



**RETIREE ACTIVITIES OFFICE  
92 FSS/RAO  
7 W ARNOLD ST  
FAIRCHILD. WA 99011**



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# STILL SERVING

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## **RETIREE ACTIVITIES OFFICE HAS MOVED**

The Retiree Activities Office (RAO) is now located at 7 W Arnold, Building 2040, Suite 109 directly off the seating area of Customer Support and ID Cards Section. New hours are Tuesday through Friday, 1000 – 1400 hours, closed holidays and base closure days. The office number is (509) 247-5359 and e-mail address is **retiree@fairchild.af.mil**.

The RAO mission is designed to assist retirees, potential retirees and their family members in their need to make retirement a smoother transition. It offers information to the retirement community about programs and services currently provided by Fairchild and other government agencies. The office serves Eastern Washington, Northern Idaho and Western Montana. It also supports a satellite branch in Richland, Washington (509-376-7588/e-mail address: **military.RAO@rl.gov**).

Staffed by volunteers, the RAO has provided more than 800 hours each year including staffing the office and putting on an annual Retiree Activities Day in the fall. People interested in volunteering or contributing can contact Jim Smith, RAO Director through the office.

(SGM Jim Smith, USA (RET) has taken the reins of director from Colonel Mel McCoury who previously served in this position for 11 years.)

## **RETIREE APPRECIATION DAY 2009**

Fairchild Air Force will be hosting the Annual Retiree Appreciation date on October 15,,2009 at Club Fairchild. Registration with be from 0800 to 0830 hrs.

## **POLICY CHANGE FOR REPLACING ID CARD**

Homeland Security Directive 12 now requires retirees and family members seeking to renew or replace a military identification card to provide two types of ID. They must have two of the following types of current identification, one of which must include a photo.

- Drivers license or ID issued by a state or outlying US commonwealth or possession
- ID card issued by federal, state or local government agencies or entities
- School ID card with photograph
- Voters registration card
- US military ID card
- US passport
- Certificate of US citizenship
- Certificate of naturalization

For persons younger than 18

- School record or report card
- Clinic, doctor, or hospital record
- Day care or nursery school record

Before visiting a military ID card issuing facility, people may want to call to determine what specific documents may be required and to verify the process to renew or replace an ID card. The ID card facility at Fairchild AFB is at 7 W Arnold, building 2040, Suite 109. The phone number is 509-247-4029. For other locations go to <http://www.dmdc.osd.mil/rsi/owa/home> . On this web site one can search by city, state, or ZIP code

(Department of the Air Force HQ 914th Airlift Wing newsletter dated Aug-Oct 2009)

## **VEHICLE REGISTRATION**

Vehicle base stickers are no longer required at Fairchild AFB, Washington and many of the other Air Force Bases.

The Gate Sentries will be checking the driver's Military ID during regular hours. The driver can vouch for the other occupants in the vehicle. After hours the ID's of all occupants in a vehicle will be checked . The ID of other occupants in the vehicle can be any picture ID.

Gate sentries will check for compliance for state requirements (insurance, vehicle safety inspections, etc.), on a random basis. Be sure that you have your vehicle registration and proof of insurance.

If you frequently visit non-Air Force Military bases, you may wish to leave your current decal on your vehicle. Otherwise, the Air Force recommends (not mandates) that you remove your decal. In this way, you won't advertise (to terrorists, criminals and foreign intelligence operatives) that you're a member of the Department of Defense while off base.

Visitors to the base will continue to use the normal visitor procedures established by the installation commander.

**DISCLAIMER:** Still Serving is published by the Retiree Activities Office, Fairchild, AFB, WA to provide military retirees and their family members information affecting their military rights, benefits, and obligations. While every effort is made to verify the information in this newsletter, neither the editor nor the RAO staff can guarantee the accuracy of information received from outside sources. The editor reserves the right to reduce the length of material to fit the space available.. Comments may be directed to the Retiree Activities Office, 92 FSS/RAO, 7 W Arnold St, Building 2040, Suite 109, Fairchild AFB, WA 99011. (509) 247-5359

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## SPACE A TRAVEL

Air Mobility Command recently unveiled its first official, command-level AMC Travel Web site.

People planning to travel the Air Mobility Command military travel system can now point their Web browsers to <http://www.amc.af.mil/amctravel/index.asp> for the latest in AMC travel information.

The site, which officially went live July 24, offers prospective Space A travelers a wealth of information, including an updated AMC Passenger Terminal contact list (complete with phone, e-mail and Web links), and more than a dozen travel documents, example letters, brochures, and more.

Every day, around the world, hundreds of U.S. military and military-contracted commercial aircraft travel the world delivering troops and cargo. Each year, hundreds of thousands of military personnel, **retirees**, and their family members go along for the ride, courtesy of the AMC Space Available travel program.

