



The Eagle's Eye



January 22, 2011

Newsletter of the Gainesville, Florida Chapter of the Military Officers Association of America (MOAA)

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President's Message

Happy New Year! Thank you for the opportunity to serve as Chapter President. I regret a long standing vacation plan for a South American cruise prevented me from being present for the December investiture of our new Board. In any event, my thoughts were with you and my commitment to support our chapter objectives is steadfast.

I take this opportunity to thank Candy Gleason for her past two years dedicated service as Chapter President. She has introduced several initiatives to expand our veteran community service. 2011 presents many opportunities for us to continue these community service projects for active duty and veterans alike. I welcome your ideas and initiatives to enhance this goal. Additionally, I enjoin chapter members to invite qualified candidates to join us during the course of the year to participate in our Gainesville Chapter events to learn about regional MOAA activities. Perhaps this will lead to chapter membership growth.

Plans are unfolding for another exciting schedule of social activities. Keep watch for announcements in our Chapter Newsletter. Be involved, stay involved. Our chapter is counting on your support.

Carter



- **Support Our Veteran Community — See page 8 for Alachua County Veteran Awards Night on Saturday, 29 January.**
- **Send Your Reservation (page 2) for Our Chapter "Sweetheart Dinner" on Thursday, 10 February.**



Sweetheart Dinner



Date: February 10th (Thursday)

Piano Music

Location: Gainesville Country Club

Time: Social Hour with Open Cash Bar at 6:00pm, followed by Dinner at 6:30pm

Menu: Plated Dinner (Beef Tips or Chicken Marsala) with mixed green salad/sliced tomatoes, green beans almandine, rolls and butter, and Chef's dessert. Coffee, tea, and sodas included.

Name of Member/Spouse: _____

Number of Reservations: Beef Tips _____ Chicken Marsala _____

Total Amount Enclosed (\$21 per person): _____, or "**Charge to my GCC Account**"# _____

[We need reservations by Tuesday, February 8th in order to give the Club our final headcount — call Carter Nute at 335-1293 if you have any problem with this deadline]

Return this portion with your check payable to MOAA , To be received not later than February 8th.

(Clip)

Gainesville Chapter, MOAA

P.O. Box 142423

Gainesville, FL 32614-2423

Medical Corner: *Two Vexing Issues.*

- *Post Traumatic Stress Disorder (PTSD), Involves the “Young” Afghan and Iraqi Veterans.*
- *Agent Orange, Involves the Continuing Struggle of the “Not So Young” Vietnam Veterans .*

Study: 35 pct of Iraq Vets to get PTSD

[UPI Article]

MONTEREY, Calif. -- The Veterans' Administration should expect up to 35 percent of those serving in Iraq to seek post-traumatic stress disorder treatment, U.S. researchers say.

Michael P. Atkinson of the Naval Postgraduate School and Adam Guetz and Lawrence M. Wein, both of Stanford University, says the tempo of deployment cycles in the Iraq War is higher than for any war since World War II.

The study authors combined a dynamic mathematical operations research model with deployment data and PTSD data from the Iraq War, and estimate that the PTSD rate among Iraq War veterans will be approximately 35 percent -- roughly double the rate from the raw survey data.

The study, published in the journal *Management Science*, says this doubling is due to the time lag between the PTSD-generating event and the onset of symptoms and to the fact that many surveyed troops will do subsequent deployments.

Consequently, the VA system, which is already experiencing significant delays for PTSD treatment provision, urgently needs to ramp up its mental health resource capacity, the researchers say in a statement.

VA Sued Over PTSD Rule Change

[Military.com] by Bryant Jordan]

Three veterans' advocacy groups have filed suit against the Department of Veterans Affairs over a rule change making a diagnosis of post-traumatic

stress disorder solely the call of doctors who work for the VA.

The change was made earlier this year at the same time the VA eased rules on making a PTSD claim by allowing vets to simply document that they served in a war zone and explain what they did there.

That move was widely heralded by veterans' service organizations who criticized the VA for requiring vets to provide witnesses to a PTSD-inducing trauma or document their case with hard-to-find records.

But Richard Cohen, the executive director at the National Organization of Veterans Advocates, said that forcing vets to get a diagnosis of PTSD from VA doctors works against victims of the ailment. He filed a lawsuit against the VA with three other vet organizations in November to have the rules revised.

