



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.

11th Annual Misawa Air Base Retiree Appreciation Day

September 24, 2011- Misawa Air Base, Japan

The Misawa Air Base Retiree Activities Office and the Misawa Military Retirees' Association held the annual event MAB Retiree Appreciation Day in conjunction with the AAFES "Still Serving" celebration which ran from September 23rd to October 3rd.

This year's event had the biggest turnout seen for many years, with over 70 retiree families attending. We began the day's activities with breakfast with the commander at 0800 at the Consolidated Club Enlisted Ballroom.

Col Al Wimmer, the Deputy Commander of the 35th Fighter Wing (35th FW/CV) presided at the breakfast. Colonel Wimmer gave a short but very meaningful address about the continuity of knowledge, traditions, customs and courtesies, and most importantly, the spirit and unity of our services as represented in the retired of all the services, and the very important function of these former servicemen in relating these qualities of service life to our current active duty forces, especially

the young service members and embarking on their careers, and he thanked the retirees in attendance for their community efforts in the spirit of "Still Serving".

Four Japanese widows of fallen servicemen were guests of honor at the breakfast, and the Colonel recognized them by personally presenting them with bouquets of flowers and thanking them for their support of their husbands and for their sacrifices.

The leadership of the Wing and Squadrons that supported the event and the Retiree Activities Office also attended, and this year the Commander of the 373rd IRSG was also invited, Colonel Kimberlee Joos. A good portion of the retirees were alumni of the 'Hill', the USAFSS, Security Service, 6920 ESG, 6921st SS, and 'First Radio' and Colonel Joos honored these men for their dedication and support of the mission over the years.

AAFES, DECA, and local vendors provided gifts and prizes for drawings during the breakfast and festivities following the breakfast, which was provided by the 35th

Force Support Squadron, 35th Mission Support Group. The 35th Medical Group provided support at the second part of the event, the activities at AAFES.

After breakfast at the club, all attendees adjourned to the foyer of the Main BX, where AAFES had prepared to kick off the celebration with a wonderfully decorated cake. Col Wimmer, AAFES Manager, Cecil Hahn (representing the oldest retiree attending) and the youngest airman attending, all four together cut the cake, and served it to the crowd, with coffee and beverages. We held drawings of gift bags and gift cards from Webco Corp at DECA, and from AAFES, and from Chiko's Lomilomi Massage, a popular local business. AAFES gave away two gift cards to the oldest retirees in attendance, matching their ages with dollars. We also drew for DVD players and other appliances from AAFES, and all attendees received discount coupons.

The 35th Medical Group made a terrific showing by providing booths and tables for information, checking blood pressure, glaucoma, cholesterol counseling and a first this year-

flu shots! Not only did everyone come away with a full tummy from the breakfast and cake, and the gift bags, but they also had a chance to get flu shots without having to go to the hospital, and the Med Group staff was very pleased with the response as they gave out a lot more vaccinations than they expected.

Thanks to the great support of our leadership, this year's Retiree Appreciation Day was a great success.

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YOUR RAD STAFF



**MSgt (Ret) Joseph Roginski
DIRECTOR**



**CMSgt (Ret) Dave Barton
DEPUTY DIRECTOR**



**MSgt (Ret) Everett (Tony)
Watkins
STAFF**

EDITORIAL

Working in the Retiree Activities Office is a very rewarding experience. Although we are primarily here to assist the local military retiree community, there are valuable opportunities outside of the office to make a difference with the active duty community as well.

As a retired Chief Master Sergeant, and a member of the Misawa Chiefs Group, I have one of those opportunities to interact with the younger generation of Airmen on a regular basis. The Airman Leadership School has a segment during the curriculum where Chief Master Sergeants are asked to come up to the school and conduct a Chiefs Panel. Usually the panel consists of three Chiefs and we open the floor to the classes to discuss or ask any question they may have concerning the Air Force, service policies, their careers, our careers, and pretty much anything that may be on their minds in a non-retribution format.

