



92 ARW/RAO, 7 W ARNOLD ST, FAIRCHILD, WA 99011

STILL SERVING

VOLUME 13

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MAY 2013

FROM THE DIRECTOR'S CORNER

Retiree Appreciation Day (RAD) is officially scheduled for **Friday June 14, 2013**, registration starts at 0800 at the Armed Forces Reserve Center (AFRC) on Fairchild AFB. Please put **Retiree Appreciation Day on your calendar**. You can still call us locally at **509-247-5359**. You can also e-mail us at rao.fairchild@us.af.mil. To get to our online newsletter go to www.fairchild.af.mil/library/retireeactivitiesoffice/index.asp. The link to the **Still Serving** newsletters is at the bottom of the page.

Volunteering with me at Fairchild are USAF Retirees COL Bob Bubnitz, COL Ken Duncan, LTC Jim Hitter, SMSgt Jerry Hood, CMSgt Victor Hugo, Mrs. Charlene Knight, LTC Mike McGaughy, LTC ED Nuenherz, COL Gary Ryden, LTC Stan Witter, USA Retirees Maj.

Forrest Diehl, LTC Aletha Melzer, COL Larry Neil, SFC Bill Phipps, SFC Monty Stobart, COL Vince Trapp and USN Retiree CAPT Dean Crandell.

Volunteering at the Richland Satellite with MCPO Jim Koin is his wife Anna Kion, Navy Retirees CDR Frank Choyeski, SCPO Terry Filson, MCPO Dan Martini, PO2 Jeanie Nelson, LCDR Ron Sponseller, USA Retirees CWO4 Bob Aranowski, CPT Noble Atkins, MAJ Rick McNulty, CPT George Stoltz, USAF Retirees LTC John Fleming, SMSgt John McGee

We are committed to continue providing you the best support possible. Contact us at the number above and let us know how we can help you. If you live in the local area and would like to volunteer some time to answer the phone and assist other retirees/spouses give us call. **"STILL SERVING"**

ARE YOU NEARING YOUR 65TH BIRTHDAY?

IMPORTANT INFORMATION REGARDING YOUR MEDICAL BENEFITS

When you turn 65, your medical benefits will change. MEDICARE will become your primary medical coverage and TRICARE pays secondary to MEDICARE. You **MUST** enroll in MEDICARE PART B to retain your TRICARE coverage. If you are within 90 days of your 65th birthday, you should log on to <http://www.ssa.gov> or <http://www.medicare.gov> to enroll in MEDICARE PART B. Additional information can be found on the TRICARE web site at <http://www.tricare.mil/mybenefit/home/overview/Eligibility/WholsEligible?kw=Medicare+Beneficiaries> or by telephone to the TRICARE Information Center at 1-888-363-5433.

WHO MAKES DECISIONS FOR YOU IF YOU'RE INCAPACITATED?

By Mary Benzinger, Army Legal Assistance Attorney at the Pentagon Army and Air Force Legal Assistance Office

If you become incapacitated, even temporarily, and cannot make your own medical and financial decisions, who would do it for you? Without written documents nominating someone to handle your affairs, a court may be required to appoint a guardian for you. This sometimes costly court process is easily avoided with powers of attorney for your medical care and financial affairs. With a few documents in place, your wishes will be followed and people you choose will handle your financial and medical affairs. Here are the disability and end-of-life planning documents you should consider having:

- **The "Living Will"** – A Living Will, sometimes called "Advanced Medical Directive," is not a will at all. It is a brief document that expresses your desires for your care if you are terminally ill or in a permanent vegetative state. It does not appoint anyone to make decisions for you. You can address such issues as feeding and hydration, medical procedures, medication to be administered, etc. This document can be customized to suit your preferences or religious beliefs.
- **Appointment of Health Care Agent** – This is a "durable" and "springing" power of attorney. It is "springing" because it takes effect only upon your incapacity. It is "durable" because it does not expire on your incapacity like other powers of attorney may. More

importantly, it appoints someone you choose, called your "agent," to make medical and end of life decisions for you if you cannot make those decisions yourself. Your agent's decisions must be consistent with the desires you have made known in this document or in your Living Will. This document gives broad powers to your agent to make medical decisions and to deal with medical personnel of your behalf.

- **Durable Springing Financial Power of Attorney** – Like the Appointment of Health Care Agent, this financial power of attorney only takes effect on your incapacity and continues in effect even after you are incapacitated. It is a seven-page document that expresses your broad financial desires and gives your agent broad powers to make financial decisions for you if you cannot make those decisions yourself.

For more information on disability and end-of-life planning contact an attorney in your area. Retired Soldiers and their ID card holder Family members may be eligible for free legal assistance. To find a legal assistance office near you, call your nearest military installation or go to <http://legalassistance.law.af.mil/content/locator.php>.

DISCLAIMER: The Still Serving Newsletter is an unofficial publication written, edited and published by the Fairchild AFB Retiree Activities Office. The publication is for the convenience of the retiree population to include **retirees, their spouses and dependent family members**. 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, Suite 109, Fairchild AFB, WA 99011. (509) 247-5359

Jim R. Smith - Editor
SGM, USA (RET)

MANDATORY DIRECT DEPOSIT

A Treasury Department mandate will soon require DFAS to pay military, civilian and retired customers by electronic funds transfer. Beginning March 1, 2013, most of you who receive paper checks will receive your pay directly to your savings or checking accounts. If you do not have direct deposit now you can get ahead of the rush by setting it up now. It's easy, it's safe and it gives you more control with less stress.

With direct deposit, DFAS will send your payment straight to your bank account. It gives you

immediate access to your money the day your payment is due. It also eliminates the risk of lost or stolen checks, forged signatures and identity theft.

There are three ways to start direct deposit:

- Use your **myPay** account to set up a direct deposit to your checking or saving account.
- If you do not use **myPay**, complete a Fast Start Direct Deposit form, sign it and mail it to DFAS. Keep a copy for your records.
- Or call the DFAS Customer Care Center at 888-332-7411.

SURVIVOR BENEFITS

Contacting a Casualty Assistance Representative, or CAR, should be your notification starting point when a retiree dies. Anyone can call the casualty representative – widow/widower, relative or friend – but notification should be made as soon as possible.

The casualty assistance representative will contact the Defense Finance and Accounting Service to stop the retired pay, find out if there is a Survivor Benefit Plan entitlement and who the beneficiary is, and what allotments the retiree had. A casualty assistance representative can also contact other agencies such as Veterans Affairs and the Social Security Administration.

