



COASTAL CLARION

CENTRAL CALIFORNIA COAST CHAPTER
MILITARY OFFICERS ASSOCIATION OF AMERICA
POST OFFICE BOX 5002, San Luis Obispo, CA 93403-5002
www.calcoastmoaa.org



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Serving San Luis Obispo County Since 1959

December 2016

President's Letter

Thanksgiving, and the beginning of the Christmas season are already upon us. What a wonderful way to start the Holidays, by giving thanks for all the blessings we have enjoyed throughout the year. Although it can seem difficult at times, when one takes a moment to list each of the things for which we are grateful, the things that we were concerned about drop into perspective.

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*December 9, 2016
Christmas Gala
Reservation Form*

Mark Your Calendar

MOAA Preamble

Dues Form Reminder

This November our luncheon was on Veterans Day this year, and despite the many conflicting celebratory Veteran's gatherings and events, our program by Capt. Doug Evans, USN (Ret.), Director, Security and Emergency Services at Diablo Canyon Nuclear facility brought many interested members to the luncheon. Please go to our website <http://calcoastmoaa.org/meetingsPage.htm> to see more on his truly informative and timely presentation. In addition to Doug's presentation, we also had the opportunity to celebrate the many years of service by Mary Faber to our MOAA Chapter. We are truly appreciative for her time as the EXCOM Secretary, and the years of friendship she has shared with so many of us.

*Thank You
Mary*



Again, please note the enclosed 2017 form for submitting your annual dues . . . yes, it's time for another year of friendships and sharing on the Central Coast. We hope to see each of you in December as we enjoy our annual Christmas Party at the Madonna Inn on Friday December 9th, starting at 5:00 PM

Sincerely, Capt. Dave



Doug Evans & David

Pictures from November Luncheon

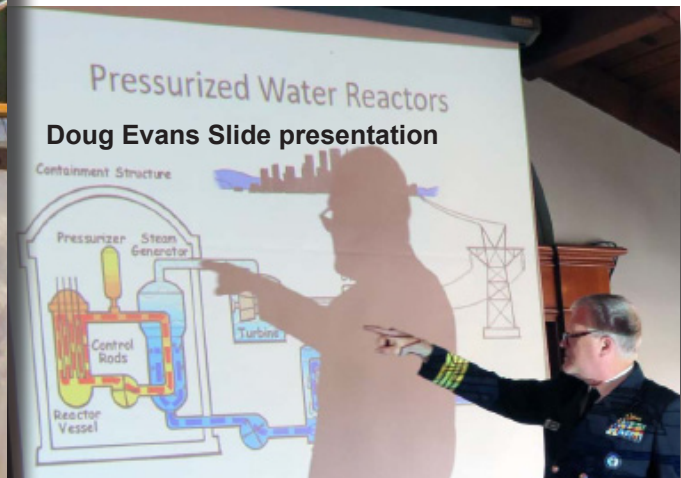
November 11, 2016



Doug Evans presenting



Padre Bill



Pressurized Water Reactors
Doug Evans Slide presentation

Chapter Leadership

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December BIRTHDAYS

LTC Kenneth Chapman, USAF RET., CAPT Robert Christenson, USN RET., 1LT Charles Ward, USMC RET., CDR David Brooks, USN RET., MAJ Herbert Lucas, USAF RET., MAJ Adrian Hurtado, USAF RET., COL Douglas Baird, USA RET., AUX Mary Faber

December ANNIVERSARIES

Doris & Walter Stacy, Kathy & Thomas Robins, Linda & Kenneth Chapman, Susan & Lester Evans, JoAnn & Justin Curtis, Lois & Vernon Black, Willa & Fay James, Geri & John Whelen, Lee & Frank De Simone



*Ring out the old,
Ring in the new,
Ring happy bells across the snow;
The year is going, let it go;
Ring out the false, ring in the true,
Time for joy, time for play,
Wishing you a happy holiday.*

