



Hawaii Regional CG Retiree Council Newsletter



November 9, 2011

QUARTERLY COUNCIL MEETING, WEDNESDAY 09 November 2011

Our next quarterly meeting is at 1900 on Wednesday 09 November at Club 14. Normally the meetings are held the second Wednesday of the second month of each quarter. We usually complete any business within an hour preceded and followed by a social adjustment period. Let us know if you are not a regular attendee but have an idea or two that might make you more inclined to join in.

OUR WESITE

It is straight forward and has a link to forward any questions to Rod and Tom. Our newsletter is attached to the site so that it can be opened and viewed. Website: <http://www.uscg.mil/d14/cmd/assoc/rc/> Pass it on to your friends and fellow retirees!

EMAIL

If you know of any retiree with an e-mail and would like to receive this please have them get a hold of Rod or Tom and we will set you up. If you want to get a message out to everybody on our email list, please send it to Tom or Rod who will, if its "politically correct", relay it to all hands as blind copies. You can call Tom @ 672-9065 (home) or 221-3274 (cell). Please leave a message if I don't pick up.

BINNACLE LIST

I received word from Richard Tilghman (son) that LCDR Taylor Tilghman, USCG Retired (Retired in 79) passed away on 17 September 2011 on Oahu. Services were held at 1000 Service at the Kailua Methodist Church, 1110 Kailua Rd. Kailua, Oahu. The church is located on the Pali just past the Tesoro on right, cross the highway (left) and it is opposite the Baptist Church. LCDR Jim Warman and BMCS Tom Dutton attended the service.

BM1 John C. Cullen, USCG - John C. Cullen, 90, passed away Monday, Aug 29, 2011. Born in Manhattan, N.Y., he was the son of the late Michael and Margaret Cullen. John was a U.S. Coast Guard veteran of World War II, earning a meritorious citation for his performance and outstanding service to the U.S. government June 13, 1942. While on patrol at Long Island, N.Y., he discovered several Nazi saboteurs bearing boxes of TNT and other destructive apparatus. Cullen, unarmed and helpless against their menacing threats, cleverly allayed their suspicions and thwarted their subversive intentions by promptly accepting a proffered bribe, then sounding an alarm that led to their eventual capture. He remained on the beach all night as a member of the search party and later offered incriminating testimony before a special military commission conducting trial. His keen presence of mind and discerning judgment in a grave emergency undoubtedly prevented the successful culmination of hostile intrigue designed to sabotage the national war effort. Many lives were saved by his actions.

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> FM COMDT COGARD WASHINGTON DC//CCG//

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> COMDTNOTE 5060

> SUBJ: HONORING FALLEN SHIPMATES - USCGC CUYAHOGA (WIX-157)

> 1. ON 20 OCTOBER 1978, USCGC CUYAHOGA WAS UNDERWAY IN THE CHESAPEAKE

> BAY ON A NIGHTTIME TRAINING MISSION WHEN SHE COLLIDED WITH THE 521

> FOOT ARGENTINE FLAGGED FREIGHTER M/V SANTA CRUZ II. THE IMPACT OF

> COLLISION WAS SO DEVASTATING THAT USCGC CUYAHOGA SANK IN JUST TWO

> MINUTES, TAKING 10 COAST GUARDSMEN AND ONE INTERNATIONAL OFFICER WITH

> HER. EIGHTEEN CREWMEMBERS SURVIVED THE INCIDENT.

