



“SERVICE CONTINUES”

Capital Area Coast Guard Retiree Council Newsletter

Council co-chairs: CDR Bruce Russell and YNCS Mike White

Issue 4

12 April 2006

Council co-chairs YNCS Mike White and CDR Bruce Russell sworn in during the 31 March Council meeting.

Your Council continues to be active, meeting 31 March 2006. A copy of the Council meeting Agendas and minutes may be requested from CAPT Glass, ph (301) 598-6590 or E-Mail: cjglass@verizon.net

Our objective is to publish a newsletter quarterly and provide you, the member, with information on Council activities and items of interest to Retirees in the Washington DC, Maryland and Northern Virginia Council area. In addition, we send out items of interest that are time-critical using our Capital Area Coast Guard Retiree E-Mail list.

All are invited to contribute to the Newsletter, attend a meeting, welcome to communicate with us prior to our Council meeting, or to provide informational items of interest to retirees. Please send an e mail, call or write to our Council Co-Chair, Chuck Glass, or to our newsletter editor, Norm Lemley (703) 528-1660 e-mail: nlemley2@comcast.net.

Please “Pass on” this Newsletter to others that may be interested. We welcome additional E-Mail and/or mailing addresses and phone numbers of our Capital Area Coast Guard Retirees to add to our mail list.

We look forward to serving all Coast Guard Retirees and extend an invitation to attend our meetings and participate on Council projects and keep us informed of your issues and concerns.

Council Meeting Schedule for 2006 -2007

Friday 29 September

Friday December 1, 2006

Friday March 30, 2007

Meetings are normally held at USCG Headquarters.

The Council was saddened to learn of the death of CAPT Joseph B. Coyle, USCG, Emeritus Council Member. He was buried at Arlington Cemetery on 23 February 2006 at 1000. CAPT Coyle was born on 2 June 1940 and left CG service on 1 April 1990. He is survived by wife, Sharon Harary-Coyle.

Items/Activities of Interest

Council co-chairs Sworn In

Council co-chairs YNCS Mike White and CDR Bruce Russell were sworn in during the 31 March Council meeting by CAPT Bob Farmer CO, HQTRS Support Command.

Council Thanks CAPT Glass for His Many Years as DC Area Council Chair

The Council thanked CAPT Glass for his many years as Council Chair and noted his many efforts and dedication over the years to lead the Council’s efforts and in particular his work to reinvigorate our Council to our current format and outreach and service programs. The Council expressed appreciation CAPT Glass’s willing to continue his service to the Council as Secretary



Left to right: Bruce Russell, new Council chair; Chuck Glass; Mike White, new Council co-chair, Fred Ames, National Council co-chair

CAPT Robert Farmer, CO, HQTRS Support Command Off to a New HQ Assignment

The Council thanked CAPT Farmer for active support as Council's Sponsor and wished him well in his new HQ assignment. CAPT Farmer has been readily available to the Council during his tenure and the Council has benefited from his guidance and wise counsel. He will be missed but it is good to know he will be close by. CAPT Farmer attended the 31 March Council meeting and introduced his relief, CAPT Jack Smith.

The National Retiree Council Annual Meeting

The National Retiree Council Annual Meeting will be 2-4 May at CGHQ. Council Members YNCS Dennis (Mike) M. White, USCG RET CO-Chair, CAPT Robert Warakomsky, USCG (Ret), and CAPT Norman Lemley USCGR RET will attend. If anyone has issue that should be raised at the National meeting, contact Mike White (703) 494-5819/ dwhite03@eds.com.

National Maritime Day, National Transportation Week



May 22nd is **National Maritime Day**, first declared so by the United States Congress in 1933. Its observance honors the contributions of the American Merchant Marine, civilians who have defended the freedom of the United States since 1775, and who executed the largest sealift the world has ever known during World War II. Observance of National Maritime Day also honors the maritime industry and the benefits it brings Americans in terms of transportation, jobs, goods, and recreational opportunities.

In 1933, Congress decreed May 22 as National Maritime Day. Each year since it has been a day for the United States to observe its proud maritime heritage, honor the men and women who serve and have served as

merchant mariners, and recognize the many benefits that result from our American maritime industry. National Maritime Day also follows on the heels of National Transportation Week, which the U.S. Department of Transportation has announced will run the week of May 14-20.

