



# COASTAL CLARION

CENTRAL CALIFORNIA COAST CHAPTER  
 MILITARY OFFICERS ASSOCIATION OF AMERICA  
 POST OFFICE BOX 5002, San Luis Obispo, CA 93403-5002  
[www.calcoastmoaa.org](http://www.calcoastmoaa.org)



Volume 91 Number 66 Serving San Luis Obispo County Since 1959

March 2017

## President's Letter

Californiornia's Central Coast is an amazing place, with its Mediterranean weather, oceanic and palos verde scenery, historic Chumash, Spanish and European cultures, casual contemporary life style and welcoming people; we are all very blessed to live here. We can often take our splendid surroundings and life styles for granted . . . until we

encounter some change that we perceive as being too much or too little. Whether it's the weather, the people we encounter, our economic situation, our health, the health of those we care for, or simply the passage of too much or too little time, even in this amazingly wonder-filled place, the acceleration of change is our constant companion.

For the past few months our luncheon programs have dealt with a variety of opportunities for us to, "**continue to serve**". From exploring Veteran's programs that we can support through our individual or collective efforts, such as last month's **Mighty Oaks Warrior** presentation of a faith based approach to addressing port-traumatic stress syndrome (PTSD), to simply maintaining our monthly "call tree" for sustaining contact with our Chapter's members, the opportunity we each have, is the opportunity to "**continue to serve**".

Our Chapter's March luncheon will continue in a similar vein, in that we will have the opportunity to learn more about CAL-MOAA and our Chapter's responsibilities to participate within the California political system, a process that is core to our organization's purpose and its existence. Please review the enclosed flyer regarding California's taxation of military retirement pay.

Bottom line . . . change will happen . . . our responsibility . . . "**continue to serve**".

Sincerely, Capt. Dave

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**Jamie  
Presenting**

# Mighty Oaks Warriors Programs



**Jamie & David**



**Video end**

## **Benign Paroxysmal Positional Vertigo (BPPV)**

Benign paroxysmal positional vertigo (BPPV) is an inner ear problem that causes short periods of dizziness when your head is moved in certain positions. It is one of the most common types of vertigo, a spinning sensation in your head that can be very disturbing. It occurs most commonly when lying down, turning over in bed, or looking up.

BPPV occurs when pieces of calcium carbonate material (often called “ear rocks”) break off from a part of your inner ear (the utricle) and move to another part of the inner ear. When you move your head a certain way, the crystals move inside the canal and stimulate the nerve endings, causing you to become dizzy. The crystals may become loose due to trauma to the head, infection, conditions such as a Meniere disease, or aging, but in some case there is no obvious cause.

### **HOW CAN A PHYSICAL THERAPIST HELP?**

After a confirmed diagnosis following a series of tests, most people recover from BPPV with a simple but specific head and neck maneuver performed by a physical therapist. The maneuver is designed to move ear crystals from the semicircular canal back into the appropriate area of the inner ear (the utricle).

The most common treatment is called the Epley maneuver. The physical therapist shows you how to move your head through a series of 4 positions, with the head staying in each position for about 30 to 60 seconds. In the Semont maneuver, the body is rapidly moved from lying on one side to lying the other.

Depending on information from your test results, you might be asked to perform Brandt-Daroff exercises, which need to be performed several times per day for several days; however, these exercises have not yet been shown to be effective in clinical trials.

In a very few cases, BPPV cannot be managed with treatment maneuvers, and a surgical procedure called a “posterior canal plugging” may be considered--but that’s usually a last resort, and *rarely ever done*.

## Chapter Leadership

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## MARCH BIRTHDAYS

*COL Martin Craven, LTC Lou Stout,  
CDR Howard Hotchkiss, LTC William Frye,  
CDR Don Morris, LTC Gerrit Vanderziel,  
CDR Harald Bauer, LTC Joyce Humphreys,  
COL Kelly Fisher, CWO Pat Hedges,  
LTC Wayne Handshy*

## MARCH WEDDING ANNIVERSARIES

*Floy & Earl Gustafson,  
Lynn & Arthur Kishiyama,  
Sherry & Frank Root,  
Jaci & Keith Rhyne*

