

## GDL Ashley Cusato

Welcome welcome welcome I'm Michelle If you're just tuning into the show welcome to our show today is April 21st 2023 Yes Um We got Kyle True my lovely cohost and the lovely Ashley Coad Thank you for being here It's so nice to be here It's a hot day here in L A How you doing I'm doing great We were just talking about the fact that it is a warm day We we're hot in the studio but we're having fun So so nice to be here so so nice to have you Um So you are an award winning filmmaker You're a documentarian You you many things uh introduce yourself to those that are watching that don't know you yet Oh thank you very much Well she did say my name right It's Ashley Cusato Yes I just finished a documentary film about an American war hero It's called major capers the legend of team broad minded and it's a story about a true American hero who persevered during you know through adversity during a time of civil unrest and ultimately rose to become one of the highest force recon marines in history Highest Decorated Force Recon marines in history So yes it's a pretty incredible story How did you Oh ok So I uh ladies first Right No it's ok I tagged you I watched some films about war uh past war events and I did see some black actors in there and I was like oh interesting They didn't touch at all on the adversity and fighting for a country that doesn't necessarily love them probably in their perspective at that time period And then I looked into what you had done and I was like oh my God she did the very opposite She flipped it and I was I'm just so curious on like what what hit you the hardest about that project and his journey That's interesting And what do you mean why I flipped it What exactly they flipped it based on based on what I had seen Like you concentrated on it seems like you concentrated on the fact of his adversity and his obstacles that he had to overcome And then talk about how amazing of a veteran he was And I find that so interesting Well it's a blend right So you really are if you if you tell the full and honest story you're threading all of those aspects right into the film and you're braiding them and in his particular case yes I mean he was one of the first African American Marine to be commissioned in the battlefield in 1966 In Vietnam which is pretty significant And then when he came home from Vietnam in 1967 and this is after over 50 classified missions having been wounded 19 times I know it's pretty significant He was asked to be the face of the Marines which was the Marine Corps biggest most successful recruiting campaign and it ran from 1968 to 1975 And so he became extremely well known in that in just for overcoming this adversity

during this time And he always had a positive attitude and even in the moments where there was rioting in the street during that time period he was asked which is an interesting moment in the film He was asked do you want to represent fight for your country or do you want to riot in the streets And it's it was a choice and he did choose to honor his country And um and yeah this is during the time of Muhammad Ali saying the very opposite isn't it Yes And this is the time of civil rights movement isn't it that Selma Yes Wow And he's doing he's got his own perspective and own objective right How to deal with this right And it and it was so interesting it all seems right There's no one way to do this right Well when he was asked why are you fighting for your country during this time He says I'm fighting for what I believe our country can be I'm fighting for the potential of our country And so he had that vision and he held to that and he was proud of what he felt was he was doing the right thing by fighting for his country and for his family And I don't wanna be corny But my favorite superhero is Captain America And he says uh in Captain America Winter Soldier uh he's not he they they're like you have to get on the page of what the world is and he's like don't hold your breath because he's all about what it should be and he'll fight for what it should be And that's what a true patriot is And that's what a true soldier is And that's all that's the intrinsic value of him as a superhero And it sounds like this guy is kind of the same way He is a superhero Yes that's true And and you know we have to have leaders and everyone can have their own vision and belief and and that's the beauty of America right We have the right to I heard you having a number of conversations today to have different belief systems and to hold different visions And in this particular case that's the vision he held even to this day So he's still you know mentors force recon marines and he has his own parking spot and they have at which is our our special ops you know base and we I think he has his own you know Uh I I don't think this is this is not classified but uh his own debriefing room where they called the Capers room and that's where they debrief Um All the force recons before they head out My best friend we were talking about best friends earlier He's a marine of like seven years uh squad leader did two tours So I'm like I have an affinity for marines That's shall we take a look Take a look We have we have a a little bit of a clip here Let's take a thank you Government Yeah my name is Major James Capers Junior United States Marine Corps Retired I joined the Marine Corps in 1956 and retired in 1978 I was married to the same woman for 50 years and this is one of the few balls I've gone to when I hurt my side So if I seem a little bit reticent that's

