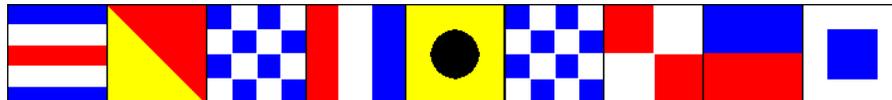




Capital Area Coast Guard Retiree Council Newsletter

SERVICE CONTINUES



February 2012

CG INFO AND FUNERAL NOTICES

Release Number: 12-56

Date: 23 February 2012

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

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 Jefferson Rehab Center in Virginia after discharge from Walter Reed.

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, but plans are being made for a burial at Arlington National Cemetery with full military honors. Date has not yet been determined. The family is now searching for the DD214. So, guard yours carefully. Jane Rasmussen with whom I've been in contact indicates that for those who knew Norm and/or want to support Laura, a phone call and/or visit would be appropriate. Phone numbers below.

The last entries on Caring Bridge

SUNDAY, FEBRUARY 19, 2012 9:07 PM, EST

Good news. Mom was discharged from Walter Reed on Friday and moved into the Jefferson nursing/rehab facility located on Taylor Street in Ballston.

MONDAY, FEBRUARY 20, 2012 8:34 PM, EST

Mom had another great day today. She even got her nails done! She enjoyed another meal in the dining room. And she had a great work out during rehab.

We discussed whether she is up to visitors and phone calls. I am posting her phone number, but I ask that everyone pace themselves when calling. Emotions are still raw, but mom is looking forward to connecting with family and friends.

Her number is 703-741-7624.

The Jefferson is located at 900 North Taylor Street, Arlington, VA 22203. There is free parking under the building. She is on the third floor and in room 311B.

You can always check with me first to see whether she is up to a call or a visitor. 703-533-2842 (h) or 703-328-5280 (cell)

Thanks for all the love and support.

*Cards can be sent to
Laura Lemley
c/o Jane Rasmussen
711 Timber Lane
Falls Church, VA 22046*

Thanks for all your support!

Coast Guard to Re-Dedicate Building to African American Hero

CAPE MAY - Coast Guardsmen and Cape May civic leaders re-dedicate[d] Coast Guard Training Center Cape May's galley to U.S. Lifesaving Service Keeper Richard Etheridge in honor of Black History Month.

Etheridge Hall, which is the dining facility for all permanent party and recruits, recently underwent more than \$65,000 in renovations to the staff dining area. The crew will officially mark the opening of the facility by re-dedicating it to Etheridge, who was the first African American lifesaving station keeper. The crew will be joined during the ceremony by Mrs. Bernadette Matthews, the Executive Director of the Center for Community Arts in Cape May.

The newly renovated galley features photos and memorials of Etheridge's life and service to the Nation. The 35-year-old facility has also received numerous aesthetic improvements including new walls, ceilings and energy efficient lighting, which is aimed at reducing the training center's energy consumption. Capt. Bill Kelly, commander of Training Center Cape May, and Matthews cut a ribbon signifying the official opening of the galley during Thursday's ceremony.

Etheridge was appointed as the keeper of the Pea Island Lifesaving Station in North Carolina in 1880 with an all African American crew. The Pea Island Lifesaving Station crew is famous for the Oct. 11, 1896, rescue of nine people from the Schooner E.S. Newman, which had been blown 100 miles off course during heavy weather and ran aground near the station.

The lifesaving crew was unable to reach the vessel with their surfboat, so Etheridge directed two Pea Island surfmen to tie themselves together and walk through the pounding surf to the E.S. Newman. The crewmembers of the E.S. Newman were rescued one at a time, and the crew of Pea Island took turns fighting the surf to reach the survivors. Etheridge and six other African American surfmen from Pea Island who participated in the rescue were posthumously awarded the Gold Lifesaving Medal March 5, 1996.

Training Center Cape May has several other activities and displays to celebrate Black History Month around its installation. This year's theme for Black History

Month is "Black Women in American History and Culture." In keeping with that theme, the training center staff and representatives from the Mid-Atlantic Center for the Arts and the Center for Community Arts have erected a display entitled "Two Women, Two Worlds." This display honors the history of African American women throughout the history of Cape May.

Each week different African American women who accomplished great things in the Coast Guard are also being recognized on the unit's internal kiosks. This week Julie Mosely Pole and D. Winifred Byrd were recognized as the first African American women to join the Coast Guard. Other African American women who will be recognized include Lt. Jeanine McIntosh-Menze, Lt. Cmdr. Rhonda Fleming-Makell and LtJG. La'Shanda Holmes.