Once an original death certificate can be produced, a casualty assistance representative can prepare all the paperwork necessary for requesting SBP annuity pay or VA's Dependency and Indemnity Compensation, if applicable, plus Social Security benefits. People do not need to live near an Air Force installation for service as forms can be completed in person, by mail or by fax.

In most cases, military honors are arranged by the funeral director but the casualty assistance representative can provide assistance with contacting the nearest base Honor Guard.

You should have the following information available when making notification:

- Retiree's full name, grade, Social Security number and date of retirement
- Date and place (city and state) of death
- Cause of death
- Name, relationship, phone number and address of next of kin



- Date and place of funeral, if known.

Casualty Assistant Contacts

- Nearest military installation casualty assistance office (see below for Guam)
- The military service casualty assistance office (see below for listing)
- Nearest US embassy or consulate for overseas families.

Fairchild AFB Casualty Assistance Representative

Bernie Fritz

Bldg 2040

Phone: (509)247-4488

Army:

Toll Free: 1-800-626-3317 or,
Overseas call collect: 502-613-3317

Navy:

Toll Free: 1-800-368-3202
Commercial: (901) 874-2501

Air Force:

Toll Free: 1-877-353-6807

Marine Corps:

Toll Free: 1-800-847-1597

Coast Guard & NOAA:

Toll Free: 1-800-772-8724
Commercial: 785-339-3415

Additional Agencies that Provide Aid/Assistance to Surviving Spouses:

- Arlington National Cemetery: (703) 607-8000
- Gold Star Wives of America: 1-888-751-6350, www.goldstarwives.org
- Military Funeral Honors: 1-866-826-3628 or (703) 432-9524
- National Military Families Association: 1-800-260-0218, www.nmfa.org

- Society of Military Widows: 1-800-842-3451, www.militarywidows.org
- Tragedy Assistance Program for Survivors: 1-800-959-8277, www.taps.org

Who should be notified in the event of my death?

1. Service Casualty Assistance office
2. Defense Finance & Accounting Services (DFAS): (800) 321-1080 or (216) 522-5955
3. Social Security Administration (for death benefits): (800) 772-1213
4. Department of Veterans Affairs (if applicable): (800) 827-1000
5. Office of Personnel and Management (if applicable): (724) 794-8690
6. Any fraternal / veterans group you have membership with; such as MOAA, FRA, NCOA, VFW, VVA, MOPH, TREA, NAUS, American Legion, etc.
7. Previous employers that provides pension or benefits.
8. Banking Institutions and Life Insurance Companies

The above information is not all-inclusive and should be used with other estate planning tools to lessen the trauma to your loved ones. Your nearest military casualty assistance office personnel stand ready to assist.

DEPARTMENT OF DEFENSE EXTENDS TRDP CONTRACT

The TRICARE Management Activity (TMA) of the Department of Defense has extended the current TRICARE Retiree Dental Program (TRDP) contract – which runs from October 1, 2012 through September 30, 2013 – to continue through December 31, 2013.

The contract extension brings no change in premiums or scope of benefits. However, the annual maximum for enrollees in the Enhanced program will be increased to \$1,500 for this period. Those in the Basic program will see their maximum increase to \$1,250. And, although the maximums are being INCREASED for the extended period, enrollees will NOT be asked to pay a higher deductible.

These changes were implemented April 1. If you had already reached your maximum for the year, please have your dentist resubmit your claim(s) that were not made due to exceeding the maximum.

Delta Dental also will serve as administrator of the new five-year TRDP contract, which will begin January 1, 2014.

The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal year 1997, offers affordable dental benefits as a voluntary option to the nation's 5 million-plus Uniformed Services retirees and their family members. With current enrollment of more than 1.3 million, the TRDP is the nation's largest voluntary, all-enrollee-paid dental programs.

The TRDP will continue as a worldwide, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands, Canada and overseas

ENHANCED TRICARE RETIREE DENTAL PROGRAM

SACRAMENTO—Two routine trips per year to the dentist for basic diagnostic and preventative care could cost you \$424 –or \$0 if you are enrolled in the Enhanced TRICARE Retiree Dental Program and receive care from a participating network dentist in one of 150,000 nationwide locations.

The Enhanced TRICARE Retiree Dental Program is available to all military retirees, even if they are 65 or older, Gray Area retirees, and their eligible family members, unremarried surviving spouses and their eligible children, as well as Medal of Honor recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective. After 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services.

The Enhanced TRDP provides every enrollee an annual maximum benefit of \$1,200 per person (Basic Program enrollees have a annual maximum

benefit of \$1,000 per person), a \$1,000 annual maximum for dental accidents and a \$1,500 lifetime maximum for orthodontics. Preventive and diagnostic services don't count against the annual maximum – those benefits are in addition to the \$1,200.

The Enhanced TRDP service area includes the 50 United States, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada. Enhanced-Overseas TRDP coverage is available to enrollees who reside outside the Enhanced TRDP service area.

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing a network provider. To find a network provider, use the Consumer Toolkit to print ID cards, view annual maximum information, see if claims have been paid and sign up for e-mail updates, TRDP enrollees should visit www.trdp.org.

Retirees can find more information and enroll in the program at www.trdp.org or by calling TRDP's Customer Service at (888) 838-8737, Monday - Friday, excluding holidays, 6:00 a.m. - 6:00 p.m. PST.

FAIRCHILD OPTOMETRY SERVICES FAQs

1. Does the clinic examine retirees and dependents?

Yes, the optometry clinic does have appointments for dependents and retirees. The clinic offers two appointments each day for patients who are specifically "other than active duty" beneficiaries. In addition, any appointments available within 10 days may be booked by any Tricare beneficiary.

2. How can a dependent or retiree book an exam?

Appointments are booked by calling the central appointments line at 247-2361. Appointments designated for "other than active duty" are opened for booking on the **third Monday** of each month at **0700** for the following month.

3. As a dependent or retiree, what options do I have if there are no available appointments on base?

Tricare Prime (under age 65) **retirees and their dependents** are authorized one routine eye exam (to include refraction for glasses) every **2 years** with an off-base Tricare **networked** provider at 100% coverage. **Tricare Prime dependents of active duty** members are authorized one routine eye exam (to include refraction for glasses) **every year** with a Tricare **networked** provider at 100% coverage. Tricare networked providers can be found at www.tricare.mil. Once a beneficiary turns 65, he/she gains Medicare as primary insurance and Tricare For Life as secondary insurance. Routine eye exams are not covered by Medicare, making installation clinics the only

place beneficiaries 65 and older can get a refraction for glasses without paying the full cost him/herself.

