test pilots such as Chuck Yeager to further aircraft design. The USAF accomplishment in the Berlin Airlift was shown. Next, the video showed the achievements of the astronauts: Gus Grissom, Buzz Aldrin, and Neal Armstrong.

The documentary then returned to war with the establishment of the Strategic Air Command under General Curtis LeMay to address the “Cold War,” then the Vietnam War, and ended with a recap of the Middle-East wars.

August 9, 2021



Manhattan Project: Race for the Atomic Bomb

On August 9, 2021, we watched a film titled *Manhattan Project: Race for the Atomic Bomb*. The history of the atomic bomb in the United States started in 1939

when the US government got word that Germany had researched and tested new nuclear technology. This new technology opened up the very high possibility of new nuclear weapons being put into use by Hitler. If the United States could not beat Hitler, Germany could drop an atomic bomb and decimate a target. The Allies could not afford a huge blunder like this as tensions rose before World War II.

President Roosevelt was convinced by scientists like Albert Einstein that the United States should get to work on developing nuclear technology. So Roosevelt authorized what would be known as the Manhattan Project.

The Manhattan Project existed for the sole purpose of researching and developing atomic weapons. The bomb would be developed and tested at a top-secret area titled Site Y in the New Mexico desert, also known as Los Alamos. The project is the biggest secret operation in US history. It required extensive security to protect against elaborate Soviet spy circles that attempted to fish out information for their own. One man, Theodore Hall, was born and raised in America by a Russian family. He made his way into Los Alamos and was a primary source of intelligence for the Soviet Union, who were trying to beat the United States to develop an atomic bomb.

Despite the challenges of Soviet spies, the United States would finish and drop atomic bombs on Hiroshima and Nagasaki on August 6th and 9th, 1945. However, Soviet spy rings would prove successful, as they eventually got their hands on the final plans for the US atomic bombs. The first nuclear bomb created in the Soviet Union in 1949 would end up being an exact copy of the ones developed by America. Nonetheless, the Soviet Union was four years too late. The United States had won the race for the atomic bomb.

August 16, 2021



(Continued page 6)

Dave Steinbacher

“Two Of My Most Memorable Homicide Cases”

On August 16th, we returned to in-person presentations with Dave Steinbacher telling us about two of his most memorable homicide cases. Dave is a retired LAPD Homicide Detective. He spent eleven years in uniform as a Training Officer and 15 years as a detective in four different LAPD Divisions.

His first memorable case was investigating a double stabbing with one of the surviving victims in the hospital. Dave's investigation found the assailant had 14 alias, 14 addresses, 14 social security numbers, and was an undocumented alien. He was arrested on another charge, sent to prison, eventually called to court on the stabbing charge. After Dave had retired, he was called to testify on the stabbing case. In the meantime, the victim had moved to New York and, since he was also undocumented, could not fly commercial back to LA for the trial so the FBI had to fly him to LA.

Dave's second memorable case started with a hold-up on Burbank Blvd of a gambler returning from a night of gambling at the Bicycle Club. He was held up entering his gated community and tried to speed away from the hold-up. The robber shot 14 times, killing the gambler who then wrecked his car between a VW Bus and a telephone pole. He sherd the voltage line to the transformer and created a small explosion.

The robber escaped. The next day Dave received a report that another patron of the Bicycle Club was robbed in Pasadena and a third in Newport Beach. Using cell phone records, Dave determined that all three hold ups were committed by the same guy who was from Las Vegas and the case was solved.

August 23, 2021



Soviet Storm: World

War II in the East

On August 23, 2021, the physical meeting in the Auditorium was canceled when Ed Reynolds tested positive for the COVID-19 virus and had not completed his fourteen-day quarantine. However, the meeting was still held via Zoom.

In memory of the last battles of WWII a documentary titled *Soviet Storm: World War II in the East* was the featured presentation.

The Soviet Union did not declare war on Japan until after the first Atom bomb was dropped on Hiroshima.

On August 8, 1945, the Soviet Union officially declared war on Japan, pouring more than 1 million Soviet soldiers into Japanese-occupied Manchuria, northeastern China, to take on a 700,000-strong Japanese army.

