

**35th Fighter Wing**  
**Misawa Air Base, Japan**

Retiree Activities Office

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# Retiree Activities Office Newsletter

**ACKNOWLEDGEMENT**

Articles appearing in this newsletter are compiled from local sources, newsletters received by the RAO, and from other military sources. Information has been edited and reprinted for the benefit of our retiree population. Absolutely no commercial gain is derived from this publication. Our appreciation is extended to those agencies and newsletter sources.

この度の東北地方太平洋沖地震により、被害を受けられました皆さまに、謹んでお見舞い申し上げます。一日も早い復興を心よりお祈り申し上げます。

**In this Tohoku Pacific Earthquake, to all of you who have suffered damage and loss, we offer our deepest condolences. For recovery if even a day sooner, from our hearts we send you our prayers.**

## Misawa Air Base—Northern Gateway For Disaster Rescue and Recovery Teams

At 2:46 pm on March 11, and the current toll of dead the disaster areas, helicop- 2011, the northern half of and missing exceeding ters plucking stranded per- Japan from Tokyo to Sapporo 29,000 people. The destruc- sions from house roofs and was shaken by the 4th strong- tion is considered to be the the open sea. Convoys from east earthquake on record this greatest since World War II the base began carrying sup- past century, magnitude 9.0, and the most significant eco- plies and help directly to the disaster area. The entire and then the four prefectures nomic challenge to the Misawa Air Base commu- country since that war. Re- construction is estimated to nity pitched in with daily require 10 years and exceed search and recovery volun- \$500 billion dollars. teer teams going to areas of reached 37.9 meters (123 In the midst of such death greatest destruction, clean- feet) at one site and washed and destruction, there al- inland as far as 10 kilometers ways will arise heroes, peo- (6 miles) causing unprece- ple who stand out with their- dented devastation of whole valors and in this catastrophe, searching for missing, deliv- cities, thousands of homes, there has been no shortage ering supplies and rendering aid and assistance wherever needed. The base has be- businesses and facilities, put- of such people in Misawa. come the northern staging- ting over 400,000 people in Misawa Air Base immedi- area for international assis- shelters, damaging four nu- ately responded to the needs- tance teams such as the U.S. clear power plants that are of the local community and- Agency for International still leaking radiation and the search and rescue of Development (USAID) and threatening meltdown at the people in the hardest hit rescue teams from the U.K. On the 17th the first assis- time of this publication, seri- areas. Helicopters and air- tance convoy of 20 heavy- ously disrupting the infra- transports immediately be- equipment vehicles and bus- structure of electrical power, gan airlifting water, food, ses left Misawa AB for Ofunato, road and rail transportation, fuel, and medical supplies to a city in Iwate Prefecture south of Misawa devastated by the tsuna- mis. Follow-on rescue teams forged all the way to the worst hit Sendai and Fukushima areas fol- lowed by repeated logistical sup- port missions for the rescue ef- forts.

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Misawa Air Base continues serv- ing as the northern hub, Yokota Air Base as the southern hub in the ongoing rescue and recovery op- eration dubbed 'Operation Tomo- dachi (Friend)'. -JR

## YOUR RAO STAFF



**MSgt (Ret) Joseph Roginski**  
**DIRECTOR**



**MSgt (Ret) Everett (Tony) Watkins**  
**DEPUTY DIRECTOR**



**CMSgt (Ret) Dave Barton**  
**STAFF**

## Tricare User Fees Issue Update

According to a report released February 28th by the Center for American Progress (CAP), the cost of military health care will exceed \$52B in 2012, if left unchecked. That's a 300 percent increase over the last decade. The report, titled 'Doing What Works,' also points out that by 2015, health care will account for 10 percent of Pentagon spending. Like previous deficit-busting reports, the Center for American Progress's recommendations would not change health care

