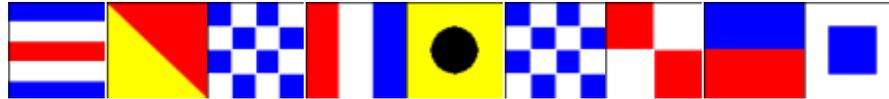




Capital Area Coast Guard Retiree Council Newsletter

SERVICE CONTINUES



February 2012

CG INFO AND FUNERAL NOTICES

Release Number: 12-55

Date: 3 February 2012

Norm Lemley, Capt USCG (Ret), Passes Over the Bar

As most of you know, CAPT Norm Lemley was vacationing in Sweden where he, his wife and daughter were involved in a severe accident during a recreational dog sled excursion. A car hit the sled. Norm did not survive. His wife Laura was severely injured and is now receiving medical treatment at Walter Reed Medical Center after being airlifted from Ramstein Air Force Base in Germany to the US by our Air Force. The family is focusing on Laura's recovery and has not yet set a date for a funeral or memorial service, since she is in no condition currently to attend. The last entries on Caring Bridge

THURSDAY, FEBRUARY 2, 2012 5:50 PM, EST

For those of you who have asked, Mom is in Room 440 in Building 10 at Walter Reed, which is on Wisconsin Avenue in Bethesda. I don't have a more specific address at the moment.

I am not giving out her phone number because we are still trying to gatekeep on the number of calls until she is much stronger.

Surgery was a success!

Mom had her surgery today to remove the external fixator. All went well. She returned to her room all smiles and feeling like she had passed a huge milestone.

Looks like 8 weeks (we think) until she can begin rehabilitation to walk.

We're not quite sure how long the walk-rehab will take, but we know she's up to the challenge.

*cards can be sent to
Laura Lemley
c/o Jane Rasmussen*

711 Timber Lane
Falls Church, VA 22046

Thanks for all your support!

Norm's loss is a severe blow to all of us who knew him. He was not only a fine person, a credit to his family and to the Coast Guard, which he also loved, he was a long-time member of our Council and was one of the most active members in advocating for a closer relationship between the active Coast Guard and its retired members. He also produced the quarterly Newsletter which kept the Capitol Area Retirees up to speed on items affecting our Retirees, among the other things he did to support the Council and Retirees.

We'll continue the Newsletter and of course the Capitol Area CG Retiree Council Web site, but Norm's unique network that he used secure useful information will be difficult to replicate. We'll do our best. Our Council exists to support you and we'll continue to do that.

Time for 2012 CG Officers' Spouses' Club Scholarship Applications

The Coast Guard Officers' Spouses' Club of Washington DC has partnered with the Military Officers Association of America (MOAA) to provide \$1,000 grant(s) and educational assistance to children of CG Officers serving or retired in the metropolitan Washington/Baltimore area, seeking an undergraduate degree. Application deadline is: **March 1**. For more information, go to the Club's web site: <http://www.cgosc-washingtondc.org> or email Maggi Paar, Scholarship Chair at cgosc.dc@gmail.com.

This past August, in conjunction with MOAA's education assistance program, four \$1,000 CG Officers' Spouses' Club grants were awarded to very deserving Coast Guard Officer dependents in the DC/Baltimore area. In addition, each student received a \$5,500 interest free loan and a \$500 Designated Scholar grant from MOAA.

The scholarship recipients were:

Julius Davins, a senior at Penn State majoring in Labor Relations, Training and Development, is the son of CAPT Jack Davins who retired with 30 years of service in Marine Safety and Donna Davins.

Sarah Grawe is a senior at Bloomsburg University of Pennsylvania studying Nursing. Her parents are CDR Bill Grawe, assigned to the National Pollution Center, and Nancy Grawe.

Monika Criman is a junior at the University of Virginia in the Nursing Program. She is the daughter of CAPT Tom Criman and Valerie.