The video documented the invasion of Manchuria and the move on to Inner Mongolia, northern Korea, Karafuto, and the Kuri Islands. The Soviet Army was battling the Japanese right up to the Japanese surrender and wanted to take Hokkaido, the northern end of Japan but Truman would not support the invasion, and Stalin backed off.

The documentary highlighted little-known facts about the last battles of WWII. Unfortunately, the Zoom presentation did not include the sound, but the recording emailed members after the meeting included the full documentary. It is well worth watching.

August 30, 2021



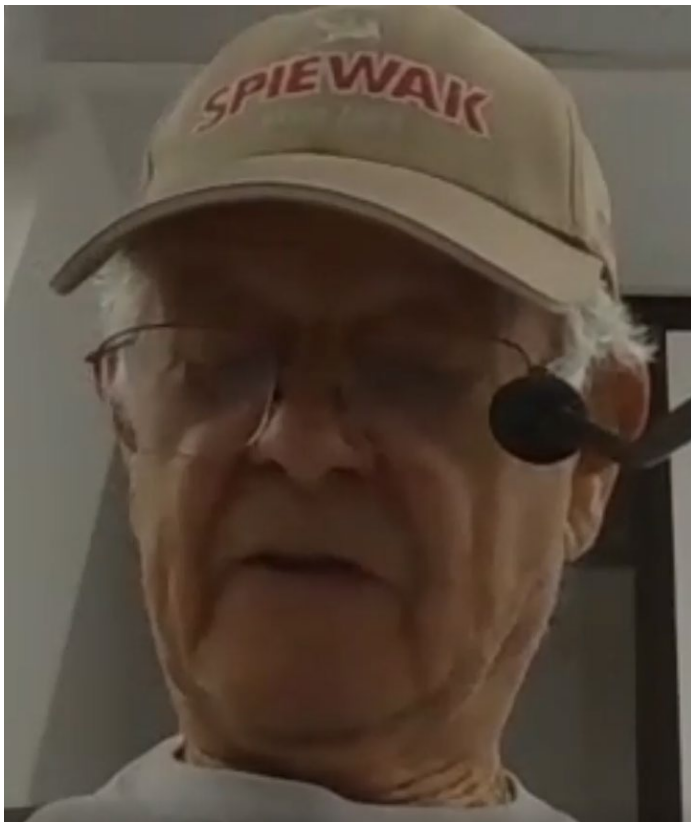
Bill Dillon

(Continued page 7)

On August 30, 2021, we had an emotional meeting. The last American servicemen were departing Afghanistan,

Bill Dillon, a 97 year old veteran of WWII that served on the USS Sailfish submarine. (See his profile in the March 2020 issue of the Wings News and in Dennis McCarthy's article in the October 9, 2020 issue of the Los Angeles Daily News and the November 2020 issue of the Wings News. They are available on the wingsoverwendys.com website).

He told us he has been to the VA eight times without satisfaction, thus his anger with the government.



The featured speaker on August 30, 2021, was Nathan Spiewak, a Holocaust survivor.

curfew from 8pm to 6am. In 1942 his family was interred in a velodrome.

They were sent to concentration camps, but Nate was released from the velodrome to live with an uncle in Nice. He assumed a new name, removed the yellow star, and started attending a Catholic school. At one point, he was relocated to Italy, where he lived with a baker, wore wooden shoes, and roomed with an older girl.

He eventually returned to Paris to be united with his parents, who survived the gas chambers in the concentration camps. His father died in 1948. Nat immigrated to the US in 1951. He was drafted into the US Army in 1953 and stationed in Japan for 18 months.

A horizontal line of small airplane icons flying to the right, positioned above the first section of the page.

Ships from the U.S. Coast Guard and Japan Coast Guard conducted exercises near the Ogasawara Islands of Japan, Feb. 21, 2021. (U.S. Coast Guard)

This article by Commander Jennifer Runion, U.S. Coast Guard originally appeared in [Proceedings](#).

In early 2021, China passed a new law allowing the its coast guard to board, inspect, and even fire on foreign vessels. This shift added to the growing regional concern over China’s employment of its coast guard, which has played an increasing role in what are traditionally considered “navy” operations, some noting that “the only difference is the color scheme” of the ships’ hulls.