**"the current deficit situation has made Tricare a prime target from virtually all sides"**

services provided to active duty troops, but **suggests changes that specifically target working-age retirees who choose Tricare Prime over the more expensive employer provided commercial coverage option.**

While the facts and figures presented in the report may be accurate, **the report insinuates that military retirees, especially those with second careers, are hurting the country by taking advantage of the benefits they have earned.** Unlike previous reports, the CAP report also calls for implementing fees for retirees over 65 who use Tricare for Life; the supplemental policy for veterans enrolled in Medicare. Under the proposal TFL enrollees would pay a \$120 annual enrollment fee, see an increase in cost-sharing with Medicare and would lose coverage for the first \$500 in expenses.

The CAP report specifically recommends the following steps:

**1. Gradually phase in increased fees for military retirees,** including a tiered fee structure for working-age retirees—Congress and the Defense Department should gradually increase Tricare enrollment fees paid by working-age retirees. The fees should be tiered based on retirement pay. Additionally, Tricare for Life enrollees should pay a \$120 per person annual enrollment fee, as recommended by the Task Force on the Future of Military Health Care. The report claims this would mean a savings of \$6 billion a year.

**2. Increase cost sharing** to encourage responsible use of Tricare for Life benefits—Tricare for Life should not cover the first \$500 of an enrollee's out-of-pocket expenses, and should be limited to 50 percent of the next \$5,000 in Medicare cost sharing, as recommended by the president's fiscal commission. The report claims this would mean a savings of \$4B a year.

**3. Limit double coverage for high-income retirees and peg Tricare premiums to Medicare Part B costs**—Tricare coverage should be limited to working-age military retirees below certain income limits, or those who don't otherwise have access to insurance through a spouse or civilian employer. Additionally, to ensure that Tricare fees continue to be adjusted in the future, Tri-

care premium levels should be pegged to Medicare Part B premiums. The report estimates a \$5 billion a year savings.

Note the last recommendation: **"Tricare coverage should be limited to working-age military retirees below certain income limits."** This should set off alarms — It's the first step toward changing Tricare from an earned benefit of military retirement to a needs-based entitlement. The fact is that the current cost of Tricare is unsustainable, and many retirees are open to the idea of —modest increases in Tricare Prime enrollment fees. In fact, the Military Officers Association of America is advocating the idea of limiting Tricare annual fee increases to the annual cost-of-living-adjustment (COLA) for military retirees. Although, past attempts to raise Tricare fees for retirees have failed, the current deficit situation has made Tricare a prime target from virtually all sides. [Source: Mil.com Terry Howell article 28 Feb 2011 / Courtesy RAO Baguio]



## Tricare Referrals & Authorizations

Referrals are used when a primary care manager (PCM) or provider identifies a need for specialty care or services. As a Tricare Standard beneficiary, you can visit the Tricare-authorized provider of your choice whenever you need care thus referrals are not required. Prime users do not have the option of using the provider of their choice and must rely on referrals if additional care is needed. Their PCM decides what type of provider you should see, for how long and for what services. Some services require prior authorization from your regional contractor. A prior authorization is a review of the requested service to determine if it is medically nec-

essary at the requested level of care. If you have questions about authorization requirements, visit <http://www.tricare.mil>. Services that always require prior authorization are as follows:

- Adjunctive dental services
- Extended Care Health Option services
- Home health services
- Hospice care
- Nonemergency inpatient admissions for substance use
- Disorders or behavioral health care
- Outpatient behavioral health care visits beyond the

eighth visit per fiscal year (Oct. 1–Sept. 30)

- Transplants—all solid organ and stem cell

Note: Each regional contractor has additional prior authorization requirements. Visit your regional contractor's website to learn about these requirements, which may change from time to time.

[Source: Tricare Standard Health Matters 2011 / Courtesy RAO Baguio]



### TRICARE FOR LIFE

TRICARE For Life (TFL) is TRICARE's Medicare-wrap around coverage available to all Medicare-eligible TRICARE beneficiaries, regardless of age or place of residence, provided they have Medicare Parts A and B.

