



GREENRUBS A Newsletter From Greenies-On-Line 29th August 2010

A warm G'Day to all of our fellow Greenies. We have changed a fair bit from the last newsletter and have had a very successful reunion in Ballina in June just passed – our next reunion is a 3 or 4 night cruise in the latter half of 2012 – details below.

We would like to say that our numbers have grown, and, in fact we are still getting a few new registrations each week, but, sadly, quite a few registrations have disappeared into cyberspace and our policy now is that we try to contact them by SMS and snail mail, but if no contact is made within 90 days, they are deleted from our database.

Please take a moment to go to the website and check your details are correct, in particular, that your mobile number is there – no one else but the administrators will see it, but most people don't change their mobile number when they move house, so it is a good way to contact you if you should become one of our "Lost Souls". We have also added the facility to add a secondary e-mail address if you have one.

To be more flexible with our Meet & Greets, we have now changed the frequency to three times a year, on the third Saturday in October, February and June. We hope this will make it easier to attend at least one a year.

It's important that I include this warning to you – you could be conned!!

Thursday, 26 August 2010

VETERANS WARNED OF POTENTIAL SCAMS

Veterans have been targeted by scam-artists claiming to represent the Australian Government, Secretary of the Department of Veterans' Affairs Mr Ian Campbell said today.

Mr Campbell said the Department of Veterans' Affairs (DVA) had been made aware of several approaches to members of the veteran community asking for personal information in exchange for new government services such as free electricity or pension benefits. In some cases these people posed as officers from DVA.

"These 'offers' are false and my Department is investigating these incidents," he said.

"Veterans in Queensland and Victoria have been most recently targeted however veterans across the country should be aware of the potential scams.

"I urge the veteran community to exercise caution when asked to release personal details.

- Be cautious about when and to whom you release your personal information.
- If you receive a phone call or letter asking for personal information such as your DVA client number or banking details, do not answer straight away. Contact your nearest

DVA office on 133 254 (for metropolitan callers) or 1800 555 254 (for non-metropolitan callers) to confirm the source is legitimate.

“It is disappointing that our veterans are being targeted by these cowardly scams and I encourage members of the veteran community to contact DVA if they have any concerns,” Mr Campbell said.

The Government’s Scamwatch website – www.scamwatch.gov.au – contains useful information on how to protect your privacy.

Anyhow, just thought we’d take a few lines to bring you up to date on a few items.

1. 2012 Greenies National Reunion on the Sea



As the cruise ship itineraries have yet to be released for our targeted time frame of the second half of 2012, we have to be in a position to make “Early Bird” bookings to secure the amount of accommodation on the ship to meet our needs, so we now have opened our EOI in the member’s area of the website. It is important to note that a \$200 fully refundable deposit, per person, is required by P & O to secure the booking, so we really need you to pay this as soon as possible. All information is in the Info Sheet in the Members Area of the web-site.

2. Ships and Establishments – Have You Done Your List Yet?

We have expanded our Members Database to include a list of ships/establishments that the member has served on. Simply holding the mouse pointer over the “State” button after the members name on the Members List will bring up a list of the members postings – naturally, this drop down list will be only available if the member has added his ships/establishments to his details. The list will only be displayed in alphabetical order – chronological order is not an option at this time.

We’ve modified the members email listing so that it now shows the State/Location in **BOLD/GREEN** when the ships popup has been set by the member. This makes it a bit easier to see who has set their ships.

1. Go to the website www.pussersgreenies.org
2. Go to the Email List page, and enter with your User Name and Password.
3. There is a button labelled "Add or change your ships" right under the "Members Email Database" button
4. Clicking on the button will bring up a list of Establishments, then Ships – all self explanatory.

(Note that you can only add ships/establishments once, even though you may have served there a couple of times.)

5. When you have made your selections, click on the "Add . . ." button at the bottom of the page.
6. Close the window and then go to the "Members E-Mail Database" and check your own name (hover over your State to get the list)
7. You can return to "Add or Change Your Ships" button at any time to amend you ships list.

Please let us know if you have any questions/problems

3. See You at the Meet & Greet

We really want to see you at one of the Meet & Greets!! We do understand that not everyone can attend every time, but we would be so happy to see you if you are able to make it. Earlier this year we changed from the old format of March and September to three times a year, on the third Saturday in October, February and June. Big thing now then, is that the next Meet & Greet will now be **Saturday 16th October, 2010** followed by **Saturday 19^h February, 2011**. As is normal, your local State reps will send you a couple of reminders before the day.

4. Your Prostate

The article below is the largest and most accurate study to date and I believe will be the final word on the topic of prostate cancer in service personnel and their to exposure agent orange.