Emily Stanchi, a senior at Elon University, majoring in International Business with an interest in leadership. Emily is the daughter of retired CDR Richard Stanchi and Sharon.

The Coast Guard We Once Knew (Author Unknown)

I liked standing on the bridge wing at sunrise with salt
spray in my face and clean ocean winds whipping in from the four
quarters of the globe -- the cutter beneath me feeling like a living thing

as her engines drove her swiftly through the sea.

I liked the sounds of the Coast Guard - the piercing trill of the boatswain's pipe, the syncopated clangor of the ship's bell on the quarterdeck, the harsh squawk of the PA system, and the strong language and laughter of sailors at work.

I liked CG vessels – nervous darting 255s, plodding buoy tenders, and light ships, sleek 327s and the steady solid hum of the twin engines on the HH16E.

I liked the proud names of Coast Guard ships: USS Bayfield, USS Cavalier, USCGC Taney, USCGC Cosmos, the Wind class Icebreakers and the USCGC Bibb just to name a few.

I liked the lean angular names of CG "shallow water cutters" the 82 footers, Pt Hudson, Pt lookout, Cape Trinity and the Cape Higgon. Named for locations around the states. I liked liberty call and the spicy scent of a foreign port.

I even liked the never ending paperwork and all hands working parties as my ship filled herself with the multitude of supplies, both mundane and to cut ties to the land and carry out her mission anywhere on the globe where there was water to float her.

I liked sailors, officers and enlisted men from all parts of the land, farms of the Midwest, small towns of New England, from the cities, the mountains and the prairies, from all walks of life. I trusted and depended on them as they trusted and depended on me - for professional competence, for comradeship, for strength and courage. In a word, they were "shipmates"; then and forever.

I liked the surge of adventure in my heart, when the word was passed: "Now set the special sea and anchor detail - all hands to mooring stations for leaving port," and I liked the infectious thrill of sighting home again, with the waving hands of welcome from family and friends waiting pier side. The work was hard and dangerous; the going rough at times; the parting from loved ones painful, but the companionship of robust CG laughter, the "all for one and one for all" philosophy of the sea was ever present.

I liked the serenity of the sea after a day of hard ship's work, as flying fish flitted across the wave tops and sunset gave way to night. I liked the feel of the CG Cutter in darkness - the masthead and range lights, the red and green navigation lights and stern light, the pulsating phosphorescence of radar repeaters - they cut through the dusk and joined with the mirror of stars overhead. And I liked drifting off to sleep lulled by the myriad noises large and small that told me that my ship was alive and well, and that my shipmates on watch would keep me safe.

I liked quiet mid-watches with the aroma of strong coffee and PBJ sandwiches – the lifeblood of the CG permeating everywhere. And I liked hectic watches when the exacting minuet of haze-gray shapes racing at flank speed kept all hands on a razor edge of alertness.

I liked the sudden electricity of "General quarters,

general quarters, all hands man your battle stations," followed by the hurried clamor of running feet on ladders and the resounding thump of watertight doors as the ship transformed herself in a few brief seconds from a peaceful workplace to a weapon of war – ready for anything. And I liked the sight of space-age equipment manned by youngsters clad in dungarees and sound-powered phones that their grandfathers would still recognize.

I liked the traditions of the CG and the men and women who served so valiantly. These few gave so much in service to their country. A sailor could find much in the CG: comrades-in-arms, pride in self and country, mastery of the seaman's trade. An adolescent could find adulthood.

In years to come, when sailors are home from the sea, they will still remember with fondness and respect the ocean in all its moods - the impossible shimmering mirror calm and the storm-tossed green water surging over the bow. And then there will come again a faint whiff of stack gas, a faint echo of engine and rudder orders, a vision of the bright bunting of signal flags snapping at the yardarm, a refrain of hearty laughter in the wardroom and chief's quarters and mess decks. Gone ashore for good they will grow wistful about their CG days, when the seas belonged to them and a new port of call was ever over the horizon. Remembering this, they will stand taller and say, "I WAS A COAST GUARDSMAN ONCE."