According to MARAD, our nation's ports and coastal and inland waterways support the annual movement of more than 2.5 billion tons of domestic and international commerce. They also generate significant local and regional economic development, support nearly 5 million jobs and provide facilities for some 8 million cruise and 113 million ferry passengers annually.

VADM Allen confirmed by the Senate as the 23rd Commandant

Homeland Security Secretary Michael Chertoff commented on his Confirmation - *I am delighted that Thad Allen has been confirmed by the Senate as the 23rd Commandant of the United States Coast Guard. Thad is a highly-respected Coast Guard veteran who has served our nation with distinction for more than three decades. He will more than justify the confidence that the President and Senate place in him. I commend the Senate for acting quickly to confirm Thad, and I look forward to his continued leadership at the department.*

ADM Allen's "bio" is attached.

Vice Admiral Vivien S. Crea, USCG to be Vice Commandant

Vice Admiral Vivien S. Crea, USCG head of the Coast Guard's largest command for nearly two years, has been tapped to become vice commandant, the second highest ranking officer in the service. When confirmed by the Senate, Crea would become the first woman to ascend to such a high military post among all of the uniformed services. Crea is a former pilot who put on her third star when she assumed command of the Coast Guard's Atlantic Area and Maritime Defense Zone Atlantic on July 16, 2004. She is the operational commander for all Coast Guard activities in an area spanning five districts, from the Rocky Mountains to Maine and Mexico. The command extends across the Atlantic and through the Caribbean, involving 33,000 military and civilian employees and 30,000 auxiliary members.

ADM Collins Final "State of the Coast Guard" Address

ADM Tom Collins gave his fourth and final "State of the Coast Guard" address as Commandant of the Coast Guard March 23, 2006 to an audience at Bolling AFB



President Bush names Vice Admiral Harvey E Johnson Jr.,USCG as FEMA Deputy Director

Vice Admiral Harvey E Johnson Jr., nominated as FEMA Deputy Director and Chief Operating Officer. VADM Johnson retires as Commander, Pacific Area this spring.

Retiree Program Coordinator's Office and Telephone and E-mail "HOTLINE"

At the request of the National Coast Guard Retiree Council a Headquarters Retiree Program Coordinator's Office has been established, and will be staffed by members of the Capital Area Coast Guard Retiree Council **and other DC Area Retiree** volunteers. This Office will serve as a Headquarters a point of contact for retirees needing assistance to determine who or where they should direct their inquiries. This will be a valuable contact point between the active duty Coast Guard and the Coast Guard military retiree community. This is important in these times of organizational change within the Coast Guard and our changing benefits and programs. There is no intent to curtail direct contact if the contact information is known.

Space has been allocated in Room 5500 in HQ for the Retiree Program Coordinator's Office. It is equipped with a computer, e mail, and telephone service (202-267 1727). Retirees will be able to call or email questions and concerns.

CAPT Warakomsky is spearheading the program and will be the Capital Area Coast Guard Retiree Council's Coordinator. A preliminary "watchstanders" list of Council members has been established, but additional people are desired to help. A voice mail box, an email address, and an email box are being finalized. It is expected the Office will be up and running by the middle of May.

Watchstanding procedures, frequently asked questions (FAQs), a list of links with key programs and other resource material are under development. Watchstanders will be given a briefing on responsibilities but primarily they will answer phone and e mail inquiries. No one will be expected to be an expert on USCG Programs, but rather, directing the "caller" to the right source will be the main thrust. The Frequently Asked Questions (FAQs) file will be a good information source for the watchstander. Care is being taken to minimize the burden of being a "watchstander".

Mr. Jarvis Kolen is the HQ contact. His phone number is 202-267-6018. His email address is; jkolen@comdt.uscg.mil. Mr. Kolen is a retired Navy senior chief and will also be handling the DEERS/RAPIDS system in addition to retiree affair

After the upcoming National Coast Guard Retiree Council annual (May 2-3) meeting in HQ, a notice will be sent to other Councils, advising them that the program is established. An article will be laced in the ***EVENING COLORS*** and on Fred's Place (and in other Coast Guard publications as appropriate).

