



One Powerful Voice.

Citrus County Chapter

Leaders Proud to Care and Ready to Share

Happy New Year

Volume 23, Issue 5

January 2010

“Lean on Me”

COL Sharon I. Richie-Melvan, USA (Ret)



As we begin the 2010 New Year, my heart is filled with thanksgiving and gratitude for our 2009 blessings and great anticipation for the grand and glorious blessings coming our way. Our number one blessing would have to be our brothers and sisters now serving our country with no better example than our installation

key note speaker, COL Sean Mulholland. His talk at our December 5th dinner reminded me of why I joined the military in the first place, why I loved every minute serving and why I now devote my life to supporting my military family on active duty, in the reserves and those now retired. COL Mulholland introduced us to four of his charges with pride and love in his heart, caring in his attitude and a crystal clear dedication to accomplishing his mission. Clearly he is a great military leader and our MOAA chapter is honored to offer COL Mulholland and each of his Combined Joint Special Operations Task Force members (Green Berets, Navy Seals and Marine Special Ops) our full support wherever they are serving. He will stay in touch with us and let us know when and where we can be of help.

In the meantime I look forward to another year of serving, fellowshiping, and partying with my current MOAA family members and welcoming new folks into our fold. Thanks to Agnes Kearns’s leadership and connections, we will host our January 7th joint luncheon at the Inverness Women’s Club. We look forward to a VA update from JJ Kenney on that day.

Thanks to Ron Researe, we have a MOAA group reservation (front row seating) for the Hudson Dinner Theater to see the musical “Sweet Charity” on April 29th (\$42 / person). Mark the date and plan to join us there and at our MOAA Chapter spring picnic (the Melvan home) which will be Sunday, March 28th. Looking at the calendar that might seem early for a spring picnic but we are trying to space out all of this fun. Check our speaker schedule and plan to join us for our February through May meetings the first Thursday of each month.

I recently talked with a newly retired senior military officer about some of the personal and professional challenges of transitioning from a military life to the civilian world. I shared a major life lesson that still reverberates with me today. There are six main attitude / value systems (theoretical, utilitarian, individualistic, aesthetic, social and traditional) in the world. Each of us must know which of these values (usually 2-3) speak to our own heart and then find a job and people who support those values. If not, you could find yourself in an unsatisfying job surrounded by people who don’t understand you. It’s not that they don’t like you; they just don’t share your set of values. Since retiring I learned that my joy comes from serving others (like other healthcare professionals) and adhering to a higher purpose (like military members). Ensuring that my personal and professional work efforts speak to these values means that my heart can sing with everything that I do. I wish the same for each of you in the coming year.

I continue to be honored that you “Lean on Me,” lean on each other and loudly proclaim our chapter motto, “Leaders . . . Proud to Care and Ready to Share.”

Sharon

Our 2010 officers, board of directors and staff members being sworn.



2009 OFFICERS AND BOARD OF DIRECTORS

Meeting Minutes of December 5, 2009

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The Military Officers Association of America, Citrus County Chapter annual Installation Dinner was held at the Citrus Hills Golf and Country Club, in Hernando, Florida on December 5, 2009.

This chapter's formal ceremonial table, with bunting, rear banner and chapter colours were assembled in the front center of the room. There was a decorated wine and cheese table with a carved melon. The traditional chocolate cake was displayed at the table along with cut pieces of apple pie. All tables had a decorative military helmet/flowers centerpiece.

The wine and cheese bar opened at 1730. This allowed members and guests time to socialize before the dinners beginning.

At precisely 1830 President Sharon Richie Melvan called the Installation Dinner to order. There were 51 in attendance.

MOAA Chaplain, The Reverend Frederick C. Ohsiek II gave the invocation and led in the pledge of allegiance to the American Flag.

Sharon recognized our guests Sean Mulholland and his wife Andrea, Marge Blunk's sister Jan Torppa (escorted by Bob Truax), Christiane Blake's friend Doris and Sharon's own Godchild Tania Kilian who is visiting from London.