URL:

<http://www.capemaycountyherald.com/article/coast+guard/cape+may/80449-coast+guard+rededicate+building+african+american+hero>

Coast Guard Reserve – 71 Years of Service to America

<http://coastguard.dodlive.mil/2012/02/coast-guard-reserve-71-years-of-service-to-america/>

DELIVERY OF FIRST SENTINEL CLASS FAST RESPONSE CUTTER

FM COMDT COGARD WASHINGTON DC//CG-9//

TO ALCOAST

BT

UNCLAS //N03100//

ALCOAST 068/12

COMDTNOTE 3100

SUBJ: DELIVERY OF FIRST SENTINEL CLASS FAST RESPONSE CUTTER

1. I AM PLEASED TO ANNOUNCE THE COAST GUARD TODAY ACCEPTED THE FIRST SENTINEL CLASS FAST RESPONSE CUTTER, BERNARD C. WEBBER, AT SECTOR MIAMI.
2. THE SENTINEL CLASS FAST RESPONSE CUTTERS ARE THE COAST GUARDS NEXT GENERATION OF PATROL BOATS AND WILL EVENTUALLY REPLACE THE VENERABLE 110-FOOT ISLAND CLASS FLEET. THIS CUTTER WILL BE A GAME-CHANGER FOR OUR SERVICE, PROVIDING THE SUPERIOR SPEED AND FLEXIBILITY NEEDED TO SAVE LIVES AND ENSURE MARITIME SECURITY AND STEWARDSHIP. A MODERN, RELIABLE FLEET OF FAST RESPONSE CUTTERS WILL PUT VALUABLE LAW ENFORCEMENT, SEARCH AND RESCUE AND ENVIRONMENTAL RESPONSE CAPABILITIES IN THE HANDS OF OUR COAST GUARDSMEN.
3. THE SENTINEL CLASS WILL BE NAMED FOR ENLISTED COAST GUARD HEROES WHO DISTINGUISHED THEMSELVES THROUGH ACTS OF COURAGE AND SELFLESSNESS IN SERVICE TO THE UNITED STATES.
4. THE FAST RESPONSE CUTTER IS 154 FEET IN LENGTH, DISPLACES 353 LONG TONS, DRAWS 9.5 FEET OF WATER, AND IS ARMED WITH ONE STABILIZED REMOTELY-OPERATED 25MM CHAIN GUN AND FOUR CREW-SERVED .50-CALIBER MACHINE GUNS. THE FAST RESPONSE CUTTER ALSO FEATURES A MIDSHIPS PILOT HOUSE, BOW THRUSTER, TWIN FIXED PITCH PROPELLERS POWERED BY TWO 20 CYLINDER MTU DIESEL ENGINES, ACTIVE FIN STABILIZATION, BERTHING AREAS DESIGNED TO SUPPORT MIXED GENDER CREWS, A COMMON STERN LAUNCHED OVER THE HORIZON SMALL BOAT CB-OTH, AND MODERN C4ISR EQUIPMENT FEATURING THE LATEST COAST GUARD COMMAND AND CONTROL SYSTEMS. THE COAST GUARD PLANS TO ACQUIRE 58 FRCS.
5. THE FAST RESPONSE CUTTER WILL CONDUCT MULTI-DAY PATROLS AND HAS A 2,500 HOURS PER YEAR OPERATIONAL EMPLOYMENT TARGET. IT WILL BE

CAPABLE OF OPERATIONS UP TO AND INCLUDING SEA STATE 4 (UP TO 7FT SEAS), WITH LIMITED OPERATIONS UP TO SEA STATE 6 (UP TO 20FT SEAS). IT WILL BE CAPABLE OF SPEEDS OF 28 PLUS KNOTS AND HAVE A COMPLEMENT OF 24 CREW MEMBERS (3 OFFICERS AND 21 ENLISTED).

6. THE SENTINEL CLASS IS ONE OF MANY CRITICAL RECAPITALIZATION EFFORTS THE COAST GUARD IS MANAGING TO REBUILD THE CAPABILITIES THAT MAKE US THE NATIONS MARITIME GUARDIAN. THE FAST RESPONSE CUTTER REPRESENTS A SIGNIFICANT IMPROVEMENT IN CAPABILITY AND WILL PROVIDE CONSIDERABLE VALUE TO THE NATION FOR MANY YEARS TO COME.

7. RADM JAKE KORN, ASSISTANT COMMANDANT FOR ACQUISITION AND CHIEF ACQUISITION OFFICER, SENDS.

The American Military Retirees Association Federal Charter

AMRA is pleased to announce that Senator Bill Nelson (D-FL) has introduced S. 1825, a bill to grant The American Military Retirees Association a Federal Charter. We urge members to call their Senators as soon as possible and request that they co-sponsor this bill. If you have not yet called your Congressman to ask him/her to co-sponsor House bill H.R. 2232, introduced by Representative Tom Rooney (R-FL) to grant AMRA a Federal Charter, why not do so while you still have the phone in your hand? To obtain contact information for your elected officials, use AMRA's Contact Congress Tool.