If this sounds familiar to those acquainted with recent U.S. Coast Guard operations, it should. Apart from the

obvious differences in the validity of territorial claims, the employment of the two countries' coast guards bears striking similarities. Nonetheless, U.S. officials, civilian experts, and even some military leaders increasingly have called for the U.S. Coast Guard to fill "grey hull" roles while simultaneously condemning the China Coast Guard for doing the same. Yet, while calling the Coast Guard an "ideal maritime security partner," and deploying Marines on patrol boats may sound like an effective way to project naval power, it would come at a heavy cost to the reputation of both the United States and its Coast Guard as guardians of the rules-based international order.

As the 20th anniversary of the 11 September terrorist attacks approaches, it is fitting to take stock of how the U.S. Coast Guard's missions, outlook, and even appearance have changed since that generation-defining event. When the United States went to war, the Coast Guard took on expanded responsibilities both to protect the homeland and to defend U.S. interests overseas alongside the Department of Defense (DoD). Today, with the rise of maritime competitors abroad, the Coast Guard is being pulled further into DoD's orbit, participating in an increasing number of traditional gray-hull missions, with more of its personnel donning camouflage in lieu of blue, even to conduct domestic operations. This line of thinking is short-sighted.

The Coast Guard's value on the world stage is not derived from the fact that it is the world's 12th-largest navy. Rather, it is the service's unifying missions and devotion to the rule of law that make it the partner of choice to allies and potential allies around the globe. Furthermore, its missions are uniquely capable of allowing the service to build mutual-interest relations with U.S. competitors, vital in efforts to avoid conflict. To maximize the Coast Guard's contribution to U.S. international aims, the service must resist the urge to be the second-best navy, and instead remain the world's premiere Coast Guard.

Supporting Sovereignty, Not Enforcing It

The post-Cold War international order is shifting. The United States is no longer the sole hegemon, and the Wilsonian notion that it is America's role to make the world safe for democracy has less and less sway over foreign states with each passing year. That is not to say that the international community has lost faith in a rules-based international order. As Dr. Stephen Walt points out, as sovereignty and rule of law become more normative, U.S. allies and competitors have come to expect the United States to defer to the sovereignty of others in their own territories. The U.S. can differentiate itself from competitors such as China and win influence by supporting partners in their efforts to defend their own sovereignty, rather than assuming the duty to police their waters for them.

While the United States must respect the rightful sovereignty of foreign nations, this does not mean all claims

are justified or deserving of recognition. The Chinese government, for example, has claimed almost the entirety of the South China Sea—a claim that has no basis in international law and encroaches on the rights of its neighbors. But because China views this area as part of its sovereign territory, the U.S. naval services' condemnation of China's efforts to "subvert other nations' sovereignty and enforce unlawful claims," is ineffective, as the Chinese government does not see those waters as belonging to other nations. Furthermore, South China Sea nations are wary of China's military intentions but also depend on its trade, so they have little desire to be forced to choose sides in a U.S.-China dispute. This leaves U.S. forces in the position of attempting to protect the waters of countries that are hesitant to express support for those efforts, giving the Chinese government ample opportunities to criticize U.S. forces for "imperialist" attempts to encroach on the rights of distant nations.

A more effective approach would be to challenge excessive territorial claims through diplomatic means, while providing support to the encroached-on nations at their request and continuing to insist on freedom of navigation in the global commons. If the service is to "model responsible behavior," as the Coast Guard Commandant Admiral Karl Schultz directs, there is no better place to start than through reciprocal respect for lawful maritime sovereignty.

Choosing Diplomacy over Force Projection

The Coast Guard is often said to look more like most of the world's navies than the U.S. Navy. While this is true, the Coast Guard does not possess the weaponry or capabilities of a great-power navy and would stand little chance against vessels and aircraft armed with anti-ship missiles and torpedoes. Nor are its white hulls and racing stripes likely to protect it or present a tactical dilemma for would-be adversaries in times of heightened tension if they are openly conducting gray hull operations. And yet the Coast Guard seems determined to pursue the role of a smaller, less capable navy, rather than capitalizing on its own unique strengths.