4. If I have ophthalmic disease, will Tricare For Life/Medicare pay for me to see an off-base eye doctor?

Yes, Medicare offers the following guidelines for eye exam coverage. According to Medicare guidance, the patient is responsible for 20% of the total cost of these eye exams while Medicare covers 80%. The 20% that the patient is responsible for paying is covered by secondary Tricare For Life benefits ensuring the eye exam is of no cost to the beneficiary; however, **refractions for glasses are not covered by Medicare or Tricare For Life.**

Glaucoma

Part B covers a **glaucoma test** once every 12 months for people at high risk for glaucoma. This includes people with diabetes, people with a family history of glaucoma, African Americans 50 or older, and Hispanic Americans 65 or older. The screening must be done or supervised by an eye doctor who is legally allowed to do this test in Washington state.

Diabetes

Medicare Part B covers a yearly eye exam for diabetic retinopathy by an eye doctor who is

legally allowed to do the test in Washington state.

Eye Exams

Medicare does not cover routine eye exams to include refractions for eyeglasses or contact lenses.

Other Eye Disease:

Other eye disease may be covered by Medicare.

Please visit www.medicare.gov for more information.

Does Tricare cover any portion of the purchase of contact lenses or glasses?

Tricare does not cover any portion of glasses and contact lens purchases, except for one pair of glasses **following cataract surgery** which is covered 80% by Medicare and 20% by Tricare. Active duty members are authorized one frame-of-choice pair of glasses each year at the base optometry clinic. Guard/Reserve personnel on orders for 31 days or more (must be on orders at time of spectacle order) are also authorized frame-of-choice glasses. Retirees are authorized one multifocal military issue brown frame OR one distance and one near pair of military issue spectacles per year.

TRICARE FOR LIFE (TFL) AND MEDICARE

TFL offers secondary coverage to Medicare for all beneficiaries who have both Medicare Parts A and B.

ELIGIBLE BENEFICIARIES - All TRICARE beneficiaries who have both Medicare Parts A and B.

AVAILABILITY - TRICARE For Life is available world- wide. Medicare provides coverage in the U.S. and U.S. Territories. In all other overseas locations, TRICARE is the primary payer.

GETTING CARE - You may visit any authorized provider. Your provider will file your claims with Medicare. Medicare pays its portion and electronically forwards the claim to the TRICARE For Life claims processor. TRICARE For Life then

pays the provider directly for TRICARE-covered services.

- For services covered by both Medicare and TRICARE, Medicare pays first and TRICARE For Life pays your remaining coinsurance for TRICARE-covered services.
- For services covered by TRICARE but not by Medicare, TRICARE For Life pays first and Medicare pays nothing. You must pay the TRICARE fiscal year deductible and cost shares.
- For services covered by Medicare but not by TRICARE, Medicare pays first and TRICARE For Life pays nothing. You must pay the Medicare deductible and coinsurance.

- For services not covered by Medicare or TRICARE, Medicare and TRICARE pay nothing and you must pay the entire bill.
- For Overseas beneficiaries and providers go to www.tricare-overseas.com

OUT-OF-POCKET COSTS:

You do not pay any enrollment fees, but you must pay Medicare Part B monthly premiums. Your Part B premium is based on your income. For more information about Part B premiums visit www.medicare.gov or call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778).

- As described above, you'll pay nothing out of pocket for services covered by both Medicare and TRICARE.

TRICARE FOR LIFE CONTRACTOR - In the U.S. and U.S. Territories, Wisconsin Physicians Service (WPS) is the TRICARE For Life contractor. WPS-TRICARE For Life will provide customer service and claims processing services. The WPS website is at <https://www.tricare4u.com/apps-portal/tricareapps-app/static/>. To contact WPS:

Send all written correspondence to:

WPS/TRICARE For Life
P.O. Box 7889
Madison, WI 53707-7889

Send all claims to:

WPS/TRICARE For Life

P.O. Box 7890
Madison, WI 53707-7890

E-Mail:

<https://www.tricare4u.com/apps-portal/tricareapps-app/static/contactus/contactusform/index.htm>

Telephone:

TRICARE For Life:
1-866-773-0404

HOURS: Monday - Friday, 7:00 am - 10:00 pm
Central Standard Time

TRICARE For Life TDD:

1-866-773-0405

HOURS: Monday - Friday, 7:00 am - 10:00 pm
Central Standard Time

IS TRICARE FOR LIFE RIGHT FOR YOU? - If you have both Medicare Part A and Part B, then TRICARE For Life is the plan for you. Coverage is available worldwide and you can see any provider you want. However, you will have greater out of pocket expenses if you get care from Veteran's Administration providers or providers who opt-out of Medicare, because they are not permitted to bill Medicare.

CAN I SUSPEND MY FEHB COVERAGE TO USE TFL? - Yes. Call the Office of Personnel Management's Retirement Information line at 1-888-767-6738 to get a suspension form.

GEORGE WASHINGTON, FIRST COMMANDER OF THE CONTINENTAL ARMY



Gen. George Washington, first commander of the Continental Army often stopped and talked with citizens to personally explain his vision for American freedom during the American Revolution.

WASHINGTON (May 31, 2012, Army Echos) -- Before the American colonies even made their declaration of independence, the Second Continental Congress gathered together in Philadelphia 237 years ago to formally create a standing Army.

The next day, June 15, 1775, Congress chose George Washington, a Virginian, to be commander in chief. Washington's military experience was perhaps greater than that of any other American, and he came from the largest and arguably the most important of the southern colonies. His impressive appearance, quiet and confident manner, and good work in the military committees of Congress had impressed his compatriots.

Washington himself recognized, when he accepted the command, that he lacked the requisite

experience and knowledge in handling large groups of men. His entire military experience had been in frontier warfare during the French and Indian War, though he had commanded a brigade of troops from several colonies during the capture of Fort Duquesne. He was the only native-born American up to that time to command a force that size. Experience gained as a political leader in his native Virginia and in directing the business affairs of his large plantation at Mount Vernon also stood him in good stead.

Washington brought to command traits of character and abilities as a leader that in the end more than compensated for his lack of European military experience. Among these qualities were a determination and a steadfastness of purpose rooted in an unshakable conviction of the righteousness of

the American cause, a scrupulous sense of honor and duty, and a dignity that inspired respect and confidence in those around him. Conscious of his own defects, he was always willing to profit by experience.

The Army of which Washington formally took command on July 3, 1775, he described as "a mixed multitude of people under very little discipline, order or government." Out of this mixed multitude, Washington set out to create an Army shaped in large part on the British image. Basing his observations on his experience with British regulars during the French and Indian War, he wrote: "Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak and esteem to all."