All Capital Area retirees interested in participating as "watchstanders" are encouraged to contact CAPT Warakomsky: ph (703) 323-0891- e-mail bpwarakom@cox.net for additional details. Volunteers are very welcome!!!

Coast Guard Death Notifications

Following discussion at the March Council meeting of the problems associated with timely USCG death notifications being circulated to the DC Area USCG Retiree Community, CAPT Glass, as Council Secretary, has been added to the HQ notification e-mail list. CAPT Glass will circulate appropriate notices to the DC Area Retiree via the Council e-mail list.

Representation at Coast Guard Funerals at Arlington National Cemetery

Brenda Bell, Chair of the Standing Committee for Representation at Coast Guard Funerals at Arlington National Cemetery attended the March Council meeting and discussed the activities of the Standing Committee. She noted the need for volunteers to represent the Coast Guard at funerals at Arlington. Couples are especially welcome. She maintains a list of volunteers and notifies them of funerals for which representatives are needed. Representation is predominately at the Administration Building and graveside. In the near future, Mrs. Bell will hold a meeting of all volunteers at Arlington to discuss all aspects of the job. She indicates that with a good list of volunteers the frequency for each volunteer is estimated to be about four or five times a year. Those wishing to participate should contact Mrs. Bell directly at 301 469 6990 or email at hbell4579@comcast.net.

Headquarters Support Command Coast Guard Liaison to Arlington National Cemetery

Jay Fowler is the Coast Guard Liaison to Arlington National Cemetery Headquarters Support Command.

Contact Jay if you have questions or need assistance:

Phone (202) 267-451 4 Fax: (202) 267-4895 E mail jfowler@comdt.uscg.mil

Polar Star Back in Seattle

The Coast Guard icebreaker returned home to Elliott Bay a day ahead of schedule Tuesday afternoon after a successful voyage to Antarctica to help break a supply channel for U.S. science stations. The 399-foot long, Seattle-based cutter and its 134-member crew, commanded by Capt. Bruce Toney who usually commands its twin, Polar Sea, scrambled on less than 48-hours notice to leave on Jan. 20 from Pier 36, home of the nation's polar icebreaking fleet. A Russian icebreaker, the Krasin, that the National Science Foundation this year chose to open a channel to supply science stations was confronted by more difficult conditions than expected and slowed by propeller damage. While traditional ice channels have been 12 to 14 miles long, ice this year extended more than 70 miles from McMurdo Station, but less than the record 84 miles last year.

New WPS TRICARE for Life Contract Simplifies Claims Processing

FROM TRICARE No. 04-09

All beneficiaries who are eligible for TRICARE For Life, including those under age 65 and dual-eligible for TRICARE and Medicare, will soon receive a letter from Wisconsin Physicians Service (WPS), the new TRICARE For Life claims processor. Beginning April 1, 2004, WPS will be phased in as the new centralized claims processor for all TRICARE regions and the approximately 1.7 million TRICARE For Life beneficiaries in the United States, Puerto Rico, Guam, the U.S. Virgin Islands, the American Samoan Islands and the North Mariana Islands. The introductory letter contains contact information and frequently asked questions on TRICARE For Life, WPS and the automated claims processing system that services all TRICARE For Life beneficiaries.

The new contract integrates the services previously provided by each of the regional managed care support contractors, providing a single source for claims processing, customer service and administrative claims services. The WPS TRICARE For Life (WPS TFL) contract is part of the Department of Defense's next generation of contracts and is designed to optimize the delivery of claims and associated customer services. "The new single claims processing vehicle will deliver customer-friendly service and improve beneficiaries' satisfaction," said Rear Admiral Richard A. Mayo, Deputy Director of TRICARE Management Activity. "We will employ commercial best practices and an effective management approach to provide the necessary services through this world-class claims

processing system." TFL claims processing is currently in a state of transition. The outgoing regional claims processor will continue to process claims for services beneficiaries receive until WPS TFL is implemented in the beneficiary's state.