> 2. THE USCGC CUYAHOGA SINKING - AND THE USCGC BLACKTHORN COLLISION

> AND SINKING ONLY 15 MONTHS LATER - WERE TRAGEDIES THAT SPARKED NEEDED

> IMPROVEMENTS IN COAST GUARD CUTTER POLICY, DOCTRINE, TRAINING AND

> STANDARDIZATION. WE CREATED THE PROSPECTIVE CO/XO AFLOAT COURSE,

> MANDATED THAT ALL CO/XO/OOD PASS THE DECK WATCH OFFICERS EXAM,

> REQUIRED PROSPECTIVE CO/OINC TO CONDUCT UNDERWAY FAMILIARIZATION

> RIDES, AND PROMULGATED COMMANDANTS CUTTER NAVIGATION STANDARDS. WE

> TOOK DELIBERATE STEPS TO IMPROVE PROFICIENCY AND SAFETY IN OUR AFLOAT

- > OPERATIONS.
- > 3. OUR MARITIME MISSIONS ARE ALWAYS DANGEROUS. HOWEVER, OPERATIONAL TRAGEDY SHOULD NEVER BE THE CATALYST WE NEED TO ENSURE WE ARE EFFECTIVELY MITIGATING RISK. RATHER, MY EXPECTATION IS THAT LEADERS AT ALL LEVELS ARE PROACTIVELY ENGAGED TO ENSURE OUR OPERATIONS ARE AS SAFE AS POSSIBLE. WHEN THEY CANNOT BE MADE SUFFICIENTLY SAFE, WE WILL NOT PERFORM THEM UNTIL WE ARE READY TO DO THEM RIGHT.
- > 4. TODAY WE HONOR THE SACRIFICE OF THOSE COAST GUARDSMEN WHO PERISHED ABOARD USCGC CUYAHOGA 33 YEARS AGO BY ADHERING TO THE LESSONS WE LEARNED FROM THAT TRAGEDY, STRENGTHENED BY THE KNOWLEDGE THAT THEY DID NOT DIE IN VAIN.
- > 5. FAMILY AND FRIENDS OF THE CUYAHOGA, INCLUDING SOME OF HER SURVIVING CREW, WILL GATHER AT THE CUYAHOGA MEMORIAL AT TRAINING CENTER YORKTOWN ON 20 OCTOBER 2011 TO REMEMBER THEIR LOST SHIPMATES. PLEASE CONTACT LT CHAD THOMPSON AT (757) 856-2056 OR CHAD.D.THOMPSON(AT)USCG.MIL FOR DETAILS. A DETAILED HISTORY OF USCGC CUYAHOGA IS AVAILABLE AT:
 - > [HTTP://WWW.USCG.MIL/TCYORKTOWN/INFO/HISTORY/CUTTERS/CUYAHOGA.ASP](http://www.uscg.mil/tcyorktown/info/history/cutters/cuyahoga.asp) OR
 - > [HTTP://CGWEB.TCYORKTOWN.USCG.MIL/COMMAND/HISTORY/CUTTERS/CUYAHOGA.ASP](http://cgweb.tcyorktown.uscg.mil/command/history/cutters/cuyahoga.asp)
- > 6. TODAY, PLEASE PAUSE TO REMEMBER THE LOST SHIPMATES OF THE USCGC CUYAHOGA, AND REFLECT UPON THEIR SERVICE TO OUR NATION.
- > 7. ADM BOB PAPP, COMMANDANT, SENDS.
- > 8. INTERNET RELEASE AUTHORIZED
- > BT

If you know of any local retirees or retiree spouses who are sick or have passed away, please contact: Tommy Dutton Council Co-Chair's DuttonM003@Hawaii.RR.Com or Rod Schultz, schultz369@gmail.com

QUESTION ON RETIREE DEATH NOTICES on PSC Website

Our website has been updated to provide a monthly listing of retirees who have crossed the bar. The first list was posted this month. You will find this information on the RAS website, left hand side of the page under TAPS.

<http://www.uscg.mil/ppc/ras/>

RETIREE SEMINAR

The annual Retiree Seminar hosted by the Pearl Harbor Retiree Activities Office will be on Saturday, 5 November at the Hickam AFB Officer's Club. The doors will open at 7:45 AM giving attendees to get some free refreshments and review the static displays before the program begins at 8:30 AM. The program will be completed about noon and will include presentations by experts from DVA, Exchange, Commissary, Tripler and Personnel including SBP. Flu shots will be available before, during and after the presentations.

All Coast Guard retirees and spouses including surviving spouses (widows) are welcome.

To get to the Hickam Officers Club:

After entering the Main Gate continue straight ahead until you reach the Atterbury Traffic Circle.

Exit the Atterbury Circle at the 4th exit onto Vickers Ave.

Continue on Vickers Ave to the fifth right onto 1st Street

Take the 1st left onto Cartlett Circle which will lead you to the O Club on your left.

(You might want to drive to the rear (or Pearl Harbor entrance channel side) of the O Club because the seminars are usually held on the O Club lanai located there.

Call the Retiree Activities Office if you have questions 474-5672 Ext 1.

USCGC MALLOW SAILS FOR THE LAST TIME

The [Salisbury, MD] Daily Times

Sunday, October 16, 2011

A grand dame's final voyage

Former Coast guard vessel being put to rest in Wicomico River

SALISBURY - After serving her country for more than 50 years, the Princess Grace made her final voyage last week, traveling from Cocoa Beach, Fla., to the north prong of the Wicomico River, where she'll be laid to rest.