Washington and his staff made strenuous efforts to halt the random comings and goings of officers and men and to institute regular roll calls and strength returns. Suspicious of the "leveling" tendencies of the New Englanders, Washington made the distinction between officers and enlisted men more rigid. He introduced various punishments such as the lash, pillory, wooden horse, and drumming out of camp along with courts-martials.

While establishing discipline in the existing army, Washington had at the same time to form a new one enlisted directly in the Continental service. Out of conferences with a congressional committee that visited camp in September 1775 emerged a plan for such an army, composed of 26 regiments of infantry of 728 men each, plus one regiment of riflemen and one of artillerymen. In all, 20,372 men became uniformly paid, supplied, and administered by the Continental Congress and enlisted to the end of the year 1776. The general by his choice received no pay throughout the Revolution.

It was a decent plan on paper; but Washington soon found he could not carry it out. Both officers and men resisted a reorganization that cut across the lines of

the locally organized units in which they were accustomed to serve. The men saw as their first obligation their families and farms at home, and they were reluctant to re-enlist for another year's service.

Washington also had to maintain the siege of Boston and overcome his deficiencies in supply. In these efforts he was more successful. Congress and the individual colonies sponsored voyages to the West Indies, where the French and Dutch had conveniently exported quantities of war materials. Washington put some of his troops on board ship and with an improvised navy succeeded in capturing numerous British supply ships.

He sent Col. Henry Knox, later to be his chief of Artillery, to Forts Ticonderoga; and Knox in the winter of 1775-1776. Knox brought some 50 pieces of captured cannon to Cambridge, Mass., over poor or nonexistent roads in icebound New York and New England. By March 1776, despite deficiencies in the number of Continentals, Washington was ready to close in on Boston.

On March 4, 1776, he moved onto Dorchester Heights and emplaced his newly acquired artillery in position to menace the city; a few days later he fortified Nook's Hill, standing still closer in. On March 17 the British moved out.

Maj. Gen. William Howe, who succeeded Maj. Gen. Thomas Gage in command, had concluded long since that Boston was a poor strategic base and intended to stay only until the transports arrived to take his army to Halifax in Nova Scotia to regroup and await reinforcements.

Nevertheless, Washington's maneuvers hastened his departure, and the reoccupation of Boston was an important psychological victory for the Americans, balancing the disappointments of the Canadian campaign. The stores of cannon and ammunition the British were forced to leave behind were a welcome addition to the meager American arsenal and helped win the revolution.

DOD, VA TO SPEED INTERGRATION OF HEALTH RECORDS

by Jim Garamone
American Forces Press Service

2/25/2013 - **WASHINGTON (AFRNS)** -- The secretaries of Defense and Veterans Affairs announced their departments will speed implementation of the Integrated Electronic Health Record program allowing service members and veterans better access and, more importantly, better medical care.

"This approach is affordable, achievable, and if we refocus our efforts we believe we can achieve the key goal of a seamless system for health records between VA and DOD on a greatly accelerated schedule," said Defense Secretary Leon E. Panetta following a meeting with Secretary of Veterans Affairs Eric Shinseki at VA headquarters here.

The departments are able to step up the records program because of advances in information technology while working with existing platforms. The original goal was to have the system deployed by 2018. Now the expectation is by the end of next year.

The goal is to provide one set of electronic records from entry into the military through veteran status. The program is designed to allow service members or veterans to download information and present it to doctors or other health care providers without delays.

Previously, service members had to hand carry paper files from DOD facilities to Veterans Affairs.

Once complete, the record program will provide DOD and VA clinicians with the complete medical records of more than 18 million service members, veterans and their beneficiaries.

"We've agreed to improve interoperability before the end of this year by standardizing health care data," Shinseki said. The two departments will also accelerate the exchange of real-time data by September.

The departments are upgrading the graphical user interface to display the new standardized VA and DOD healthcare data by the end of this year, Shinseki said.

"By this summer, DOD and VA will field and begin conducting a pilot program on the common interface for doctors at seven joint rehab centers across the country and we'll also expand its use at two other sites," Panetta said. "All of these facilities will be interoperable by the end of July 2013, so fast time track, but we think we can get it done."

These centers will be in San Antonio, Minneapolis, Palo Alto, Calif., Tampa, Fla., Richmond, Va., Anchorage, Alaska, and Joint Base Elmendorf-Richardson, Alaska.

"Rather than building a single, integrated system from scratch, we will focus our immediate efforts on integrating VA and DOD health data as quickly as possible by upgrading our existing systems," Panetta said

REQUESTING MILITARY SERVICE RECORDS

Military personnel records can be used for proving military service, or as a valuable tool in genealogical research. Most veterans and their next-of-kin can obtain free copies of their DD Form 214 (Certificate of Release or Discharge from Active Duty) and other military and medical records several ways.

The National Archives' online eVetRecs system creates a customized order form to request information from veterans' military personnel

records. Users must be military veterans or next of kin of a deceased, former member of the military.

Military records are accessioned into the National Archives, and become archival, 62 years after the service member's separation from the military. If the Official Military Personnel File (OMPF) is a federal (non-archival) record, the military veteran, or the next-of-kin of the deceased veteran, can request copies of the OMPF online. If the OMPF is an archival record, it can be ordered online for a

copying fee. Archival records are open to the public.

All requests must contain specific information and be signed and dated by the veteran or next-of-kin. The next of kin of a deceased veteran must provide proof of death of the veteran. Requestors who are not the veteran or next of kin, must complete a Standard Form 180 (SF 180).

The 1973 fire at the National Personnel Records Center damaged or destroyed 16-18 million Army

and Air Force records that documented the service history of former military personnel discharged from 1912-1964. Though many records were either badly damaged or completely destroyed, alternate record sources can often be used to reconstruct these records.

For more information, visit

<http://www.archives.gov/veterans/military-service-records/>

RESETTING FORGOTTEN MYPAY PASSWORDS GETS EASIER

CLEVELAND – Beginning in mid-December, Defense Finance and Accounting Service (DFAS) customers were able to reset their **myPay** passwords online by answering a few security questions. **myPay** is the DFAS online pay account management system available to all military members, military Retirees and many federal Civilian employees. **myPay** users have been receiving new passwords by email or mail, which could have been a big problem for those transitioning to new jobs or locations as their contact information often changed.

"We looked at a number of options to make resetting forgotten passwords easier and more convenient for our customers," said David McDermott, DFAS Deputy Director of Operations. "The security questions are widely used throughout the banking and retail industries to verify user identities. They are the best option we found to improve service to our **myPay** account holders, while still protecting the privacy of

their online information."