I'm very proud to do this because I think it is extremely important for those of us in leadership positions to provide counsel to those who are just starting their careers and need a certain amount of guidance to ensure their success. Mentoring at any level is vital if we are to mold our Airman into a future force that will live the Air Force core values.

I'm always impressed with the caliber of the Airmen who sit before us in these panels. Their maturity and attitudes reflect the very best we have in the Air Force. Although we Chiefs are only with them an hour, we try to impart something of value to them as they try to sort through their choices in making the Air Force a career, and hopefully, how to make that career as successful as possible.

The Airman Leadership School is an immensely important building block in the early career years of our airmen. Because of that, I have the greatest respect for those instructors and commandants who take on the responsibility of laying the foundation for the growth of successful Air Force careers. I'm just glad that I still have the opportunity, as small as it may be, to involve myself in shaping the careers of our future Air Force leaders.

Dave Barton, CMSgt (Ret), USAF
Deputy Director, Misawa RAO

**11th Annual Misawa Air Base
Retiree Appreciation Day and
'Still Serving' Celebration**



RAO Staff Tony Watkins Greet a Widow at the RAD Breakfast



We had over 70 attendees at this year's breakfast



Good food and good company



Our Japanese widow guests in lively conversation and renewing friendships



11th Annual Misawa Air Base Retiree Appreciation Day



RAO Staff Dave Barton hands a door prize gift bag to a lucky retiree



Retired Alumni of the Air Force Security Service pose with Colonel Kimberlee Joos, Commander of the 373rd ISRS



AAFES created a fantastic cake to commemorate the day



Wives and retirees pose with Colonel Al Wimmer (35FW/CV) (rt), Doug Vasalech of AAFES, and Patricia Reams of WEBCO at DeCA (with the flowers)



35th Medical Group personnel offered glaucoma, blood pressure checks, flu shots and health information to retirees and families



Edward Pearson as the oldest retiree and the longest in Misawa attending the event holds the RAO logo



The two oldest retirees in attendance, Cecil Hahn and Edward Pearson cut the cake with the help of Col Wimmer and Kim Meisse, AAFES Sales & Merchandise Manager

What is TRICARE Plus?

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. For example, if available at their local MTF, retirees and retiree family members using TRICARE For Life can enroll in TRICARE Plus and be guaranteed a routine appointment within one week, the same access standard as beneficiaries enrolled in a Prime option.

TRICARE Plus is only available at certain MTFs, and the local MTF commander may limit enrollment to specific categories of beneficiaries. TRICARE beneficiaries enrolled in a Prime option (*overseas or stateside*), a civilian HMO, or Medicare HMO are **not** eligible to enroll in TRICARE Plus.

Beneficiaries should contact their local MTF to find out if they may participate in TRICARE Plus. Enrollment into TRICARE Plus at one MTF does not automatically extend TRICARE Plus enrollment to another. The MTF is not responsible for any costs when a TRICARE Plus enrollee is referred outside the MTF for additional civilian care.

Getting Care with TRICARE Plus

TRICARE Plus is not a health plan, it is simply a way to access primary care at MTFs. Your enrollment in TRICARE Plus will be reflected in the [Defense Enrollment Eligibility Reporting System](#) (DEERS), but you can still get care as you normally would through your regular TRICARE plan. **Through TRICARE Plus, you will receive primary care at the MTF with the same access standards as TRICARE Prime enrollees and will pay no out-of-pocket costs.**

- TRICARE Plus does not guarantee access to specialty care at the MTF where you are enrolled.

- You may still get care from Medicare and/or civilian providers. TRICARE Standard and Extra or Medicare rules apply. For beneficiaries who are entitled to [Medicare Part A](#) and who have [Medicare Part B](#) coverage, TRICARE is the second payer to Medicare for TRICARE-covered services.
- TRICARE For Life benefits are not affected by enrollment in the TRICARE Plus program.
- If eligible, you can participate in both programs. TRICARE Plus will cover your primary care provided at an MTF and TRICARE For Life will cover care that is not available at the MTF.
- Having Medicare Part B is not a TRICARE Plus requirement for care within an MTF. However, access to specialty care is not guaranteed in the MTF. To access care outside the MTF using TRICARE For Life, you must have Medicare Part B unless you are an active duty family member.
- Your enrollment in TRICARE Plus will be reflected in DEERS.