Basically, if you use a Medicare participating or non-participating provider, he or she will file your claims with Medicare. Medicare pays its portion and electronically forwards the claim to the TFL claims processor. TFL pays the provider directly for TRICARE-covered services.

1. For services covered by both Medicare and TRICARE, Medicare pays first and TFL pays your remaining coinsurance for TRICARE-covered services.  
2. For services covered by TRICARE but not by Medicare, TFL pays first and Medicare pays nothing. You must pay the TRICARE fiscal year deductible and cost shares.

3. For services covered by Medicare but not by TRICARE, Medicare pays first and TFL pays nothing. You must pay the Medicare deductible and coinsurance. For services not covered by Medicare or TRICARE,

Medicare and TRICARE pay nothing and you must pay the entire bill.

While Medicare is your primary insurance, TRICARE acts as your secondary payer minimizing your out-of-pocket expenses. TRICARE benefits include

1. Covering Medicare's coinsurance and deductible.  
2. Secondary coverage to Medicare when you have both Medicare Part A and Part B  
3. Visit any Medicare provider.  
4. Medicare pays its portion to the provider; Medicare forwards the remaining amount to TRICARE and TRICARE pays the rest to your provider. You pay nothing out of pocket (in most cases)

5. Available worldwide, however, in most overseas locations, TRICARE becomes the primary payer. Medicare provides coverage in the United States and its Territories. When using TRICARE For Life in all other overseas locations, TRICARE is the primary payer and you are responsible for paying TRICARE's annual deductible and cost shares. TRICARE beneficiaries who live overseas and who are eligible for premium-free Medicare Part A must have Part

### TRICARE IN JAPAN

**Medical Assistance** – International SOS provides 24/7 support for TRICARE Overseas Beneficiaries when they need urgent or emergency care or request medical assistance.

Medical Assistance Direct Phone Number is +65-63889277; toll free is 005-316-50291, FAX +65-6336-0921

**International SOS** provides 24/7 customer service and support for TRICARE Overseas Beneficiary Enrollment and Provider Education/Assistance. The number is +65-6339-2676.

**Claims Assistance:** International SOS provides 24/7 claims submission, tracking and payment support for TRICARE Overseas Beneficiaries and Providers. Claims submission address is:

**TRICARE Overseas Program  
PO Box 7985  
Madison, WI 53707-7985 USA  
(www.tricare.mil)**

B to remain eligible for TRICARE even though Medicare does not provide coverage overseas.

International SOS is the TRICARE Overseas Program contractor and will provide the assistance you need for claims, finding a provider, medical information and assistance and authorization for care.

If you have both Medicare Part A and Part B, then TRICARE For Life is the plan for you. Coverage is available worldwide and you can see any provider you want. However, you will have greater out of pocket expenses if you get care from Veteran's Administration providers or providers who opt-out of Medicare, because they are not permitted to bill Medicare.

(Source: www.tricare.mil)

### TRICARE Tidbits

#### TRICARE STANDARD

TRICARE Standard Overseas is available to beneficiaries who cannot or choose not to enroll in a Prime option overseas. You may visit any host nation provider at any time. Enrollment is not required to participate; coverage is automatic as long as your information is current in the Defense Enrollment Eligibility Reporting System.

- at your convenience
- No referrals; authorization required for some services
- You pay a percentage of the total cost (cost-share)
- May have to file your own claims

TRICARE has partnered with International SOS to identify the best local providers and facilities and develop a network of licensed, Schedule appointments qualified physicians overseas. You can contact International SOS for assistance finding a provider.