At login, users will now be given a list of 17 possible security questions to answer. They need to answer eight questions to set up their online password reset capability. Later, when they forget their passwords, **myPay** will ask users to answer three randomly selected questions from those they have provided answers to. If they answer correctly, users will be able to create new passwords.

The security questions are optional for now. In the spring of 2013, however, all **myPay** users, including those who use Army Knowledge Online (AKO) and smart cards, will be required to answer eight security questions.

This change is part of a series of enhancements **myPay** has made based on customer feedback. Last year, the pay account management system launched mobile-friendly pay statements and smart card login.

IT'S RAINING CATS AND DOGS AT THE FAIRCHILD VET CLINIC

by Senior Airman Mary O'Dell
92nd Air Refueling Wing Public Affairs

2/25/2013 - **FAIRCHILD AIR FORCE BASE-Wash.** -- While the Fairchild veterinary clinic exists for the military working dogs, it's actually only about ten percent of the veterinarian's work load.

"I see the military working dogs twice a year for routine exams and tests or as otherwise needed for medical treatment," said Katie Dull, base veterinarian. "Most of the patients that I deal with are the cats and dogs of military families."

Dull also performs routine check-ups and services for the Transportation Security Administration dogs from the Spokane airport.



Retired and active-duty military, along with Department of Defense civilians can bring their cats

and dogs there for well-pet exams, micro-chipping, vaccinations and international health certificates.

"International health certification is especially important for military families who may move overseas," said Dull. "Different countries have different requirements and standards for pet health care and insuring your pet's safety and smooth transition should be a top priority."

Feline and canine spay and neutering is also available on a limited basis dependent upon the animal's age and the discretion of the veterinarian.

Choco, a daschund belonging to military spouse Juanita Herrera is seen at the base's vet clinic.

"Having a veterinarian on base is a lot more

convenient than having to worry about driving into town for something as simple as updated vaccinations and check-ups," said Herrera who brings Choco in for regular exams.

Dull said that while the clinic cannot provide emergency services or care for major illnesses, she feels grateful to be able to ensure all of her patients receive high quality care that they deserve.

"I think that most people believe we are only here for the MWD, when in fact they are the minority of my patients," said Dull. "Hopefully getting the word out that we are here to help all of the military families to the best of our capabilities will let people know otherwise."

The veterinarian is available on Mondays and Wednesdays from 9 a.m. until 3 p.m. For more information contact the Fairchild vet clinic at 247-2583.

UNITED STATES FLAG HISTORY

The American flag was flown in battle for the first time on Sept. 3, 1777, during a Revolutionary War skirmish at Cooch's Bridge, Delaware. Patriot General William Maxwell ordered the "Stars and Stripes" banner raised as a detachment of his infantry and cavalry met an advance guard of British and Hessian troops.

Three months earlier, on June 14, the Continental Congress had adopted a resolution stating that "the flag of the United States be thirteen alternate stripes red and white" and that "the Union be thirteen stars, white in a blue field, representing a new Constellation."

The national flag, which became known as the Stars and Stripes, was based on the Grand Union flag, a banner carried by the Continental Army in

1776 that also consisted of 13 red and white stripes.



With the entrance of new States into the Union after independence, new stripes and stars were added to represent the new additions. In 1818, however, Congress enacted a law stipulating that the 13 original stripes be restored and that only stars be added to represent new States.

On June 14, 1877, the first Flag Day observance was held on the 100th anniversary of the adoption of the flag. In the years after the first Flag Day, several States continued to observe the anniversary, and, in 1949, Congress officially designated June 14 as Flag Day, a national day of observance

GETTING MEDICAL NECESSITY FOR NON-FORMULARY DRUGS

You can get the non-formulary drug at a retail network pharmacy or via home delivery for the lower "formulary" cost share (or at no cost for active duty) if you can establish medical necessity:

1. Search the chart containing medical necessity criteria and forms. All drugs are listed by therapeutic class, brand name, and generic name.

2. Download and print the correct form for your medication.
3. Give the form to your provider to complete.
4. Deliver the form to Express Scripts following the instructions on the completed form. You do not need to submit multiple forms because medical necessity approvals apply to both the mail-order and retail network pharmacy options.

If you are unable to find a particular form please send a message to DOD.customer.relations@express-scripts.com with information and an Express Scripts representative will contact you. To learn more about specific medications, co-payments, and common drug interactions, or to check for generic equivalents or determine if a drug is considered a non-formulary medication, visit the online TRICARE Formulary Search Tool.

Non-Formulary Prescriptions at Military Pharmacies

Prescriptions for non-formulary medications can be filled at military pharmacies only if written by a provider at that military hospital or clinic and only when medical necessity is established. Military pharmacies may (but are not required to) fill a prescription for a non-formulary medication written by a civilian provider to whom the patient was referred, as long as medical necessity has been established.

Health.MilfTricare, March 2013

NEW PHASE FOR myPay

Week of May 06, 2013 in the Military Report

The Spring 2013 myPay release will affect all users and be phased in over the next 5 months, beginning May 11, 2013. It requires users to change their passwords every 60 days using stronger 15 to 30 character passwords. The change strengthens security and complies with current Defense Department guidelines.

myPay is the online pay management system for payroll customers of the Defense Finance and Accounting Service (DFAS). The system is anticipated to be unavailable for several hours on May 11. DFAS recommends myPay users plan to access the system on May 10 or after May 11 to avoid any inconvenience while the new release is put online.

"While each myPay release brings new and better ways to manage the pay of our military, federal civilian employee and military retiree customers," said Dave McDermott, DFAS deputy director for Operations, "the latest release will affect all 4.5 million established myPay account holders. New and more stringent password requirements may seem bothersome to some of our users, but in a world of identity theft and online criminal threats, it is the password requirements that safeguards your money, your identity and your well being."

Beginning in May, groups of users will be required to establish new passwords when they attempt to access their accounts. DFAS expects it will take four months before all users have updated their passwords. Once a password has been created, each myPay user will have to update their password every 60 days.

DFAS plans to send email alerts 10 days before expiration of a user's password.

Customers logging into myPay using DoD computer access cards (CAC) or a similarly encrypted federal ID card will not be required to enter a password to log in to myPay.

"The FBI, the Commerce Department and other federal and state agencies all recommend strong passwords along with ways to protect personal information and computer networks as the best defense," McDermott said.

More information on the myPay Spring 2013 release and the new password requirements is available on the DFAS website at <http://www.dfas.mil/dfas/mypayinfo.html> or click on a link below to get myPay release details for that particular category.