There should be no Vietnam Vet who goes untested in this country by the end of this year. Of the 58,000 or so who participated in that war, the number carrying cancerous prostates will be several thousand and they must be found and treated as there is no reason why they should die from that complaint if treated in time. Their deaths will be through sheer neglect on our part or on their own; so it is imperative that no blame be laid at our door through a failure to notify those personnel so exposed.

If some Veterans out there are sick of hearing about this matter and they have done nothing.....tough!

This information is so hot off the press it has not yet appeared in official medical journals but will do so in the 15th September, '08 edition of CANCER. May I commend this article to you for publication as I believe it is the definitive study in this matter and imperative that our veteran population hears this news once again.

Many Pension Officers around the country will be aware DVA has already accepted the link between the cancer and herbicidal exposure. What many do not appreciate is that this was done on statistical results, generously weighted in the veterans' favour by the assessing panel. This new research now fully supports what was formerly only a high index of suspicion, regarding the connection between disease and herbicide.

So my advice to every male who was in Vietnam, afloat or ashore, for whatever duration of time, go and have your LMO check your Prostate and seek a Prostate Specific Antigen blood test at the same time. This will need to be done for the remainder of your life at three yearly intervals. No buts just do it!

Kind regards,

Rod.

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PS. The term metastatic disease means that the cancer has spread beyond the prostate into bone, lung, liver. The prognosis in these cases is less than ideal; so we need to catch it earlier than this stage of development.

Exposure to Agent Orange linked to prostate cancer in Vietnam veterans

Public release date: 5-Aug-2008

Contact: Karen Finney

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REFERENCE: University of California Davis Health System

SACRAMENTO, Calif.) (— UC Davis Cancer Centre physicians today released results of research showing that Vietnam War veterans exposed to Agent Orange have greatly increased risks of prostate cancer and even greater risks of getting the most aggressive form of the disease as compared to those who were not exposed.

The findings, which appear online now and will be published in the September 15 issue of the journal *Cancer*, are the first to link the herbicide with this form of cancer. The research is also the first to utilize a large population of men in their 60s and the prostate-specific antigen (PSA) test to screen for the disease. "While others have linked Agent Orange to cancers such as soft-tissue sarcomas, Hodgkin's disease and non-Hodgkin's lymphoma, there is limited evidence so far associating it with prostate cancer," said Karim Chamie, lead author of the study and resident physician with the UC Davis Department of Urology and the VA Northern California Health Care System. "Here we report on the largest study to date of Vietnam War veterans exposed to Agent Orange and the incidence of prostate cancer."

Chamie also said that, unlike previous studies that were either too small or conducted on men who were too young, patients in the current study were entering their prime years for developing prostate cancer. There was also the added advantage that it was conducted entirely during the era of PSA screening, providing a powerful tool for early diagnosis and tracking of prostate cancer. More than 13,000 Vietnam veterans enrolled in the VA Northern California Health Care System were stratified into two groups — exposed or not exposed to Agent Orange between 1962 and 1971. Based on medical evaluations conducted between 1998 and 2006, the study revealed that twice as many men exposed to Agent Orange were identified with prostate cancer. In addition, Agent Orange exposed men were diagnosed two-and-a-half years younger and were nearly four times more likely to present with metastatic disease. Other prostate cancer risk factors — race, body-mass index and smoking — were not statistically different between the two groups.

"Our country's veterans deserve the best possible health care, and this study clearly confirms that Agent Orange exposure during service in Vietnam is associated with a higher risk of prostate cancer later in life," said Ralph de Vere White, UC Davis Cancer Centre director and a study co-author. "Just as those with a family history of prostate cancer or who are of African-American heritage are screened more frequently, so too should men with Agent Orange exposure be given priority consideration for all the screening and diagnostic tools we have at our disposal in the hopes of early detection and treatment of

this disease." Now a banned chemical, Agent Orange is a combination of two synthetic compounds known to be contaminated with the dioxin tetrachlorodibenzo-paradioxin (TCDD) during the manufacturing process. Named for the colour of the barrel in which it was stored, Agent Orange was one of many broad-leaf defoliants used in Vietnam to destroy dense forests in order to better visualize enemy activity.

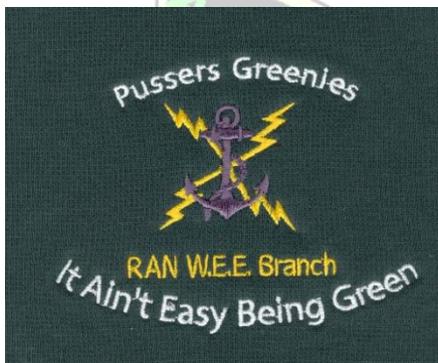
It is estimated that more than 20 million gallons of the chemicals, also known as "rainbow herbicides," were sprayed between 1962 and 1971, contaminating both ground cover and ground troops. Most of the rainbow herbicide used during this time was Agent Orange. In 1997, the International Agency for Research on Cancer reclassified TCDD as a group 1 carcinogen, a classification that includes arsenic, asbestos and gamma radiation.

