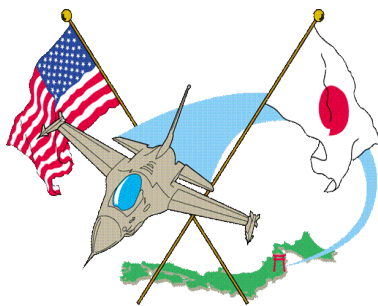




2016



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28年
1-3月

Misawa AB 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. Opinions expressed in this publication are those of the authors and do not necessarily reflect the official policy of any agency of the U.S. Government.

New Air Force Retiree Council Co-chairman

A new co-chairman will share the head of the table at this year's Air Force Retiree Council annual meeting in May.

Retired Lt. Gen. Stephen Hoog, who retired in October 2015, succeeds retired Lt. Gen. Steven Polk as council co-chair with retired Chief Master Sgt of the Air Force Rodney McKinley.

The co-chairs serve as personal advisers to the chief of staff and the secretary of the Air Force on all issues regarding retirees and their families. Gen. Hoog's appointment was announced by Air Force Chief of Staff Gen. Mark A. Welsh III.

Meeting at the Air Force Personnel Center, the council receives briefings on today's Air Force structure from senior members of the Air Staff and other Air Force elements. This information helps the 19-member panel address issues submitted from 100 base Retiree Activities Offices worldwide. Subjects range from health care to publication of the Afterburner newsletter to various benefit and entitlement enhancements. Recommendations on key issues are forwarded to the Air Force chief of staff and subject matter experts.

Hoog attended a council orientation in early February where he was able to meet with Polk and McKinley to discuss his new role and responsibilities.

"As a fairly new retiree myself, I am impressed with the support and ser-

VICES the Air Force strives to provide its retirees, their families and surviving spouses," Hoog said. "I'm looking forward to serving on the council beside others who care deeply about our retiree family."

A native of the Bay Area in California, Hoog is a distinguished graduate of the U.S. Air Force Academy. He is a command pilot with more than 3,400 flying hours, including 181 combat hours over Bosnia and Iraq.

During his tenure as co-chair, Polk was instrumental in bolstering commander support for base-level Retiree Activities Offices and reviving the hard-copy mailing of the Afterburner for retirees and annuitants without Internet access.

"It was an honor and a privilege to serve with each council member and with CMSAFs (Gerald) Murray and McKinley - professionals all and still serving!" said Polk. "I'm proud of the work and accomplishments we handled as a team, and I'm grateful for the strong support of (former CSAF) Gen. Norton Schwartz and Gen. Welsh. I'm especially proud of the enthusiastic RAO volunteers worldwide who continue to serve our Air Force every day."

The General's biography is at: <http://www.af.mil/AboutUs/Biographies/Display/tabid/225/Article/105063/lieutenant-general-stephen-l-hoog.aspx>

Courtesy of Air Force Retiree Services

Misawa AB Retiree Activities Office

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35th FW/CC

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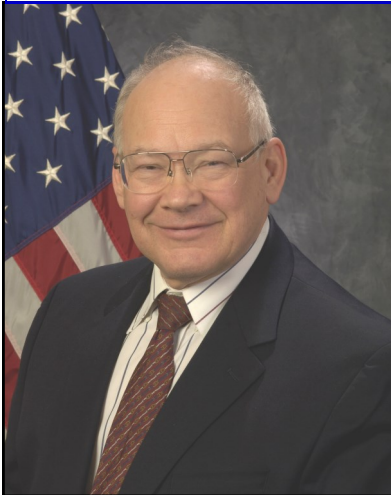
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YOUR RAO STAFF



**MSgt (Ret) Joseph Roginski
DIRECTOR**



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



**SMSgt (Ret) Lee Martin
Webmaster / Newsletter**



**SCPO (Ret) Paul Sayles
Staff**

**MMRA Donates to
Red Feather Combined
Community Chest**

At the bi-monthly meeting of the Misawa Military Retirees Association on the evening of 2 February, the MMRA collected the amount of \$60 for the Red Feather Campaign. This money was given to the Wing Chair of the Red Feather Committee on Thursday 4 Feb.