For information about current claims processors and to find out what region a beneficiary is in, see <http://www.tricare.osd.mil/main/chart.html> WPS TFL is being phased in as follows:

- Region 11: April 1, 2004
- Regions 2/5: June 1, 2004
- Regions 9/10/12: July 1, 2004
- Regions 3/4: August 1, 2004
- Region 1: September 1, 2004
- Regions 7/8 (Central): October 1, 2004
- Region 6: November 1, 2004

Because the Medicare program is administered on a state-by-state basis, WPS TFL will be implemented by state. In cases when parts of a state are included under two separate regions, WPS TFL will be implemented

when the largest part of a state is scheduled to be implemented. For example, Idaho falls under Region 7/8 (Central) and Northern Idaho falls under Region 11; all of Idaho will be phased in with Region 7/8 (Central). A complete list of states' phase in dates will soon be available on <http://www.tricare.osd.mil> On the above implementation dates, beneficiaries who are under age 65 and are eligible for both Medicare and TRICARE due to disability or end-stage renal disease will no longer need to directly file claims to a managed care support contractor. All claims filed with Medicare for these dual-eligible beneficiaries will go to WPS TFL. WPS has agreements with each Medicare carrier allowing Medicare to directly submit claims to WPS TFL once implemented in the state. If the provider currently submits claims electronically on the beneficiary's behalf to Medicare, Medicare will now submit this claim directly to WPS TFL.

Beneficiaries will receive an Explanation of Benefits (EOB) from WPS TFL once processing has been completed. Once implemented in a region, beneficiaries may call WPS TFL, (866) 773-0404 or TDD (866) 773-0405 for information and/or claims processing assistance. For more information, go to <http://www.tricare.osd.mil/faq/default.aspx> ; under "Word Search" type in "TRICARE For Life" or under the "Advanced Search" use the drop down menu, and choose category "TRICARE For Life/Dual eligible", subcategory "All" and then hit "GO".

Beneficiaries may also access TRICARE For Life information on the TRICARE Web site at <http://www.tricare.osd.mil/tfl>.

VA's Online RX Refill Service the Right Prescription for Vets

WASHINGTON (Nov. 23, 2005) - Tens of thousands of veterans are now receiving their prescription drug refills from the Department of Veterans Affairs (VA) with greater convenience, speed and security, thanks to a new service available to veterans over the Internet.

More than 70,000 prescriptions have been refilled using the latest service added to VA's "MyHealtheVet," the personal online health record system designed for veterans in the VA health care system. The prescription refill service began on Aug. 31.

"VA's MyHealtheVet prescription refill service is proving to be extremely successful in providing America's veterans with fast, easy and secure access to their important medications," said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "Given the overwhelmingly positive response VA has received to this initiative from our veterans, we anticipate that thousands more veterans will choose to take advantage of this convenient service."

The secure online prescription refill service has quickly emerged as one of the more popular features in the MyHealtheVet system, which connects with VA's widely respected electronic records system.

When a veteran orders a prescription refill, the request is routed to VA's computer system to be filled by one of the department's outpatient mail pharmacies. The refill is then sent directly to the veteran, eliminating the need for a trip to the pharmacy and a wait in line.

On Veterans Day, Nov. 11, 2005, MyHealtheVet marked its second anniversary by adding three new health records that veterans can keep in a secure electronic environment and make available to VA health professionals nationwide - blood oxygen levels taken from a pulse oximeter, daily food intake in the Food Journal, and physical activity and exercise in the Activity Journal.

By last month, more than 100,000 veterans had signed up to use MyHealtheVet, which is located on VA's Web site at <http://www.myhealth.va.gov>

Among the services available to veterans, their families and VA care providers through the online personal record are the ability to track health conditions - entering readings such as blood pressure and cholesterol levels - and to record medications, allergies, military health history, medical events and tests.

Boating Tip --HOMELAND SECURITY

Boaters should be aware of proper procedure when it comes to approaching U.S. Navy or U.S. Coast Guard vessels. Slow to a minimum speed within 500 yards and do not approach within 100 yards of a Navy vessel. If your boat needs to pass within 100 yards for safe passage, you must contact the Navy or Coast Guard vessel on VHF Channel 16.