Alford Lord Tennyson

DON'T FORGET OUR TRADITIONAL CHRISTMAS GALA

Where: Madonna Inn, San Luis Obispo, CA

When: December 9th, 5pm Social, 6pm Dinner *

Name: _____

_____ # for Salmon x \$41 _____ # for Rib Eye x \$47

Mail to **Central California Coast Chapter MOAA, PO Box 5002, San Luis Obispo, CA 93403-5002**. Please mail your check and reservation to arrive on or before Monday, December 5th, or call, text or e mail Richard Ennes 805-610-3120 richardpat2@gmail.com or Ken Chapman 805-489-8214. Or make reservations via our Chapter website **www.calcoastmoaa.org**. Please try to mail **your checks so we do not have to take \$\$ at the door, thanks**

Christmas Gala \$ _____
2016 Member Chapter Dues \$25 _____
AUX Member \$15 _____
ROTC Awards Fund \$ _____

please make checks payable to "CCCC MOAA"

* Black tie or Dress Uniform

MILITARY OFFICERS ASSOCIATION OF AMERICA
Central California Coast Chapter
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MARK YOUR CALENDAR

EXCOM Mtg. Nov 29th@ 9:00 am

Christmas Gala, Dec. 9th, 5pm

All regular meetings and luncheons
are held at the Madonna Inn
in San Luis Obispo

Osteoarthritis of the Hand

What is osteoarthritis in the hand? there are many joints in the human hand. Joints in the hand are formed where two or more bones meet. In between the joints, we have a cushion called cartilage. Arthritis occurs when the cartilage between bones becomes thin or worn out. This allows the bones to touch and not move smoothly against one another. Arthritis in the hand may lead to pain, stiffness and loss of function.

What causes osteoarthritis in the hand? Osteoarthritis is caused by overuse, an injury to a joint or “wear and tear” on a joint. This may be present in all joints of the hand or only a few. Other factors that may contribute to osteoarthritis in the hand are age, gender and family history.

What are the symptoms of osteoarthritis in the hand? Stiffness, pain and weakness are some of the symptoms of osteoarthritis in the hand. Joints in the hand may also have a deep ache, be tender or warm to the touch, develop swelling or have a change in appearance, such as a bump. Osteoarthritis in the hand may make it difficult to perform activities, such as gripping or pinching.

What is the treatment for osteoarthritis in the hand? Osteoarthritis in the hand will be diagnosed by a doctor. Often an x-ray is taken to determine if there are changes to the joint surfaces. The doctor may prescribe anti-inflammatory medicine to help ease the discomfort. A referral to a hand therapist will also help to manage osteoarthritis in the hands. If pain and stiffness continue to be a problem, the doctor may recommend surgery.

What can a hand therapist do for me? A hand therapist is a great resource in the treatment of hand osteoarthritis. The main goal in hand therapy is to decrease pain and improve hand function. A hand therapist may suggest using heat to decrease joint stiffness and pain. An orthosis may be used to provide rest and proper positioning to painful joints. A hand therapist will provide instruction in the use of adaptive equipment and also provide a specialized home program to protect the joints, decrease joint stiffness and improve the ability to use the hand.



Central California Coast Chapter
Military Officers Association of America
P.O. Box 5002 San Luis Obispo CA 93403-5002

Dear Member,

1. Chapter dues for calendar year 2017 remain at \$25 per year for members and \$15.00 for auxiliary members. Please mail your dues and this letter to the address listed above or bring to the next luncheon. If you have already paid your dues we would appreciate a confirmation of your contact information and support to our scholarship program. Please note that chapter dues are separate and distinct from National MOAA dues
2. Help us keep our member information current by updating the information below to include your current email address. To save mailing costs, newsletters and other communications will be sent to your email address unless indicated below or you do not have email.
3. Our ROTC/Grizzly Academy Scholarship fund's current balance is \$318, and we normally give \$2,000 per year in scholarships. If you would like to help young men and women with their educational expenses, thank you for your support.

Member/Aux Dues \$25 / \$15 ROTC or Grizzly Donation \$ _____

Last Name: _____ **First:** _____

Address: _____

City: _____ **Zip** _____

Phone: () _____ **Cell:** () _____

E-mail: _____

Send MOAA Correspondence by US mail to P.O. Box 5002 San Luis Obispo CA 93403-5002

Pleas make checks payable to CCCC MOAA