Sharon then welcomed the following Auxiliary members:

1. Auxiliary member, and member Board Of Directors Emmy Hubbartt
2. Auxiliary President Louise Maroc Hogburg
3. Auxiliary Vice President Cynthia Resare, Esq.
4. Nedra Barber
5. Public Affairs Officer Agnes Kearns
6. Christiane Blake
7. Butch Schultz

Sharon then recognized the following TROA/MOAA charter members:

1. Bob and Mary England. (Oldest documented charter member)
2. Jud and Barbara Lincoln. (Jud is a former president of TROA and could not attend due to illness)
3. Tom and Joyce Marr

Sharon welcomed Virginia Tricca back from a successful hip replacement recovery.

Sharon said that outgoing Vice President Hank Butler could not attend. Hank is also president of the Korean War Veterans Association and they were holding their annual December military ball the very same evening.

Sharon presented decorated wine bottles and ornamental wall hangers to: Secretary Gary E. Runyon, Treasurer Tom Green, Newsletter Editor Richard Penfold (not attending), Web page manager Michael Melvan and Legislative Officer Tim Holme.

Sharon recalled some of our chapter's achievements during the past year. Our chapter won the coveted 5 Star award and will formally receive the award probably in April. Our chapter won a MOAA Communications Award. Bob Truax managed our Chapter's efforts in another successful Veteran's in the Classroom program. Our chapter participated vigorously as parade marshals for this years Veteran's Day Parade. Admiral McLeod coordinated his perennially successful Veterans Day ceremony at the court house.

Sharon also noted that the City of Inverness was selected as the National Patriotic City of the year by the 40/8 Veterans Association.

Sharon suspended the remainder of the formal meeting with no treasurer's and secretary's report so that the members could dine.

The members dined on either London broil or broiled tilapia with ice cream, chocolate cake and apple pie for desert.

At 1850, the meeting was recalled to order for the installation ceremony.

Sharon said there was a wooden money house for donations to buy a van for transporting Citrus County veterans for their medical appointments.

Sharon thanked MOAA member Kathe Echlin (who is also a Citrus County DAR member) for the helmet/flower centerpieces that were created by the local Daughters of the American Revolution chapter.

Sharon introduced the guest speaker, COL Sean Mulholland, USA. Colonel Mulholland is an active duty Army special forces member. Colonel Mulholland attended Catholic University, enlisted in the Army, then went to OCS and obtained his

Minutes (Continued on Page 3)

commission. He became a Ranger and was an original member of the elite Delta Special Forces team. He attended the Naval War College and worked for the CIA on a fellowship. He took command of the 7th Special Forces Group on December 7, 2007. His wife, Andrea, is a nurse.

Colonel Mulholland commanded 5,000 soldiers in Afghanistan and trained over 15,000 Afghans to assume their military responsibilities in defending their homeland. He spoke of his policy of "Remember the People." He kept an Excel list of every soldier's wife who was expecting a child. He always made sure that the soldier took leave to witness the birth. Combat is important but people count too.

Colonel Mulholland spoke of four special forces soldiers who inspire him:

1. Romney Camargo was paralyzed from the neck down as the result of a five-hour fire fight. The wounded Romney's first concern was "How's my troops?"

2. Captain Ivan Castro was blinded by a mortar. Rather than quit, he fought back and will now be the first and only blind Major in the Army. He is an Executive Officer.

3. Staff Sergeant Dave Ninias was riding in a vehicle filled with gas containers when it was fire-bombed and burst into flames. Although he had lost both legs, he remained in the vehicle to throw out the remaining gas containers so more of his troops would not be hurt. He died and was awarded the Silver Star.

4. Richard Cliffs was one of the soldiers who got to go home to visit his wife during childbirth. He was later killed-in-action. When Colonel Mulholland later met his widow, she told him that the last picture she had of her husband was one of him and his newly born child.

Concluding his prepared remarks, Colonel Mulholland ordered the secretary to assemble the newly elected officers.

The following officers were assembled front and center:

- President: COL Sharon I Richie, USA (Ret)
- Vice President: CAPT Tim Holme, USN (Ret)
- Secretary: LCDR Gary E. Runyon, USN (Ret)
- Treasurer: COL. Tom Green, USA (Ret)

Directors beginning second year of current term:

- RADM Carlton McLeod, USN (Ret)
- CDR Robert Truax, USN (Ret)
- LTC Marge Blunk, USA (Ret)

Directors beginning first year of new term:

- CDR Richard H. Lee, USN (Ret) (absent)
- CDR Ronald A. Resare, USN (Ret)
- Mrs. Emmy Hubbartt, AUX

- Legislative Officer: CAPT Tim Holme, USN (Ret)
- Chaplain: The Rev Frederick C. Ohsiek II
- Newsletter Editor: CW4 Richard Penfold, AUS (Ret) (absent)
- Web Master: Mr. Michael Melvan
- Public Affairs Officer: Mrs. Agnes Kearns, AUX

Colonel Mulholland gave the oath of office to the assembled officers. The newly installed officers then took their seats.