Comment from ADM Papp, this person was, is, and will always be a Coast Guardsman. The "Long Blue Line" begins at enlistment or commissioning and extends through retirement and even after with the spouse and any dependents. In consideration of this and all of us belonging to the Coast Guard Family, extensive efforts are moving, through the work of the National CG Retiree Council and your Capitol Area Council, to bring CG Retirees closer to the Active Service in ways similar to the Army, Navy & Air Force. We'll keep you advised as those activities progress.

Coast Guard sinks Deepwater

Federal Computer Week
Wednesday, January 4, 2012

By Alice Lipowicz

The Coast Guard's \$27 billion "Deepwater" acquisition program is officially dead, both as a concept and as a procurement program, a senior official has declared.

Writing under the headline, "Deepwater R.I.P." in the agency's Service Lines publication, Rear Admiral Jake Korn, assistant commandant for acquisition and chief acquisition officer, said the agency's ambitious but troubled program to modernize its marine and air assets that started in 2002 was now in its final days.

"The time has come for the U.S. Coast Guard to officially drop the Deepwater name from any reference

to our acquisition portfolio," Korn wrote in the report. "The active period of performance for the last line item under the Integrated Coast Guard Systems contract ends in January, and there will be no further work initiated."

The Coast Guard is moving forward to fulfill its modernization goals in several ongoing asset modernization and replacement efforts, Korn added in the Dec. 8 article.

"Deepwater is officially dead - long live Coast Guard recapitalization," Korn wrote.

This piece appeared in VFW Weekly Update:

Google for Veterans:

The VFW, actor Gary Sinise, and CBS affiliates nationwide have joined Google in a 30-second public service announcement to launch Google for Veterans, which will enable military personnel, veterans and families to better connect, share and document their stories and lessons learned from deploying and redeploying to transitioning and job seeking. There is also a resume builder and a free video chat feature. The initiative is the result of military veterans and family members who work for Google, who understand the challenges of serving, coming home and transitioning to civilian life. Click here to view the PSA: http://www.youtube.com/watch?feature=player_embedded&v=Cg8Ay5VucyY.

TRICARE Home Delivery Pharmacy

Week of January 02, 2012

The TRICARE pharmacy home delivery program already fills over 1 million prescriptions a month, and a recent reduction on copays for generic prescriptions gives many beneficiaries an even greater incentive to receive their regular medications by mail. TRICARE beneficiaries can now get generic prescriptions without copay. Ideal candidates for the pharmacy home delivery program include those with several regular maintenance medications for conditions such as hypertension and diabetes who already fill their 90-day generic prescriptions at a local pharmacy. For more information, visit the TRICARE website www.tricare.mil

<http://www.military.com/military-report/tricare-home-delivery-pharmacy?ESRC=miltrep.nl>

CVS seeks customers shut out of Walgreens

By Patricia Kime - Staff writer

Posted: Wednesday Jan 4, 2012 11:20:02 EST

CVS Pharmacy is capitalizing on the Jan. 1 split between Walgreens and Tricare's pharmacy benefits company Express Scripts, offering an online service to help customers transfer prescriptions to CVS.

Standing to benefit are CVS, the nation's second-largest retail pharmacy chain, which could pick up a lion's share of the 90 billion prescriptions that Walgreens previously filled under its contract with Express Scripts, and the USO, which will receive \$3 for each Tricare beneficiary **who uses the online service** to switch during January, up to \$50,000.

"CVS is committed to helping Tricare members on their path to better health, which is why we want to make it possible for members whose insurance may no longer be accepted at their current pharmacy to transfer their prescriptions to us," CVS Vice President of Professional Pharmacy Services Papatya Tankut said Tuesday.