The Red Feather Campaign is an annual campaign that has been going on since 1949 whereby the Misawa AB community contributes moneys to the Red Feather Campaign. The campaign allows the City of Misawa to purchase equipment for disabled citizens, provide meals on wheels and transportation to medical appointments and support adult day care operations, amongst other programs that the city welfare department operates for its citizens. The Misawa Air Base community contributions account for a sizeable portion of the overall Misawa City total collection. The bulk of contributions remain with the City of Misawa with only a small percentage going to Tokyo and Aomori Prefecture.

The MMRA contribution goes towards helping our own as widows of retirees are receiving support through the Misawa Welfare Department which receives funds from Red Feather contributions. The amount contributed this year is our largest in several years so many thanks to all who were at the meeting and contributed.

By Paul Sayles

(See related story on Page)

**How Our American
Election
Process Works**

There are still some primary elections to go and then the general election in November so now is a good time to present an easy-to-read graphic that depicts the election process from A to Z.

The slide covers the Electoral College, Primaries and Caucuses, National Conventions and the General Elections. It also explains the requirements that must be met for a candidate to be able to run for the highest

office in the land.

Find out:

- What a Caucus actually is.
- How delegates work.
- About the electoral college

You can find it on the RAO website at:

www.misawarao.org/special/elections.png

Misawa RAO item



Defense Finance and Accounting Service

DFAS SmartDocs

Keeping 6.6 million customers up-to-date with information on their pay accounts is a challenge. Every month, the Defense Finance and Accounting Service sends millions of emails ranging from routine payday alerts to detailed instructions on updating individual choices for managing pay accounts and records.

SmartDocs, the email process used by DFAS, sends millions of messages monthly notifying military members, military retirees and annuitants, and federal civilian employees that updated pay account statements and other information is available at the agency's online myPay pay management site. When customer's attention is needed to maintain or update their pay choices, SmartDocs deliver the news. Anytime a myPay password is requested or updated, SmartDocs lets the account owner know.

"SmartDocs allows us to put both general and, at times, very detailed information in front of the customers who may need it to manage both their pay account and personal finances," said Liz Dieppa-Wells, myPay system program manager. "Most are aware of our notifications when leave and earning statements or retiree account statements are posted to their myPay accounts. But we also use them to inform customers of new policies, ways to use myPay to simplify or enhance their ability to manage portions of their financial business, or instructions on how to update or maintain their choices on a variety of pay issues."

During the January to June 2015 period, DFAS has sent:

- More than 2.6 million myPay transaction notifications
- About 2.8 million retiree newsletter notifications for Army Echoes (508,000) and DFAS Retired/Annuitant Pay (1,359,000)
- More than 15,000,000 federal civilian employee leave and earning state-

ment notifications

- More than 3,743,000 notices of W-2 availability to civilian employees and military members
- More than 6,867,000 notices to military members that leave and earning statements were available at their myPay accounts
- Millions of additional SmartDocs to military members, retirees and federal civilian employees with information on new myPay capabilities; such as the availability in January of 2015 Affordable Care Act information forms.

SmartDocs emails are sent using email addresses registered in myPay account owners' profile information. The system allows both a primary and secondary address to be entered, increasing the opportunities to keep informed of changes to customer pay accounts.

"We've gotten calls from customers concerned that someone is sending emails attempting to get their myPay password or other personal information," said Tom McKenna, DFAS director for the finance mission area. "SmartDocs emails are notifications and do not ask customers to provide information. When information is needed or if the customer needs to do something, we'll always provide a safe way for them to talk with us."