Space Available flights — also known as “Space A” flights or “military hops” — are a unique benefit to U.S. service members, **retirees**, and their families. Under the AMC travel program, unused seats on U.S. military and military-contracted aircraft are made available to non-duty passengers on a space-available basis (once space-required, official duty passengers and cargo have been accommodated).

According to one AMC travel expert, the AMC Travel Web site was created simply because “AMC customers deserve it.”

“[The AMC Travel] site was created to provide our customers a wealth of AMC travel information, which can be counted on to contain the most accurate and up-to-date travel information available,” said Tech. Sgt. Steve Katsonis, AMC Passenger Policy Branch. “Our customers deserved a Web site where they can obtain travel information that is correct, up to date and validated by AMC. This Web site will give them that.”

Sergeant Katsonis said AMC officials understand the massive amount of anxiety and stress felt by Space Required and Space A travelers. “Our goal is that this site will answer any questions the passengers will have, therefore minimizing their stress before they leave their homes.”

In the past, prospective Space A passengers frequently turned to one of several AMC headquarters offices in search of Space A travel information. Sergeant Katsonis said although these headquarters personnel are trained to respond to these public queries, he hopes the new Web site will provide all their information and more. Additionally, he said trained Passenger Service Agents at AMC terminals around the globe are standing by to assist, as well. People searching for up-to-the-minute AMC travel information are encouraged to contact their nearest AMC passenger terminal. A current listing is available on the new AMC Travel site.

Another great benefit of the new AMC Travel site is that it will be updated with the latest breaking news and updates. Sergeant Katsonis said he wants people to know that Space A is a great benefit, but it can be a stressful experience without the proper planning.

“AMC never guarantees travel, and passengers need to be prepared for their [Space A] trip to take more time than it would were they traveling commercial,” explained the sergeant.

He added that not every base is equipped with facilities or lodging capable of handling passengers stranded by a broken or rerouted aircraft.

“The most important thing to remember when traveling Space A is be prepared to fly commercial if problems are encountered” added Sergeant Katsonis. “The key to a stress-free trip is to have a plan. Have enough money for all contingencies, and be mentally prepared for disappointment when plans don’t come together.”

The AMC Travel site cannot predict problems that may arise, but the sergeant said it should be a huge benefit in the planning phase.

Continued on page 4

## **SPACE A TRAVEL (continued)**

For further information visit <http://www.amc.af.mil/amctravel/index.asp> and check out the most common Space A questions and their answers. Also, Space A travel eligibility and baggage allowance can be found at the above internet site.

(Extracted from the AMC internet site)

## **HEALTH CARE NEWS**

### **Chest Pain**

Chest pain and discomfort are key warning signs for a **heart attack** but they can be indicative of other illnesses and injuries as well. So the question is, if you have these symptoms, when should you call 911?

According to WebMD, seek medical attention immediately if you are experiencing chest discomfort or pain that is crushing or squeezing and feels like a heavy weight on the chest. You should also seek immediate care if you have chest discomfort or pain that occurs with any of the following: sweating; shortness of breath, nausea or vomiting; pain that spreads from the chest to the back, neck, jaw, upper belly, or one or both shoulders or arms (the left shoulder and arm are more commonly affected); dizziness, **lightheadedness**, or feeling like you are going to faint; or a fast, slow, or irregular heartbeat.

When in doubt, seek medical attention. It's better to rule out a serious cardiac problem than risk irreparable heart damage or death. Be mindful that the first 3 to 6 hours after the onset of a heart attack are extremely critical. This is the timeframe when much of the damage to the heart occurs. If the victim has already sought care, serious damage to the heart can usually be avoided and the patient's risk of death or permanent disability is greatly diminished.

### **Signs of Stroke**

The first step in preventing the debilitating effects of a stroke is to recognize the symptoms as quickly as possible and call for emergency assistance. They are:

Sudden numbness or weakness of the face, arm or leg, particularly if it occurs on one side of the body.

Sudden confusion or trouble speaking or understanding.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, or loss of balance or coordination.

Sudden, severe headache with no known cause.

Do not ignore the warning signs of a stroke and remember not all of them occur with every stroke. When you arrive at the hospital make sure you let them know you think you are having a stroke. If possible, pay attention to the time the symptoms started and let them know that is well. There is a drug that can save critical brain tissue after a stroke, but it only works well if patients get to the emergency room within a certain period of time.

In the event you are with someone who is having a stroke, call 911 even if they tell you they are fine. Time is of the essence and it is imperative that they receive medical assistance immediately.

(NAUS Weekly Update for August 21, 2009.)

## **GRANT PRESENTED TO THE STATE VETERANS CEMETERY**

Washington State Department of Veteran affairs presented an \$8.8 million grant to the State Veterans Cemetery in Medical Lake Sept. 2, at the Spokane Regional Business Center.