The contract fallout between Walgreens and Express Scripts affected not only Tricare customers: Many Medicare plans, corporate insurers, and local and state government beneficiaries whose companies held contracts with Express Scripts also are affected.

Walgreens and Express Scripts parted ways at the end of 2011 after contact negotiations reached an impasse. About 530,000 Tricare customers filled their recurring medications at Walgreens last year, and many relied on the convenience of their neighborhood Walgreens to fill one-time prescriptions.

During talks, Walgreens had offered to negotiate the Tricare portion of the massive contract separately; Express Scripts declined, saying that wasn't in the best interest of all its clients.

Tricare is encouraging its members to fill prescriptions at military treatment facilities, which is the least expensive option for the government; use their mail order service, also managed by Express Scripts; or switch retail pharmacies.

Tricare beneficiaries receive medications that are in the Defense Department formulary for free at military pharmacies and can receive a 90-day supply of a generic medication free through mail order. They pay \$9 for brand name for a 90-day supply through mail order and also can fill prescriptions at network pharmacies at rates of \$5 for generic and \$12 for brand named formulary drugs.

Drugs not listed in the Tricare formulary cost \$25 for a 90-day mail order supply and \$25 for a 30-day retail supply.

Beneficiaries still can fill their prescriptions at non-network pharmacies like Walgreens, but they must pay in full and submit claims for reimbursement. They will be reimbursed a portion of the costs only after all deductibles are met.

<http://www.navytimes.com/news/2012/01/military-tricare-cvs-seeks-walgreens-customers-010412w/>

The New London Day **Friday, January 6, 2012**

Papp: Teaching Coast Guard's rich history is a responsibility

By Jennifer McDermott

At his annual leadership address Thursday, Coast Guard Adm. Robert J. Papp Jr. told officer candidates and the academy's corps of cadets stories of Coast Guardsmen

who have displayed extraordinary commitment, courage and sacrifice.

While traveling across the country, the commandant told the group, he has been struck by the fact that many people in the Coast Guard don't know a lot about the service's rich history.

Papp said he learned the history over the years, not during his time as a cadet at the academy. And he views teaching it as a responsibility.

Today Papp will ask Coast Guard historians to help develop an academic course that teaches the history of the Coast Guard, focused on inspirational individuals, leaders, and the decisions they made that shaped the service today.

Every cadet will take the course at the academy beginning next fall, and sections can be taught at Officer Candidate School and other training sessions, Papp said.

The motto of the Coast Guard training barque Eagle is tradition, seamanship and character.

Papp said the Coast Guard teaches seamanship and hopes to build character. Now, he said, people need to understand the traditions.

ADM Papp: RESPECT OUR SHIPMATES - DUTY DEMANDS COURAGE

1. WHEN I ASSUMED DUTIES AS COMMANDANT, I TOLD YOU THAT RESPECTING OUR SHIPMATES IS ONE OF MY FOUR GUIDING PRINCIPLES. I PROVIDED MY DIRECTION ON MAINTAINING POSITIVE COMMAND CLIMATES TO ACHIEVE MISSION EXCELLENCE AND SET FORTH MY EXPECTATIONS FOR THE COAST GUARD. I AM PROUD THAT NEARLY ALL COAST GUARDSMEN LIVE THE CORE VALUES OF HONOR, RESPECT AND DEVOTION TO DUTY. HOWEVER, SOME PERSONNEL FAIL TO ADHERE TO THIS FOUNDATIONAL STANDARD OF CONDUCT.

2. SEXUAL ASSAULT, HAZING, HARASSMENT AND DISCRIMINATION UNDERMINE MORALE, DEGRADE READINESS AND DAMAGE MISSION PERFORMANCE. THESE AND SIMILAR ACTS OF MISCONDUCT BREAK OUR OBLIGATION TO ONE ANOTHER. EACH INCIDENT OF SEXUAL ASSAULT, HAZING, HARASSMENT OR DISCRIMINATION IS A DELIBERATE ACT THAT VIOLATES LAW, POLICY AND SERVICE STANDARDS.