This shift in outlook is visible when comparing the service's past two forays into the Black Sea. In 2008, when the USCGC Dallas (WHEC-716) moored in the Republic of Georgia, her commanding officer stressed the humanitarian nature of the mission. Although the Dallas likely was chosen to defuse the situation and provide aid without provoking Russia, the USCGC Hamilton (WMSL-753) had a different mission when it entered the Black Sea in April 2021. On the more recent visit, U.S. officials stressed the cutter's "elevated role in American forward maritime presence."

(Continued page 9)

Senior leaders seem to be betting on the efficacy of placing the Coast Guard in traditional Navy roles as a foil to foreign competitors, but these competitors are unlikely

The Coast Guard has worked hard to make its distinctive and often-imitated color scheme “a symbol recognized around the world as a dependable partner and envoy of good will.” Although it is appropriate to employ the Navy for force projection and maritime security missions abroad, the Coast Guard risks eroding its unique authorities and hard-earned reputation.

The Coast Guard's mentality shift is not solely reflected in its missions; it can be seen in the uniforms many of its service members wear, as well. Following the establishment of the Coast Guard Patrol Forces Southwest Asia in 2002, an increasing number of Coast Guard members began donning camouflage, and this practice has since bled over to traditional law enforcement operations. But, considering recent tragic and controversial events that shone a negative light on the militarization of American policing, this trend should be reconsidered as potentially harmful to the Coast Guard's overall mission.

The warrior mentality of law enforcement officers dressed in camouflage, on the other hand, risks creating an “us versus them” mentality, in which those encountered are more likely to be treated as potential enemies than as citizens with rights.¹ And yet it has become common practice for some domestically-based Coast Guard units to don camouflage, even when participating in fisheries and recreational boardings. This was perhaps most visible in the thrilling and widely-shared video of a camo-clad boarding officer leaping onboard a semi-submersible drug vessel in 2019. But, not only could this change in outward appearance affect the mentality of the service’s boarding teams, it also risks eroding the trust of the public and escalating already tense situations, should the individuals interdicted assume they will be treated as insurgents rather than given a fair hearing. The blue uniforms of Coast Guard boarding teams, like the white hull and racing stripe, are an important symbol of the service’s role in upholding domestic and international law, and of respecting the legitimate rights and sovereignties of those with whom they

The U.S. Coast Guard, can serve as a passable modern navy, but it is unsurpassed as a coast guard. Foreign navies and coast guards do not seek the service for its ability to provide a show of force. Rather, they desire partnership with the Coast Guard for its expertise in conducting noncombat missions, including search and rescue; illegal, unreported, and unregulated fisheries enforcement; pollution response; vessel inspections; environmental protection; and more. When pursuing its white hull missions, it is capable of building capacity and goodwill through the pursuit of common goals with partners and competitors alike.

It is worth noting that the U.S. Coast Guard grants Fourth Amendment protections to all subjects of maritime law enforcement operations, regardless of their citizenship status.

HASC Approves Defense Budget Increase, Includes Space National Guard

The House Armed Services Committee worked through its markup of the 2022 National Defense Authorization Act on Sept. 1, largely agreeing with its Senate counterpart on the overall top line of the Pentagon's budget but breaking with it in regards to the establishment of a Space National Guard.

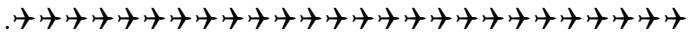
The House committee approved the increase in the form of an amendment from Rep. Mike Rogers (R-Ala.), 42-17. The bump closely follows a July vote from the Senate Armed Services Committee to approve a markup of the 2022 National Defense Authorization Act with a \$740.3 billion top line.

The armed services committees' top lines mark a rebuke of President Joe Biden's budget, which Republicans

Prayers

Unfortunately, several of our most active members were hospitalized or in Nursing Homes or at home recuperating from their injuries or illnesses. Our prayers are for a speedy recovery and a return to our meetings:

Ginger Lyons, Jack Tobe, Dick Guyer



In Memoriam

In August 2021, we lost a key supporter of Wings Over Wendy's and a faithful member.



Karl Boeckmann

SEP 9, 1935 to AUG 5, 2021

Karl Boeckmann, a much-admired San Fernando Valley civic and business leader, died, Aug. 5, 2021.