(source: www.tricare.mil)

## **SCAM ALERT!**

### **Veteran Affairs Services (VAS)**

An organization calling itself **Veterans Affairs Services (VAS)** is providing benefit and general information on VA **and gathering personal information on veterans**. This organization is **not affiliated with VA in anyway**. Websites with the name "vaservices" immediately after the "www" **ARE NOT** part of the Department of Veterans Affairs, the U.S. Government agency. Do not go to them or **if approached or called, do not offer them any information concerning yourself or data on other veterans**. Keep in mind that the real VA website ends in **.gov**. Be aware that the Department of Veterans Affairs does not randomly call veterans, nor does it ask veterans for information which it does not already have--like Social Security Numbers. In particular, if you have not dealt with the VA previously--and in person--and all of a sudden, you receive a call from someone saying they are with the VA or something similar sounding, hang up the phone. Also, **do not respond to emails which suggest that they are from the VA**. The VA never conducts official business nor asks for personal information by email. VAS may be gaining access to military personnel through their close resemblance to the VA name and seal. Our Legal Counsel has requested that we coordinate with DoD to inform military installations, particularly mobilization sites, of

this group and their lack of affiliation or endorsement by VA to provide any services.

In addition, GC requests that if you have any examples of VAS acts that violate chapter 59 of Title 38 United States Code, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, please pass any additional information to Michael G. Daugherty, Staff Attorney, Department of Veterans Affairs Office of General Counsel (022G2)810 Vermont Avenue, NW Washington, DC 20420. [Source: Office of the Secretary of the Department of Veterans Affairs, VSO Liaison Kevin Secor msg. 23 Feb 2011 /Courtesy RAO Baguio]

## **Tricare Standard vs. Extra**

Tricare Standard and Tricare Extra allow you to manage your own health care and give you the freedom to seek care from any Tricare-authorized provider you choose. Tricare-authorized providers meet Tricare licensing and certification requirements and are certified by Tricare to provide care to Tricare beneficiaries. If you see a provider who is not Tricare-authorized, you are responsible for the full cost of care. The key difference between Tricare Standard and Tricare Extra is in your choice of providers. With Tricare Standard, you choose Tricare-authorized providers outside of the Tricare network and pay higher cost-shares. With Tricare Extra, you choose providers within the Tricare network, where available, and receive discounted cost-shares.

**Tricare Standard.** Non-network providers are Tricare-authorized civilian providers who have not established a contractual relationship with your regional contractor. Non-network providers may determine whether they are —participating with Tricare or —nonparticipating on a claim-by-claim basis.

□ Participating providers agree to accept the Tricare allowable charge as the payment in full for services.

□ Nonparticipating providers do not agree to accept the Tricare-allowable charge as payment in full. They may charge up to 15% above the Tricare-allowable charge. You are responsible

for the additional 15%, plus any copayments, cost-shares or deductible. Before you receive care, ask if your provider will —participate on your claim.

**Tricare Extra.** As a Tricare Standard beneficiary, you use your Tricare Extra benefit when you see Tricare network providers. A network provider signs an agreement with your regional contractor to provide care at a negotiated rate. Using your Tricare Extra benefit saves you 5% on cost-shares. Additionally, network providers will file claims for you. Another advantage of using a network provider is that you are offered protection from having to pay out of pocket if your claim is denied as a non-covered service. In this instance, you are —held harmless, unless you have agreed in writing to pay for a service before receiving treatment.

[Source: Tricare Standard Health Matters 2011 +/- Courtesy RAO Baguio]

## Veteran Status

Sen. Mark Pryor (D-AR) is taking another shot at better defining who can legally call themselves a veteran. An attempt at this during the previous Congress died when one senator blocked action. Pryor introduced a bill 4 MAR that has the full support of the National Guard Association of the United States (NGAUS). Current law requires someone to have served a certain period on federal status to qualify for full standing as a veteran. Someone who served 20 years in the National Guard or Reserve without that qualifying period is a military retiree, but not a veteran.

