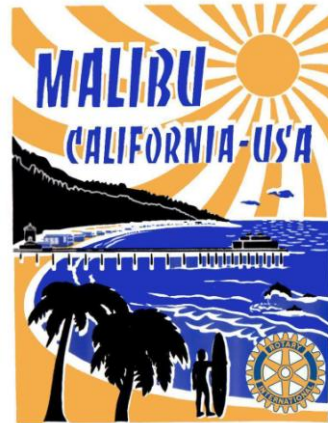




**ROTARY:  
MAKING A  
DIFFERENCE**



*The Award Winning*

## ***Malibu Rotary Club Surfwriter***

April 18 2018

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President Bianca Torrence  
Pictures by John Elman

Edited by Dr. John W. Elman

**In This Issue (click underlined topics for web link when connected to the Internet)**

- Last week Jim “Gweed” McMichael Lt Col USAF (retired) shows and tells his personal experience in “Making a Fighter Pilot”
- Next regular Malibu Rotary Club meeting April 25 2018 Room LC 152 on the Pepperdine Drescher Upper Graduate campus Fellowship will begin at 7:30 a.m. with meeting starting at 7:45 a.m. Note the earlier start time to accommodate a special appearance “Unofficial” visit of current Rotary District 5280 Governor **Cozette Vergari**
- Check [Calendar](#) on Malibu Rotary website [www.maliburotary.org](http://www.maliburotary.org)
- Rotary International Website: [www.Rotary.org](http://www.Rotary.org)
- Rotary District 5280 Website: [www.rotary5280.org/](http://www.rotary5280.org/)
- RI President (2017-2018) Ian H.S. Riseley
- Rotary District 5280 Governor (2017-2018) **Cozette Vergari**

**Jim “Gweed” McMichael Lt Col USAF (retired) shows and tells his personal experience in “Making a Fighter Pilot”**



**Lt Col Jim "Gweed" McMichael is a retired Air Force Fighter Pilot who showed why anyone who has attained the status of an Air Force Fighter Pilot is a person who has extraordinary physical and mental stamina.**

His presentation to the Malibu Rotary Club on April 18 was captivating, interesting, informative and humorous. His Power Point slides were ingeniously strung together and in the middle of it was a video showing the pilot's cockpit view taking an F-16 Fighter Jet through a series of acrobatic loops and dives that might make someone watching throw up his or her breakfast.

We asked Jim if he could give us a copy of his Power Point slides and he complied with 41 slide *Gweed\_Fighter\_Pilot\_Presentation\_RIP\_Cajun-FINAL.pdf* which we hope you will find attached to copy of the *Malibu Rotary Club Surfwriter*.

The cockpit video is not included with the PowerPoint pdf but there are several similar ones available on YouTube. This one was posted by Spencer Hughes <https://www.youtube.com/watch?v=R3GmFMpwiD0>.



Jim tells us that for those who qualify there are positions available for Air Force pilots. Currently, about 21 percent of all fighter pilot jobs in the Air Force are vacant.

Jim is veteran who flew 36 missions, in Desert Storm, 24 missions in Southern Watch, and 17

missions in Enduring Freedom. He started us off by telling us some of the fighter pilot lingo: "Bag" is the flight suit; "BFM" is Basic Fight Maneuver; "As fraggd"" means the flight plan is ok; and "Luftberry" is going in a circle against an enemy plane.

The basic requirements to become an Air Force pilot are be a college graduate, obtain a commission (either by graduating from a Service Academy, ROTC program, USAF Officer Training School [OTS] or Officer Candidate School), pass Air Force Fight Physical for Pilot Qualifiers, attend and graduate Specialized Undergraduate Program Pilot Training (SUPT), pass ACM centrifuge "Fuge" ride, attend & graduate Basic Fighter Maneuvers course (known as "B" Course).

So Jim did these things. After college, OTS, UPT (the earlier version of SUPT), he trained on a T-37 sub-sonic trainer, T-38 SuperSonic Trainer, and 50 weeks later received his prize as flight wings.

He said he met the actor James Caan, who told him he was given the opportunity to ride in an F-15 but it made him sick. Jim told him the way to have a great ride is to eat bananas.

There is a lot that goes into making a Fighter Pilot.

Jim explains the “Fuge” is a Career builder or ender and he showed the picture of a would-be pilot failing that test—it’s not pretty.