Note: You should NOT move non-command-sponsored family members overseas based solely on the potential availability of TRICARE Plus.

From TRICARE.mil website.

Editor's Notes:

In summery

TRICARE PLUS is not a health insurance plan. It is independent of TRICARE Prime, TRICARE Standard, and TRICARE Standard Overseas. It is a category of access and priority at your local MTF.

TRICARE Plus is available at the Misawa MTF but slots are limited. If you wish to enroll in TRICARE Plus or are not sure if you are enrolled in this program, visit the TRICARE office at the base hospital.

Keep Faith in Retirement System, Defense Officials say....

The Defense Department has no proposals or recommendations on revamping military retirement at this time, but any future proposal must not break faith with those in the military today, senior Pentagon officials told Congress Oct. 25.

Jo Ann Rooney, the principal Deputy Undersecretary of Defense for Personnel and Readiness, and Vee Penrod, the deputy assistant secretary of defense for military personnel policy, testified on military retirement before the House Armed Services Committee's military personnel subcommittee.

The Defense Business Board has proposed making a military retirement system more like private-sector systems. The military system has remained fairly constant over time, Rooney said, while the private sector has changed its retirement systems to cater to the increasingly mobile workforce. "Unlike (the private) sector, the military services must grow most of their military workforce internally," she said. "It generally takes 15 to 20 years to develop the next generation of infantry battalion commanders and submarine captains. As a result, the military must ensure compensation, promotions and personnel policies that all foster the retention and longer careers necessary to create these experienced leaders."

The military, she said, needs greater longevity and continuity to develop leaders, and a retirement system mirroring a private-sector approach -- with contributions from individuals and transportable benefits -- may not be the best way for the uniformed services to go.

This does not mean that the current system is sacrosanct, Rooney said. The department should examine the retirement system in the context of a total military compensation system, she added.

DOD officials, she told the panel, are examining all aspects of the retirement system for all components. Rooney said the review has been deliberate, careful and pragmatic, and that officials are reviewing proposals and modeling them to determine the impact on recruiting and retention.

The Defense Department, she said, is working to strike the correct balance. "This includes weighing the impact of a new system on recruiting and retention, considering the welfare of the individual service members and families -- which includes grandfathering our existing force who took their oath under the current system -- and acknowledging our responsibility to the American taxpayer," she said. "The current military retirement system has supported the most-

Continued Page 7 "Keep Faith..."



TRICARE Recaps

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

While Medicare is your primary insurance, TRICARE acts as your secondary payer minimizing your out-of-pocket expenses. TRICARE benefits include covering Medicare's coinsurance and deductible.

Program Overview

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.

- For services covered by both Medicare and TRICARE, Medicare pays first and TFL pays your remaining coinsurance for TRICARE-covered services.
- 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.
- 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.

Out-of-Pocket Costs

When using TFL, you do not pay any enrollment fees, but you must pay Medicare Part B monthly premiums. Your Part B premium is based on your income. For more information about Part B premiums visit www.medicare.gov or call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778).

As described above, you'll pay nothing out of pocket for services covered by both Medicare and TRICARE. Go to www.TRICARE.mil/mybenefit and view the [TFL Cost Matrix](#) for more information.

TRICARE Standard Overseas provides comprehensive coverage to active duty family members, retired service members and their families and all others who do not or cannot enroll in TRICARE Prime Overseas. TRICARE Extra is not available in overseas locations. Enrollment is not required, coverage is automatic as long as your information is current in the Defense Enrollment Eligibility Reporting System.

Plan Overview

When using TRICARE Standard Overseas, you'll receive care from host-nation providers. You may seek care at a military treatment facility on a space-available basis only. You do not need a referral for any type of care but some services may require prior authorization. You may have to pay the provider in full when you receive care and file a claim with TRICARE for reimbursement.