Military Retiree Appreciation Days 2012

Military Retiree Appreciation/Activity Days (RAD's) are generally organized by the retiree affairs offices at military installations. There are speakers on topics of interest to military retirees, sometimes a military band or a visual presentation, refreshments and displays of interest to retirees. Some bases offer tours of new facilities and organize other base services to be available on-the-spot for the retirees' convenience, such as vehicle tags, DEERS enrollment, and ID cards. Please call ahead for these events; some are held in off-base locations or have RSVP's.

RAD's 2012

(Please Note: many bases have not posted their event yet)

21 April: Dover Air Force Base, DE 302-677-4612

20 October: Aberdeen Proving Ground, MD 410-306-2320

FRA Education Foundation Scholarship Deadline is April 15th

College-bound students who have an affiliation with the Navy, Marine Corps or Coast Guard are invited to apply for generous scholarships through the FRA Education Foundation. The deadline to apply is April 15, 2012, and the Foundation's board of directors encourages all eligible candidates to apply for academic awards of up to \$5,000.

Applications are available online at www.fra.org/foundation.

Applicants must be affiliated with the Navy, Marine Corps or Coast Guard, either through their own service or that of a spouse, parent or grandparent. FRA Education Foundation scholarships are funded through private donations, established trusts and corporate sponsorships, and recipients are selected based on financial need, academic standing, character and leadership qualities.

"The scope of the Fleet Reserve Association (FRA) scholarship program has grown substantially since 2000, which led to the creation of the Education Foundation in 2009," explains Joe Barnes, a member of the Foundation's board of directors and FRA's national executive director. "Thanks to the tremendous generosity of our members, legacy gifts and corporate sponsors, we've been able to provide more scholarships each year. In 2010, we helped 26 deserving students with a total of \$118,000 in scholarships. Last year, we awarded \$124,000 to 30 scholars. We're excited about the continued growth of the Foundation and its awards and look forward to expanding the program even more in 2012."

In addition to its generous scholarship program, FRA is an outspoken advocate for enhanced education benefits for service members and veterans, including the Post-9/11 GI Bill benefit that allows career service members to transfer the benefit to family members.

Donations to the FRA Education Foundation, a 501(c)(3) charitable organization, are welcome from individuals, organizations and businesses, and are tax deductible.

The FRA Education Foundation

<http://www.fra.org/foundation>

Agent Orange Ships List Lengthened

VA maintains a list of U.S. Navy and Coast Guard ships associated with military service in Vietnam and possible exposure to Agent Orange based on military records. The list is still evolving, but is an enormous aid to Veterans who served aboard ships, including "Blue Water Veterans," in finding out if they may qualify for presumption of herbicide exposure.

Applicants must meet VA's criteria for service in Vietnam, which includes aboard boats on the inland waterways or brief visits ashore, to be presumed to have been exposed to herbicides. Those who qualify for presumption of herbicide exposure are not required to show they were exposed to Agent Orange or other herbicides when seeking VA compensation for diseases related to Agent Orange exposure.

Find Your Ship

Ships or boats that were part of the Mobile Riverine Force, Inshore Fire Support (ISF) Division 93 or had one of the following designations operated on the inland waterways of Vietnam. Veterans whose military records confirm they were aboard these ships qualify for presumption of herbicide exposure.

- LCM (Landing Craft, Mechanized)
- LCU (Landing Craft, Utility)
- LCVP (Landing Craft, Vehicle, Personnel)
- LST (Landing Ship, Tank)
- PBR (Patrol Boat, River)
- PCF (Patrol Craft, Fast or Swift Boat)
- PG (Patrol Gunboat)
- WAK (Cargo Vessel)
- WHEC (High Endurance Cutter)
- WLB (Buoy Tender)
- WPB (Patrol Boat)
- YFU (Harbor Utility Craft)

If your vessel is not included in the Mobile Riverine Force, ISF Division 93 or above designations, check VA's Alphabetized Ship List. VA will help determine qualifying service in Vietnam when you file a claim for

compensation benefits. To contact VA call 1-800-827-1000 or 1-800-829-4833 (TDD for hearing impaired), or Visit Your Nearest VA Benefits Office.