He was a strong supporter of Wings Over Wendy's, instrumental in the group awarded a Justice Armand Arabian Public Service Award in 2014.

Karl provided trucks for our parade entries in the Veterans Day and Memorial Day Parades and donated funds to assist in our move to the ECRCHS Auditorium.

His career spanned decades while working at Galpin Motors, helping his brother, Bert, as the company's vice president of all dealerships.

Karl Boeckmann was born in 1935 in Glendale to parents Herbert F. and Jewell A. Boeckmann.

After graduating from Hoover High School, he received an AA degree from Glendale College and in 1957 earned his Bachelor's degree of Science in Accounting at the University of Southern California.

In 1965, his brother Bert was moving the Galpin dealership from San Fernando to its current location in North Hills. Boeckmann joined the company, eventually becoming the vice president of all Galpin dealerships.



Phil Aune

NOV 04,1935 to AUG 15, 2021

One of our most faithful members Phil Aune, passed away on August 15, 2021. Phil's wife Joan passed away two days earlier. Their deaths were caused by injuries from a traffic accident two weeks earlier.

Phil graduated from Roosevelt Park Senior High in Minnesota and was an air traffic controller in the Navy. He was one of the first hired with the newly founded FAA, and for 47 years he guided millions of planes in and out of Van Nuys Airport with his soothing voice. As “Papa Alpha” he was known as the “Voice of Van Nuys Airport.” He was an icon in the San Fernando Valley, and was a member of many flight-related organizations, including Wings Over Wendy’s, Quiet Birdmen, the Association of Naval Aviators (ANA) and the Condor Squadron. He was also a member of the Elks, Moose and American Legion. His favorite pastimes included country-western dancing, cruising the high seas, snow skiing and riding his Harley.

Joan was a graduate of Birmingham High School, and was an original member of the Valley Quilting Association, as well as Elks, Moose and American Legion.

The couple is survived by their children Bob, Jan and Kris, several grandchildren and great grandchildren. Memorial services are still pending. Another WOW member said of their passing, “Now God is in the control tower, guiding Phil and his wife Joan to a safe landing on a golden runway.”

September Birthdays

Bernard Kaufman	September 01, 1927
Nancy Shattuck	September 02, 1952
William Dillon	September 06, 1924
Chuck Mathews	September 11, 1933
Jill Lace	September 11, 1955
Olfredo Castillo	September 15, 1943
Ethel Margolin	September 17, 1922
Reuven Zeavy	September 19, 1948
Dick Kelsey	September 20, 1922
Martin Light	September 20, 1932
Barry Chapman	September 22, 1943
Jimmy Weldon	September 23, 1923
Tom Cagan	September 23, 1943
Mark Casala	September 23, 1945
Tony Cubarrubia	September 23, 1958
Barney Leone	September 25, 1924
Abe Hoffman	September 25, 1938
Erick Lace	September 25, 1949
Neil Houston	September 26, 1931
Ken Mayer	September 26, 1942

New Members & Guests

We welcomed the following new members, guests, friends, and relatives to our physical and Zoom meetings during August 2021:

Nathan Spiewak

A horizontal line of 20 small airplane icons flying to the right, positioned above the first column of text.

**For Help with your
Zoom Connection
Contact Charles Scott
(818) 448-1737**

pcinfoman@gmail.com.

The link to the WOW Zoom Equipment GoFundMe account is: [gf.me/u/x9pst6](https://www.gofundme.com/u/x9pst6).

Charles has offered to help Wings Over Wendy's members with their computer problems for FREE.

A horizontal line of 20 small black airplane icons flying to the right, used as a section separator.

Monday Zoom Meeting Agenda

The URL is always the same:

<https://us04web.zoom.us/j/661372701?pwd=NEZCWjlMUTArRW1tRetWUWRLNmpDQT09>

- **Meet & Greet starts at 8:00 am.**
- **The formal meeting starts at 9:30 am.**
- **Visitors and guests interviewed about 9:40 am.**
- **The presentation starts around 10 am**

Meeting ID: 661 372 701

Password: 200220

**THE MEETING ID and
PASSWORD DO NOT
CHANGE**

A decorative horizontal line consisting of two rows of small airplane icons. The top row contains 20 airplanes and the bottom row contains 20 airplanes, all facing right.