In the “Fuge” there is a slow buildup to 8 G’s—no G-Suit (only run without the G-Suit). It does 6 G’s for 30 seconds, 9 G’s for 15 seconds, 7 G’s for 10 seconds while checking six. The ACM profile is you pull to 9 G’s for 10-15 seconds and then back down to 4-5 G’s in between. You repeat this 3 or 4 times. It is a total of about a minute and half under G.

Jim showed the profile and face of a man failing the “fuge” looks like. He said the fellow will be a tanker or transport pilot. His shot at being a fighter pilot is over.

Once you’ve proved you can pass the “Fuge” then you qualify for additional training. These are to improve your skills at being a better fighter pilot. These include Survival, Evasion, Escape (SERE); become an Instructor Pilot (IP), Fighter Lead-in School (LIFT), which Jim graduated from, and also becoming a Fighter Weapons School Graduate, which may be USAF Weapons School or USN Top Gun. Then become an Air College and War College Graduate, a Test Pilot, Flight Demonstration Team Member (which is either the USAF Thunderbirds, Viper East or West Demo team or the USN Blue Angels, local squadron fit demo team).

Jim says his missions involve Attack in depth to Disrupt, Defeat & Destroy the enemy. Jim was an elite Fighter Pilot. He explains that only 2% of all fighter pilots in USAF attend and graduate Fighter Weapons School. She showed his unique USAF Fighter Weapons School patch. Each patch is numbered and his is #449 with the 16<sup>th</sup> WPS Class of 1989. He showed pictures from January of 1991 of the Liberation of Kuwait, aka “Desert Storm”, as well as the Afghanistan Farewell 2003 for “Operation Enduring Freedom.”

Jim gives us several quotes:

“You can always tell a fighter pilot but you can’t tell him much.”

“There are only 2 kinds of fighter pilots...Those that walk to their aircraft knowing is going to be the last flight of their life, and Those that walk to their aircraft knowing is going to be the last flight of their life.”

“You negotiate with the enemy with your knee in his chest and your knife at his throat.”

“ Some guys have a thousand hours. Other guys have one hour a thousand times.”

“When you start in this business, you are issued bag full of luck and an empty bag of experience. Before the bag of luck is empty, the bag of experience had better be full.”

How did Jim get the nickname “Gweed.” Apparently when he was younger he liked to always drive a hot car and wear Italian suits. Friends called him “Guido” for the look, and later shortened it to “Gweed.”

When Jim speaks you know he from Texas. He acts like a cowboy in the air or on the ground. He says, “Being a fighter pilot is the most fun you can have with your clothes on and call it work.”

Despite all that fun being a fighting pilot has taken a toll on his body. Those G forces have affected Jim and other fighter pilots, with various spinal problems that has been documented through the years. Unfortunately the Veterans Administration has not been sympathetic about this, denying pilots VA benefits for their injuries.

Jim McMichael and several other Air Forces are presenting to congress a paper on “Case Study of Fighter Pilots Incurring Injuries Caused by Dynamic Maneuvering” which was written last week, April 13, 2018. The authors, in addition to Jim McMichael Lt Col UAF (retired) are Duane Lodrige Brigadier General USAF (retired) and Col Roger Kemp MD USAF (retired). Advisors for the paper are Herb Hutchinson Chief Systems Engineer USAF F-16 ACF (retired) and Gary LaPook Esq Attorney At Law, who was a guest at the Malibu Rotary Club meeting on March 18.

We researched on the internet about other papers that have been submitted on the physical injuries endured while flying hi G Fighter planes. There is a paper published in Finland “Cervical Loading Analysis of Fighter Pilots,” which was presented in 2014 at the University of Tampere School of Medicine, Finnish Air Force Air Training Wing Center of Military Medicine Institute of Occupational Health in Finland.

Closer to home there is “Spinal Disease in Aviators and Its Relationship to G-Exposure, Age, Aircraft Seating Angle, Exercise and Other Lifestyle Factors” by William Edward Dougherty Drew, Sr., MSME, MD. Aeromedical Consultation Service USAF School of Aerospace Medicine 2507 Kennedy Circle Brooks AFB, Tx, USA.

We guess that those who were able to retire as Fighter Pilots, despite spinal problems that may have resulted from the physical strain of the unnatural G forces their body, are better off that those who never able to return from their missions.

We thank “Gweed” for his service to our country.