because I've got a wedding rings in my pocket and I feel like she's here with me So that's not why you're here You want to talk about who Jim Capers is and the things that I participated in to get me to this moment This really isn't about Jim Capra You know I know the camera's on me right now but this is about a lot of the guys who got me to this point All those wonderful young Americans that followed me and did all those things And for me that you won't find in the movies or in the books is considered the spiritual founder of marine special operations But he's a fighting angel He's tougher than wood cracker lives He is so frigging tough That looks so good Oh that looks so good He has such heart Yeah Yeah Just by watching him talk as I'm looking at him I'm like oh my gosh Do you when you're watching movies Usually the drill sergeant is black I'm like are they all modeling after Cavers for Go go watch your favorite movie I love that movie I think you guys are funny I I play a drill sergeant in a uh a music video with the Zac Brown band I play a marine drill sergeant about the black guy It's like I think we're all modeled after campers They just hit me just now That could be a thing How did you how did you meet him What was your inspiration to want to do a documentary on him So our Marine Corps generals actually brought the story to me and they wanted to be able to tell stories and pieces of history that hadn't been told yet And these are all classified missions Their folders were empty So they actually went back to the original Marines and they rebuilt out through the Marine Corps history and museums basically all of the original stories and they did they just wanted to tell classified pieces of history that have never been told I mean that's what we learned from right We learned from history and and these generals saw his poster and were inspired to join the Marines So and it ultimately ended up serving under him And so yes he has really inspired many people And that clip we just saw is the opening of the film And I also have you know a trailer that there's a lot more of the action aspect where you know it moves into a number of different aspects of his story We you know there's we focus on you know four major missions and we really tell how does the story of how does a legend become a legend Right And that's a good question And so you know we find ourselves in the heart of and I don't want to give away the film but you know a climatic aspect of one of the most challenging missions that they went on that was really almost a suicide mission It was an insurmountable amount of obstacles and they didn't think they would make through And then ultimately we go back to his childhood and we say well how did he get to this place Right And so we see all the challenges and obstacles he went

through as a young child and how he met the love of his life And you know and then ultimately volunteered to join the Marine Corps in 1955 And um and to this day you know is still a big part of the Marine Corps and how can we see it Where can we see it Oh yes So um on itunes and on Google Play and all the major platforms please you know check it out It's called major capers The legends of team broad minded love for you to support the story veterans and a piece of history So that would be wonderful Please check it out Yes it looks amazing I want to check it out Um That I mean it is true It's like how does a legend become a legend I mean and I love II I have to ask you because you you you do documentaries like did you always know as a little person little that you wanted to do this this is your trajectory you know it's interesting tell stories That's well I was going to make one point at first My first thought was you know there was something whether we believe in war or not there was something about the sacrifice of what our men and women do for us every day that just made my knees weak Even as a young girl I don't know where that came from you know but that sort of sacrifice is just so powerful And so from that aspect that was always in my heart And then when the circumstance came around in our had approached me to our Marine Corps generals had approached me to do this project I thought wow ok this is it's a major responsibility to do this right And a commitment And so I made that commitment and here we are you did you start the commitment It was a number of years ago So you know we we ultimately thought about creating as a docu series where you could do multiple episodes and then decided to make it a feature memory film which I think um is was the right path and it's a tight film and it's it's um we're gonna make the feature film too Yeah I 100% movie like and and you need an actor right here is a good one We were set up to do it as we went into the pandemic and got delayed and I wrote the feature film script and that's so exciting Oh my gosh that's so exciting I I love the and I I mean I gravitate love story So when he started talking about his wife I I my knee's got weak because I'm such a romantic and loved to tell like you know love of stories and comedies and all that So it's like really sweet to you know he went through so much but like he was talking about his wife That was that so hard And you can you can hear you can feel the love that he still has him missing her You can hear it in his voice and he only said a few sentences I know you just you just see it in his eye He's probably like a man of love not of like anger and not at all I got very much selfless Like he like he like he talked about the team and everyone it wasn't just him Like so I called him a fighting angel and I was