### Note new payment options

#### FRIDAY, F March 10th, 2017 - LUNCHEON

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

Name: \_\_\_\_\_

\_\_\_\_ # for Lunch (Chef's Choice) \_\_\_\_ or (Veggie Plate) \_\_\_\_\_

Please make your reservations by calling Richard Ennes (805) 227-7138. OR Ken Chapman 805-489-8214. Or make reservations via our Chapter website [www.calcoastmoaa.org](http://www.calcoastmoaa.org)

Luncheon \$25 per person \_\_\_\_\_

Member Chapter Dues \$25 \_\_\_\_\_

AUX Member \$15 \_\_\_\_\_

ROTC Awards Fund \$ \_\_\_\_\_

Please make checks payable to "CCCC MOAA"

Business Casual or wearing your uniform is encouraged.

**MILITARY OFFICERS ASSOCIATION OF AMERICA**  
Central California Coast Chapter  
Post Office Box 5002  
San Luis Obispo, CA 93403-5002

***MARK YOUR CALENDAR***

**EXCOM Mtg. Feb.28th @ 9:00 am**

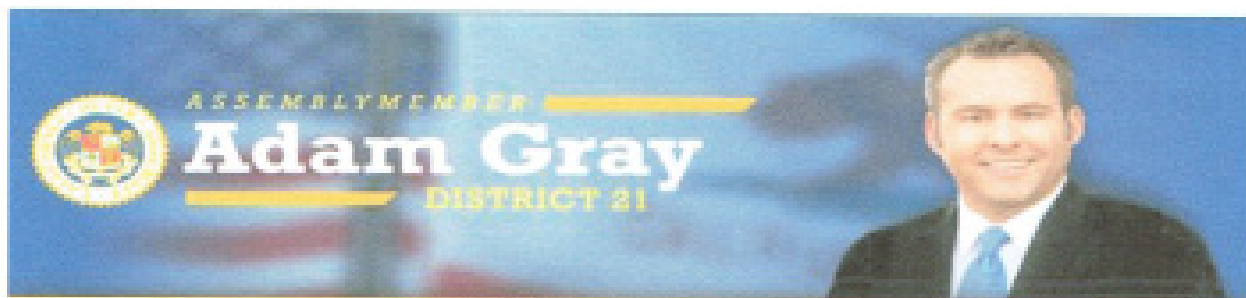
**Luncheon Mar.10th, 11:30 am**

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

**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.



## P R E S S   R E L E A S E

**ASSEMBLYMEMBER ADAM C. GRAY**

**21ST ASSEMBLY DISTRICT**

**For Immediate Release: February 13, 2017**

**Contact: Adam Capper – (916) 319-2021**

# Assemblyman Gray Introduces Service to Civilian Act

SACRAMENTO – Assemblyman Adam C. Gray (D-Merced) today announced the introduction of the Service to Civilian Act to assist retiring military servicemembers as they transition into civilian life.

“Despite having the nation’s largest veteran population, California’s policies are increasingly driving veterans out of the state,” said Gray. “Our policies are especially burdensome for newly retired, post-9/11 veterans just transitioning to civilian life.”

Unlike most other states, California provides no form of tax exemption for military retirement pay. Gray previously introduced legislation to fully exempt military retirement pay from the state income tax, but that measure stalled in the Assembly Appropriations Committee due to cost concerns.

“I continue to believe California should not balance its checkbook on the backs of veterans,” said Gray. “Military retirement pay should be fully tax exempt as it is in 20 other states. As we continue to make that case in Sacramento, the Service to Civilian Act is an important first step.”

The Service to Civilian Act would provide a depreciating tax exemption over the course of the first five years after a veteran retires from military service. The bill calls for 100 percent of military retirement pay to be exempt from state income tax in the first year of retirement, 80 percent the second year, 60 percent the third year, 40 percent the fourth year, and 20 percent the fifth year.

“Retiring from the service creates an incredible amount of uncertainty for military families,” continued Gray. “Newly retired veterans are less likely to have civilian employment or a place to live, and are more likely to struggle with post-traumatic stress and the lack of military structure.

The Service to Civilian Act will give our veterans a running start at a time they and their families need it most”.

*Assemblymember Adam C. Gray represents the 21st Assembly District which includes all of Merced County and portions of Stanislaus County.*