## **Other News and Guests at the Malibu Rotary Club meeting**

Malibu Rotary Club President Bianca Torrence announced a Malibu event several Rotary District events happening in the next couple months:

**On November 4<sup>th</sup> 2018 is the Malibu Half Marathon and 5K Run/Walk**—Bianca said she is recruiting a group of people to sign up for the 5K Run portion of the race day in the to the Memory of her son David Torrence, by joining Team David Torrence.

Here is the link for individual registration cost is \$40. for the 5k

Please make sure that you join "Team David Torrence" inspired by him and in his memory.

[https://www.malibumarathon.com/?gclid=Cj0KCQjw5LbWBRDCARIsALAbcOemumPEEtZJzt5QQ\\_hfGddbg59rw1fM7iUS91SjSVa0ssCP-C6UNzEaAg7QEALw\\_wcB](https://www.malibumarathon.com/?gclid=Cj0KCQjw5LbWBRDCARIsALAbcOemumPEEtZJzt5QQ_hfGddbg59rw1fM7iUS91SjSVa0ssCP-C6UNzEaAg7QEALw_wcB)

The current registration cost is \$40.00 but the cost will increase to \$50.00 by race time, and it may be sold out before then, so register early. Boys and Girls Club of Malibu is a recipient of donations from the race.

### **HALF MARATHON HOURS**

Sunday, November 4th, 2018: 7:30 AM to 12:00 PM. The Start / Finish Line is located at Zuma Beach

Malibu Rotary Club members not running in the race should consider signing up to be race volunteers. Except for sleeping you probably aren't going to be doing anything else at this time.

### **Recent Past District Events:**

**April 14 Peace Conference** The Rotary Club of Little Tokyo hosted the first Rotary Community Peace Conference at the Japanese American Cultural & Community Center on Saturday, April 14. This is part of the year-long Global Grant Project: Peace Educational Project in Southern California. It is free and open to all in the Bianca Torrence and Bill Wishard went to this, as did Pete Allman. On reporting on this event at the April 18 Malibu Rotary Club Bill said it was quite a moving. One of the participants was a survivor of the atomic bomb dropped on Hiroshima. As child living in a suburb of Hiroshima he was able a train to where is sister lived more towards the center of town. When he reached the place where the sister had lived there were 2 burnt unrecognizable bodies. One body had a gold tooth, there other one he knew was his sister. The underground portions of trees bombed in Hiroshima survived and part of the Rotary Peace Conference involved a planting of a

regeneration of one of those trees in the garden at the Japanese American Cultural & Community Center.

Malibu Rotarians Bianca Torrence, Bill Wishard and Teresa LeGrove attended the **April 17 Rotary District Breakfast at the Crowne Plaza LAX** hosted by the District Rotaract and Interact Clubs with keynote speaker **AIYANA HAVIR**

April 21 Rotary Day of Service Bond Park on Los Feliz Blvd 9:00 a.m. to 12:00 pm

April 25<sup>th</sup>—Rotary District Governor Cozette's "Unofficial" visit to the Malibu Rotary Club.

April 27<sup>th</sup>-April 28<sup>th</sup> RYLA

May 17 May 20 **District Conference** Hyatt Grand Champions, Indian Wells

June 2 District Assembly Carson Community Center

## **Guests**

There were multiple guests at the April 18 meeting of the Malibu Rotary Club. One of the guests was **Gary Lupock**, Esq., who is one of the advisors on the paper Jim McMichael and several other Air Forces are presenting to congress on "Case Study of Fighter Pilots Incurring Injuries Caused by Dynamic Maneuvering." **Pete Allman** was on hand along with Malibu Rotarian Alex Ayzin to talk about the Peace Conference they would be hosting the following Sunday at Woodbury College. Other guests included **Glenn Kovac** from the Calabasas Rotary Club who was on hand to invite people to special fund raiser his club and the Woodland Hills Rotary Club are having on Sunday night June 3<sup>rd</sup> at the Canyon Club in Agoura, "Rotary Casino Nite and Texas Hold 'Em Poker Tournament." The benefit is specifically to end human trafficking, and DG Cozette will be a special honoree at the event. Dinner & Dining included with the Casino Night \$125 or Poker Tournament \$200 Entry Fee. For tickets and info @ [www.rotarycasinonite.com](http://www.rotarycasinonite.com) or call Lonnie Mintz @ 818-298-1108 or [LMintz6729@aol.com](mailto:LMintz6729@aol.com).