3. WE WILL NOT TOLERATE THIS BEHAVIOR IN THE COAST GUARD. WE WILL INTERVENE TO PREVENT OR HALT THESE ACTS WHEN THEY ARE OCCURRING. WE WILL INVESTIGATE AND DISCIPLINE THOSE WHO HAVE VIOLATED LAW AND SERVICE POLICY. WE WILL INSIST THAT ALL OF OUR SHIPMATES LIVE BY OUR CORE VALUES.

4. IN MOST CASES, ANOTHER PERSON OBSERVES OR IS AWARE OF THE MISCONDUCT. LET ME BE CLEAR: THERE ARE NO BYSTANDERS IN THE COAST GUARD. OUR DUTY TO RESPECT OUR SHIPMATES DEMANDS EACH OF US HAVE THE

COURAGE TO TAKE IMMEDIATE ACTION TO PREVENT OR STOP THESE INCIDENTS FROM HAPPENING, WHETHER AT WORK OR ON LIBERTY. IF YOU BECOME AWARE OF AN ACTUAL OR SUSPECTED INCIDENT OF SEXUAL ASSAULT, HAZING, HARASSMENT OR DISCRIMINATION, OR OTHER MISCONDUCT, YOUR DUTY AS A COAST GUARDSMAN IS TO INTERVENE, PREVENT OR HALT IT, AND REPORT IT. FAILURE TO HELP A SHIPMATE IN THOSE CIRCUMSTANCES DEMONSTRATES A LACK OF COURAGE THAT IS CONTRARY TO OUR CORE VALUES. I EXPECT EVERY COAST GUARDSMAN WILL DISPLAY THE SAME COURAGE IN THOSE CIRCUMSTANCES AS THEY WOULD IN RESCUING SOMEONE IN PERIL AT SEA.

5. AMERICA MUST HAVE CONFIDENCE THAT COAST GUARD MEN AND WOMEN UNDERSTAND THEIR DUTY AND ARE COMMITTED TO OUR SERVICE. I HAVE CONFIDENCE IN THE ABILITY OF EVERY COAST GUARD LEADER TO INDEPENDENTLY AND DELIBERATELY INQUIRE INTO ALL ALLEGATIONS AND TAKE ACTION THAT IS CONSIDERED AND APPROPRIATE.

6. AS COAST GUARDSMEN, WE LIVE BY HIGH STANDARDS OF CONDUCT AND CONTINUOUS DEVOTION TO DUTY. THESE ARE MORE THAN JUST WORDS. LIVING BY THESE STANDARDS AND PERFORMING OUR DUTY REQUIRES PERSONAL COMMITMENT AND COURAGE. THIS IS OUR DUTY. OUR SHIPMATES DESERVE NOTHING LESS.

7. COMMANDING OFFICERS AND OFFICERS IN CHARGE SHALL READ THIS MESSAGE AT THE NEXT QUARTERS OR APPROPRIATE MUSTER TO ENSURE MY EXPECTATIONS AND INTENT ARE CLEAR.

8. ADM BOB PAPP, COMMMANDANT, SENDS.

DEATH OF RETIRED FLAG OFFICER

1. THE COMMANDANT ANNOUNCES WITH REGRET THE DEATH OF RADM THOMAS T. WETMORE III, USCG (RETIRED). HE DIED AT 2000 (EASTERN) FRIDAY 30 DEC 2011 IN CONNECTICUT DUE TO COMPLICATIONS OF LEUKEMIA. HE GRADUATED FROM THE COAST GUARD ACADEMY IN 1948 AND RETIRED 01 JUNE 1981. RADM WETMORE WAS 86.

