



Thought for the Week

There are no mistakes.

The events we bring upon ourselves,
no matter how unpleasant, are
necessary in order to learn what we
need to learn; whatever steps we
take, they're necessary to reach
the places we've chosen to go.

Richard Bach

MotivateUs.com

Several items having time value and/or providing important information

Several attachments of interest including death/funeral notices, and ANNUAL MEETING of the National Capital Region Coast Guard Officers' Association, to which all officers, retired and active are invited. Also Bob Hinds email attached describing his experience at the US Army Aberdeen Proving Grounds Retiree Appreciation Day

A very early notice. The Annual Capital Area CG Retiree Council Holiday Party will happen on **Sunday, 13 December at Vinson Hall**. PLEASE SAVE THE DATE. At our last event, ADM Zukunft was among the last to leave and said that he'll "attend every one of these". We also had holiday music & good food & very good attendance.

Meeting with US Army Joint Base Ft Myer-Henderson Hall (JBM-HH)

April 10th Bob Hinds Director of Reserve Activities CGHQ CG-13, our Capital Area CG Retiree Council Co-chair John Milkiewicz and I met with the Joint Base Ft Myer/Henderson Hall Retiree Council members including members of the Army and Navy Retirement homes here in DC and in Gulfport Mississippi. We shared information about our respective operations and some rather surprising and important information about the Coast Guard's relationship with the Retirement homes. Since the meeting happened so recently, we'll have a more detailed description of the meeting and the outcomes. Enough to say at this point that the results of the meeting will affect how the Coast Guard Retiree Support Program operates.

Activities at Vinson Hall Retirement Community

The Vinson Hall military retirement community is where the Capital Area Coast Guard Retiree Council conducts its annual holiday party. Vinson Hall also conducts events that are open to the public. Mr. Fred Johnson (addresses below) is the Special Programs and Events/Community Outreach Coordinator and he has several events planned. Please see below for the Web links to a listing & description of those events.

Be sure to check out our events for resident events and events that are open to the community ([click here](#)).

Save the Date! NMCGRF's 21st Annual Gala & Silent Auction is Saturday, March 14! [Click here](#) for complete information.

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(CWOA) Lt Art And Eleanor Colona Scholarship Grant:

**COAST GUARD CHIEF WARRANT AND WARRANT OFFICERS ASSOCIATION
(CWOA) LT ART AND ELEANOR COLONA SCHOLARSHIP GRANT**

1. The Coast Guard Chief Warrant and Warrant Officers Association (CWOA) LT Art and Eleanor Colona Scholarship Grant was established by the Colona Family to financially assist dependent children of enlisted members of the United States Coast Guard (active, retired, or reserve).
2. Seeking a meaningful way to celebrate the 30 years which LT Colona devoted to the Coast Guard, the Colona family established this scholarship fund to remain in perpetuity with the CWOA. Each year, one or more Colona scholarship recipient(s) will be awarded a 4000 dollar scholarship dispersing 1000 dollars a year over four years of undergraduate studies.
3. LT Arthur Colona joined the Coast Guard in 1935 and retired in 1965. He was transferred to the Navy during World War II, serving aboard ships in both the European and Pacific theaters. LT Colona returned to the Coast Guard after the war and spent the majority of his career on cutters ranging from Greenland to Alaska. During his last eight years in the Coast Guard, he served as a marine inspector in Baltimore, MD and Long Beach, CA.
4. LT Colona remained an active member of the CWOA and was elected to Distinguished Member status in 2007. He passed away at the age of 93 on 27 November 2007 and was laid to rest at Arlington National Cemetery.
5. Applicants for the Colona scholarship grant should be the children of enlisted members of the United States Coast Guard. Applicants must be seniors in high school or a full-time student enrolled in accredited institution of higher learning. Please contact the CWOA Executive Director via email, [cwoauscg\(at\)Verizon.net](mailto:cwoauscg(at)Verizon.net), for further eligibility details and application information.
6. Submitted applications shall be postmarked no later than 1 June 2015. Please mail applications to the following address:
Chief Warrant and Warrant Officers Association
Attn: Colona Scholarship Committee
200 V Street SW
Washington, DC 20024
7. POC: For information, contact Ms. Carol Setteducato, CWOA Executive Director at (202) 554-7753 or [cwoauscg\(at\)verizon.net](mailto:cwoauscg(at)verizon.net) or CWO Phil Beddow, CWOA President at (703) 313-5786 or [philip.w.beddow\(at\)uscg.mil](mailto:philip.w.beddow(at)uscg.mil).

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Stop Medicare/TRICARE Doctor Reimbursement Cuts! [Take Action!](#)

The House recently passed HR 2 to make the so-called "Doc Fix" permanent by replacing the current Sustainable Growth Rate (SGR) pricing methodology for physician reimbursements for Medicare/TRICARE patients. The measure also provides funding for a children's health insurance program (CHIP) for two more years. Unless Congress changes current law, Medicare and TRICARE will have to cut reimbursements to physicians by 22 percent on April 14, 2015. Please use the Action Center to ask your Senators to support this important legislation.

reserved.

**Military Children: Two Steps to Keep Them Covered
4/7/2015**

New baby coming or just arrived? There's so much to remember! In order to keep up with your baby's growth and medical checkups, add 'Enroll in DEERS' on your to do list to keep your child covered by TRICARE. Step two is to decide in the first 60 days after birth if you want your child in TRICARE Prime or Standard.

By policy, newborns are covered under TRICARE Prime for 60 days after birth, as long as another family member is already enrolled in a Prime option. Once enrolled in DEERS and after those first 60 days in Prime, the child's health coverage shifts to TRICARE Standard unless there is a formal enrollment into Prime. Remember, Prime is care received mostly through the Military Treatment Facilities (no cost shares or deductibles) and Standard is care received in the community with associated cost-shares and deductibles. Think ahead to decide if Prime or Standard is best for your family. Then, enroll them in DEERS as soon as possible.

Documents from the hospital are the best way to start the DEERS enrollment. Don't wait the 2-6 months it may take for a formal state/state department birth certificate! When you are discharged from the hospital or birth center you will receive a certificate of live birth or documents that validate the child's connection to a member of the military. If both parents are active duty, you must decide which parent will add the baby to their DEERS account. DEERS enrollment needs to be done in person, by the active duty military member, with all required paperwork to avoid unnecessary confusion or bills for co-payments and cost-shares. If your family is growing with an adopted child, start the process as soon as you have the information to enroll them in DEERS. For more information visit the [Enroll or Purchase a Plan](#) page on the TRICARE website.

You can find the nearest DEERS registration site [online](#). If there are special circumstances for you, e.g., you are a single parent, visit milConnect's [Life Events that Impact Your Benefits](#) page.

SOURCE: TRICARE News Release: <http://www.tricare.mil/NewbornEnrollment040715>

NOTICE: Links to archived copies of this and other mailing list messages, mailing list subscribe\unsubscribe instructions, retiree\veterans-related events list and links to other useful information for active duty, guard\reserves, retirees and veterans, and their families, are available on the LINKS FOR MIL/RET/VETS website at www.hostmtb.org

Best wishes to all as we Swing into Spring

David

David Bernstein CAPT USCG (Ret)

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