President Sharon Richie-Melvan thanked Colonel Mulholland for his remarks and for installing the officers. She presented him with a crystal paperweight.

The meeting was adjourned at 2115.

Respectfully Submitted,

Gary E. Runyon
Secretary

Abbreviated Treasurer's Report
For the January 2010 Newsletter

General Fund	
Opening Balance:	\$ 4023.19
Receipts:	\$ 84.00
Disbursements:	\$ 53.75
Balance:	\$ 4053.44(1)
Community Service Fund	
Opening Balance:	\$ 1237.35
No Activity	
Balance:	\$ 1237.35(2)
Petty Cash Fund	
Opening Balance	\$ 20.10
No Activity	
Closing Balance:	\$ 20.10
Wise CDs and Interest:	(\$5211.89)(3) \$ 2336.47
Grand Total:	\$ 7647.38

- (1) Includes \$2875.42 of Maurice Wise Scholarship Funds.
- (2) General Fund owes Community Service Fund \$107.82
- (3) Current Value of Scholarship Fund



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LUNCHEONS



Joint MOAA and MOAA Women

The women of MOAA will be hosting the joint Potluck January luncheon at the Inverness Women's Club, Forest Avenue, Thursday, January 7, 2010 at 1200 hours. Our own JJ Kenny, Citrus County Veterans Affairs Officer will be our guest speaker.

Please bring a potluck of your choice and allow time to hear JJ's fountain of knowledge and answering questions.

We will begin at 1200 with appetizers and wine. RSVP: Agnes Kearns: wkearns@tampabay.rr.com or Louise: Aussie90@tampabay.rr.com or 637-5898

Chapter Calendar of Upcoming Events:

Thursday, January 7. **Joint Potluck Meeting** Inverness Women's Club 1130 hrs. Speakers topic **VA Update**

February 4. Meeting Emperor's Garden 1130 buffet lunch; 1215 hrs meeting

March 4. Meeting Emperor's Garden 1130 buffet lunch; 1215 hrs meeting

April 1. Meeting Emperor's Garden 1130 buffet lunch; 1215 hrs meeting

April 29. Front row seating at the Hudson Dinner Theater for the musical "Sweet Charity". Tickets are \$42.00 per person. More information in next months newsletter.

May TBD. **Joint Meeting & Bud Wise Scholarship Luncheon** Place: TBD

May 21-23. **FL Council of MOAA Chapters Convention** Crowne Plaza Hotel Fort Myers, FL; POC: Jim & Dottie Conner 239-542-5627 Calusa Chapter





Secretary's Notes

LCDR Gary Runyon, USN (Ret)

I'd like to welcome aboard our newest MOAA chapter member, LT Merrily Le Vee, USNR NC (Ret). Merrily also helped us this year as an instructor for the Veterans in the Classroom Program.

Auxiliary member, Jane Noyes will be leaving our county. Jane recently fell and was hospitalized. She will be moving to Texas to live with her brother. Jane was a regular attendee of our annual Dinner Theatre presentation.

Don't forget that our January meeting will not be at its usual place at the Emperor's Garden. Rather, it will be a joint meeting between the MOAA general members and the MOAA Auxiliary members at the Inverness Women's Club. The meeting will take place Thursday, January 7 starting at 1130. This will be a Joint Potluck Meeting and will be hosted by the MOAA Women. JJ Kenney will speak about various VA topics.

Happy New Year and don't forget that New Year's Eve has a blue moon this year.



Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.

Theodore Isaac Rubin



Legislation News for January



Tim Holme

Capt, USNavy (Ret)

Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things.