2. RADM WETMORE WILL BE BURIED ON THURSDAY MORNING, 05 JAN 2012 IN A PRIVATE, FAMILY-ONLY CEREMONY.

3. A PUBLIC MEMORIAL SERVICE WILL BE HELD AT 1200 (EASTERN) ON THURSDAY, 05 JAN 2012 AT THE SECOND CONGREGATIONAL CHURCH, 45 BROAD ST, NEW LONDON, CT 06320, PHONE 860-442-5749, ONLINE AT WWW.2CCNL.ORG.

4. ADDITIONAL INFORMATION WILL BE PUBLISHED BY ALCGPSC MESSAGE ON TUESDAY 03 JAN 2012.

5. RELEASED BY NATIONAL COMMAND CENTER.

6. INTERNET RELEASE AUTHORIZED.

BT

Haunting Photos Of The Abandoned Governor's Island In NYC

Daniel Goodman | Nov. 9, 2011, 5:52 PM

Governor's Island, just off the southern tip of Manhattan and its [financial](#) district has sat abandoned since 1996 when the former federal run military and then Coast Guard base was closed.

In 2003, it was "sold" to the city of New York for the nominal price of \$1. The island's management body, [the Trust for Governor's Island](#), has been engaging artists and developers to flesh out the remnants of the island's military past and turn it into a [tourist](#) attraction.

Parts of the island have become National Monuments, including Fort Jay and Castle Williams, two of three military fortifications on the island. However, most of the buildings on the island remain in a state of disrepair. Now, a variety of art installations, small parks and playgrounds and other amenities can be found.

Photographer and filmmaker [Nathan Kensinger](#) explores abandoned and former industrial spaces throughout New York City. He has spent years photographing [Governor's Island](#) capturing the remaining abandoned buildings on the island.

As he explains it, "Half of the approximately 100 buildings on the island are in some state of decay, including a supermarket, auto body repair shop, movie theater and hospital. Many of the other buildings are controlled ruins, minimally cleaned up to allow limited public access. Walking through this deserted landscape is a surreal experience, especially when considering its close proximity to the bustling financial center of lower Manhattan."

To see the photos go to:

<http://www.businessinsider.com/abandoned-governors-island-nyc-2011-10?op=1>

VA Emergency Care Update 06:

The VA announced 12 JAN a change in regulations regarding payments for emergency care provided to eligible veterans in non-VA facilities. —This provision helps ensure eligible veterans continue to get the emergency care they need when VA facilities are not available, said Secretary of Veterans Affairs Eric K. Shinseki. The new regulation extends VA's authority to pay for emergency care provided to eligible veterans at non-VA facilities until the veterans can be safely transferred to a VA medical facility. More than 100,000 veterans could be affected by the new rules, at a cost of about \$44 million annually. VA operates 121 emergency departments across the country, which provide resuscitative therapy and stabilization in life-threatening situations. They operate 24 hours a day, seven days a week. VA also has 46 urgent care units, which provide care for patients without scheduled appointments who need immediate medical or psychiatric attention.

For more information about emergency care in non-VA facilities refer to <http://www.nonvacare.va.gov>.

[Source: VA Press Release 12 Jan 2012 ++]

Veteran's Group Life Insurance:

Under a new law some veterans covered under the Veterans Group Life Insurance program (VGLI) now have the opportunity to increase their coverage to the current maximum coverage under the Servicemembers' Group Life Insurance (SGLI) program. —Currently, 70 percent of the Veterans covered under VGLI are under age 60, have less than \$400,000 of coverage, and will greatly benefit from this law change, said Allison A. Hickey, Department of Veterans Affairs under secretary for benefits. Under the Veterans' Benefits Act of 2010, enacted on Oct. 13, 2010, Veterans can increase their coverage by \$25,000 at each five-year anniversary date of their policy to the current legislated maximum SGLI coverage, presently, \$400,000. To date, approximately 21 percent of

eligible Veterans have taken advantage of this opportunity, resulting in nearly \$113 million of new coverage being issued.