Out-of-Pocket Costs

Costs vary depending on the sponsor's military status (active duty family members vs. retirees, their families and others). After you've met an annual deductible, you're responsible to pay a cost share.

Retired service members and their families pay 25% of the cost as both outpatients and in-patients, as well as certain services and orthotics. However for in-patients there is a cap on certain expenses. If your military treatment facility refers you to treatment on the economy, or you use a local medical facility on your own, your payment will be 25% of the total bill. If you have another medical insurance plan, by your employer or on your own such as the Japanese National Health Insurance system, TRICARE will be the second payer of the claim. You have to pay the bill up front, file your claim with your primary insurance, then whatever your primary insurance does not pay, you can file a claim with TRICARE and then get back 75% of that claim, once approved, less any annual deductible, which is \$150 for an individual retiree and \$300 for the retiree family.

For more information on eligibility and costs, download the TRICARE Overseas Program Summary of Beneficiary Costs. You can visit the RAO and we will print a copy for you.

From TRICARE.MIL website.

Editor's note: Retirees under the Medicare eligibility age (65) are automatically enrolled in TRICARE Standard and TRICARE Standard Overseas. Once a retiree becomes eligible for Medicare (age 65 or over) he or she must begin Medicare Part B payments in order to maintain enrollment in TRICARE. On enrollment in Medicare Part B, the retiree is automatically in TRICARE For Life, the insurance coverage that covers where Medicare leaves off.

If the retiree elects NOT to enroll in Medicare Part B, then TRICARE coverage ceases except for eligibility for treatment at a military medical treatment facility (MTF). If you are a retiree residing overseas and 65 or over and DO NOT enroll in Medicare Part B and accept TRICARE For Life coverage, then any medical expense you incur outside the MTF is **out of your pocket** or must be covered by your own insurance.

If you are a resident alien in Japan (non-SOFA) you are eligible to join the Japanese National Health Insurance system. Premiums for this system are determined by your income. The Japanese National Health Insurance system covers 70% of your medical cost and you are responsible for the remaining 30%.

Enrollment in TRICARE For Life makes you eligible for TRICARE Standard Overseas. TRICARE Standard Overseas is the second payer of your costs. If you have the Japanese national insurance, the TRICARE Standard Overseas pays 75% of the 30% you paid out of pocket.

If you do not have any other insurance, TRICARE Standard pays 75% of the cost and you pay the remaining 25% of your bill. Catastrophic limits apply in both cases. Catastrophic limit for retirees is \$3,000 per year.

In summary, if at age 65, you do NOT enroll in Medicare Part B, TRICARE no longer covers you or your family. -JJR



Med Group Rocks!

Misawa RAO and MMRA Recognize and Thank the 35th Medical Group

The Misawa AB Retiree Activities Office and Misawa Military Retirees' Association presented the 35th Medical Group a plaque expressing appreciation of their support of the Misawa Community and especially the retired community, and for their outstanding participation in the recent Retiree Appreciation Day.



Colonel Terry Haske, (35MDG/CC) accepts the Retirees' Plaque and their appreciation

CMSgt (Ret) Dave Barton selected the design and wording and had the plaque made and MSgt (Ret) Joe Roginski made the presentation at the monthly Medical Group Executive Committee Meeting.

The RAO, representing the retired military community of Misawa regularly attends this meeting and provides appropriate input on behalf of our retirees.

At this month's meeting, we made a recommendation that someone in the TRICARE office at the hospital who is familiar with the claims process be available to screen a claim before it is submitted, helping to speed the process and lessen the chance that the claim be returned or rejected for incomplete or inaccurate data on the forms. -JJR

Retirees Visit the 'Hill'

"Hill" Alumni Revisit Old Haunts

Colonel Kimberlee Joos, Commander of the 373rd ISRS and the MSOC attended the 11th Annual MAB Retiree Appreciation Day on the 24th of September, and was surprised at the number of retirees living in Misawa who had worked on the 'Hill' at one time or another. For some it was the 1st Radio Squadron, Security Service, 6921st Electronic Security Squadron, 6920th Electronic Security Group, Naval Security Group Activity (NSGA) and Army Security Agency (ASA) and some more unit designations I can't think of immediately, but we all called it the 'Hill', the place where we worked 365/24/7 in 4 to 6 shifts, ever vigilant, ever alert.