“Before this change, if you had a competent examination from a private examiner [that conflicted with] a competent exam from a VA examiner, the benefit of the doubt would go to the veteran,” Cohen said. “With the new regulation they could say they don't have to look at a private examiner now because they have one done by a VA examiner. And the preponderance of evidence then is against the claim.”

In congressional testimony leading up to the rule change, the VA argued that its doctors were more knowledgeable and better trained than non-VA doctors to recognize PTSD.

In the lawsuit, NOVA and co-plaintiffs Paralyzed Veterans of America and Veterans of Modern Warfare argue that the VA offered no proof beyond simply stating its expertise as fact.

But during a July news conference when the new PTSD rules were announced, the VA's under secretary for health rejected arguments that VA doctors would block legitimate PTSD claims.

“Our people are very desirous to get these benefits to the people that deserve them,” Dr. Robert Petzel said, according to a *New York Times* account of the conference.

Petzel also touted the VA clinicians' credentials, saying the department has “20,000 professionals who are excellent in handling this.”

Medical Corner: Agent Orange Involves the Continuing Struggle of the “Not So Young” Vietnam Veterans .



The
Da Nang Harbor
Report

**THE CONTAMINATION OF DA NANG HARBOR:
Blue Water Navy and Direct Exposure to Herbicides in Vietnam**

John Paul Rossie, MA, MS, MBA Wallace M. Ward, QE

Blue Water Navy Vietnam Veterans Association

PO Box 1035

Littleton, CO 80160-1035

www.BlueWaterNavy.org

Executive Summary

Presumption of exposure to herbicides in Vietnam provides almost all veterans of the Vietnam War with Health Care and Compensation from the Department of Veterans Affairs (DVA). This provides life-long medical benefits and lost income compensation to those who suffer disabilities from the complications related to herbicide exposure.

The largest group not receiving these benefits is personnel of the Navy, Coast Guard and Marine Corps who served offshore Vietnam during the period 1962 through 1975. Despite its charter to keep a constant vigil to protect all Vietnam veterans from newly discovered medical problems associated with herbicides, the DVA refuses to provide offshore personnel with their just benefits.

[Continued on next page]

Medical Corner: Agent Orange—Blue Water Navy Continued

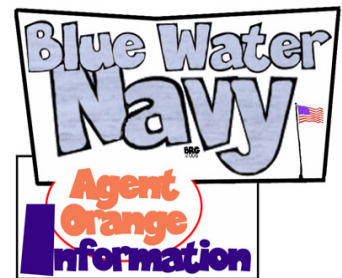
One of the chief modes of contamination by herbicides was inhalation of vapors before and after the herbicide was sprayed across the countryside of Vietnam. Under the right conditions, vapors were known to kill vegetation at extreme distances from the point of herbicide release. Ports, bays and harbors became collection points for the residuals of herbicide that washed from the inland country via rivers and streams to the sea.

Da Nang Harbor had additional herbicide input to its water, given that a major air base for the herbicide spraying project was less than a mile from the harbor's edge. Vast amounts of diluted and undiluted herbicides, along with their contaminants, entered the harbor waters at Da Nang. This provided a continuous replenishment of vaporizing herbicide, including Agent Orange and its byproduct dioxin, one of the most toxic substances known.

DVA appears to adhere to a biased treatment of offshore personnel, taking any opportunity to deny those benefits related to exposure to herbicides and their contaminants. In open public comments, senior DVA staff has stated there is no scientific or medical evidence, thus no justifiable reason, for withholding those benefits. In Update:2008, the Institute of Medicine (IOM) reviewed existing medical and scientific information on the issue of separating offshore personnel from their herbicide-based benefits and reported in strong and direct terms that offshore personnel should be included in presumptive exposure to herbicides as is applied to personnel who served on land in Vietnam. In a blatant irrational move, the DAV chose to ignore the IOM recommendation. They chose to lock out offshore personnel from receiving those benefits for at least two years by ordering an unneeded and redundant study of the relationship between herbicides and offshore personnel.

This paper presents data that clearly shows the logical and robust medical and scientific data that begs acknowledgment by the DVA of the inevitable exposure of offshore personnel to the illnesses related to exposure to herbicides and their contaminants when they were situated in Da Nang Harbor.