Formerly the U.S. Coast Guard Mallow, the 180 foot cutter barely squeezed through the Route 50 drawbridge, with only inches spared on each side. During the next few months, crews will work to scrap the ship, from top to keel.

As Dicky Smith of Chesapeake Skyline, who now co-owns the Princess Anne, walks through the ship, he taps random parts with a magnet to determine what's ferrous metal and what's non-ferrous metal. Everything will be sold, down to the railings fashioned like nautical rope. "Someone might want this in their man cave," Smith said. "The portholes will sell, too."

Chesapeake Airways is working with several local companies in the deconstruction of the Princess Grace, including MARCOR Environmental, Salisbury Scrap Metal and Somerset Paving & Marine. The ship is now being "evacuated," or stripped of any fiberglass, fluids, insulation and anything else that may be flammable. "We estimate it will take somewhere inside of 90 days," Smith said. "That's weather pending, but there will be no delay."

Inside the Princess Grace, As one might suspect, the Princess Grace is not what she once was; however, for a ship that's pushing 70 years old and has sat idle just off the coast of Florida for three years, she's in pretty good shape. Grace made the journey to Salisbury on her own diesel engines, traveling up the coast at 8 knots for five days. She dropped an engine along the way, but "it runs beautifully, and all the generators look great," Smith said. Stepping inside the ship, it's not hard to picture what life was like for the 100 or so Coast Guardsmen who occupied the vessel at any given time. The galley is intact, as is the infirmary and the bridge - although the traditional, wooden helm has been replaced with a modern, iron wheel.

The Guardsmen's bunks are still labeled with their last names - Raslowsky, Felix, Parker. There are Hawaiian stickers on the bunks and the pillows and blankets, although a bit musty, are still strewn about the beds. There's not much space between the top and bottom bunks; but Smith says those spaces are even smaller in steerage.

"The lower the class you were, the lower in the boat you were," he said. "It gets deep. These beds are for officers, and the captain had his own quarters." In F.A. Chris Armstrong's bunk, Smith found a birthday card dated May 19, 1997 from LTC Brian L. Akers, Armstrong's uncle. "I hope you keep a log of your sea adventures, even if they seem insignificant now," Akers wrote. "Believe me, someday when you have kids and grandkids, you will want to tell them the stories. The chances are none of them will have similar experiences and they'll want to hear about yours. I didn't keep any record so my memory is faded and I regret the loss."

The USCG Mallow In its heyday, the Mallow was one of a new class of buoy tenders - large ships that retrieved, repaired and replaced buoys, otherwise known as Aids to Navigation. It was also an icebreaker, but spent most of its life in relatively warm waters. Additionally, the Mallow was capable of conducting search and rescue and law enforcement operations. According to the USCG's military history website, the Mallow was built in Duluth, Minn. in late 1943, and was launched in June 1944. She was stationed in San Francisco, Calif., through the end of World War II and beyond, where she continued general ATON duties. From September 1946 until October 1965, the Mallow was stationed in Astoria, Ore. She lived in Honolulu, HI from October 1965 until 1967 before doing a two year stint in Guam. In 1975, the Mallow returned to Honolulu and stayed there until she was decommissioned in May 1997. In February 1988, the Mallow helped seize 13 tons of marijuana from a ship 800 miles southeast of Hawaii, and in February 1989, she recovered debris from United Airlines Flight 811 off Hawaii. In 2007, the ship underwent the military's Service Life Extension Program, wherein harmful substances like asbestos were removed. For the past three years, the Grace has sat idle on the Indian River in Merritt Island, Fla. In August 2008, the ship anchored there for safe harbor during Tropical Storm Faye, but she bottomed out once the storm waters receded. Residents in the area were happy to see it go, as the ship posed a safety threat should it move during a storm or hurricane.

Don Walker of Florida Today contributed to this report.

SOCIAL SECURITY COST OF LIVING ADJUSTMENT

Social Security recipients will receive a cost of living adjustment of 3.6% starting in January, their first raise in three years.

Because inflation has been very low in recent years, beneficiaries have not seen an increase since 2009, when they received a 5.8% boost.

However, most seniors are not likely to receive the full amount of the increase because an expected hike in Medicare premiums could eat up part of the raise. The change in Medicare premiums, which could increase by a double-digit rate, is expected to be announced next month.