Healthcare Handbooks

TRICARE and CHAMPVA

The TRICARE Standard Handbook is an 80-page guide for beneficiaries using TRICARE Standard and TRICARE Extra. The handbook provides information about qualifying for and purchasing TRICARE Reserve Select, TRICARE Retired Reserve and TRICARE Young Adult Standard. The handbook also discusses regional contractors; eligibility; providers; accessing routine, urgent, and emergency care; referral and prior authorization requirements; covered health, pharmacy, and dental benefits; claims; coordinating with other health insurance; life events; appeals and grievances; and reporting fraud and abuse. Stateside and overseas contact information is also included.

Download the [TRICARE Standard Handbook](#).

Download the [CHAMPVA Handbook](#).

Connect with [TRICARE on Facebook and Twitter](#).

TRICARE Plus Generally Available at Rader Clinic with Waiver Request

The Rader Clinic TRICARE office is accepting requests for waiver of restrictions that have precluded retirees and family members from obtaining TRICARE Plus coverage or retaining TRICARE Plus when they reach 65 (and are eligible for Medicare and TRICARE for Life). TRICARE Plus is a program that allows beneficiaries who normally are only able to get care at a military treatment facility (MTF) on a space-available basis to enroll and receive primary care appointments at the MTF within the same primary care access standards as beneficiaries enrolled in a TRICARE Prime option. The former group includes persons covered by TRICARE Standard, TRICARE Extra, and TRICARE for Life. TRICARE Plus is more fully explained at

<http://www.tricare.mil/mybenefit/ProfileFilter.do;jsessionid=PkjVCpjG4rS7r02IKDptwt1nnMhr13L27Z2zzVCSVvZWgqBZhd2RI-541484568?puri=%2Fhome%2Foverview%2FSpecialPrograms%2FPlus>

Those who have TRICARE Standard, TRICARE Extra, or TRICARE for Life who reside in Zip Codes 22204 (part of Arlington), 22211 (Fort Myer), and 22304 (part of Alexandria) can be accepted for Rader Clinic TRICARE Plus without having to prepare a request for waiver. Those who live elsewhere will need to submit a request for waiver at the Rader TRICARE Office to obtain TRICARE Plus status (and assignment to a Rader Clinic primary care physician). Those who will lose (or who have lost) TRICARE Plus status at Rader Clinic on reaching 65, or who have relocated to the area can submit a request for waiver to continue to have, to reinstate, or to initiate TRICARE Plus at Rader Clinic.

13% Rise in TRICARE Prime Enrollment Fees in FY 2012 for New Enrollees and Future Rises for Others

[Based on Spring " TRICARE Health Matters,"

Fees:

http://www.tricare.mil/tricaresmartfiles/Prod_843/TRICARE_Health_Matters_Newsletter_Spring_Issue_2012_North_LoRes.pdf and TRICARE Prime Costs and Fees at:

<http://www.tricare.mil/mybenefit/ProfileFilter.do;jsessionid=Pn4NJ6xd7sm9F7cFfg36ZdJrF3cTvmctSgpGg0cJvTQxDLppYR3k!-541484568?purI=%2Fhome%2FMedical%2FCosts>] Increases in the TRICARE Prime enrollment fees (premiums) for fiscal year (FY) 2012 (1 October 2011–30 September 2012) for new enrollees amount to an additional \$5 a month for families (to \$520/year) and \$2.50 a month for individuals (to \$260/year) (slightly over 13% for all). Retired service members and their eligible family members, surviving spouses, eligible former spouses, and others pay TRICARE Prime enrollment fees, which are applied to the annual catastrophic cap. There are no enrollment fees for active duty service members and their family members.

Enrollment fees will probably increase each fiscal year. Beneficiaries who were enrolled in TRICARE Prime before 1 October 2011 are not being charged the increased rate for FY 2012, but they will experience a (probably) yearly change in fees beginning in FY 2013. Exceptions to the annual fee increase have been made: survivors of active duty deceased sponsors, and medically retired uniformed service members and their dependents enrolled in TRICARE Prime are exempt from future enrollment fee increases. TRICARE Prime beneficiaries who were in these categories before 21 October have had their annual enrollment fee frozen at the FY 2011 rate. Beneficiaries added to these categories on or after 1 October 2011 will have their enrollment fees frozen at the rate in effect at the time they are classified in either category and enrolled. The beneficiaries in these categories will not be charged a fee increase as long as at least one family member remains enrolled.

TRICARE Young Adult Prime Now Available

[Based on Spring "TRICARE Health Matters," at:

http://www.tricare.mil/tricaresmartfiles/Prod_843/TRICARE_Health_Matters_Newsletter_Spring_Issue_2012_North_LoRes.pdf] TRICARE Young Adult (TYA) Prime is now available for eligible adult dependents.