Pryor's bill, Honor America's Guard-Reserve Retirees Act of 2011 (S.491), has been referred to the Committee on Veterans Affairs. The text of the bill reads, "Any person who is entitled under chapter 1223 of title 10 to retired pay for nonregular service or, but for age, would be entitled under such chapter to retired pay for nonregular service shall be honored as a veteran but shall not be entitled to any benefit by reason of this section." Although it will not add any benefits and, therefore, has no cost to the government, the bill would allow someone who serves honorably for 20 years in the Guard or Reserve the simple privilege of legally being a veteran. Technically, a person who is not a legal veteran is not supposed to wear medals on Veterans Day, for example, or salute the playing of the national anthem, although this happens frequently, of course. [Source: NGAUS Washington Report 8 Mar 2011/ Courtesy RAO Baguio]

## Tricare Cancer Screenings

The beginning stages of colorectal cancer often have no symptoms. Because of this, early screening saves lives. For Tricare Prime and Standard beneficiaries, there are no cost shares or co-pays for colorectal cancer screenings, as well as many other important preventive care services. For Medicare-eligible beneficiaries covered by Tricare For Life, Medicare covers colorectal cancer screening tests and Tricare generally pays the remainder of any costs not paid by Medicare. To learn more about colorectal screening, visit the CDC's Screen for Life campaign webpage: <http://www.cdc.gov/cancer/colorectal/sf>

For more information about Tricare's coverage of colorectal cancer screenings, visit the Tricare website <http://www.tricare.mil>. Military.com surveys have found that most servicemembers and their families are confused by Tricare. You can get the facts and latest news on Tricare at <http://www.military.com/benefits/tricare/understanding-your-tricare-benefits>. [Source: Mil.com 7 Mar 2011/Courtesy RAO Baguio]



## New Vet Legal Website

A website designed to be the nation's leading resource for the legal needs and rights of military families, [statesidelegal.org](http://statesidelegal.org), is up and running thanks to the work of Maine's largest legal aid provider. Portland-based Pine Tree Legal Assistance was the lead agency in the creation of the site, which was officially launched in NOV 2010 during a conference at the White House. The site serves as an online hub for legal information -- including videos, self-help tools and other resources -- specifically for military personnel, veterans and their families.

Topics addressed on the site range from foreclosure to disability benefits. Legal experts say many military families are not aware of their unique rights or how to access help for civil legal needs. Information is by legal problem, military status and state of residence. Through the end of January, the site had received about 60,000 page views and 10,000 unique visitors. Those visitors include people from all 50 states and 68 countries worldwide, including 14 visitors from Iraq. To build the site, Pine Tree received a \$300,000 grant from the Legal Services Corp. in Wash-

ington, D.C. Legal Services is a nonprofit corporation, created and funded by Congress, whose sole mission is to help poor Americans gain equal access to the civil justice system.

William Russo of the office of general counsel at the U.S. Department of Veterans Affairs, believes it will help veterans improve the quality of their lives. "The content of the site is excellent and very useful for veterans and for VA employees," Russo said. "In particular it allows the VA employees who are assisting veterans to help them obtain legal services. In terms of legal assistance, I'm not aware of any comparable resource," he said. Robert Nelson, who was assistant secretary of the Army under President Carter, was among the volunteer advisers who helped develop the website. Nelson, a lawyer who is now retired, also was the first general counsel for Paralyzed Veterans of America. Nelson said, "We find that a lot of veterans don't know what their rights are. That's a problem," Nelson said. He hopes [www.statesidelegal.org](http://www.statesidelegal.org) will help as many veterans as possible. [Source: Portland Press Herald Trevor Maxwell article 22 Feb 2011] (Courtesy, RAO Baguio)

## USAFSS In Misawa– A Place for Former Misawans

Since establishment of the Air Force Intelligence Mission in 1948, from 1949, Misawa Air Base had been home to the United States Air Force Security Service from the establishment of the “First Radio Squadron” on the “hill” to the 6921st Security Squadron to the 6920th Electronic Security Group, and then Wing, over the years to the current 301st Intelligence Squadron and Misawa Security Operations Center (MSOC).

