

Central California Coast Chapter

MILITARY OFFICERS ASSOCIATION OF AMERICA

COASTAL CLARION

WWW.CALCOASTMOAA.ORG

PO Box 5002 San Luis Obispo, CA 93403-5002



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for 2020 - 2021**

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President's Message

Dear MOAA Members,

As 2019 comes to a close, our California Central Coast Chapter ends its 60th year, and now in our 7th decade, we're planning all new meeting schedule frequencies, dates, times of day and locations for our future meetings. The purpose of these changes is to meet the changing needs of our current Members, while also increasing the probability of engaging new Members, many of whom cannot attend meetings that are only held mid-day during the work week.

At this point, our Chapter exists solely to serve our Members and their families; however, without engaging the next generation of potential Members, we will not survive our 8th decade, and the comradery and fellowship that we inherited, will not be passed along to those who follow us. Change can feel disconcerting, and often seem threatening to some, so I'm asking that each of you feel free to contact me, or any Member of our EXCOM (contact info listed on the left side of this page) to share your thoughts and ideas regarding how we are doing in our stewardship of the Chapter.

As a reminder, our **Christmas Party** is this coming **Wednesday, December 18th**, and is being held at the **San Luis Obispo Country Club, starting at 11:30 AM**; if you haven't already done so, please remember to contact either Ken or Jim to confirm your reservations ASAP:

LtCol Ken Chapman (805) 489-8214 - kenchapman1989@gmail.com, or

Maj. Jim Hawkins (805) 226 8503 – pasohawk@charter.net .

Finally, accompanying this edition of the *Coastal Clarion* is your 2020 Chapter dues form. Please print the MOAA Chapter form, fill it out, and then return it, with a check for \$25. to LtCol Richard Enns at the Christmas Party, or mail it to P.O. Box 5002 San Luis Obispo, CA 93403-5002

Sincerely, *Capt. Dave*

Seeing a Physical Therapist (PT) First for Low Back Pain (LBP) Lowers Odds of Early and Long-Term Opioid Use

In an American Physical Therapy Association (APTA)-co-sponsored study, analysis of more than 200,000 commercial and Medicare Advantage insurance beneficiaries revealed what researchers describe as a “significant” pattern: Among patients seeking treatment for low back pain (LBP), those whose initial visit was with a PT, chiropractor, or acupuncturist decreased their odds of early opioid use by between 85% and 91%, and lowered their odds of long-term opioid use by 73% to 78% compared with those whose index visit was with a primary care physician.

www.apta.org/PTinMotion/News/2019/09/25/OptumStudyLBPOpioids/

Bob (PTA) & Margy (PT) Moynihan

Chaplain's notes December 2019

Friends sometimes ask me why I have such a positive attitude. Let me offer the following:

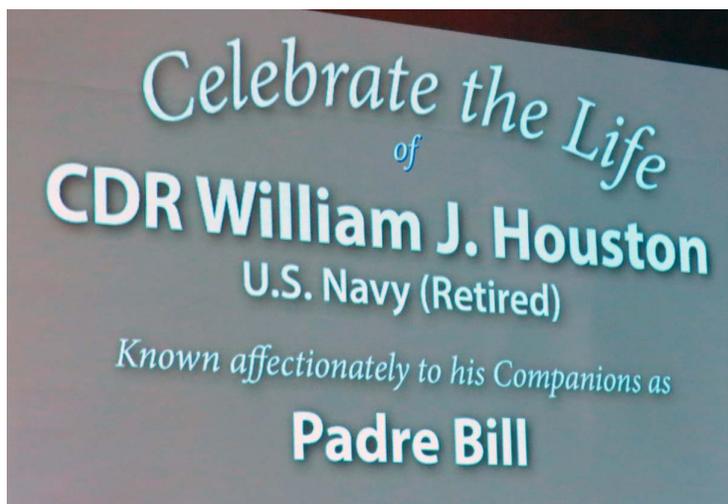
It's easy to look on the bright side when all is going well. But the really happiest folks are the one who can say when all is going wrong; that a little unhappiness must balance out the joys, so a bit of sadness has a place in the world, too.

Many years ago when our family had disintegrated, I was a teenager but consoled my Mother “Everything happens for the best.” When we thought we were at the end, we kept this thought first. We know that for life, and people and plants, there must be rain as well as sun. So we must accept both for our own survival.

For those of us with a positive attitude, our favorite season is always the one we're in. We must continue to look on the bright side, knowing that soon, the sun will shine on us again and the flowers will bloom! This requires something that might be missing in your life: Faith! Yes, faith is not easy to define, but without faith we have nothing. With faith, we have a caring and loving God who will pick us up and carry us when we have lost our way. When you think you are at that time and point in your life when everything is dark, and you think you have nowhere to turn, there is your faith, a faith in God to give you the physical and mental strength to carry on!

We are approaching one of the most important seasons of the Christian calendar: We look to December 25 as the birth of our Lord Jesus. There is perhaps no better time to reflect on your personal faith and an opportunity to renew and restore that faith! May God be always with you!

Photos from various MOAA Meetings in 2019





WEDNESDAY, December 18, 2019,
Joint MOAA/MOWW CHRISTMAS LUNCHEON

Where: Country Club, San Luis Obispo, CA
Time: 11:30 Social 12:00 Lunch & Program

Name _____

_____ #for Lunch _____ or (Veggie Plate _____

Please make your reservations by calling Ken Chapman
805-489-8214 OR Jim Hawkins 805-226-8503.
Or make reservations via our Chapter website
www.calcoastmoaa.org

Luncheon \$35 per person _____

Please make checks payable to "CCCC MOAA"
Business casual or wearing your uniform is encouraged.

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Central California Coast Chapter
Post Office box 5002
San Luis Obispo, Ca 93403

Mark Your Calendar

**MOAA/MOWW Christmas Luncheon,
Dec 18th - SLO Country Club
MOAA/MOWW Luncheon
Jan 28th - SLO Country Club**

**Central California Coast Chapter
Military Officers Association of America • Preamble**

The membership of the Central California Coast Chapter, Military Officers Association of America, in order:

- **To inculcate and stimulate love of our Country and our Flag;**
- **To defend the honor, integrity and supremacy of our National Government and the Constitution of the United States;**
- **To advocate military forces adequate to the defense of our country and to oppose any influence (whatsoever) calculated to weaken the National Security;**
- **To foster fraternal relations between all branches of the various services from which our members are drawn;**
- **To cooperate fully with the various active services in the dissemination of information to the public;**
- **To aid active and retired personnel of the various services from which our members are drawn, their dependents and survivors, in every proper and legitimate manner;**
- **To establish these, as the bylaws of the chapter.**