The cemetery will serve approximately 140,000 area Veterans and their families. The nearest national cemetery is WA's Tacoma National Cemetery in Kent, WA, approximately 250 miles away.

The purpose of the Veterans cemetery is to provide honors for the Veterans. The Veterans Affairs plan to create a final resting place of honor and distinction is moving rapidly

## **VA CEMETERY**

The groundbreaking for the new VA Cemetery at Medical Lake was Memorial Day, May 25, just north of West Medical Lake at Espanola and Ritchey Roads.

It is the first veterans cemetery in Eastern Washington. Any veteran can be buried in the cemetery, and the family won't have to pay burial fees. The cemetery will provide a concrete liner, a committal shelter for the internment service and a memorial stone.

Beth Ann Daigre, Chairperson of the Ladies and Gentlemen of Washington State Veterans Cemetery, Medical Lake is setting up a program that will consist of veterans, active duty members, spouses and surviving spouses volunteers. The program will have one Lady and one Gentleman on duty each day at the cemetery office to honor each veteran at their time of burial.

Each volunteer will sign up to serve one specific day a month (such as the first Monday of the month or the fifth Friday) or you may sign up as a substitute. Burial services will be held between 10 AM to 3:30 PM Monday through Friday. Volunteers will need to be at the cemetery office not later than 9:30 AM on their assigned day. Orientation meetings will begin the first Thursday of each month starting in November 2009 thru March 2010, and training classes will be held April 26 – 30, 2010 at the cemetery's temporary office.

To request a Volunteer Candidate Form contact Beth Ann Daigre 509-921-9581 or [bethann@spokanemoaa.org](mailto:bethann@spokanemoaa.org).

The cemetery is expected to have its grand opening on Memorial Day, May 31, 2010, and services will begin the next day, June 1, 2010. To volunteer for other opportunities or pre-register for burial, contact Rich Cesler, Cemetery Director.

Following is the location for the temporary office:

14124 West Hwy 2  
Airway Heights, WA  
Phone 509-244-8351  
FAX 509-244-8373

\*Forms available in the RAO

## **AIR FORCE SETS UP TOLL FREE LINE FOR RETIREES**

Air Force retirees and surviving spouses who are not connected to the internet can use a new toll-free telephone number to get answers to their questions about pay, annuities, medical and health care, and other benefits. The number is (800) 558-1404. Persons with internet access are encouraged by the Air Force to pass the phone number along to those who do not. Those with Internet access can still use the [www.retirees.af.mil](http://www.retirees.af.mil) web site for benefit information.

(Department of the Air Force HQ 914th Airlift Wing newsletter dated Aug-Oct 2009)

## **SCAM TARGETS VETS**

The VA reports that a reprehensible scam is targeting veterans.

Scammers are calling VA beneficiaries under the guise of a phony “Patient Care Group”. The caller claims that VA prescriptions are being administered by this company.

The scammers ask for personal information, including credit card information, claiming that this is necessary for the beneficiary to keep receiving prescriptions through the VA.

This is completely bogus.

The VA does not call vets and ask them to disclose personal information over the phone, and the VA hasn’t changed any prescription dispensing rules.

Be safe. Never give out personal information to any unsolicited phone caller.

## **MILITARY SALUTE OF THE FLAG**

The National Defense Authorization Act of 2008 amended the United States Flag Code to permit veterans and out-of-uniform military personnel to salute during the raising, lowering or passing of the United States flag. Language included in the National Defense Authorization Act for Fiscal Year 2009 added approval for saluting during the playing of the National Anthem. The change made in the 2008 Act is as follows ...

### **SECTION 1. CONDUCT BY MEMBERS OF THE ARMED FORCES AND VETERANS OUT OF UNIFORM DURING HOISTING, LOWERING, OR PASSING OF FLAG**

Section 9 of Title 4, United States Code, is amended by striking all persons present and all that follows through the end and inserting those present in uniform should render the military salute. Members of the Armed Forces and veterans who are present but not in uniform may render the military salute. All other persons present should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Citizens of other countries should stand at attention. All such conduct toward the flag in a moving column should be rendered at the moment the flag passes.

## **FLAG FACTS**

When the Flag is displayed either vertically or horizontally against a wall, balconies or house porches, the star should be placed to the observers left.

When the flag is unfurled for display across a street, it should be hung vertically, with the strars to the north or the east.

When the flag is flown with flags of other nations they are to be displayed from separate staffs of the same height and each should be of equal size.

International law forbade the display of the flag of one nation to be flown above that of another nation during time of peace.

Have you noticed lately, only seniors and veterans stand in honor of our flag (Old Glory) in a marching parade?

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