The Security Service presence in the Misawa community has always been a major one, not only because it was one of the largest tenant units on the base but also because of their close relationship

with the ‘main base’ and the Japanese community.

Born of the desperate needs of blind and orphaned children at the end of the war, noteworthy is the unit’s “Operation Eyesight” a charitable activity started along with the unit’s establishment that became not only a local activity but a landmark of the Security Service worldwide. Over the years Operation eyesight has aided blind, deaf and dumb children and orphans, sponsoring eye surgeries, transplants, Braille machines, spectacles, musical instruments, school supplies, welfare and morale activities, etc.

The intelligence units on the “hill” have contributed mate-

rially and immensely to every mission of our nation’s military, and workers on “the hill” have been our silent warriors, working behind the scenes, classified and unrevealed and more often than not, unrewarded and unrecognized. Only in recent years, since the end of the “cold war” have stories of the missions and valor of these servicemen and women been coming to the limelight.

There is an organization of former USAFSS members who maintain a web-site called [USAFSS Misawa Family](http://USAFSS Misawa Family) (a public portal website [usafssmisawa.com](http://usafssmisawa.com)) where USAFSS members share the history of USAFSS and its world-wide units and specifi-

cally the unit at Misawa Air Base. The site also maintains a members-only portal called [The Misawa Project, Inc.](http://The Misawa Project, Inc.) ([usafssinmisawa.org](http://usafssinmisawa.org)) which is a members-only portal made up of former USAFSS persons who have served at Misawa at some time in their career. Here they share their memories and experiences, assist in locating others, contribute to historical records and documents, etc.

Even if you were not in the Security Service, if you ever lived in Misawa (or still do), it is a rewarding visit to the public site where you can still share and contribute, and of course if you had worked on the “hill” there is even more for you. -JR





# A Lesson Learned

The Misawa RAO is responsible for maintaining contact with all military retirees in the six prefectures of Tohoku and the territory of Hokkaido.

Prior to the disaster, we, the staff of the RAO had thought that we had sufficient information on our members to maintain that contact.

It took a disaster such as this to show the weaknesses of our records-keeping processes.

The State Department asked us for figures and information on the retirees and their families and the widowed spouses of retirees in the area of our coverage and regrettably, we have not been able to provide accurate, up to date information on the status of all the persons in our area of coverage.

We have been unable to contact several families in the Miyagi Prefecture area. We are asking for your help.

Attached is a pre-addressed form for our non-English reading members, the widows of our fallen and retired service members who reside here.

Basically the form asks for the name of the beneficiary, name of the deceased sponsor, last four of the SSN, branch of service, current address, contact numbers, e-mail, and if in an evacuation, the former address, and asks what assistance and information is needed. For all of our members who are native English speakers, we ask that you contact us by e-mail, letter mail or even a phone call to update your personal status and contact information.

**IF YOU KNOW OF ANY RETIREE AND FAMILY, AMERICAN OR JAPANESE, WHO CANNOT CONTACT US BECAUSE OF INJURY, RELOCATION, OR EVEN DEATH IN THIS DISASTER, PLEASE LET US KNOW.. MISAWA AIR BASE IS PREPARED TO HELP.**

## ご連絡下さい！

被災地の皆さん、無事であるようにお祈りしています。

数人、とくに宮城県に住んでいる家族等まだ連絡できない状態です。

自分も、知ってる人のことも、現在の状態を知らせて下さい。

アメリカの防衛省、国務省、三沢基地の皆さんも助けることができます。

このパンフレットの中、(次のページ)は送り返し用の用紙があります。是非それを記入して、送り返して下さい。

## *In Memoriam*

*We offer our prayers for the thousands of our friends and relatives who have lost their lives in the East Japan Pacific Earthquake and Tsunami. We also pray for those who have been left behind mourning their loved ones that they find meaning in life and the will to live, to reconstruct their lives, homes and businesses.*