92ND SFS EARNS AMC LEVEL AWARD

by Senior Airman Taylor Curry
92nd Air Refueling Wing Public Affairs

3/5/2013 - **FAIRCHILD AIR FORCE BASE, Wash.** -- The 92nd Security Forces Squadron was honored for the third time since 2007 as the best medium-sized SFS unit in Air Mobility Command for the year.

"This is validation of hard work that the 92nd SFS has shown during the past year," said Maj. Garon Shelton, 92nd SFS commander. "The squadron was one of three security forces units in AMC rated "outstanding" in the last Operational Readiness Inspection."

Amongst its many accomplishments, the squadron was responsible for training more than 700 Airmen on more than 35 Ability to Survive and Operate core tasks. ATSO prepares Airmen to survive in a chemically or biologically contaminated environment.

"The squadron spent over 240 hours of training and preparation for this exercise," said Master Sgt. Daniel Merrill, 92nd SFS NCO in-charge of intel fusion cell.

The 92nd SFS was the first security forces unit in AMC to go from 12-hour shifts, to 10-hour shifts.

"A big challenge faced during the last year was getting Airmen out of 12-hour shifts and integrating civilian officers into the flight rotations allowing defenders more time to spend on physical training, with their families and working on their education," said Shelton.

The squadron's defenders responded to more than 800 incidents including DUIs, domestic disturbances, vehicle accidents and traffic citations.

"Our defenders work extremely hard by keeping people safe," said Tech. Sgt. Levi Wilson, 92nd



Staff Sgt. Adrienne Ramos runs through the confidence course with her military working dog, Helena, at Fairchild Air Force Base, Wash., Feb. 27, 2013. The military working dogs are trained to locate various explosive devices and narcotics, whether it is in a deployed location or stateside. Ramos is a military working dog handler from the 92nd Security Forces Squadron and is part of the team that earned the Air Mobility Command's best medium sized SFS unit of the year award. (U.S. Air Force photo/Senior Airman Taylor Curry)

SFS military working dog handler. "It makes me feel proud that we go above and beyond every year. It's time to repeat that effort this year."

The unit also thwarted a hostile gate runner, defused a five hour bomb threat, and ensured the safety of more than 9,000 members of the base populace.

"You don't earn this award with only a handful of high-speed individuals, it's a team," said Merrill. "Our strategy is you always plan for the worst case scenario and strive for the very best."

A PLACE FOR AIRMEN

by Senior Airman Samantha Krolkowski
92nd Air Refueling Wing Public Affairs

After the renovation, future events can be held on base, including Airman Leadership School graduations, commander's call and annual award ceremonies. When the club closed Dec. 21, 2009, these events were being held at off base venues.

"When the club closed, we had limited space big enough to hold these types of events," said Debbie Laskiewicz, 92nd Force Support Squadron deputy director.

The event center will be named after John "Red" Morgan, an original 92nd Heavy Bombardment Group Airman and a United States Army Air Forces pilot in World War II who received the Medal of Honor for his actions during a 1943 bombing run over Germany.

"The event center will be a place to celebrate Airmen," said Col. Brian Newberry 92nd Air Refueling Wing commander. "But it is more than that...it will be a place for the Fairchild family to connect right here on base."

The contract to design and construct the new recreation center was awarded to Northcon, Inc.

The building will be subdivided into two main sections with the first section being multipurpose rooms available for use by different community programs.



Construction efforts continue on the event center in an ongoing effort to increase quality of life for servicemembers and their families April 15, 2013, at Fairchild Air Force Base, Wash. The event center is scheduled to open by the end of 2013. (U.S. Air Force photo by Senior Airman Samantha Krolkowski)

The second and south half of the interior is being remodeled and will accommodate the functions from the Deel Community Center.

"The project is planned to provide Fairchild with a new and updated facility that consolidates both community and recreational functions," said Lt. Col. Patrick J. Obruba, 92nd Civil Engineer Squadron commander. "With the design of the new and demolition of the old space complete, the new floor plan is beginning to take shape."

A future project scheduled for fiscal year 2016, will remodel the north half of the space to replace the existing bowling center and Fun Spot which is scheduled for demolition.

Alex Trebek comes to Europe to invite service members to play Jeopardy

By [Karl Weisel, USAG Wiesbaden](#)

WIESBADEN, Germany (Oct. 16, 2012) -- It was a long day Oct. 12 for Alex Trebek and the Jeopardy crew, but by late afternoon they had a group of Wiesbaden service members and family members qualified to be considered for a special July 4, 2013, tribute to the military edition of the popular game show.

Starting at 9 a.m., Wiesbaden military community members were invited to stop by the Community Activity Center on Clay Kaserne to meet Trebek and to audition for Jeopardy. After picking up an autograph and posing for a photo with the multiple Emmy-award-winning moderator, service and family members had a chance to try out.

Since military members serve so far from home, "we decided to go out and test them where they're serving," said Trebek, adding that Jeopardy has been conducting overseas auditions since the mid-1980s.

"This is my 13th USO trip to various bases around the world. We want to let military families overseas know they are not forgotten," Trebek said, adding, "I've always had a soft spot for the military. They're friendly and have a sense of honor and duty to country. This is just letting the military know we appreciate what they're doing."

"I've been watching the show since I was in middle school," said Spc. Sean Rambaran, 24th Military Intelligence Battalion, shortly before qualifying for the afternoon call-back round.

V Corps' Capt. Briana Tellado and Capt. Eric Tellado said they felt pretty good going in to the first audition round.

She's the brainiac in the family," said Eric Tellado. "We watch the show on television and always compete on the questions. She always gets them right while I often get them wrong."



paid attention in all my classes," explained Briana Tellado, jokingly.

"I grew up watching Jeopardy," said USO volunteer coordinator Marcus Perry. "To be a part of a military Jeopardy is really special.

Perry and several other USO and Wiesbaden Better Opportunities for Single Soldiers volunteers were on hand to help facilitate the autograph and audition session.

"It was really nice to see how he (Trebek) interacts so freely with the Soldiers," added Perry. "It was really obvious that he cares about the Soldiers."

Seeing how Jeopardy and its theme song have become such a cultural phenomenon is a great feeling, said the show's longtime master of ceremonies. "It makes me feel good, because it means the people have taken the show to heart."

After passing the first test in the morning, 18 individuals were invited back to take another 50-question Jeopardy test. Only a few "survivors" made it to the final round, a one-on-one interview to be considered for the pool of potential future players.

"It was exhilarating," said Sgt. Gelasio Anglo of the Public Health Command (Veterinary Services). "I've always seen it on TV, but never in person."

Anglo, who made it to the afternoon round, was among those who washed out on the 50 questions.