Coast Guard Asks Boaters to Help Thwart Terrorism

The Coast Guard is requesting the assistance of America's 70 million boaters and others who work, play and live around water to be a neighborhood watch around America's waterways. "--with over 95,000 miles of shoreline, 300,000 square miles of waterways, 6,000 bridges, 360 ports of call, and thousands of marinas, the United States Coast Guard simply cannot be everywhere at once," the Coast Guard said in a press release announcing the program, dubbed America's Waterway Watch. "The primary objective of America's Waterway Watch is to help prevent acts of terrorism and other illegal activity by having members of the commercial and recreational boating industries, as well as the boating public, recognize and report suspicious activities that may be indicators of potential terrorism," said Coast Guard Chief Petty Officer Penny Collins, national program manager for America's Waterway Watch.

List of Useful Web Sites

A list of useful web sites is included in this newsletter and we welcome any suggested additions.

CG News www.uscg.mil/news

USCG Home page <http://www.uscg.mil/USCG.shtm>

USCG HOME PORT www.homeport.uscg.mil

USCG Retiree Home page www.uscg.mil/hq/g-w/g-wp/g-wpm/retiree/retiree.htm

USCG Finance Center (for retired pay etc) <http://www.uscg.mil/hq/psc/index.htm>

USCG Evening Colors <http://www.uscg.mil/hq/psc/eveningcolors/index.htm>

Maritime Security Threat Level <http://www.uscg.mil/USCG.shtm>

USCG Fifth District <http://www.uscg.mil/d5/index.html>

USCG Sector Baltimore <http://www.uscg.mil/d5/sector/sectbalt/index.htm>

USCG Sector Hampton Roads <http://www.uscg.mil/d5/sector/hamptonroads/index.htm>

USCG Academy www.cga.edu

USCG Auxiliary www.cgaux.org

Coast Guard Magazine <http://www.uscg.mil/hq/g-cp/cb/CGMagazine.htm>

CG Reservist <http://www.uscg.mil/reserve/magazine/magazine.htm>

NAVY Times <http://www.navytimes.com/>

Coast Guard Mutual Assistance www.cgmahq.org

US Coast Guard Foundation <http://www.cgfdn.org/main.html>

USCG Recreational Boating Safety Office <http://www.uscgboating.org/>

USCG Deepwater Program <http://www.uscg.mil/deepwater/>

USCG Directives <http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>

USCG Personnel World Wide Locator CGlocator@Ballston.uscg.mil

USCG History <http://www.uscg.mil/hq/g-cp/history/collect.html>

USCG Aviation <http://www.aoptero.org/>

USCG Foundation <http://www.cgfdn.org>

USCG Coast Guard Band www.uscg.mil/band.

USCG Auxiliary Northern Va Div. 14 <http://www.uscgaux.org/~05414/index.html>

Air Force Academy <http://www.usafa.af.mil/>

Naval Academy <http://www.usna.edu//homepage.php>

Kings Point <http://www.usmma.edu/>

West Point <http://www.usma.edu/>

What Happened This Day in USCG http://www.uscg.mil/hq/g-cp/history/Chronology_index.html

Department of Homeland Security <http://www.dhs.gov/dhspublic/>

National Personnel Records Center (St. Louis, MO)

http://www.archives.gov/facilities/mo/st_louis/military_personnel_records/standard_form_180.html

National Association of State Boating Law Administrators <http://www.nasbla.org/>

TRICARE Information Systems <http://www.tricare.osd.mil/faqs/>

TRICARE For Life Beneficiary Letter (<http://tricare.osd.mil/tfl/pdf/carratoletter.pdf>)

TRICARE For Life Brochure (<http://tricare.osd.mil/tfl/pdf/brochure4June.pdf>)

TRICARE For Life Beneficiary Information Card (http://tricare.osd.mil/tfl/tfl_bencard.html)

TRICARE For Life Cost Matrix (<http://tricare.osd.mil/tfl/matrix.html>)