Go online at www.BlueWaterNavy.org for the full report and much more.



Elvis Trivia

Aloha from Hawaii is a music concert that was headlined by Elvis Presley, and was broadcast live via satellite on January 14, 1973. It was the most watched broadcast by an individual entertainer in television history. The concert took place at the International Convention Center-

Arena in Honolulu and aired in over 40 countries across Asia and Europe (who received the telecast the next day, also in primetime). Despite the satellite innovation, the United States did not air the concert until April 4, 1973 (the concert took place the same day as Super Bowl VII). The show was the most expensive entertainment special at the time, costing \$2.5 million.

Legislative Update

Walt Visniski (CDR, USN Ret)

The post-election session (lame-duck) of Congress did pass some legislation of direct concern. As in recent actions, many of the details of the legislation are NOT known, so I will mention the major impacts. Firstly, the federal income tax was NOT increased, and the tax (for most people) will stay the same. Reduction of Medicare fees for doctors was delayed for this year to be dealt with later. NO increase in Medicare premiums (but no cost-of living COLA adjustment). Homosexuals will be allowed to serve openly in the military services, details yet to be worked out. The START treaty was approved which will reduce our nuclear capability, in return for some nuclear reduction by Russia.

The November elections have made major changes in Congress with Republicans now in the leadership. In our district, Cliff Stearns, a military veteran, was re-elected, but members of congress with military experience continue to decline. In the new Senate there are 25 veterans including four military retirees. In the new House there are 87 veterans (20% of vote) of which ten are military retirees. Several legislators that have been great advocates and supporters of the military were not re-elected, including Congressman Ike Skelton of Missouri, Chet Edwards of Texas, and Senator Blanche Lincoln of Arkansas, all of whom have received MOAA awards for their Congressional leadership. Ike Skelton has been a great friend of the military as chairman of the House Armed Services Committee, but I can say from personal experience, that his replacement, Congressman "Buck" McKeon (R-Ca), is a friend of, and advocate for, a strong military.

On January 6th, Secretary of Defense Gates, outlined an ambitious plan of cuts from the defense budget. Gates told reporters that health costs are "eating the Department alive". He said the FY2012 budget will propose "modest" increases in fees for retirees, and pro-

poses *adjusting* those fees every year at the rate of medical inflation.

MOAA reserves judgment on what constitutes "modest" increases until numbers are revealed. In 2007 and 2008 Gates proposed increasing fees by \$1000 to \$2000 per year, and MOAA calls that "well outside the accepted meaning of the term".

Because of the great expansion of the federal government and our increased national debt, it appears inevitable that cuts are coming. MOAA's position on increase in health care fees appears to be that "the percentage growth in military health fees should not exceed the percentage growth in retired pay." NOTE: Secretary Gates proposes adjusting (increasing) fees at the rate of *medical inflation*, while MOAA would consider adjustment not to exceed growth in *retired pay*. I would support the latter. How about you?

It is important for YOU to contact your legislators about these issues that will affect your health, welfare, and standard of living. Personal contact is best, but we can't all get around to that. It is EASY to send in the post cards and E-mail messages that MOAA supplies-and we ALL need to do that when called upon.

Chapter Board Meeting

Date: Tuesday, 8 February

Time: 7:30PM

Location: Queen of Peace Church, 10900 SW 24th Avenue [Enter the Church, and follow meeting signs to the right]

All Members, Auxiliary Members, and Spouses are welcome.

Support Our Veterans!!

SIXTH ANNUAL

VETERANS AWARDS NIGHT

SATURDAY - JANUARY 29, 2011

*Univ. of Florida Hilton Conference Center
1714 SW 34th Street*

6:00 PM: RECEPTION AND DANCING MUSIC BY THE FABULOUS MISTER "T"
(EDDIE THOMAS)

7:00 PM: A BRIEF PROGRAM FOLLOWED BY A SIT DOWN DINNER:CASH BAR

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RAFFLE: GOURMET GIFT BASKET BY LATINI OF MIAMI
SILENT AUCTION BY DICK DAVIS WITH GATOR SPORTS STUFF,
WINE, AND OTHER GIFTS

The difference between organic foods and their traditionally grown counterparts.