like that really wrong for me because it's usually when you look at these guys they do have just like this incredible mindset and they're very selfless like you were saying and the fighting angel rang with me as well And then of course tougher than woodpecker lips is just so funny And I always think of woody woodpecker right We never thought about how tough woodpeckers are but they have to be pretty tough and he is too So you know there is he's a faithful warrior And we also talk about faith in the film and the way that there were times where when you're in the battlefield you're questioning what is your circumstances at times And and there was moments where whether you believe in faith or like have a faith of your own religion Spiritual I mean there you couldn't physics couldn't explain why For example a helicopter that couldn't shouldn't land it shouldn't have been able to land in this circumstance The men were you know pretty much very injured excuse me pretty much very injured That's a nice sentence Right They were extremely injured Some of you know some were not going to make it and the helicopter was over £1000 overweight and low on gas I mean there wasn't enough fuel to make it off the ground The helicopter lifted off the ground it fell it lifted again it fell again I mean they didn't think they were going to make it out and then all of a sudden the helicopter did make it out and you think it really should not have been able to get out of yes of this circumstance or make it back to the base and it did And so there's moments like that where you where his face was strength his faith was strengthened And um and and you know life for everybody I think there's moments where we we have a lot of challenges even when he came home from from the battlefield and had to spend about a year in the hospital a year So a lot of tests not just affirmations but actual tests of the space as well Yes Well and I think a lot of people whether you are a marine not a marine like in the army not in the army like you just can connect to that story line of like having to go through trials and tribulations and and you know what makes a legend is that we we all I I say all mostly all our legends in our own ways and we all have dreams and goals and aspirations So it's really cool to connect on a human level Like you know we all go through these challenges I'm not all against but like you know and then there's the race card and all that one thing I wanna add really quick when you talk about the love story Um He made audio tapes to his and wrote letters and we thread that through the film too That's great because there's a love thread in this huge action film or whatever it is I'm not sure if it's an action film or just like you know like a film but that's awesome Yes So when you get to really hear his voice in the moment

talking about things and sharing his heart and the circumstances and what's about to happen and not knowing what the end result is going to be and the letters are beautiful So yes So that's some of the most captivating aspects of the film That's not kind of where my letters and the show will you up around and play a game with us I would love to I'll be right back after this commercial Don't go anywhere We're back if you're just tuning in for the very first time Welcome So today is April 21st 2023 We're so happy here in the studio with the Got you but and our new friend Ashley Couso thanks for speaking With us Thanks for speaking with us We were talking about the documentary that you you did It's absolutely beautiful Remind our audience or the people that are just never understand the name of it And Major capers the legend of Team Broad over there Yes Major caper is the legend of team broad mind You can see it on itunes on Google Play and other streamers So um please support our story and veterans and we would uh love to share that with you Yeah Yeah it's beautiful Um We talked about you wanna you wanna go you go you go Well we have some games we want to play something different but feel like we cut the conversation kind of in the middle There's just so much there What were we talking about We were getting cut off We were talking about some of his original audio tapes he made to his wife on the battlefield as well as the letters he wrote home to his son who was actually born blind and his wife was exposed to rubella virus at that time was an issue on the basis And so um they definitely had a lot of challenges and um and the strength I'm sure is shown through this adversity as well of him his son his son probably had the same strength he had didn't he He did He was um just a uh they say he was his their little miracle Really Oh that's so sweet He wants to be a dad So bad story I have an affinity like I said I have an affinity for uh our uh war heroes Um I played football That's the closest I come to warfare in college football which is technically like it's a game play of warfare So they have marines come in and teach us how to get along with one another because in D one we're from all parts of the world Where did you go to college in New York Uh Wagner uh D one AA Um but we're we're pulling kids from California Texas Florida And like everyone's from different cultures really And it hits you You're not we're not all from the same town We don't have we don't have all have the same accent accent And uh so the marine came in and gave us this huge body to carry through this obstacle course And we're like what is this How does this translate But by the end of it like your movie you kind of get this feeling of camaraderie and trust and loyalty and family just by this simple exercise and just by simply