Please rename yourself to the name you are listed in the WOW Roster.

If you didn't enter the name when you joined the Zoom meeting, click on the name, and a box will appear in the middle of the screen, and you can change it. Note that it only changes it for the session. If you drop off and rejoin during the meeting, you should change your name again.

[illegible]

Reminder

**Wings Over Wendy's
monthly food drive is
Monday, September 6th**



Wings News Patrons

The following is a list of WOW members who have contributed \$10 to fund the publication for 12 months.

David Alvarez	Lee Ambers
Steve Andersen	Dave Anderson
Lillian Anderson	Shirley Andrews
Lee Auger	Phil Aune
Mark Ax	Tom Bates
Bob Bermant	Darlene Birgel
Karl Boeckmann	Thyra Boeckmann
Ron Boggess	Paul Boghossian
John Boiko	Marge Callahan
Barry Chapman	Patrick Daly
Howard Davis	Skip DeYoung
Malcolm Dipperstein	Bob Donovan
Jan Edwards	Bob Eisenhart
Mike Emch	Nancy Emch
Anarg Frangos	Roscoe Frazier
David Freeman	Midge Gisell
Anita Green	David Greenberg
Richard Gross	Dick Guyer
Connie Hein	John Helm
Peter Helm	Corinne Ho
Neil Houston	Manny Iglesias
Carol Jensen	Fred Kaplan
Steve Klausner	Jerry Knotts
Andy Kopetzky	Boots LaVere
Robert Lee	Sherry Levitt
Morris Litwack	Marion Lovelace
Barry Maiten	Ethel Margolin
Chuck Mathews	Ken Mayer
Rosadel McClure	Dan Pemberton
Maurice Portnoy	Marcene Rankin
Cleo Reynolds	Dave Reynolds
Ed Reynolds	Larrie Rhodes
Maria Rodriguez	Ray Rodriguez
Andy Romanisky	Ronald Roscoe
Abe Rosenzweig	Earl Roth
Bruce Schultz	Sam Schultz
Jim Sivazlian	Carole Stark
Dan Stark	Marya Stein
Chip Stevens	Bob Stiles
Alice Stone	Howard Swerdlick
Bill Tapp	David Timmerman
David Tostenson	Karen Vegtel
Karen Velarde	Tony Velarde
Howard Waldman	Joe Weber
Bill Wentz	Avery Willis
Dave Worley	

Wings Staff

Publisher: Ed Reynolds
Editor: Ed Reynolds
Reporter: Rex Roche
Photographers:
 Larry Kushner, Ken Mayer, Andy Kopetzkey
 Ed Reynolds, Howard Swerdlick, Alan Hill,
 Michael Sugar.
Audio & Video: Alan Hill
Secretaries:
 Marion Lovelace
 Shirley Andrews
Programs & Speakers: Bob Eisenhart
Tours: Warren Weinstein
Treasurer: Barry Chapman
Hats, Shirts & Name Tags: Howard Swerdlick
Raffle Tickets: Fred Kaplan
Decorations:
 Fred Kaplan, Bill Ratner
Technical Assistance: Charles Scott
Coffee & Donut Crew: Barry Chapman,
 Karen & Tony Velarde,
 Mark Ax,
 David Greenburg,
Room Set-up Crew:
 David Greenburg,
 Fred Kaplan,
 Ron Boggess,
 Howard Swerdlick,
 Bill Ratner

ANA Meetings
MOAA/MOWW Meetings
Non WOW Events
Operation Gratitude Events
WOW Events/Tours
WOW Meetings

WOW Events Calendar Additions

Because of Wings Over Wendy's members' high participation in their events, the **teamup.com** WOW Events Calendar has been extended to include: ANA Meetings, MOAA/MOWW Meetings, and Operation Gratitude Events.

The key is: **kswpwdaecovnb1jans4**

The Marines Ditch Crunches, Go to Planks for Their Annual Fitness Test



U.S. Marine Corps Recruits with November Company, 4th Battalion, and Bravo Company, 1st Battalion, Recruit Training Regiment, conduct the sit-up portion of a physical fitness test (PFT) on Marine Corps Recruit Depot Parris Island, S.C., Aug. 21, 2017. (Colby Cooper/U.S. Marine Corps)

5 Aug 2021 Military.com | By Konstantin Toropin

The Marine Corps has announced it will be phasing out crunches as part of its annual physical fitness test as part of a larger overhaul of the assessment.