### インメモリアム

我々は東日本太平洋地震と津波で何千人の友人や親戚の命を失った人々に私たちの祈りを提供しています。また、我々は生き残った人々の皆さんお悔やみの中で新たに人生の意味を見つけること、生きる力、希望、自分たちの生活、家庭や企業を再構築するには、お祈りを申し上げます。

Editor's note: I apologize for the delayed publishing of this January-March quarterly newsletter and for its scant content and poor layout. The higher priorities of assisting in the community as well as the extended loss of power in our facility can be blamed but if I had completed or nearly completed the newsletter before the earthquake, it would have been of better quality. It will be better next quarter.

Joseph Roginski



切手を  
張って下  
さい

〒033-0012

青森県三沢市平畑64番地

三沢米空軍基地内, 三沢米軍退役者活動局

35FW/CVR (RAO)

ATTN: **Joseph Roginski**

ジョセフ ロジンスキー

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(表の面 — この線に沿って追って下さい。テープで押さえて、自分の住所も記入し、切手を張って送って下さい。)

お名前： \_\_\_\_\_  
(アメリカの名前を 로마字で、日本の名前は漢字でも大丈夫です。)

御主人の名前 ( 로마字) \_\_\_\_\_  
(空軍) (陸軍) (海軍) 「 'O' で囲んで下さい、」  
自分のソーシャルセキュリティーナンバーの最後の4ケタをここに \_\_\_\_\_

現在の住所： \_\_\_\_\_  
\_\_\_\_\_  
(住所は漢字でもOKですが必ずふりがなも付けて下さい。)

非難してる場合元の住所： \_\_\_\_\_  
\_\_\_\_\_

電話番号： \_\_\_\_\_ 携帯電話番号： \_\_\_\_\_

E-mail アドレス \_\_\_\_\_

今必要な情報、書類、助け、等をここに詳しく記入して下さい

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(この用紙の裏には三沢米軍退役者活動局の送り先がよういしてるから、この用紙を切り離して、この面を中に追ってテープで押さえてから送り返して下さい。)

# Still Serving!



The Misawa Air Base Retiree Activities Office (RAO) is an official activity organized in accordance with AFI 36-3106. The office serves retirees and their survivors from all military services in the Tohoku and Hokkaido regions of Japan. We can provide assistance in pay, taxes, social security, and personal/casualty affairs as well as many other matters the retiree may need help with. We provide a focal point for retirees and/or their survivors with questions/concerns and work closely with the active duty community. Through the office and the activities of the Misawa Military Retirees Association we are able to provide assistance to indigent widows in the area with fuel, food and living expenses. The office is supplied and equipped through organizational funding, while being staffed entirely by volunteers.

The office is open Monday through Friday from 0900 through 1500 hours. We are located in room 210, Bldg 653. If you are unable to contact the RAO in an emergency, you may contact the Casualty Assistance Representative in the Airman & Family Readiness Center, 226-4735 or from off base, 0176-77-4735. Japanese Nationals requiring assistance, who may have limited English language skills, may contact us and talk with MSgt (Ret) Joseph (Joe) Roginski, who is bi-lingual.

35th FW/CVR  
Unit 5021  
APO AP 96319-5021  
Phone: 011-81-176-77-4428/5675  
DSN: (315) 226-4428/5675  
Email: rao@misawa.af.mil

35th Fighter Wing  
Misawa Air Base, Japan



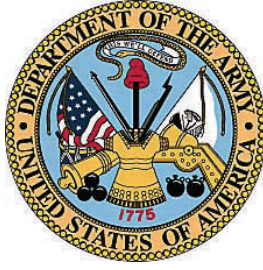
**The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday, of even months, at 1700 hours, in the Tohoku Enlisted Club's Gray Room. All military retirees regardless of service affiliation are welcome as members. These meetings are your forum to voice your opinions, concerns, questions and suggestions about retiree and survivor issues and support on Misawa Air Base. We are your voice to the active duty community and help to support the many retiree programs on the base. We also provide assistance in emergencies to retirees and surviving spouses in times of need. Come out and join our group, share your experiences and skills, contribute to the community. The time you give to your fellow retirees and their families may someday come back as assistance to you or your survivors.**

## MMRA Meeting Schedule

All meetings are held at the Tohoku Enlisted club Gray Room at 1700 hours.