Veterans of the 'Hill' have supported intelligence needs of every war and campaign, as well as support of search, rescue and recovery all over the world. "We worked hard and played hard." are words that every person who has served on this 'Hill' and so many others and on every front has uttered more than once.

Colonel Joos, graciously invited the alumni to an afternoon at their old stomping grounds, to reminisce and marvel at the changes.

On the 14th of October, there were a lot of memories to go around, as 18 retirees visited the MSOC operations area for a briefing of the mission, toured a few remaining old buildings and some of the new ones, and the old 'Elephant Cage' HFDF antenna field. A highlight of the visit was a walk-through of the "Heritage Hall", a tribute to the history of the Security Service, and the

accomplishments of its people. There are memorial displays dedicated to those who gave their lives in support of the mission, dioramas of the changes and growth of the unit, documentation and photos of milestones of the unit and its accomplishments, displays of now-obsolete equipment that many were as familiar with as they were with their spouses, perhaps even more for some.



Colonel Joos, we of the RAO and all the alumni of the 'Hill' of all services, thank you and SSgt Joshua Charfauros for setting up this rare and wonderful visit that was both nostalgic and amazing as we walked paths that extend from the past and into the future, and we thank all of the persons involved in this visit for their warmth and hospitality. -JJR



Signing the Guest Log in Heritage Hall

TRICARE Help

The Misawa Air Base Retiree Activities Office will assist translating your TRICARE claim invoices and receipts

Knowing that our retirees who submit claims to TRICARE will most likely have received the care in town, we are making this office available to assist in translating your treatment invoices and payment receipts into English.

The translators at the base hospital (MTF) usually will do this if requested, but from the personal experience of this editor, I found that the level of translation was not sufficient to submit a solid claim. This is not due to any lack of diligence on the part of the hospital translator/escorts, but a lack of knowledge of exactly what is needed in a claim package, which is quite understandable because the translator staff are all Japanese and have never had to process a TRICARE claim.

So, if you need assistance in translation for your claim, please contact this office. We will be glad to help. -JJR



'T' Tinnirella tells Col Joos how it really was...

WHERE TO SEND YOUR TRICARE CLAIM

- **Non-active duty, TRICARE Pacific** send to TRICARE Overseas Program, P.O. Box 7985, Madison, WI 53707-7985 USA
- TRICARE For Life (TFL) claims in the United States and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands) send to WPS TFL, P.O. Box 7890 Madison, WI 53707-7890 USA

Source: The 2011 Publication for TRICARE Standard Overseas Beneficiaries—May 2011



Military Retirement System Update

Included in the president's deficit reduction plan unveiled Monday are plans to re-examine the military retirement system, calling the current 20-year requirement —out of line with most other government or private retirement plans. The document calls for the creation of a commission similar to the controversial 2005 Base Realignment and Closure commission to look at broad reforms to the retirement system. In particular, it takes aim at the idea that troops must remain in the military for 20 years to receive any retirement benefits, giving —generous benefits to the relatively few members who stay. The move comes just weeks after officials from the Defense Business Board outlined similar plans to changing how military retirees are paid, abandoning the 20-year service target. In that proposal, the board recommended a 401 (k) style plan which would allow partial payout for troops who served as little as 10 years. Officials said the move was designed both to provide a more equitable distribution of retirement funds and save money long term. But veterans groups blasted the proposal, in part because they believe changes would reduce the benefits for those currently on track to retire after 20 years or more. The new White House plan notes that —any major military retirement reforms should include grandfathering provisions that ensure that the country does not break faith with military personnel now serving, including those serving in Afghanistan and Iraq. No action was taken on the Defense Business Board plan, and the new White House idea