This coverage is an alternative to TYA Standard. TYA Prime monthly premiums are \$201 in calendar year 2012 and will be adjusted annually effective 1 January. TYA Prime follows the same rules as TRICARE Prime: enrollees receive most of their care from primary care managers and there are time and distance limits on travel from residence to a military Health System facility that supports TRICARE Prime. To qualify for TYA, you (the enrollee) must be at least age 21 (or age 23 if previously enrolled in a full-time course of study at an approved institution of higher learning and your sponsor provided at least 50 percent of the financial support), but have not yet reached age 26 [i.e., past the age of eligibility for TRICARE Prime as a member of a TRICARE Prime family and thereby no longer coverable under the family rate.] You may not be married or eligible for employer-sponsored health care coverage. TYA Prime is available if you live in a TRICARE Prime Service Area and the sponsor's status qualifies you for TYA Prime coverage. See the cited web page or a TRICARE office at a Military Medical Facility for more information on registration and fees.

Tricare Dental Program Update:

Effective 1 May, MetLife becomes the dental carrier for the TRICARE Dental Program (TDP). MetLife will provide dental coverage to over 2 million family members of uniformed service active duty personnel, members of the Selected Reserve and Individual Ready Reserve, eligible family members, and survivors. Beneficiaries will have access to MetLife's network with over 161,000 dentist

access points, and this number continues to grow. NOTE that the change to MetLife is for the TDP program only.

The Active Duty Dental Program will still be administered by United Concordia® and the TRICARE Retiree Dental Program coverage will remain under Delta Dental. Changes to the TDP will include enhanced dental coverage at a

lower premium share than before. MetLife will distribute program information, provider network details beginning in first quarter 2012. Highlights to the benefits and enhancements include:

- Coverage of posterior resin (tooth colored/white) fillings.
- Increase in the annual maximum to \$1,300 per enrollee (formerly this was \$1,200) .
- Increase in the lifetime orthodontic maximum to \$1,750.
- \$1,200 per year for services related to dental treatment due to an accident as defined in the TDP handbook.
- No cost shares for scaling and root planing (deep cleaning) for diabetics.
- Coverage of an additional (3rd) cleaning for women during pregnancy.
- Expansion of the survivor benefits to surviving spouse and children

[Source: NAUS Weekly Update 10 Feb 2012 ++]

Email Received from Magdalene Cobb [MCBlueStreak@cox.net] in response to our last newsletter

The poem is so wonderful (The Coast Guard We Once Knew) that I sent it to the WAVES National association, and they are thinking about using it the Women's Leadership Symposium at the Gaylord National Hotel 6 March 2012. This year the WAVES will be celebrating their 70th year.

Magdalene Cobb, SUCH (Ret.) SKI

Phone: 757-434-4820

E-Mail: MCBlueStreak@cox.net

FRA Alerts Congressional Leaders on Budget Threats

Alexandria, VA – Following the Secretary of Defense's announcement outlining the Department's FY 2013 budget request, the Fleet Reserve Association (FRA) advised House and Senate leaders of the Association's strong opposition to proposals aimed at significantly reducing military retirement benefits. In a letter to leaders of the Senate and House Armed Services Committees – Senators Carl Levin (Mich.) and John McCain (Ariz.), Representatives Hugh McKeon (Calif.) and Adam Smith (Wash.) – FRA National President Jeffrey Gilmartin outlined the concerns of past, present and future service members who are increasingly concerned about pending cuts to the Defense budget.

During a recent press briefing, Secretary of Defense Leon Panetta and Army General Martin Dempsey, chairman of the Joint Chiefs of Staff, announced advance details of the FY 2013 Defense budget, that will include a new TRICARE-for-Life enrollment fee for Medicare-eligible military retirees, substantially increased healthcare and pharmacy costs for all retired service members and a commission to explore "cost-effective" changes to the existing military retirement system.

"Many of these retirees were promised free healthcare for life in return for careers of service with low pay and often arduous duty and associated sacrifices," explained Gilmartin in the letter. "The majority of

them retired from the enlisted ranks with significantly less retired pay than more recent retirees who've benefited from significant (and long overdue) pay and benefit enhancements enacted since 2000. These older retirees are increasingly anxious about plans to impose a TRICARE-for-Life fee and increase TRICARE Prime premiums above and beyond the 13-percent hike and future CPI-indexed adjustments authorized for this year."

Despite endorsements from senior uniformed leaders, there are also serious concerns within the career force – tomorrow's retirees – about proposals to revise the military retirement program. "Based on response to FRA's recent online survey, those currently serving are gravely concerned that amending retirement benefits will negatively impact recruiting, retention and overall military readiness," said Gilmartin.