listening to capers talk you get the same feel Um I just found that interesting I had to just bring it up because of that experience No it's it's it's absolutely true And um I was a division one athlete as well So yeah I understand the focus that it takes and the dedication and um and I swam competitively Yeah which which uh which uh so I swim everything but I went to UC Santa Barbara which is division one And I swam distance middle distance freestyle 400 I am 200 backstroke I always say like the most brutal events like up at four in the morning in the water at five am I just like this is probably why you like the marine stories because that's kind of the militant uh mindset up at five in the water training you know hard do you do triathlons You know I I ultimately became a beach lifeguard in Malibu and in Santa Barbara as well But uh we did a lot of biathlons then right So we all these runs and runs and I loved racing in the ocean which was because you have all these extra variables right And they do like yeah and we'll bring this even back to the the Marine Corps and to Major story He they did all types of um missions underwater and you know a number of different things going on with that aspect too But yes so I love the fact when you're in the ocean you are dealing with other variables So the race just becomes a little bit more interesting currents right All that So you right you have to make smart decisions you make certain calls If you really have a good strategy you know it can help you in those circumstances You said what were the meets you were doing again You said freestyle middle distance the distance freestyle 400 I am which is all the strokes It's 104 Like the classic would be ok Four laps of each stroke Right I know it's a long that's of the 25 yards And then if you go to the Olympic it's for the Olympics We race meters So if you swim competitively the summers or you're in meters which is 50 m and in the winters we're 25 yards I know we're going on a Yeah it is I mean because we you know it's it's that level Look if you want to be great at anything they always say It's it's what 10,000 hours Well it's like a lot of times it's more than 10,000 hours right And it's a commitment And um on a on a funny note when I was a kid I remember going to school with like this huge bag of food like grocery bag of food And I was just like you might wait through the day You know my mom ran track and she did the same thing She was like I I never ate like that again I would just have like a bucket of mcdonald's and I would eat cheeseburgers eat cheeseburgers My mom was like I like for U Penn So at at D one it's like uh this is dedication This is like eight hours a day On top of your classes calories That's right Like the marines are doing probably AAA marine in a past life My best friend like literally we're best

friends in the yearbook He's a marine We were best friends underneath your name Not take away from your story We would ask kids 12 and 11 12 we would take sticks and they play war in the we would like you know pretend fight and all that stuff But he actually went to war and I kept playing pretend as an actor And so we kind of stayed where we were Yeah Yeah Yeah Take that home when you really have a personal friend that served you have a different perspective Right There's you really get to see the day in day out aspect of what the commitment is and worrying if he's going to come home I know for 67 years you're like am I going to see this person I know because he's going on missions he would come back with like five different currencies Where are these from What did you do He's like I can't tell you you can't tell me me I know everything I know more than your parents that you can't tell me He's like I don't want to talk about it Right And I was like ok and that's the point I was making all of these missions from major capers have been classified He couldn't talk about them until just recently So we're shining light on some historic pieces that nobody could speak about So this story can finally be told That's amazing And then a feature film in the works which is even more exciting I hope you guys get a ton of viewership for this documentary Oh thank you You too Thank you Won awards for this already too haven't you We did we won two Telly Awards and um film festival awards I Film festival documentary Yeah Awesome Awesome That is awesome because you can tell when someone has a story like a real good one This one is a really good one Yeah just even hearing him talk I was mesmerized instantly Yeah We we've had we've had multiple projects on the show No You know that's a wonderful compliment I appreciate for somebody that didn't have any sleep You very much connected to this instantly We listen I've had 10 hours sleep You've shown up Someone will put like the cut of their on there and like that was amazing That was amazing I was like I like Jack actually I mean just when he talked about his wife it's just like done deal for me right Aspects of the warfare the cadet the love Yeah it's this whole story I can't wait to watch it I I want to audition for that feature so bad I don't know we will stay in touch no pressure but I'm the kind of actor that's like I don't want the role I would like to see if the role works Listen I understand I'm an actress as well so I understand you want to do what's best for the story I'll try the opportunity if I am the best for the story Yes you got it Maybe maybe not maybe maybe not Who knows Yeah No that's awesome No I think it'd be incredible Um He is a great actor I can I can comment on that It's not about the acting opportunity for me It's that