"It's not hard, but being under time pressure makes it harder."

In the end, Trebek and company left with a handful of qualified applicants -- some of whom may be among the 12 finalists from around the world invited to play Jeopardy during the March taping for the

July 4th show. A Jeopardy representative explained that the names of all those who qualified will be kept on file for the next 18 months for possible appearances.

It was the last stop in Europe for the Jeopardy team after stops in Aviano, Naples, Ramstein and Wiesbaden.

POW SHARES STORY OF RESILIENCY

by Airman 1st Class Tom Brading
Joint Base Charleston Public Affairs

9/25/2012 - **JOINT BASE CHARLESTON, S.C. (AFRNS)** -- Two flags wave in the wind of his front yard. The first is the U.S. flag, the symbol of his country. The second is the Prisoner of War/Missing in Action flag, the symbol of his sacrifice.

His living room is decorated in combat medals, including the Purple Heart and Prisoner of War medals. They are relics of his military service, sacrifice and dedication.

Today, Charleston, S.C., native Jim Gatch, an 89-year-old Army Air Corps veteran and POW survivor of World War II, sits in his home safe and sound, but it hasn't always been this way.

In November of 1942, Gatch enlisted into the Army Air Corps, the predecessor of the U.S. Air Force. After training, he was assigned to the 379th Bomb Group and deployed to Europe as a waist-gunner on a B-17 Flying Fortress aircraft.

During a bombing mission on May 5, 1944, the group was bombing a German ball-bearing plant when they started taking heavy fire from German fighter jets.

The Germans eventually shot down his aircraft, but luckily Gatch was able to safely parachute to the ground. According to Gatch, all of the aircrew, with the exception of two, survived the crash.

"It was the first and last time I've jumped out of an airplane," said Gatch. "I had a feeling I could be



captured, but it was all happening so fast that I didn't even have a chance to process the variables."

Gatch was captured by German forces after parachuting deep into a French forest near the town of Dunkirk. The rest of the surviving aircrew were captured as well and sent to other prison camps.

"I was on my own," said Gatch, thinking back to the moment he was captured.

The weeks following his abduction, Gatch was sent to a POW camp near Belgard, Germany, and subjected to hours of non-stop interrogation by German officers. Gatch remained resilient in the face of his enemy captors.

"I told them my name, rank and serial number," said Gatch. "Other than that, I didn't say anything.

They roughed me up by knocking the side of my head with the stocks of their rifles."

Although Gatch never mentioned his hometown of Charleston, one of his interrogators had visited the U.S and was familiar with southern accents.

"The German officer just looked at me and said, 'I know you're from around the Charleston, South Carolina, area,'" said Gatch. "He said my accent gave it away, but I still denied it."

Gatch survived as a prisoner of war for the next 12 months. His diet consisted mainly of dehydrated cabbage and potatoes. Each morning, he was given a cup of hot water to make coffee. According to Gatch, it tasted "awful" and was nothing like any coffee he had before.

"I knew I would make it out of the camp eventually," said Gatch. "Some of the other prisoners began losing hope, so I would encourage them to stay strong."

Gatch's hope was pushed to its limit during the winter of 1944. Due to the Soviet forces pushing the German soldiers east, Gatch, along with more than 6,000 Allied POWs, were forced to march for nearly three months through Germany during one of Europe's most severe winters.

"The conditions during the march were disturbing," said Gatch. "The lack of sanitary facilities, along with an inadequate diet (about 700 calories a day), left many of us near starvation. Diseases such as typhus fever were spread by body lice. Other sicknesses, such as dysentery, pneumonia, pellagra and other diseases were felt by everyone to a certain degree."

But it was the sub-zero weather that was the major problem for the POWs. Frost bite was common for the Allied soldiers forced to march, and in many cases, it resulted in the amputation of fingers, toes, feet and hands.

"During those frigid nights, we slept on the frozen ground," said Gatch. "If we were lucky, we'd rest in old barns or any other shelter that was available."

According to Gatch, it was random acts of heroism that motivated the men to continue marching. Wagons were sometimes provided to the POWs unable to walk, and when horses weren't available to pull the wagons, teams of POWs would pull the wagons by using every ounce of strength they had to ensure they didn't leave anyone behind. Other times, POWs would share their warm clothing with less fortunate POWs.

"I didn't mind doing my part," said Gatch. "I don't think any of us did mind. The strong helped the weak. We knew it was our duty."

In the midst of darkness and chaos during the march, the compassion shown by the prisoners to each other was universal, he said. It bonded them. It reminded the POWs of what they were fighting for and it motivated them to not only keep fighting, but to believe in a brighter tomorrow.

The march came to an end after more than 600 miles traveled by foot in the dead of winter. But the war wasn't over for Gatch. He would remain a POW until he was liberated by British forces on May 5, 1945.

He was a POW for 358 days. His body weight went from more than 160 to 112 pounds during his time in captivity.

Although nearly 70 years have passed since Gatch was a POW, he said he remembers it like it was yesterday.

He can remember the frostbitten extremities during the march, the men who died at the hands of enemy captors and even the bugs crawling through the tents he spent so many nights in.

He sacrificed a year of his life, was subjected to torture, disease and starvation. He didn't know if he'd ever make it home to the United States, but he remained, and still remains, proud of his sacrifice and his dedication to the place he calls home.

"America is worth every bit of the sacrifices I made to preserve its freedom," said Gatch. "Freedom is worth fighting, dying and sacrificing for."

RETIREE ACTIVITY OFFICE CANNOT CHANGE YOUR MAILING ADDRESS

We receive our official mailing list from DFAS. The RAO is unable to change your mailing address. Retired members and Survivor Benefit Plan annuitants should call the Defense Finance and Accounting Service at 800-321-1080 to change their correspondence address. Those people with a MyPay account can make the change online. The fax number is 800-469-6559 for retirees and 800-982-8459 for annuitants. The address for retired members is

DFAS

US Military Retirement Pay
PO Box 7130
London KY 40742-7130

and for annuitants it is

DFAS
US Military Annuitant Pay
PO Box 7131
London KY 40742-7131.