FRA also called on the lawmakers to honor commitments made to those who served in the past as well as safeguard the interests of those serving today and in the future. "Military service is unlike any other career or occupation and providing benefits commensurate with the associated level of service and sacrifices is part of the cost of defending this nation," concluded Gilmartin.

To learn more about FRA, visit www.fra.org; follow us on Twitter at [@FRAHQ](https://twitter.com/FRAHQ); or Like us on Facebook at [www.fra.org/fb](https://www.facebook.com/fra.org).

TRICARE - Proposed Increases

From: MCPOCG7
Subject: TRICARE - Proposed Increases
Date: Mon, 20 Feb 2012 06:53:49 -0600

I'm usually not an alarmist – but, I believe the proposed TRICARE fee hikes could easily pass in this deficit reduction environment. The attached document was accessed from the NAUS Weekly Update February 17, 2012. After reading the proposal, I hope you will take the time to correspond with your elected representatives and let them know you are outraged by this plan to shift these costs to you. Adding these fees to a benefit you earned devalues your military service.

Most fraternal military and veteran associations are opposing these proposed health care fees and they make it easy to identify and correspond with your elected representatives. I sent three letters this weekend using the FRA website and it only took a few minutes.

Please take the time to act on this one – your voice counts and it's important!!!

Rick



<<...>> [TRICARE Cost-share chart \(Proposed\)-FEB](#)

SAVE MY TRICARE

Recently, AMRA members were sent an AMRA Legislative Update entitled, "SAVE MY TRICARE." This alert brought to your attention a critical concern: new legislation could have beneficiaries paying \$3,500 for TRICARE Standard coverage...unless we stand up and let Washington know that we're paying attention.

Please follow these simple instructions to let your legislators know how you feel:

Visit [Save My TRICARE](#).

- Choose one or both of the Alerts listed and click "Take Action"
 - On the opened page, you will see a sample message which you may edit if you wish, or send "as is."
 - To send your email to Congress and the Administration, complete the "Sender" information at the bottom. The form will automatically use your address information to add the names of your area lawmakers and you will receive a confirmation with a list of the individuals your email went to. What could be easier?
 - Now it's your turn: Alert all your fellow military retirees and ask them to take action and visit [SAVE MY TRICARE](#).
-

Space-A planning makes its way to Facebook

By [Jill Laster](#) - Staff writer

Posted : Monday Feb 6, 2012 8:47:31 EST

Using space-A, things may be a little easier next time you fly.

Nine passenger terminals in the space-available travel program — an Air Mobility Command entity that lets eligible military travelers fly at no cost on pre-planned flights — have started posting which flights are available and how many seats are on each flight for up to 72 hours on their Facebook pages.

If you want to fly space-A, here's a few things to know in advance.

You must be active-duty military, Guard, Reserve, retired or an eligible family member. If you're unsure about eligibility rules, [click here](#) to check out the list of eligible travelers.

Keep in mind that, as when you fly standby on a civilian carrier, you won't automatically get a seat if you show up at the terminal on time. You'll get on if the flight takes off as planned and seats are available — different passengers receive different priority based on their eligibility, date and time, and category of sign-up.

Air Mobility Command officials had been thinking about creating an app similar to those used by airlines, which let passengers know what planes are flying out of their terminal and how many seats are available on each one. Instead, AMC did it for free using individual terminals' Facebook pages.

"We've always had a Web page that they could look at and dial-in phone numbers and information at the ports," said Col. William Zeck, Air Mobility Command's air transportation chief. "But we realized that information, while it is accurate and is available, is not the way people communicate as much anymore."

The terminal at Ramstein Air Base, Germany, started using Facebook to get information to travelers in early 2011 and officials liked the feedback. So this January, they and several other terminals began a trial run of the advanced flight notices at several bases; the trial is set to run through June.

AMC has about 50 passenger terminals in the U.S. and abroad. Nine terminals are listed on AMC's travel website, as posting advance flight information with additional terminals expected soon.

They are the terminals at Joint Base Andrews, Md.; Joint Base Charleston, S.C.; Joint Base Pearl Harbor-Hickam, Hawaii; Joint Base Lewis-McChord, Wash.; MacDill Air Force Base, Fla.; Osan Air Base, South Korea; Pope Field, N.C.; Ramstein; and Scott Air Force Base, Ill.

You can also post questions on those terminals' Facebook pages, and someone with the program will get back with you within 24 hours.

AMC officials don't have plans to force individual terminals to start posting advanced flight information on Facebook once the trial run ends, although Zeck said that they will strongly encourage it.

If you check out those Facebook sites, you may notice that many flights posted have "TBD" next to the number of available seats. Zeck said that adding more frequent updates to seat availability is one of AMC's goals.