By Mayo Clinic staff

You're in a bit of a dilemma standing in front of the produce section of your local supermarket. In one hand, you're holding a conventionally grown apple. In your other hand, you have one that's labeled organically grown. Both apples are firm, shiny and green. Both provide vitamins and fiber, and both are free of fat, sodium and cholesterol.

The conventionally grown apple costs less. But the organic apple has a label that says "USDA Organic." Does that mean it's better? Safer? More nutritious? Get informed and be better prepared for your next trip to the supermarket.

Conventional vs. organic farming

The word "organic" refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices are designed to encourage soil and water conservation and reduce pollution. Farmers who grow organic produce and meat don't use conventional methods to fertilize, control weeds or prevent livestock disease. For example, rather than using chemical weed killers, organic farmers may conduct sophisticated crop rotations and spread mulch or manure to keep weeds at bay.

Here are other differences between conventional farming and organic farming:

Conventional	Organic
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray insecticides to reduce pests and disease.	Use beneficial insects and birds, mating disruption or traps to reduce pests and disease.
Use chemical herbicides to manage weeds.	Rotate crops, till, hand weed or mulch to manage weeds.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.

Organic or not? Check the label

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled and processed.

Any farmer or food manufacturer who labels and sells a product as organic must be USDA certified. Only producers who sell less than \$5,000 a year in organic foods are exempt from this certification; however, they're still required to follow the USDA's standards for organic foods.

If a food bears a USDA Organic label, it means it's produced and processed according to the USDA standards. The seal is voluntary, but many organic producers use it. Products certified 95 percent or more organic display this USDA seal.



Products that are completely organic — such as fruits, vegetables, eggs or other single-ingredient foods — are labeled 100 percent organic and can carry the USDA seal.

Foods that have more than one ingredient, such as breakfast cereal, can use the USDA organic seal and the following wording, depending on the number of organic ingredients:

100 percent organic. To use this phrase, products must be either completely organic or made of all organic ingredients.

Organic. Products must be at least 95 percent organic to use this term.

Products that contain at least 70 percent organic ingredients may say "made with organic ingredients" on the label but may not use the seal. Foods containing less than 70 percent organic ingredients can't use the seal or the word "organic" on their product labels. They can include the organic items in their ingredient list, however.

Do 'organic' and 'natural' mean the same thing?

No, "natural" and "organic" are not interchangeable terms. You may see "natural" and other terms such as "all natural," "free-range" or "hormone-free" on food labels. These descriptions must be truthful, but don't confuse them with the term "organic." Only foods that are grown and processed according to USDA organic standards can be labeled organic.

High expectations are the key to everything.

Sam Walton

2011 Officers and Directors

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-Chaplain - Jay Lauer (LCoL,
USAF Ret) (352) 372-5517

CALENDAR OF EVENTS FOR 2011

Chapter Social Functions and Meetings

- **Thursday, 10 February 2011— Sweetheart Dinner (Valentine's Event), at Gainesville Country Club. Social Hour: 6:00pm—Dinner: 6:30pm**
- **Monday, 2 May — Cinco de Mayo Dinner at Mexico Lindo Restaurant. Social Hour: 6:00pm—Dinner: 6:30pm**
- **June — Joint Member/Spouse Luncheon — Date/Details TBA**
- **July/August — no events.**
- **October — Joint Member/Spouse Luncheon — Date/Details TBA**
- **Friday, 11 November— Veteran's Day Picnic, at Ginnie Springs at 2:30pm**
- **Thursday, 15 December—Holiday Dinner, at Gainesville Country Club. Social Hour: 6:30pm— Dinner: 7pm**

Military Officer's Wives (MOW) 2011

Social Hour 11:30am— Lunch 12pm

- **Tuesday, 25 January— Military Officers Wives (MOW) Luncheon-Gainesville Country Club [Fisher House Presentation]**
- **Tuesday, 22 March — Military Officers Wives (MOW) Luncheon—Gainesville Country Club**
- **Tuesday, 31 May — Military Officers Wives (MOW) Luncheon—Gainesville Country Club**
- **Tuesday, 25 October — Military Officers Wives (MOW) Luncheon—Gainesville Country Club**

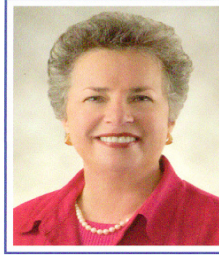
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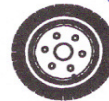
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