Crunches will be replaced by planks -- which were added as an option in 2019-- as the mandatory abdominal strength test in 2023, the service announced,

The Marines will join the Navy in phasing out crunches as part of its fitness testing regimen. The Navy eliminated the exercise for the 2021 cycle of its test.

The exercise was first introduced in 1997 as part of the fitness test, though the test itself goes back to the early 1900s.

According to Marine Corps spokesman Capt. Sam Stephenson, injury prevention is a major force behind the change.

"Research has shown that crunches with the feet restrained require significant hip flexor activation," Stephenson explained in a statement.

"This has been linked to an increased risk of injury, including lower back pain," he added.

Marines will be expected to perform a forearm plank -

an exercise where the body is held in a push-up-like position while being supported by the forearms, elbows, and toes.

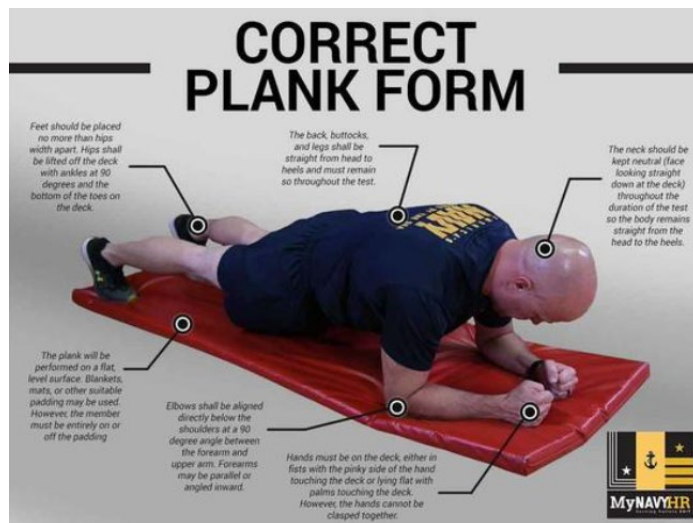
Additionally, the plank has "numerous advantages as an abdominal exercise," according to the Marines. The exercise "activates almost twice as many muscles as the crunch and has been proven to be most reliable in measuring the true endurance required for daily activity function," Stephenson said.

The changes announced Thursday also tweak the minimum and maximum times for the plank exercise. The maximum time will go from 4:20 to 3:45, while the minimum will change from 1:03 to 1:10. This change will take effect in 2022.

The Marines said its "human performance policies and standards are in a constant state of analysis, assessment, and modification, if necessary, to ensure that they best support the overall readiness of the force" in a message announcing the new standards.

The switch from curl-ups to the plank, first announced by former Chief of Naval Operations Adm. John Richardson in May 2019, reflects an effort to focus on more functional movements, said Aviation Structural Mechanic Senior Chief Petty Officer Eric Anderson, with the Navy's Physical Readiness Program Office.

"The stabilization of your core when you're pulling on that line to moor the ship or carrying a box to put it in the storeroom, the stabilization of your core is where you're developing all that power from," Anderson told a small group of reporters. "So being able to do that and test that and make sure that our sailors have a strong core is going to help make us more ready and healthier."



LALEH FRAZIER

Wife of ROSCOE FRAZIER Retired US ARMY

Pinnacle Estate Properties

17327 Ventura Blvd #100

Encino, CA. 91316

Cal BRE # 01017497

Cell: (818) 804-6615

REALTOR®

lalehfrazier@gmail.com

"Sales Agent Since 1989"



Serving
those who
Serve



Veteran
Owned &
Operated

Leathernecks Barber Shop

Esgar Reynaga - Owner

(818) 456-4317

2627 Sherman Way Canoga Park, CA 91303

Instagram: leathernecks_bshop

Facebook: leathernecks_bshop



Richie Mills
President

Tel: 818.312.9770

Cell: 818.620.8164

Fax: 818.312.9771

richie.mills@versatileandstone.com

Showroom:

21301 Vanowen St. Ste C

Canoga Park, CA 91303



PIERCE FLORIST

Lori Brainard

10621 Victory Boulevard

North Hollywood, CA 91606

(818) 761-4280

They donate the flowers in
the name of
“Wings Over Wendy’s”
when they are notified of a
member’s funeral.