Want to give your feedback on the Facebook pages or on space-A in general? Need more information about the paperwork you'll need to bring with you to the airport or how much luggage you can carry? [Visit AMC's travel website.](#)

<http://www.airforcetimes.com/news/2012/02/air-force-space-a-on-facebook-020612w/>

"Before You Go" A Ballad of Thanks to WWII, Korean War, and Vietnam War Veterans

The new ballad we can listen to at http://www.beforeyougo.us/play_byg is "a tribute and thank you to our aging veterans of WWII, the veterans of the Korean War who helped to preserve that victory finally and a long overdue thank-you to veterans of the Vietnam war."

The White House personnel and healthcare budget proposals

The White House released details of its personnel and healthcare budget proposals on Monday, and they confirmed pretty much what MOAA had predicted.

All told, the TRICARE fee proposals envision shifting about \$13 billion in health costs from the Pentagon to retirees over the next 5 years.

The changes would phase in significant fee hikes for nearly every segment of the military population, including retirees of all ages, drilling Guard and Reserve members, and currently serving family members.

TRICARE Prime annual enrollment fees for retired families (currently \$520) would rise as high as \$820 starting October 1, 2012, and rise to as much as \$2,048 within five years, with fees based on military retired pay amount.

TRICARE Standard beneficiaries would start paying a \$140 annual family enrollment fee and a slightly increased deductible (\$320) starting Oct 1, with the enrollment fee and deductible rising to \$250 and \$580, respectively within 5 years. These would be flat fees for all Standard beneficiaries.

Retirees and family members age 65 and older would start paying an annual TRICARE For Life (TFL) enrollment fee of up to \$135 per person starting this Oct. 1. This fee also would be graduated based on retired pay amount, and would rise to as much as \$475 per year within 5 years.

Pharmacy copays for retail and mail-order brand-name medications would more than double (from \$12 to \$26) starting Oct 1. Copays for non-formulary medications that currently cost \$25 would also more than double, to \$51, and availability would be mostly restricted to the mail-order venue, with only limited retail access. The brand-name and non-formulary copays would rise to \$34 and \$66, respectively, within 5 years.

See the [attached chart](#) for proposed retired pay eligibility thresholds and year-by-year fee changes.

Under the proposal, medical (chapter 61) retirees and survivors of members who died on active duty would be exempt from these increases. When MOAA asked about other survivors, we were told they would be subject to the new fee scales. The question remains unanswered whether they would all be in the lowest tier, or whether Survivor Benefit Plan annuities might be counted in the same way as retired pay.

Also as expected, the Administration proposes a special commission responsible for recommending changes in the military retirement system for future entrants. The budget envisions that, once submitted to Congress, the proposals would have to be given a "yes or no" vote, as is done with BRAC legislation, with little debate and no opportunity for amendments.

MOAA understands that there will always be new reviews of retirement and other compensation programs, but objects strongly to subverting the normal congressional vetting process for the military retirement system that is so essential to long-term retention and readiness.

Finally, the Administration put additional details on its military pay raise proposal. It envisions no change for FY2013, when the law calls for a 1.7% pay raise to keep pace with private sector pay growth. The budget also calls for a comparability-based raise for FY2014.

But after that, it envisions abandoning the comparability standard, limiting military raises to 0.5% for FY15, 1% for FY16 and 1.5% for FY17.

MOAA believes strongly that maintaining the tie to private sector pay growth is essential. Hard experience shows that, when previous Administrations and Congresses abandoned that link for budgetary purposes, retention and readiness eventually suffered.

"These proposals are a result of last August's Budget Control Act," said Joint Staff Director VADM William Gortney (USN) at a briefing for association leaders.

According to DoD officials, the Budget Control Act created a requirement to cut the defense budget by \$259 billion over 5 years and \$487 billion over 10 years – a requirement MOAA understands all too well.

We also understand that the DoD budget must play a role in solving our nation's debt crisis. But what we take issue with is the Pentagon's first reaction, especially in the healthcare arena, to pass the buck to beneficiaries rather than fulfilling their own responsibilities for efficient management of military healthcare.

We have a tough fight ahead of us, but our battle now is for the hearts and minds of Congress.

Please use [MOAA's Web site](#) to urge your legislators to oppose disproportional health fee increases for military beneficiaries.

Civil War Pensions:

Despite the fact that the Civil War ended April 9, 1865 (53,630 days ago, for reference), the government is still paying out veterans' pensions. Records from the Department of Veterans' Affairs show that two children of Civil War veterans, as of SEP 2011, are receiving pensions from their fathers' service.