must be adopted by Congress before work would begin. Under the rules laid out by President Barack Obama on Monday, both the White House and Congress would have to approve the commission's final report without changes before it could become law. The White House did not specify how much changes in the military retirement system could save long term. Obama's deficit reduction plan also included \$1 trillion in savings from troop withdrawals in Iraq and Afghanistan, and another \$580 billion in cuts and fees in mandatory benefit programs. That included almost \$7 billion raised through a new \$200 annual fee for veterans enrolled in the Tricare for Life program (but no new charge for active-duty troops) and more than \$20 billion in new co-payment fees in prescription drug coverage for military families and retirees. To send a preformatted editable message to your elected officials noting your displeasure with the plan, go to <http://capwiz.com/moaa/issues/alert/?alertid=53748506&PROCESS=Take+Action>.

[Source: Stars & Stripes Leo Shanks article 19 Sep 2011/ Courtesy RAO Baguio]

“Keep Faith...” (from page 4)

successful volunteer force in the world,” Penrod noted. “The question now,” she added, “is whether the current system is still relevant in today's environment. If not, should it be modified in a manner more in line with the private sector?”

Officials are not looking at retirement in isolation, Penrod pointed out, but rather at how personnel and pay policies affect decisions to join the military and then to stay.

10/27/2011 Air Force News Service (AFNS)

NPRC Military Records Update

National Personnel Records Center new address is:

National Personnel Records Center
1 Archives Drive
St Louis, MO 63138-1002
USA

The majority of staff have moved to the new location and the military personnel records are in the process of moving. The entire move should be completed by Summer 2012. The new address for the US Air Forces Air Reserve Personnel Center is:

Air Reserve Personnel Center
18420 E Silver Creek Ave
Bldg 390 MS 68
Buckley AFB, CO 80011 USA

As a reminder, ALL retiree and Honorably Discharged veterans should ensure that their family knows the location of their military Separation Document (DD Form 214 from 1950 to present and WD (War Department) Form 53-55 and other variations prior to 1950). Note that registering a copy at the county court house may make that document a public record. Separation Documents issued after 1969 may contain a Social security Number which could be used for identity theft. Storing the Separation Document in a safe deposit box may make it difficult to retrieve immediately upon the death of the retiree or honorably discharged veteran. The better storage locations are:

1. Fire safe in a secure location of the house (not in the bedroom as this is where most thieves search first).

2. In a watertight food container (Glad, Tupperware, etc.) in the refrigerator. Most refrigerators are fire resistant. Additionally, a refrigerator is heavy enough to fall through the floor of a build-

ing into the cooler part of the fire in the basement and better survive. Finally, a refrigerator is large enough to be easily located in the ash and rubble of a fire or other serious incident. (As a bonus, everyone has a refrigerator, not every one has a fire resistant storage box). Be sure to inform your spouse and relatives where to locate your Separation Document - and any other important papers.

[Source: NPRC message 19 Sep 2011 /Courtesy RAO Baguio]

2011 COLA!

Military retirees, federal annuitants and Social Security recipients will begin receiving a 3.6 percent cost-of-living adjustment (COLA) in January 2012. This same increase will eventually apply to VA disability compensation and survivor benefits provided Congress finalizes legislation authorizing the increase (The House passed H.R. 1407 on May 23; the Senate has yet to act).

REDUCED HOURS FOR RAO

The Misawa Air Base Retiree Activities Office will go on reduced hours due to staff leave. The director, Joe Roginski, will be out of office until the 21st of November, and the volunteer staff member, Everett (Tony) Watkins will be gone until March as he assists in the care of a close family member. Dave Barton, the deputy director will operate the office on Tuesdays through the 21st of November. After the 21st, the office will be open 0900-1500 Monday and Tuesday, and 1200-1500 on Thursday and Friday at minimum. Please call or e-mail rao@misawa.af.mil for actual hours.