BOOKS FOR SALE

Taking Flight

The Nadine Ramsey Story

Raquel Ramsey & Tricia Aurand

Foreword by Major General

Jeannie M. Leavitt, USAF



The inspiring story of a girl from Depression-era Kansas who overcame tremendous challenges and defied convention to become an elite pilot—one of the few American women to fly fighter aircraft during World War II.

“Nadine Ramsey is a true hero. Her story needs to be told. *Taking Flight* does that in a very readable way.”

—Long Beach Press-Telegram

312 pages, 74 black and white photos,
13 color photos, Cloth \$29.95



Ebook edition available from your favorite ebook retailer.

University Press of Kansas

Phone 785-864-4155 • www.kansaspress.ku.edu



To order:

https://www.amazon.com/gp/product/1736396102/ref=ppx_yo_dt_b_asin_image_o02_s00?ie=UTF8&psc=1

or call Ed at 1-818-421-8946

Malibu Partners Real Estate
Professional Excellence

Tom Bates
Sales Director
(310) 739-4886
tom@tombatesrealtor.com

Expert Witness • Land Use Expert • Bill Reader • Estate Properties
CA BRE# 0641978 28955 Pacific Coast Highway, Malibu, CA 90265

WEST HILLS PIZZA COMPANY
Dine in, take out, delivery and mobile pizza catering available



7543 Fallbrook Ave
West Hills Ca, 91367
818-347-4992
Fax: 818-347-4993
steve@westhillspizza.com
www.westhillspizza.com

Chip Stevens
Certified Travel Consultant

Deja Vu Travel
Leisure and Corporate Travel

19402 Crystal Ridge Lane
Northridge, CA 91326
Direct Line (818) 894-0567
CELL: 818 620-9320
Chip@dejavutavel.com

CST #2000610-10

ANNE MARIE RADEL
REALTOR® | SRES

C. 818.429.8663
O. 818.222.0023
AnneMarie.Radel@camoves.com
www.annemarieleradel.com
CalRE# 02011393
23647 Calabasas Road
Calabasas, CA. 91302



COLDWELL BANKER
RESIDENTIAL BROKERAGE

® & © Owned by a subsidiary of NRT LLC.

Jacobi

BUILDING MATERIALS
• BRICK • STONE
• LANDSCAPING MATERIALS

Bob Jacobi

21341 VANOWEN ST. (818) 346-4150
CANOGA PARK, CA 91303 (818) 346-0760

**The Hair Razor
-aka-
The Barber Shop**

Shop Hours:
Sunday & Monday: CLOSED
Tues.-Fri.: 7:30am to 5:00pm
Sat.: 7:30am to 4:00pm

www.hairrazor.biz 5950 Fallbrook Ave.
818-340-9360 or 818-346-2210 Woodland Hills, CA 91367



EARL ROTH
COMMANDER
JEWISH WAR VETERANS POST 603

818-486-1259
earlr45@gmail.com

6040 E Larkellen Ct. Oak Park, Ca. 91377



nelsons nursery
we color your needs

tony nelson
owner

23134 sherman way
west hills ca 91307
at the hidden chateau
818 216-2233 cell
nelsonsgreenhouse@yahoo.com



WILLIAM MITCHELL MARGOLIN
Attorney at Law
A Professional Law Corporation

(818) 999-4LAW

Ph (818) 999-4529 Calabasas Old Town
Fax (818) 999-1956 23548 Calabasas Road, Suite 202
LegalHelpForYou@msn.com Calabasas, CA 91302

Deep Tissue Re-alignment
Relaxing Lomi Lomi
Energy Work

Nutritional Healing
Train/Rehab In Full Gym
Martial Arts



King Of Hearts
Body Rejuvenation
Robert Margolin
(818) 883-7430

whitetiger2000@sbcglobal.net www.robstotalhealth.com