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Obama plan calls for new Tricare fee hikes

By Rick Maze - Staff writer

Posted : Monday Sep 19, 2011 12:48:01 EDT

President Obama's \$4.4 trillion deficit-reduction plan proposes additional increases in Tricare pharmacy co-pays for military beneficiaries and would begin charging an enrollment fee for older retirees using Tricare for Life health benefits. But the plan postpones any fundamental changes in military retired pay until yet another commission studies the issue. A White House statement says the current 20-year military retirement system is outdated and needs an overhaul, but it pledges that any change should not apply to those already retired or currently serving.

Unveiled Monday amid bitter partisan fighting over economic policy, Obama's deficit reduction proposal calls for a modest but a symbolically significant \$200 annual enrollment fee for retirees aged 65 and older to receive military health care benefits.

The first-ever enrollment fee for Tricare for Life would take effect in fiscal 2013, which means no sooner than Oct. 1, 2012. The fee would generate \$6.7 billion in revenue over 10 years, according to White House estimates.

Tricare pharmacy co-payments would increase to more closely match federal employee benefits under the Obama plan. A White House fact sheet says the changes would not apply to active-duty members, but would apply to all active-duty family members and all retirees, regardless of age.

Effective Oct. 1, Tricare beneficiaries having prescriptions filled at a retail pharmacy will pay \$5 for generic and \$12 for a brand name prescription at a retail pharmacy and \$25 for brand name drugs not on the preferred list. The Obama plan would raise fees to match those in the federal employee's Blue Cross Blue Shield Standard plan, which requires \$10 co-pays for generics, \$40 for brand name prescriptions and 50 percent of the cost of brand name drugs not on the plan's preferred list, with a minimum co-pay of \$50.

The pharmacy changes would cut federal spending by about \$20.6 billion over 10 years.

The White House fact sheet says the administration "supports a generous health care benefit" but says co-payments for military beneficiaries "have lagged behind other federal and private plans."

Similarly, the fact sheet says an annual fee for Tricare for Life benefits is warranted because this program now has no premium, "unlike comparable services in the private sector."

There has been much recent discussion about overhauling military retired pay as a cost-cutting measure, but the Obama plan includes no specific change. Instead, it calls for a bipartisan commission — similar to the one used to recommend base closings and realignments — to study retired pay and make recommendations for changes. Like the base closing commissions, the retired pay recommendations could be passed or defeated under expedited rules for consideration but could not be altered.

The White House statement supports some form of change, saying the 20-year military retired pay model "has served the military well in past years" but was "designed for a different era of work, and is now out of line with most other government or private retirement plans."

It calls retirement after 20 years of service "generous benefits to the relatively few members who stay for 20 years," which is the same position taken by government and independent commissions advocating a variety of changes.

To get the ball rolling, the Defense Department would have to send the commission a formal recommendation for altering retired pay, which the commission would use at the basis for its discussions.

<http://www.navytimes.com/news/2011/09/military-tricare-benefits-cuts-obama-091911w/>

Correspondence from Senator Joseph Lieberman (I-CT) regarding TRICARE for Life fee proposal

Dear Mrs. xxxxxx:

Thank you for contacting me to express your views regarding TRICARE, the U.S. Department of Defense's (DOD) managed health care program. I understand your opposition to raising fees for TRICARE, especially now as we are in very challenging economic times. As you may know, DOD's fiscal year (FY) 2012 budget request proposes increasing TRICARE Prime enrollment fees for working-age retirees, by \$2.50 per month for individuals and \$5.00 per month for families. In future years, DOD suggests indexing TRICARE fee increases to Medicare premium increases. This proposal comes at a time when sharply rising health care costs are straining the military health care system. Costs have risen over the last decade from \$19 billion in 2001 to over \$50 billion in FY 2012. Ultimately, Congress must consider some common-sense reforms to keep costs under control. In June 2011, the Senate Armed Services Committee approved its version of the National Defense Authorization Act (NDAA) for FY 2012 (S. 1253); and it did not contain an explicit provision to prohibit TRICARE enrollment fees, as suggested by DOD. Please be assured that I will keep your thoughts in mind moving forward as the full Senate considers the NDAA. To keep track of further developments concerning the NDAA, you can click on the "Track a Bill" button at <http://lieberman.senate.gov/>.

Thank you again for sharing your views and concerns with me. I hope you will continue to visit <http://lieberman.senate.gov> for updated news about my work on behalf of Connecticut and the nation. Please contact me if you have any additional questions or comments about our work in Congress.