**Mark Koller**, was still a guest at the April 18 meeting but will soon not be a guest as we hope to induct him as a Malibu Rotary Club member at the April 25 meeting of the Malibu Rotary Club and Rotary District Governor Cozette Vergari will make it official.

## CALENDAR

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### **April 25 2018 Rotary District Governor Cozette Vergari returns to the Malibu Rotary Club for her “Unofficial” Visit**

When Rotary District 5280 Governor (2017-2018) came to the Malibu Rotary Club for her official visit Malibu Rotary Club President Bianca Torrence was not able to be there because of tragic family events that we are all aware of. At the time Cozette vowed to return when Bianca could be there. April 25 Cozette returns for her unofficial visit to see Bianca and the Malibu Rotary Club.

### **May 2 2018 Qadir Mohiuddin will be speaker at the Malibu Rotary Club “North Korean nukes and population density”**

Dr. Qadir Mohiuddin was a Fellow of New Westminster College and Associate Professor and Dean of the New York Institute of Technology School of Management in the Kingdom of Bahrain. He been a popular speaker at the Malibu Rotary Club in the past talking about how various world events affect us all.

Professor Mohiuddin’s education and qualifications include:

- 1991: Ph.D., Multidisciplinary: A Theoretical and Econometric Study of MNE Direct International Business Investment, University of Pennsylvania
- 1983: M.S.S.M. in Management Information Systems, University of Southern California
- 1979: M.P.L. in Regional Planning, University of Southern California
- 1977: B.A. in Economics and Political Science, University of California, Los Angeles

### **May 9 2018 Malibu Rotary Club at Chamber Breakfast (no meeting at Pepperdine) Connections Breakfast at Paradise Cove Beach Cafe'**

Malibu Rotary Club will have joint meeting with the Malibu Chamber of Commerce 8:00 a.m. at Paradise Cove Beach Cafe, Malibu Rotary Club President Bianca Torrence and members of the Malibu Rotlary Club will talk about Rotary 6 Areas of Focus & local Malibu programs Rotary supports-The meeting will be hosted by **Anthony McDemas**, Connections Director, Malibu Chamber of Commerce. Breakfast starts at 8, intros at 8:30, Malibu Rotary speakers at about 8:45ish, for 20 minutes.



**May 16 2018 Back at the normal Malibu Rotary Club meeting at Pepperdine LC 152 Bette Hall will talk about “Rotary Youth Protection Policy”**

**May 23 2018 Kay Gabbard & Jay Scott will accept Malibu Rotary Club for The Malibu Community Labor Exchange and talk about this community resource**

The Malibu Community Labor Exchange is a 501(c)3 nonprofit organization whose primary function is to provide a safe and convenient place for people to wait for day jobs. This facilitates a connection with prospective hirers. The benefit to the community is in having a central location where people can find workers; and the benefit to the workers is in having a safe and supportive organization that helps facilitate the work process. The MCLE is neither an employment agency nor an employer. All workers are independent.

**May 30 2018 John Elman will Show and Tell “What you should know about ClubRunner” at the Malibu Rotary Club meeting**

John Elman is Malibu Rotary Club secretary, writer of the weekly Malibu Rotary Club newsletter, and webmaster of the Malibu Rotary Club website [www.maliburotary.org](http://www.maliburotary.org). The website uses communication tools of ClubRunner, which is used by many Rotary Clubs and districts around the world. Non-members of the Malibu Rotary Club can learn about what the Malibu Rotary Club is, what it does, when it meets, who the future speakers are, and who the past speakers were. Members of the Rotary Club can log into the site and view reports and communicate with other members of the Rotary Club and the Rotary District. John will explain what you should know about the Malibu Rotary ClubRunner site when he is the featured speaker at the May 30th meeting of the club.

**June 6 2018 Ellen Shane will talk about The Emily Shane Foundation**

Discussion will focus on why and how founder Ellen Shane created the SEA Program of the nonprofit charity, The Emily Shane Foundation. She will discuss the SEA Program, explain exactly what it is, and give specific examples of her work. In addition, founder will touch on her grief support practice. Her story can hopefully inspire others!

**June 20 2018 Demotion Party Dinner Honoring Bianca Torrence at Tra di Noi**