story That was crazy I've never seen you like get so excited about a story I mean I got excited but not like your level of you know my management team throws me uh stories all day They're not like that They're just not that deep I mean yeah I mean yeah I think that's why a lot of people like actors and performers become storytellers and writers because they want more and they want to dig deeper So you said you were an actress at first Yeah So I've worked as an actress and stunt woman Really I didn't know that Yes you were stunt woman I know about the movie Yes You know it's a funny way to say it So as I was an athlete and you know through college and then when I started working in the entertainment business I just jumped in and started booking roles as an actress I ended up booking a lot of action related roles So I was doing my own stunts and then I started doubling other actresses and then it took a life of its own So I did all kinds of things I I love driving stunt driving and driving professionally So I do tons of car commercials I just did a show for motor trend and you know to tore it up a bit You could have done the did you know the best car chase uh rated in film is by women There's like it's the Quentin Tarantino one he made it's called Death Proof and it was a it was a double feature he made with Guilt Del Toro Guillermo made a zombie movie Quentin made like a horror movie It was about this guy Kurt Russell plays it who like straps in a car and like just crashes into other cars as a stunt man And then Quentin makes these three girls that he runs into but he makes them like I'm gonna say it bad ass better than Kurt does And it's the best of the best car chase in all film history and you should see it It's called Death Proof Anyway I was wondering if you were in it Well thank you I look like the lead actress Oh thank you I actually wasn't in that one but I check that out and I've seen there have been some extraordinary car chases In fact that's what I did on the show So I I also have a brand stunt girl California So we have merchandise for stunt girl If you want to wear a cool shirt that says I drive like a girl that girl So I get behind all that Like I throw a girl I punch like a girl for some reason I know I'm gonna have three girls Yeah Are you gonna have three girls I don't have I don't I don't have a preference You intuitively know you're gonna have girls Well you know the male does choose the sex of the child So yes actually it is so good luck Your DNA will be making that decision Yes it will Oh yeah Yeah Well I mean with a stunt girl we just we want to inspire women to young girls to reach their potential whatever that might be like you don't have to be a stunk girl in the sense that you have to be an athlete You can be a stunk girl in whatever path you choose It's just about you know success is about getting comfortable with

being uncomfortable and and ultimately just you know taking that next step So that's what the brand is about And and I have some TV shows coming up next the next project dealing with a lot of the topics that you just talked about And one of in fact the show I did on Motor tend we actually one of the episodes was a behind the scenes of creating creating an action film car chase Oh that's awesome We show you the behind the scenes of how we photograph put this together and then the final piece of it and we go down from we take the cars down from Malibu where I live to um San Pedro and we go down to the car and and organize a you know and choreograph a car chase That's awesome I'm having a hard time because we're supposed to go to a play and he was and I said it's in San Pedro and he was like I'm sorry where where where I think I think I think this is your brand up here What does it drive Like a girl I love that Well there all kinds of cool stuff in there We're going to expand on it even further Thank you Thank you Oh you can go to my website right now You know my middle name which is my mother's maiden name is Love And so my website is actually Ashley Casada But right now there's maiden name was Love Yes I know I know I my parents weren't hippies that it's actually the family name and then I have it as my middle name My brother has it My niece has it So it's like Damon Love Alexis Love Yeah So you can go to the website Ashley Love Cruso right now C USA to and there's you know stir merchandise There Yeah and my in my Instagram Ashley Cuore what's that The merchandise on Amazon Um we should get it on Amazon so I would love to get it on Amazon So that will be our next step It was so so nice to you know to be 100% were Um wow I can't believe that's the end of the show So I think the best game was getting to know you and what you do this is your camera They can see you and all that Thank you Yes Ashley Casado at Instagram we will keep everything posted Ashley Love Casado website We have all sorts of links and major capers the legend of team broad minded on itunes You can also check out that website at www capers the doc dot com Thank you everyone I love having you on our show Make sure you check out the documentary It looks epic I I know you're definitely checking this out I'll see you guys