The study was funded by the UC Davis Cancer Centre. In addition to Chamie and De Vere White, study authors were Bryan Volpp, associate chief of staff, clinical informatics, VA Northern California Health Care System; Dennis Lee and Joonha Ok, UC Davis resident physicians with the Department of Urology; and Lars Ellison who, at the time the study was conducted, was an assistant professor with UC Davis and chief of urology with the VA Northern California Health Care System. Ellison is now affiliated with the Penobscot Bay Medical Centre in Maine and a major in the U.S. Army Reserve currently serving active duty in Iraq. A copy of the study can be requested by emailing Amy Molnar at amolnar@wiley.com.

Prostate cancer is the second most common malignancy and the second leading cause of cancer death in American men. It is estimated that there will be about 186,320 new cases of prostate cancer in the United States in 2008 and about 28,660 men will die of the disease this year. Designated by the National Cancer Institute, UC Davis Cancer Centre is leading the way in identifying the molecular pathogenesis of carcinoma of the prostate, enhancing therapeutic response and identifying chemoprevention. For more information; Visit: www.ucdmc.ucdavis.edu/cancer.

We are not going to let it go,

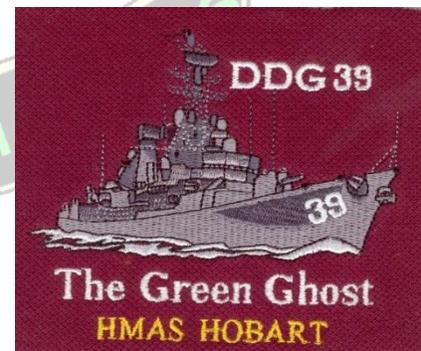
5. Merchandise



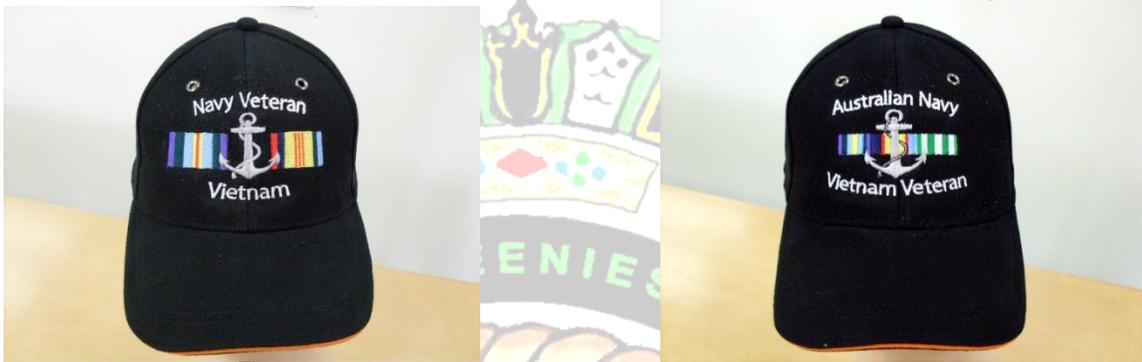
It is not our intention to charge anyone a subscription to belong to the Greenies website, any expenses are met by the sale of merchandise.

Currently, we have available

- I. Greenies Polo shirts – various colours and sizes – order from within the Members Section of the website - Cost is \$40
- II. Greenies Insulated Coffee Mugs – order from within the Members Section of the website – Cost is \$20
- III. Greenies Name Badges – order from within the Members Section of the website – Cost is \$15



- IV. Greenies Mildura Reunion Baseball caps – Special price at the moment and our regular Greenies Baseball caps are not available until these are all gone – order from within the Members Section of the website – Cost is \$6
- V. HMAS HOBART Logo'd Polo Shirts – order from the Home Page of the website by clicking on the button there and use username "HOBART" and password "DDG39" – Cost is \$40



- VI. Gunline and VLSM Vietnam Veteran Baseball caps available from the HMAS BRISBANE Association via pedro@pussersgreenies.org – Cost is \$22:50 for one or \$40 for two.

All prices above include postage

6. A couple more reminders

Make sure that you have had the appropriate Asbestos screening – details on the website.

If you need to make a claim for a disability from Department of Veterans Affairs, don't do it yourself, contact us and we will direct you to an advocate that can assist.

Peter, Darrell, Pincher and McGurky
The Greenies-On-Line Team