Japanese Language Page

日本人の方々へ

第11回米軍人退職者感謝祭

9月24日に第11回のイベントは大成功！ 今までのない参加率で司令官と一緒に朝食とAAFES BXでの2時間イベントはたいへん盛り上がりしました。

大佐 (Colonel) アルバート ウィンマーの師事の中で「我が定年退職軍人はまだ地域のため、軍のため役名を果たしてる」(Still Serving) をテーマにしたにぎやかな盛り上がった意義のある行事を大成功して、無事に終わりました。今年も日本人の妻たちの未亡人が方々から来て泊って参加してくれました。

朝食会に、それからBXのイベントに抽選会とベースの久しぶりの買い物ができみんなは喜び。

そして未亡人等がご主人たちが国のために尽くしながらお亡くなりまして奥さんを残すのは少なくないので来てくれてたいへんありがたいことです。どうもありがとうございました。又来年ご参加ができるようお祈りをしています。

感謝祭の記事と写真は1, 2, 3 ページにあります。



TRICARE and MEDICARE

アメリカに移住件やアメリカ国籍件があれば、アメリカの軍用健康保険制度 (TRICARE) に参加することが出来ます。65歳になる直前にSSA (アメリカ社会保険制度) からお知らせの手紙が来るはずですが内容は「65歳になりましておめでとうございませう」とアメリカコクミン保険制度2級 (Medicare Part B) に入らなければなりません。「入らないとTRICAREの制度を利用は出来なくなります」との知らせです。

ほとんどの日本人の方は日本の健康制度保険に入ってると思います。70歳以下の方は3割の負担があり70歳以上の方は1割の負担があるとしています。Medicare Part B に入ってる場合はその自分の負担の7.5割をTRICAREに請求することが出来ます。しかし、そのMedicare Part Bが会費があります。毎月アメリカの年金の支払いからだいたい\$90ドルが引かれます。だが自分はアメリカ国籍や移住件があつて、65歳になるときにそのアメリカ健康保険制度のMedicare Part Bに入るか入らないか考えて決める必要があります。日本の国籍でアメリカの移住件のGreen Cardがない方々は関係ありません。それらの方は日本の健康保険制度だけになります。

もっと詳しいことを知りたい方がいたら、アメリカの札幌領事館やアメリカ東京大使館のフェデラルベネフィットユニット (Federal Benefits Unit) に電話相談してください。

COLA INCREASE COMING

[COLA]と言うのは「生活費の手当て」で「INCREASE」と言うのはその費用があがります。予定の率は3.6パーセントです。

議会はまだ完全の賛成ではないですがほとんど確実です。費用手当の上がりは2012年月です。

これは3年ぶりで当て値上がりで、今ドル安で大変苦しんでる方に少しでも助かりになります。

RAOの営業時間は短縮されます

RAOの理事ジョセフロジンスキーは11月21日まではお休みをします。ボランティアのトニーワットキンズさんは家庭の事情で来年の3月休みます。21日までRAOの営業時間は火曜日の0900~1500だけです。21日すぎのスケジュールは月、火0900~1500、木、金は1200~1500までです。スケジュールは変わる事がありますので前もってお電話を下さい。(0176)77-4428または(0176)77-5675です。来年の4月からスケジュールは普通に戻ります。

Still Serving!



35th Fighter Wing
Misawa Air Base, Japan

MMRA President Resigns

Joe Stevens, our current president of the Misawa Military Retirees' Association has resigned his office to take a position with a company in a far-away exotic land.

Joe was really reluctant to give up this prestigious position but the devaluation of the dollar has been so onerous that the offer of a lucrative salary and the chance to meet veiled young ladies would have been foolish to refuse.

Consequently, this next MMRA meeting on December 6th will be very important. Not only is it the last meeting of the year, and we traditionally have more goodies available than usual, but we will have a chance to select a new President of the MMRA.

Please come out to this meeting at the Gray Room at 1700 on Tuesday the 6th of December to round up the year by selecting a new president.

Note that if you do not attend the meeting, there will be an increased chance that you will be voted into this position, so come out and have your say.

-JJR

35th FW/CVR
Unit 5009
APO AP 96319-5009
Phone: 011-81-176-77-4428/5675

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