Department of Veteran Affairs spokesman Phil Budahn says the VA last checked in on the benefits recipients in the fall. Both were alive, but in poor health. Budahn says it's likely that the children of the Civil War veterans, who have wished to remain anonymous, both had illnesses that prevented them from ever becoming self-sufficient.. Trevor Plante, a reference chief at the National Archives says it's also possible that the beneficiaries were young when their

fathers died and had no living mothers to care for them, which would also qualify them for their fathers' pensions.

Prostate Cancer Update:

Heart health can be improved with lifestyle changes - weight loss, exercise and a healthy diet. It may be that these changes also reduce a man's risk of prostate cancer. Researchers have found a link between heart disease and prostate cancer, leading to the theory that the two may have common causes. A Duke Cancer Institute prostate drug trial involving a large number of men discovered this association. "What's good for the heart may be good for the prostate," said lead author, Jean-Alfred Thomas II, M.D., a post-doctoral fellow in the Division of Urology at Duke. If this association is confirmed, prostate cancer risks may be lowered through healthy lifestyle changes - the same that are recommended to ward off coronary artery disease, the number one cause of death in the United States. Obesity, lack of physical activity, high blood pressure and cholesterol, cigarette smoking and diabetes are all risk factors for heart disease. Source: Daily Rx Laurie Stoneham article 9 Feb 2012 ++]

Veterans Job Fair at Walter Reed Bethesda Saturday 25 February

This job fair was not included in the "Local Career/Job Expos/Fairs in February" listings in Issue #229. The Naval District Washington is hosting a job fair Saturday 25 February 1000-1500 at Naval Support Activity Bethesda (home of Walter Reed National Military Medical Center), in the gymnasium, Building 17. Building 17 is a multi-use facility with the gym on southeast side of the wing fronting Palmer Road North. The Job Fair is open to all military, their spouses and veterans. For more information go to www.facebook.com/events/316193671759856.

VEC Offers 2-Hour Training Session 2 March at ACAP on Microsoft Windows and Office

A class on Microsoft Windows and Office is being offered as part of the Virginia Employment Commission Veteran Employment Services weekly Friday services at Fort Myer's Army Career and Alumni Program Office (Building 320 on Forrest Circle),. It will be from 1000 to 1200 on Friday 2 March. It is oriented on those transitioning service members, retirees, other veterans, and eligible spouses interested in upgrading their knowledge of Microsoft Windows and Office or growing their Information Technology professional skills for a technology career. The Northern Virginia Elevate America for Veterans Initiative has resources that can assist with Free Online Microsoft Training and Certification Exam. To register or for more information, call the ACAP Office at: 703-696-0973.

Virginia Employment Comm. Help at ACAP for Transitioning Service Members, Retirees, and Other Veterans

Virginia Employment Commission Veteran Employment Services has a representative at the Fort Myer Army Career and Alumni Program office (in Building 230, on Forrest Circle, north of the Post Office) each Friday workday to assist transitioning active duty members, retirees, other veterans, and their eligible spouses. Specialty topics that will be addressed include: Contact or visit the ACAP Office at (703) 696-0973 for more information or to make an appointment.

- Veteran Employment Services
 - Utilizing the VA Workforce Connection
 - Marketing Yourself to Employers
 - Networking
 - Virginia Unemployment Benefits
 - How to file
 - The Process...what you should expect
 - Informational Workshops
 - Free Training/Certification Opportunities
 - Local Community Resources
-

Adoption of EQUINE Members of Caisson Platoon- When Available

[Based on Old Guard Web page at:

<http://www.army.mil/info/organization/unitsandcommands/commandstructure/theoldguard/specpl/adoptahorse.htm> and discussion with Caisson Platoon personnel]

Those who qualify can adopt retiring horses of the 3rd Infantry Caisson Platoon. Caisson Horses offered for adoption have typically served ten years or more. The current platoon has 64 horses, located at Fort Myer and Fort Belvoir. Based on the numbers an average of about six horses would retire each year. During the course of their service the Platoon's horses participate in thousands of funerals at Arlington National Cemetery. The Old Guard has introduced the Caisson Horse Adoption Program to ensure each horse is rewarded with a great home following its well earned retirement. The program publishes Horses ready for retirement on its website (cited above), identifies potential adopters, and selects the best candidate from a pool of applicants seeking to adopt a retired Caisson Horse. The specifics of the Caisson Horse Adoption Program are governed by The Old Guard [Regimental Policy Letter #14 – Horse Adoption](#).

The adoption process is described at the cited web site. A link provides the Caisson Horse Adoption Application. The criteria are stringent, for the horse's protection. The web page also identifies horses available for adoption (none at present and the relative youth of the current horses suggests that less than the statistical average will be retiring in the near term).

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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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.