Winston Churchill

On 5 December, I had the distinct honor of being installed as the new Vice President of our chapter while simultaneously being reinstated as our chapter's Legislation Officer. This means that, while spending the next year absorbing as much as I can of the lessons from our chapter President and the Board, I will have the pleasure of continuing to offer news and the "criticism" whose value was so clearly identified by Winston Churchill. In past columns I have offered suggestions regarding how we can stay up to date on what's going on in Washington that affects us. Logging on to the MOAA web site and checking the Library of Congress "Thomas" web site for example. Allow me to offer an additional source. For those of us who have succumbed to the social networking site Facebook, there is another source. MOAA posts breaking news on Facebook and all you have to do is choose to "become a friend of MOAA" and those posts will arrive on your home page automatically.

Senate Approves Family Caregiver Bill

"On November 19th, the Senate unanimously approved S. 1963, the Veterans Omnibus Health Services Act of 2009, a Major MOAA goal." This announcement, available to everyone on MOAA's web

site, came to me via the Facebook connection I mentioned in the opening paragraph. According to MOAA, "[t]he legislation will alleviate some of the heart-wrenching situations families of wounded warriors have encountered. Many caregivers have been forced to quit their jobs, deplete their savings and retirement accounts, give up their own health care benefits, or become destitute as a result of caring for their wounded servicemember or disabled veteran."

The Senate caregiver bill contains more extensive provisions than the House bill, H. R. 3155 and MOAA asks each of us to contact our legislators asking them to support the provisions of the Senate bill when the bills go to Conference Committee to resolve the differences. To do this, go to MOAA's web site and select "Action Alerts" under "Legislative Action" and "Issues and Updates". Better yet, sign up for "Action E-List", if you haven't already, on the same page.

Senator Patty Murray, D-Wash Plans Legislation to Support Veterans' Employment

According to an article I found buried on page 27 in the Dec 6ths Tampa Tribune, Senator Patty Murray, a senior member of the Senate Veterans Affairs Committee, is working on legislation that would provide additional employment training and support for unemployed veterans and establish a program to help veterans start their own businesses. "Murray's bill would provide grants to states that establish Veterans Conservation Corps to employ veterans to restore natural habitat, maintain local forests and parks, and improve storm water facilities." Because this is not actually a bill yet, it cannot be researched or followed on MOAA's web site. However, if the outline of the prospective legislation interests you, sending an e-mail or letter to Senator Murray could help move it along.

From the Office of Congresswoman Ginny Brown-Waite

Mark your calendars for Congresswoman Ginny Brown-Waite's annual Hernando County Veterans Benefits Resource Fair. This year's fair will take place on Saturday, January 30th from 10:00 am to 1:00 pm at Nature Coast Technical High School (4057 California Street, Brooksville, FL 34609). It is a great opportunity for both 5th district veterans and organizations which work with veterans to learn about valuable resources which are available to them.

If you would like more information about the above information, please visit [her] website at brown-waite.house.gov or call [her] office toll-free, 1-866-492-4835.

**Congresswoman Ginny Brown-Waite (FL-05)
Citrus County MOAA
January Newsletter Submission**



(This is always an extremely well attended event and provides an excellent opportunity for our Chapter to spread information about who we are and why current and former commissioned officers should join our organization and support our programs and goals. See the following paragraph.)

The Coming Health Care Threat

On Thursday, December 11th, I received a long letter from MOAA's President VADM Norb Ryan regarding pending health care reform. As one would expect, it is carefully non-partisan but it also raises some serious concerns. The concerns are not so much for the present as they are for the future. VADM Ryan argues that proposed cost saving measures "is things most of us would probably push to consider if it were our own money paying for them (which it actually is)." The problem, he continues, comes when "baby boomers start swamping Medicare and Social Security in the next few years". When that happens, he says, Congress will have to begin looking at more "painful ways" to fund the expenditures. Read "taxes". Much of the ongoing debate over health care reform has nothing to do with the need for reform. Rather, it has to do with what kind(s) of reform and how such reform will be funded. What bothers me, frankly, is a question of ethics. For example, if I were to offer money to a member of Congress to influence a vote, it clearly would be considered an attempted bribe and I would be headed for jail, but if a member of Congress is offered money for a pet project that, otherwise, would never be funded in exchange for that Congressman's vote, it's perfectly ok? Again, If AARP, which claims to look out for the interests of people over 50, throws its support behind a proposal to pay for health care reform by taking money away from Medicare (Medicare Advantage), which will force those same people to now buy more expensive medigap insurance (which AARP just happens to sell for a major share of AARP's profit) is that ethical?