Sincerely,

Joseph I. Lieberman
UNITED STATES SENATOR

MILITARY RETIREE PAY DATES TO CHANGE

Paydays for military retirees and those who receive portions of retired pay are changing for September and December, as the Defense Finance and Accounting Service (DFAS) changes its pay schedule to comply with the 2011 National Defense Authorization Act. This year payments normally scheduled for Oct. 3, 2011 will be issued on Sept. 30, 2011 and payments normally scheduled for Jan. 3, 2012, will be issued on Dec. 30, 2011. For the calendar year 2011, this means military retirees will receive 13 rather than the normal 12 payments. Customers should speak with a tax advisor, the Internal Revenue Service or their state tax authority to determine if their tax withholding will satisfy federal and state income taxes when they file returns next year.

<http://www.military.com/military-report/military-retiree-pay-dates-to-change?ESRC=miltrep.nl>

VA Blue Water Claims Update 19:

U.S. Senators Kirsten Gillibrand (D-NY) and Lindsey

Graham (R-SC) have introduced legislation to ensure that more than 250,000 Navy veterans from the Vietnam War exposed to the powerful toxin Agent Orange will be eligible to receive the disability and health care benefits they have earned for diseases linked to Agent Orange exposure. During the Vietnam War, the U.S. military sprayed approximately 20 million gallons of Agent Orange in Vietnam to remove jungle foliage. This toxic chemical had devastating effects for millions serving in Vietnam. In 1991, Congress passed a law requiring the Veterans Administration (VA) to provide presumptive coverage to Vietnam veterans with illnesses that the Institute of Medicine has directly linked to Agent Orange exposure. However, in 2002 the VA determined that it would only cover Veterans who could prove that they had orders for .boots on the ground. during the Vietnam War. This exclusion affects as many as 250,000 sailors who may have still received significant Agent Orange exposure from receiving VA benefits.

Because of technicality in the law, hundreds of thousands of American veterans are being denied the benefits they need and deserve, Senator Gillibrand said. .Our government must fulfill its commitment to the service members who have fallen victim to Agent Orange-related disease and enact new legislation that will provide our vets with the disability compensation and healthcare benefits they have earned. Agent Orange is a very difficult chapter in our nation's history. It is time that we correct the errors of the past.. Senator Graham said, .This is a legacy issue that needs to be dealt with. There are Vietnam vets who are suffering from Agent-Orange related illnesses and we need to ensure they are getting the care they need. It's now time to ensure the government takes care of their needs which were incurred during their defense of our nation.. Blue Water Navy Vets – veterans who were on duty in the waters around Vietnam, but did not have .boots on the ground. – were often exposed to Agent Orange on a daily basis. Studies have shown that Agent Orange contaminated the water sources on ships, affecting veterans onboard ships or aircraft that transported barrels of Agent Orange, and ships and aircraft deployed in close proximity or even downwind from Agent Orange drop sites.

A May 2011 report by the Institute of Medicine established several .plausible routes. for Agent Orange exposure through the water distillation process aboard Navy ships and through the air. In 2010, a study by the Institute of Medicine cited exposure to Agent Orange resulted in an increased chance of developing serious heart problems and Parkinson's disease. A 1990 study by the Centers for Disease Control and Prevention (CDC) showed Vietnam veterans had a rate of non-Hodgkin's lymphoma 50 percent higher than the general population. Agent Orange is linked to a range of other diseases, including several blood and respiratory cancers, type II diabetes, prostate cancer and more. In 2005, the VA's former Director of Environmental Agents Service Dr. Mark Brown publicly acknowledged that there was no scientific basis for the exclusion of Blue Water Vietnam veterans, but the VA has continued to refuse these veterans the presumptive benefits

Congress initially intended. In his article in the Journal of Law and Policy, Dr. Brown wrote, .Science does not back up the VA's policy on the Navy..

The Agent Orange Equity Act of 2011 (S.1629), would clarify the existing law so that Blue Water veterans would be fully covered by the VA if they served within the territorial seas,, or approximately 12 miles offshore of Vietnam. The bill would make it easier for the VA to process Vietnam War veterans' claims for service-connected conditions and alleviate a portion of the VA's backlog by extending presumptive coverage of Agent Orange benefits to these veterans. If approved the law would be effective as of 25 SEP 1985.

Source: Sen. Gillibrand press release 28 Sep 2011

LORAN RADIATION

A final report on LORAN radiation has been released. Please visit www.loran-history.info. The link is on the home page.