2 February 2011  
5 April 2011  
7 June 2011  
2 August 2011  
4 October 2011  
6 December 2011





## SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN

USEFUL NUMBERS

AAFES: 616-5773  
 HRO: 616-5162  
 Manager: 616-3780  
 Shoppette: 616-5750  
 Base Operator: 53-5181 (dial 226 number or wait)  
 Chapel: 226-4630  
 Command Post: 226-9899  
 Commissary Officer: 226-3823  
 Community Bank: 226-4990  
 Credit Union, Navy Federal: 226-4954  
 Emergency Room: Non-Urgent- 226-6647  
 Emergency- 911 / Off Base 53-911  
 Fitness Center: 226-3982  
 Golf Course: 616-2065  
 Law Enforcement: 226-3600  
 Library: 226-4083  
 Lodging Front Desk: 222-0282 / 0284 (reservations)  
 Medical/Dental Appointments  
 Medical : 226-6111  
 Dental: 226-6700  
 Misawa Clubs  
 Enlisted: 616-1889  
 Officer: 616-1891  
 Navy HRO: 226-4674  
 Pass and Registration: 226-3995  
 Red Cross: 226-3016  
 Services Auto Center: 226-9486  
 Services HRO: 226-3108  
 Taxi  
 Official: 226-3328  
 Base Commercial (Kichi Cab): 616-5438  
 Theater: 616-8701  
 Veterinarian 226-4502  
 Weather Forecast: 226-3064

Note: When dialing from off base, local area, dial 66-#### instead of 222/616-####, and 77-#### instead of 226-####. Outside local area add 0176.

The Misawa Air Base **Retiree Activities Office** is an official activity organized in accordance with AFI 36-3106. The office is here to assist retirees from all military services in the Tohoku and Hokkaido regions of Japan. We can provide assistance in pay, taxes, social security, and personal/casualty affairs as well as many other matters the retiree may need help with. We provide a

focal point for retirees and/or their survivors with questions/concerns and work closely with the active duty community. Through the office and the activities of the Misawa Military Retirees Association we are able to provide assistance to indigent widows in the area with fuel, food and living expenses. The office is supplied and equipped through organizational funding, while being staffed entirely by volunteers.

The office is open Monday through Friday from 0900 through 1500 hours. We are located in room 210, Bldg 653. If you are unable to contact the RAO in an emergency, you may contact the Casualty Assistance Representative in the Airman & Family Readiness Center, 226-4735 or from off base, 0176-77-4735. Japanese Nationals requiring assistance, who may have limited English language skills, may contact us and talk with MSgt (Ret) Joseph Roginski, who is bi-lingual. He may be reached at 09040450149 after hours.



35th FW/CVR  
 Unit 5021  
 APO AP 96319-5021  
 Phone: 011-81-176-77-4428/5675  
 DSN: (315) 226-4428/5675  
 Email: rao@misawa.af.mil  
 Cell Phone: 090-4045-0149

**WE'RE ON THE WEB!**  
[HTTP://MISAWARAO.ORG](http://misawarao.org)

This publication is written, edited and published by the Misawa Air Base Retiree Activities Office for the retired community in northern Japan. The information or comments herein do not necessarily represent the position or opinion of the DOD, USAF or the 35 FW. While every effort has been made to assure the accuracy of the information herein, no absolute guarantee of accuracy can be given nor should be assumed.