Social Security Administration Online www.ssa.gov,

Medicare Online www.medicare.gov

FREDS PLACE <http://www.fredsplace.org/>

Military Officers Association of America <http://www.moaa.org/>

ROA http://www.roa.org/about_us/about_ov.asp

[The Retired Enlisted Association](http://www.trea.org/) <http://www.trea.org/>

USCG Warrant Officers Association <http://www.cwoauscg.org/>

USCG Chief Petty Officers Association <http://www.uscgcpoa.org/>

Coast Guard Combat Veterans Association <http://www.trea.org/>

Fleet Reserve Association <http://www.fra.org/aboutfra.html>

Navy League http://www.navyleague.org/index_flash.php
National Association for Uniformed Services <http://www.naus.org/>
Employers Support the Guard and Reserve www.esgr.com
Navy Memorial Events <http://www.lonesailor.org/events.php>
For SBP info: www.dfas.mil
Navy Mutual Aid Assoc: www.navymutual.org
Dept of Veterans Affairs: www.va.gov
FEMA Independent Study <http://training.fema.gov/EMIWeb/IS/crslist.asp>
USAA Insurance www.usaa.com
Geico Insurance www.geico.com
Ft Meyer Commissary <http://www.commissaries.com/stores/html/store.cfm?dodaac=HOCNFH>
Ft Mead Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HOCNEN>
Bolling AF Base Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCNEB>
Annapolis NS <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCNEL>
Andrews AF Base Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCNEK>

--- --- ---



Vice Admiral Thad W. Allen

Chief of Staff U.S. Coast Guard



Vice

Vice Adm. Thad W. Allen assumed duties as Chief of Staff, U.S. Coast Guard and Commanding Officer, Coast Guard Headquarters, Washington, D.C., in May 2002. Adm. Allen oversees general management functions of the Coast Guard. He is also currently the Chairman of the Department of Homeland Security's Joint Requirements Council.

Vice Adm. Allen was designated the Principal Federal Official in Sept. 2005 for hurricane Katrina response and recovery activities in Louisiana, Mississippi and Alabama. He additionally served as Principal Federal Official for hurricane Rita response and recovery activities in Louisiana.

Prior to his assignment as Chief of Staff, Vice Adm. Allen served as Commander, Coast Guard Atlantic Area, where he was the operational commander for all Coast Guard activities in an area of responsibility spanning five Coast Guard Districts, over 14 million square miles, involving 26,000 military and civilian employees, and 27,900 auxiliarists. He served concurrently as Commander, Fifth Coast Guard District, and Commander U.S. Maritime Defense Zone Atlantic. Vice Adm. Allen led Atlantic forces in the Coast Guard's response to the terrorist attacks of September 11, 2001

In his previous flag assignments he commanded the Seventh Coast Guard District and directed all Coast Guard operations in South Carolina, Georgia, most of Florida and throughout the Caribbean; and was the Coast Guard's Director of Resources, where he was responsible for formulating the Coast Guard's budget, developing long range plans, and managing the Coast Guard's performance plan.

A specialist in operations both in the coastal and offshore environments, Vice Adm. Allen has served in three Coast Guard cutters; the Androscoogin, Gallatin, and Citrus, which he commanded. His coastal operations command assignments include Captain of the Port / Group Long Island Sound, Conn.; Group Atlantic City, N.J., and LORAN Station Lampang, Thailand. Vice Adm. Allen's other assignments included a tour as search and rescue controller in the Greater Antilles Section, San Juan, Puerto Rico; Intelligence Watch Officer at DEA/INS El Paso Intelligence Center, El Paso, Texas; Chief Budget Officer, Maintenance and Logistics Command, Atlantic, Governors Island, N.Y.; Deputy Project Manager, Fleet Modernization and Rehabilitation (FRAM) Project, and Assistant Division Chief, Programs Division, Office of the Chief of Staff, Coast Guard Headquarters.

Vice Adm. Allen is a native of Tucson, Ariz. He graduated from the U. S. Coast Guard Academy in 1971. He holds a Master of Public Administration degree from the George Washington University and received the Distinguished Alumni Award in 2000. He also holds a Master of Science degree from the Sloan School of Management of the Massachusetts Institute of Technology. In 2003, Vice Adm. Allen was elected a National Academy of Public Administration Fellow.

Vice Adm. Allen is married to the former Pamela A. Hess of Champaign, IL. She is the Assistant Dean for Student Services at the George Mason University School of Management. They have three grown children, Amanda, Meghan and Lucas and two grandchildren, Zachary and Andrew. Vice Adm. Allen is the son of Clyde and Wilma Allen. Clyde Allen is a retired Coast Guard Chief Damage Controlman and World War II veteran.