These are questions that only illustrate how complex the current debate really is. We have to be willing to read between the lines and decide for ourselves what matters most. To help us do this, MOAA stands ready. In his letter, VADM Ryan says "MOAA is already preparing for a major battle . . . to make sure our government leaders in both the Executive and Legislative Branches understand the important distinction between social insurance programs like Medicare and Social Security and earned compensation for a career of arduous military service and sacrifice". We need to join that battle.

Legislation Watch List

S. 1390 and H.R. 2647 FY2010 Defense Authorization Bill

As this is being written, (13 Dec), the final version of the FY2010 Defense Authorization Bill remains to be passed. It is being held hostage so that members of Congress can continue to append earmarks to this "must pass" piece of legislation. Unfortunately, this has become almost "standard practice". Members of Congress recognize that certain pieces of legislation are ultimately going to pass. Accordingly, many members see this as the perfect opportunity to add amendments that have absolutely nothing to do with the basic legislation. Rather, it gives them the opportunity to "bring home the bacon" to their constituencies. In this way, hundreds of millions of dollars are appropriated for pet projects that would never survive serious debate. This "you scratch my back and I'll scratch yours" is a practice of Congressional courtesy that has existed for years and is rarely addressed in any school civics course. Is it possible that, if it were more widely discussed, it might cease to be as common? I doubt it, but perhaps some day the earmarks would have to have at least some relevance to the basic legislation.



Items of Interest:

Improved Security Changes for the myPay User

Valued myPay Customer,

DFAS has implemented new myPay access requirements to increase the security of user information. This change requires that you establish a new user name (login ID) and password.

Customized login IDs and passwords will allow you more flexibility and opportunities to increase the security of your personal information.

When logging into myPay the first time following implementation of the new security enhancements, you will be allowed to use your existing login ID and PIN and will be prompted to change your login credentials.

New login IDs will require six to 129 alphanumeric characters that will be unique to one user only. If you attempt to create a login ID that has already been established you will be prompted to create a different login ID.

Login IDs must meet the following requirements:

- * No less than six and no more than 129 characters.
- * Cannot be nine numbers only (prohibits use of a SSN as a login ID).
- * May contain alphabetic (letters) and/or numeric characters and may also contain the following special characters: @ (at sign), _ (underscore), - (dash), . (period), ` (apostrophe)

You will be required to establish a password to accompany your customized login ID. Passwords must be no less than eight and no more than 15 characters.

Passwords will be created by each user and must meet myPay standards:

- * No less than eight and no more than 15 characters.
- * May not include the last four numbers of the user's Social Security number.
- * May not match the user's login ID.
- * May not match any of the user's previous 10 passwords for myPay access.
- * Must contain at least one letter and one number.
- * Must contain at least one of 10 special characters.

If you have established a Restricted Access PIN, you will also be prompted to establish a limited access login ID and password using the same requirements.

Use of the myPay interactive voice response system, which allows telephone access to certain pay information, may still be entered using the Social Security number and myPay PIN.

While this security enhancement is intended to help keep your information secure and prevent unauthorized access to pay accounts, DFAS encourages you to take appropriate actions to keep your login IDs and passwords private. This can include storing them in a lockable and secure place, memorizing them and destroying any written record, and not sharing them with anyone.

Questions regarding this myPay change may be directed to the Centralized Customer Support Unit toll free at 1-888-DFAS411 or 1-888-332-7411, commercial (216) 522-5096, Defense Switching Network (DSN) 580-5096 (7:00 A.M - 6:30 P.M. / Eastern time).

VIET NAM INFO SITE

This is a keeper site for information on Viet Nam.

<http://www.cc.gatech.edu/fac/Thomas.Pilsch/Vietnam.html>

Veteran Information and Sources

Here is a huge list of online information sources for veterans. Covers everything from VA home loans to disability appeals. Save or print for reference. Pass it on.

Now print this out so you know where to send your old vet friends. ALL VETS SHOULD COPY THIS. Someone has gone to much trouble. If this helps one person, then it was worthwhile. Pass on to all veterans! Below are web-sites that provide information on Veterans benefits and how to file/ask for them. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because they won't tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you -- and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests.