The VGLI program allows newly discharged Veterans to convert their SGLI coverage they had while in the service to a civilian program. Before enactment of this law, Veterans could not have more VGLI than the amount of SGLI they had at the time of separation from service. For example, those who got out of the service prior to Sept. 1, 2005, when the maximum SGLI coverage was \$250,000, were limited to \$250,000 in VGLI coverage. Now on their first five-year anniversary, these Veterans can elect to increase their coverage to \$275,000. On their next five-year anniversary, they can increase the coverage to \$300,000, and so forth. The additional coverage can be issued regardless of the Veteran's health. To be eligible to purchase this additional coverage, the Veteran must:

- Have active VGLI coverage,
- Have less than the current legislated maximum coverage of \$400,000,
- Request the additional coverage during the 120-day period prior to each five-year anniversary date,
- and
- Be less than 60 years of age on the five-year anniversary date of his or her coverage.

Eligible Veterans are notified of this opportunity a week before the start of the 120-day period prior to their anniversary date, and twice more before the actual anniversary date. This could be a good opportunity for those veterans who need and use the VA as their life insurance provider. Keep in mind though that VGLI is term insurance, and premiums increase dramatically as we age. Many veterans determine that they can't keep their life insurance in force later in life because the premiums are too expensive. Take a look at the chart of VGLI premiums from the VA before you decide whether to increase your VGLI coverage.

The link to the premium tables for VGLI: <http://insurance.va.gov/sglisite/vgli/VGLI%20rates.htm> .For more information about VA's Insurance Program or other VA benefits, go to <http://www.va.gov> or call 1-800-827-1000. Veterans are also encouraged to visit VA's web portal eBenefits - Insurance. [Source: VA News Release 10 Jan 2012 ++]

FRA Launches 2012 Survey on Military, Veterans Benefits

Calling All Navy, Marine and Coast Guard Personnel and Spouses!

Visit www.fra.org/survey to let FRA know which military and veteran benefits are most important to you!

Alexandria, VA – As part of its mission to bring the enlisted voice to Capitol Hill, the Fleet Reserve Association's (FRA) is conducting an online survey to determine which military benefits are most important to active duty and Reserve personnel, retirees, veterans and their families. The brief survey, available at www.fra.org/survey, asks current and former members of the uniformed services and their spouses to rate a variety of benefits and quality-of-life programs they've earned through service to our nation.

FRA shares the survey results with elected officials on Capitol Hill and leaders within the Departments of Defense and Homeland Security – ensuring these key decision-makers understand the military perspective.

"We invite all service personnel and their spouses to share their opinions about programs that directly affect them and their families," said Joe Barnes, FRA's national executive director. "Survey responses and comments from our members provide important reference information when we testify before Congress or meet one-on-one with lawmakers and their staff."

Active Duty and Retirees and Their Families Invited to Superbowl Party at Fort Myer Spates Community Club Doors open at 1700 on Sunday 5 February for the Superbowl Party at Spates Community Club (on Fort Myer's McNair Road). The

sponsors are the USO and the JBM-HH Family Morale Welfare, and Recreation Directorate. There will be complimentary appetizers and prizes (otherwise food and beverages are "no-host." The first 200 attendees will receive a free Super Bowl XLVI cup. Only active duty and their dependents are eligible to win raffle prizes (as these are sponsored by the USO, which solicits funds on the basis of support for active duty personnel and their families). Kick-off is at 1830. More information is available at 703-527-1300.

Contact numbers:

! Health Net Federal Services
(TRICARE North Region Contractor)

www.hnfs.com

1-877-874-2273

! Humana Military Healthcare Services, Inc.
(TRICARE South Region Contractor)

www.humana-military.com

1-800-444-5445

! American Red Cross

<http://newsroom.redcross.org>

1-800-733-2767

! Federal Emergency Management Agency

www.fema.gov

1-800-621-3362

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Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.

For further questions on this release please contact the release POC, the TRICARE Public Affairs Office at (703) 681-1770, or the TRICARE press room at www.tricare.mil.