ONLY survivors who are non-SBP annuitants may change their address by writing to

HQ AFPC/DPSIAR
550 C Street West Ste 8
Randolph AFB TX 78150-4713

TENTATIVE PROGRAM

14 June 2013

Tentative Retiree Appreciation Day Program

Friday 14 June 2013

0800 - 0830 Registration
0830 - 0840 Opening Ceremony

Welcome
Post Colors
Invocation
Drawing

0840 - 0850 Commander Remarks
0850 - 0920 **Keynote Speaker** – LtGen Jack Klimp USMC (RET)
09200 - 0935 HAWC – Health and Wellness Center
0935 - 0950 Health Benefits & Tricare
1005 – 1020 Coffee Break - Drawing
1020 - 1035 Causality Assistance and Survivor Benefits
1035 - 1050 Eastern Washington Veteran's Cemetery
1050 - 1005 Red Cross
1105 - 1120 Commissary/BX
1120 - 1135 Washington State Veterans Home
1135 - 1150 VA Hospital
1150 - 1205 Space A Travel
1205 - 1220 Coffee Break - Drawing
1220 - 1235 VFW
1235 - 1250 American Legion
1250 - 1305 Information, Travel, Tickets
1305 – 1320 Veteran Services
1320 - 1335 Recreation Center
1335 - 1350 Legal
1335 – 1350 Drawing

SPECIAL NOTES

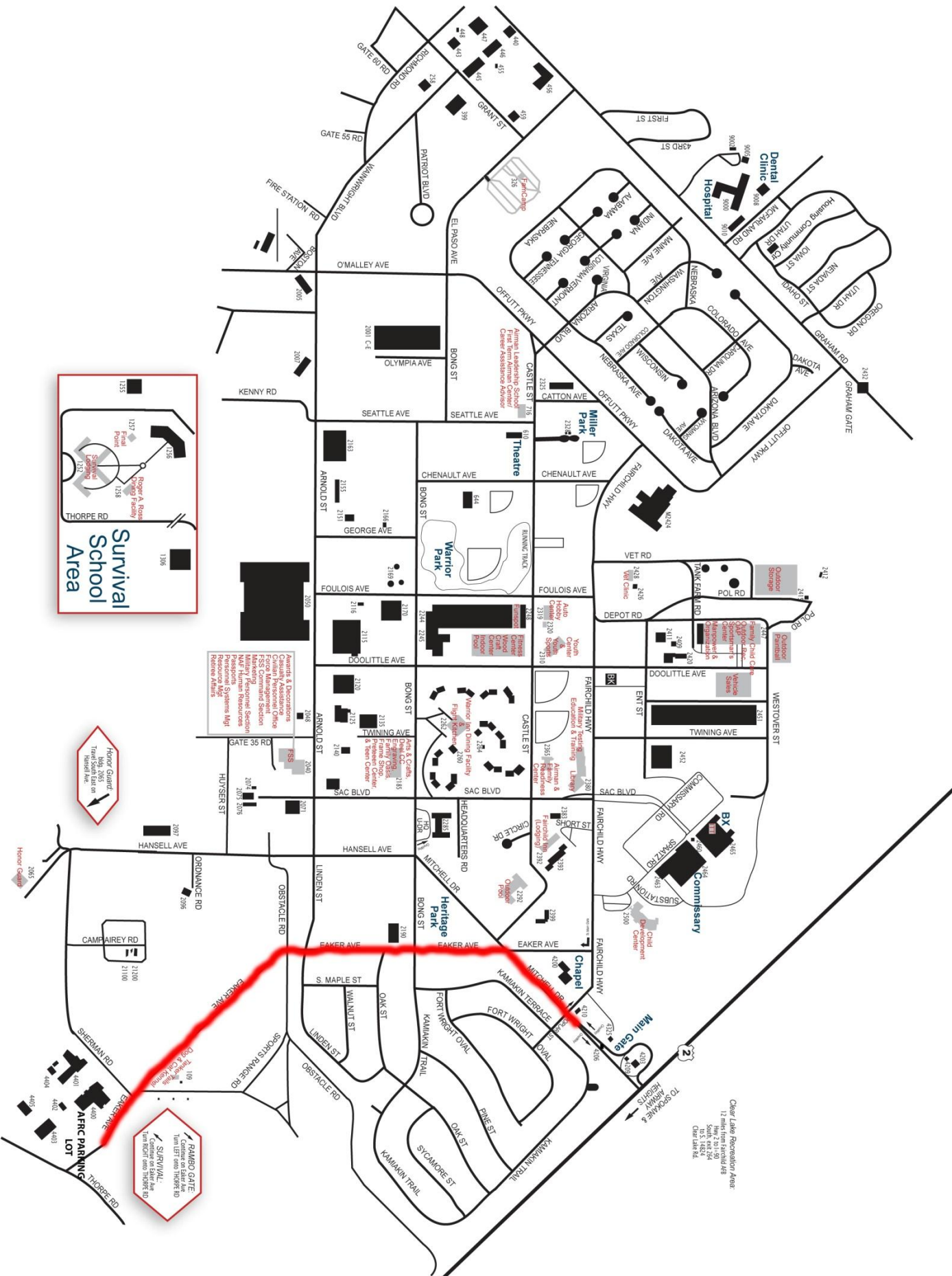
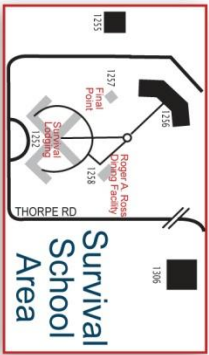
MPF Customer Service (DEERS, ID cards): Located at 7 W Arnold, , suite 109, is open 0730 to 1500 hours.

Visitor Center-Services: visitor passes. Located at the Maint Gate Visitor Center (Hwy 2). **A valid driver's license or photo ID is required. No vehicle registration is required to and proof of current insurance must be available in the vehicle. Guest must register in the Visitor Center.**

Commissary: Open 0830 to 2000 Hours on Friday and 0800 to 1800 Saturday.

Base Exchange: Open 0900 to 2000 hours on Monday thru Saturday and 1000 to 1700 on Sunday.

See Map below for directions to the Retiree Appreciation Day venue.



Honor Guard
 2065, 2061
 Thorpe Rd
 Honor Guard

RAABO GATE
 2097
 Obstacle Rd
 Gate to the
 Survival Area
 Turn LEFT onto THORPE RD
 Turn RIGHT onto THORPE RD

Clear Lake Recreation Area
 12 miles from Fairfield 88
 Hwy 2, 201, 50
 505, 1482
 105, 1482
 Oak Lake Rd

Parents & Associates
 Children's Personnel Office
 FSS Coordinator Section
 Marketing
 Management
 NAF Human Resources
 Personnel Systems Mgr
 Resource Admin

Heritage Park
 2190
 Eaker Ave
 2190
 Eaker Ave
 2190
 Eaker Ave

Clear Lake Recreation Area
 12 miles from Fairfield 88
 Hwy 2, 201, 50
 505, 1482
 105, 1482
 Oak Lake Rd