Appeals http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc

Board of Veteran's Appeals <http://www.va.gov/vbs/bva/>

CARES Commission <http://www.va.gov/vbs/bva/>

CARES Draft National Plan <http://www1.va.gov/cares/page.cfm?pg=105>

Center for Minority Veterans <http://www1.va.gov/centerforminorityveterans/>

Center for Veterans Enterprise <http://www.vetbiz.gov/default2.htm>

Center for Women Veterans <http://www1.va.gov/womenvet/>

Clarification on the changes in VA healthcare for Gulf War

Veterans <http://www.gulfwarvets.com/ubb/Forum1/HTML/000016.html>



Classified Records - American Gulf War Veterans Assoc <http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html>

Compensation for Disabilities Associated with the Gulf War Service http://www.warms.vba.va.gov/admin21/m21_1/part6/ch07.doc

Compensation Rate Tables, 12-1-03 <http://www.vba.va.gov/bln/21/Rates/comp01.htm>

Department of Veterans Affairs Home Page <http://www.va.gov/>

Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>

Disability Examination Worksheets Index, Comp <http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>

Due Process http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc

Duty to Assist http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc

Electronic Code of Federal Regulations <http://www.gpoaccess.gov/ecfr/>

Emergency, Non-emergency, and Fee Basis Care <http://www1.va.gov/opa/vadocs/fedben.pdf>

Environmental Agents <http://www1.va.gov/enviragents/>

Environmental Agents M10 http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002

Establishing Combat Veteran Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315

EVALUATION PROTOCOL FOR GULF WAR AND IRAQI FREEDOM VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU)

<http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC> and http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158

See also, Depleted Uranium Fact Sheet <http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc>

EVALUATION PROTOCOL FOR NON-GULF WAR VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU) <http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC>

Fee Basis, PRIORITY FOR OUTPATIENT MEDICAL SERVICES AND INPATIENT HOSPITAL CARE http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=206

Federal Benefits for Veterans and Dependents 2005 <http://www1.va.gov/opa/vadocs/fedben.pdf> OR, http://www1.va.gov/opa/vadocs/current_benefits.htm

Forms and Records Request <http://www.va.gov/vaforms/>

General Compensation Provisions http://www.access.gpo.gov/uscode/title38/partii_chapter11_subchaptervi.html

Geriatrics and Extended Care <http://www1.va.gov/geriatricsshg/>

Guideline for Chronic Pain and Fatigue MUS-CPG http://www.oqp.med.va.gov/cpg/cpgn/mus/mus_base.htm

Guide to Gulf War Veteran's Health <http://www1.va.gov/gulfwar/docs/VHIGulfwar.pdf>

Gulf War Subject Index <http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A>

Gulf War Veteran's Illnesses Q&As <http://www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf>

Hearings http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch04.doc

Homeless Veterans <http://www1.va.gov/homeless/>

HSR&D Home <http://www.hsr.dresearch.va.gov/>

Index to Disability Examination Worksheets C&P exams <http://www.vba.va.gov/bln/21/benefits/exams/index.htm>

Ionizing Radiation <http://www1.va.gov/irad/>

Iraqi Freedom/Enduring Freedom Veterans VBA <http://www.vba.va.gov/EFIF/>

M 10 for spouses and children http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1007 <http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1007>

M10 Part III Change 1 http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1008

M21-1 Table of Contents http://www.warms.vba.va.gov/M21_1.html

Mental Disorders, Schedule of Ratings http://www.warms.vba.va.gov/regs/38CFR/BOOKC/PART4/S4_130.DOC

Mental Health Program Guidelines http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1094

Mental Illness Research, Education and Clinical Centers <http://www.mirecc.med.va.gov/>

MS (Multiple Sclerosis) Centers of Excellence <http://www.va.gov/ms/about.asp>

My Health e Vet <http://www.myhealth.va.gov/>

NASDVA.COM <<http://NASDVA.COM>> National Association of State

Directors <http://www.nasdva.com/>

National Center for Health Promotion and Disease

Prevention <http://www.nchpdp.med.va.gov/postdeploymentlinks.asp>

Neurological Conditions and Convulsive Disorders, Schedule of Ratings <http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4%5F124a.doc>

OMI (Office of Medical Inspector) <http://www.omi.cio.med.va.gov/>

Online VA Form 10-10EZ <https://www.1010ez.med.va.gov/sec/vha/1010ez/>

Parkinson's Disease and Related Neurodegenerative

Disorders <http://www1.va.gov/resdev/funding/solicitations/docs/parkinsons.pdf>

and, <http://www1.va.gov/padrece/>

Peacetime Disability Compensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1131

Pension for Non-Service-Connected Disability or Death http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteri.html

and, http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapterii.html

and, http://www.access.gpo.gov/uscode/title38/partii_chapter15_subchapteriii.html Persian

Gulf Registry http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1003

This program is now referred to as Gulf War Registry Program (to include Operation Iraqi Freedom) as of March 7, 2005: http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1232



Persian Gulf Registry Referral Centers http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1006

Persian Gulf Veterans' Illnesses Research 1999, Annual Report To Congress http://www1.va.gov/resdev/1999_Gulf_War_Veterans'_Illnesses_Appendices.doc <http://www1.va.gov/resdev/1999_Gulf_War_Veterans'%27_Illnesses_Appendices.doc>

Persian Gulf Veterans' Illnesses Research 2002, Annual Report To Congress http://www1.va.gov/resdev/prt/gulf_war_2002/GulfWarRpt02.pdf

Phase I PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004

Phase II PGR http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1005

Policy Manual Index <http://www.va.gov/publ/direc/eds/edsmps.htm>

Power of Attorney http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch03.doc

Project 112 (Including Project SHAD) <http://www1.va.gov/shad/>

Prosthetics Eligibility http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=337Public

Health and Environmental Hazards Home Page <http://www.vethealth.cio.med.va.gov/Public>

Health/SARS http://www.publichealth.va.gov/SARS/Publications_Manuals <http://www1.va.gov/vhapublications/publications.cfm?Pub=4>

Publications and Reports http://www1.va.gov/resdev/prt/pubs_individual.cfm?webpage=gulf_war.htm

Records Center and Vault Homepage <http://www.aac.va.gov/vault/default.html>

Records Center and Vault Site Map <http://www.aac.va.gov/vault/sitemap.html>

REQUEST FOR AND CONSENT TO RELEASE OF INFORMATION FROM CLAIMANT'S RECORDS <http://www.forms.va.gov/va/Internet/VARF/getformharness.asp?formName=3288-form.xft>

Research Advisory Committee on Gulf War Veterans Illnesses April 11, 2002 http://www1.va.gov/rac-gwvi/docs/Minutes_April112002.doc

Research Advisory Committee on Gulf War Veterans Illnesses http://www1.va.gov/rac-gwvi/docs/ReportandRecommendations_2004.pdf

Research and Development http://www.appc1.va.gov/resdev/programs/all_programs.cfm

Survivor's and Dependents' Educational Assistance http://www.access.gpo.gov/uscode/title38/partiii_chapter35_.html

Title 38 Index Parts 0-17

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl

Part 18

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl

Title 38 Part 3 Adjudication

Subpart A "Pension, Compensation, and Dependency and Indemnity Compensation

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl

Title 38 Pensions, Bonuses & Veterans Relief

(also § 3.317 Compensation for certain disabilities due to undiagnosed illnesses found here)

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl

Title 38 PART 4--SCHEDULE FOR RATING DISABILITIES

Subpart B--DISABILITY RATINGS [target=blank>ab7641afd195c84a49a2067dbbcf95c0&rgn=div6&view=text&node=38:1.0.1.1.5.2&idno=38](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1004)

Title 38 § 4.16 Total disability ratings for compensation based on unemployability of the individual.

PART 4 "SCHEDULE FOR RATING DISABILITIES Subpart A "General Policy in Rating

<http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&rgn=div8&view=text&node=38:1.0.1.1.5.1.96.11&idno=38>

U.S. Court of Appeals for Veterans Claims http://www.vetapp.gov/VA_Best_Practice_Manual_for_Posttraumatic_Stress_Disorder

(PTSD) <http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf>

VA Fact Sheet <http://www1.va.gov/opa/fact/gwfs.html>

VA Health Care Eligibility <http://www.va.gov/healtheligibility/home/hecmain.asp>

VA INSTITUTING GLOBAL ASSESSMENT OF FUNCTION (GAF) <http://www.avapl.org/gaf/gaf.html>

VA Life Insurance Handbook " Chapter 3 <http://www.insurance.va.gov/inForceGLiSite/GLIhandbook/glibookletch3.htm#310>

VA Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm

VA MS Research <http://www.va.gov/ms/about.asp>

VA National Hepatitis C Program <http://www.hepatitis.va.gov/>

VA Office of Research and Development <http://www1.va.gov/resdev/>

VA Trainee Pocket Card on Gulf War <http://www.va.gov/OAA/pocketcard/gulfwar.asp>

VA WMD EMSHG <http://www1.va.gov/emshg/>

VA WRIISC-DC <http://www.va.gov/WRIISC-DC/>

VAOIG Hotline Telephone Number and Address <http://www.va.gov/oig/hotline/hotline3.htm>

Vet Center Eligibility - Readjustment Counseling

Service <http://www.va.gov/rcs/Eligibility.htm>

Veterans Benefits Administration Main Web Page <http://www.vba.va.gov/>

Veterans Legal and Benefits Information <http://valaw.org/>

VHA Forms, Publications, Manuals <http://www1.va.gov/vhapublications/>

VHA Programs - Clinical Programs & Initiatives http://www1.va.gov/health_benefits/page.cfm?pg=13

Citrus County Chapter

Web Site Edition



VHA Public Health Strategic Health Care Group Home Page
A title <http://www.publichealth.va.gov/> href="http://
www.publichealth.va.gov/"

target=_blank alt "http://www.publichealth.va.gov/
<http://www.publichealth.va.gov/> <[www.publichealth.va.gov/](http://

VHI Guide to Gulf War Veterans' Health [www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp](http://
<a href=)

Vocational Rehabilitation <http://www.vba.va.gov/bln/vre/>
Vocational Rehabilitation Subsistence [bln/vre/InterSubsistencefy04.doc](http://www.vba.va.gov/
<a href=)

VONAPP online [main.asp](http://vabenefits.vba.va.gov/vonapp/
<a href=)

WARMS - 38 CFR Book C [bookc.html](http://www.warms.vba.va.gov/
<a href=)

Wartime Disability Compensation [frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?
dbname=browse_usc&docid=Cite:+38USC1110](http://
<a href=) <[http://
access.gpo.gov/cgi-bin/getdoc.cgi?
dbname=browse_usc&docid=Cite:+38USC1110](http://

War-Related Illness and Injury Study Center – New Jersey
<http://www.wri.med.va.gov/>

Welcome to the GI Bill Web Site <http://www.gibill.va.gov/>
What VA Social Workers Do [page.cfm?pg=3](http://www1.va.gov/socialwork/
<a href=)

WRIISC Patient Eligibility <http://www.illegion.org/va1.html>

Time for a New Year and a new FCOC Convention!



This year's convention, May 21 – 23 will be at the Crowne Plaza hotel in Ft. Myers, a modern, beautiful, hotel that features many amenities from free parking to free wireless high-speed internet in every room, plus a great location at a mall with over 40 shops including Saks 5th Avenue and Chicos. It is also easy to get to – just a short drive west of I-75 (exit 131) on Daniels Parkway.

If you're more into just relaxing and meeting other MOAA members, our Hospitality room will have not just food and drinks but hands-on computer help from your council webmaster John Snyder, simple health screening by the VA clinic, and even a craft corner where you can make a shell craft to take home and a puzzle to work on, and more. At night it will become a place to relax with a tall one with friends old and new. It will be staffed with enthusiastic, helpful people – us! Stop in for a chat.

The Lee Coast chapter of MOAA has set up a golf outing for anyone interested at The Dunes golf course on Sanibel Island. Your FL Council President, Troy Scott, will be playing and would welcome some competition. A round of golf is estimated at \$50.00 and that includes the cart. If you want to do that on Friday May 21, contact Dr. John Frymoyer, Lee Coast chapter President at 239-472-9396 or email him at tofrys@aol.com

By booking your reservations and your rooms through our chapter, you will save 11% in taxes. Just fill out the reservation form and send us one check to pay for all events and your rooms, and we will reserve the rooms with the hotel and send you a confirmation.

For details and registration form, go to the Florida Council of Chapters website www.moaafl.org, click on the "convention" tab, then choose "2010" convention or you can contact Jim Conner at 239-542-5627 or jmcf1@comcast.net. We can even mail a form to you complete with return addressed envelope if you prefer.