McKenna, who oversees operations of DFAS call centers, pointed out that SmartDocs is not a bulk email system. While the same message may be sent to millions of customers, only those with a possible interest in the information will receive the SmartDocs in their inbox.

"The offices that develop SmartDocs messages design each email for the specific type of customer that can use that information," McKenna said. "If a notification affects active-duty military only, that SmartDocs will only be sent to active-duty members and not to reservists or Guardsmen. The system is customizable so we can target customers based on their own specific

situation."

Keep updated email addresses on file

A recurring challenge to DFAS pay offices are customer email addresses that have been changed, cancelled or forgotten.

"Separated or recently retired military members are a particular concern," said Leslie Bales, customer operations director. "Many of them had official email addresses that are cancelled once they leave service. Unless they put a valid email address they can access into their myPay profile, SmartDocs notifications of W-2 availability won't reach them. Retirees move and that can affect both their mailing and email addresses. Unless they let us know, we can't find them. Of course, using myPay is the easiest and quickest way to accomplish this."

MyPay customers can add or update primary or secondary email addresses in their myPay profiles. These addresses are used whenever appropriate notifications are sent to customers meeting specific demographics such as military service, retired, civilian employee, TSP participant, etc.

Can't find your SmartDocs?

Email programs are helpful and, for some, vital. They organize incoming and outgoing messages and help manage the flow of information used in both personal and professional situations. But people can't use information they don't see.

Whether through an email program's filtering tools or an inadvertent user choice, some customer accounts may automatically put SmartDocs messages into the Junk or Spam box, or even delete the message entirely.

Placing the correct official SmartDocs address: (DFAS-SmartDocs@mail.mil) in the Safe or Trusted Sender list can help keep official messages in the inbox. Checking the email program's rules, if available,

(continued on Page 4)



More DFAS—MyPay

Tips for Changing Your Bank Account Information with DFAS

Follow the steps below to avoid missing or incorrect payments! If you've switched your bank account, they need to have your pay deposited to your new account and you can make the change online or by mail.

Either way, please use these two tips to avoid disruptions in your pay:

- Only close your old bank account AFTER you have received one monthly payment to your NEW account.
- Please allow 30 to 45 days for your change to be processed and your retired pay account to be updated with your new banking information

myPay—The quickest and easiest way to change your direct deposit bank account is through myPay because it is the official online account management system for military members and retirees. Login at:

www.mypay.dfas.mil and click "Direct Deposit" on the Main Menu.

Mail—If you can't use myPay, complete a FMS 2231, Direct Deposit Enrollment form at www.dfas.mil/retiredmilitary/forms.html and send it to myPay.

The address for retirees is:

US Military Annuity Pay
P.O. Box 7130
London, KY 40742-7130
FAX: 800-469-6559

Courtesy of www.dfas.mil

Avoid Fraud, Protect your DFAS Account

Online fraud is a fact of life. We've all read articles about people who have had their accounts

hacked. Every retiree needs to be vigilant to protect themselves from online fraud. Here are important safeguards that will help you protect your information while doing business online.

- The first and most important step you can take is to make sure you have a current password and login ID secure. For more information, consult the following article:
- www.dfas.mil/pressroom/onlineprotection/mypaysecurity.html
- Once you have your login ID and a current myPay password, use myPay to perform all your routine pay-related transactions. Performing your transactions in myPay's secure environment is a key to element to protect your data's integrity.
- Obtain and use firewall/anti-spyware software on your personal computer and update that software frequently. For more information check out www.dfas.mil/pressroom/onlineprotection.html.

Here are additional steps you can take to protect your personal information:

- Limiting access to your Social Security Number (SSN) is the first step towards protecting access to your account. Share your SSN sparingly, and only when there is a legitimate reason to do so.
- Similarly, share the rest of your Personally Identifiable Info (PII) cautiously and only when there is a legitimate reason to do so.
- Dispose of mail or anything else that may contain your PII carefully shredding the documents whenever possible.
- Drop regular mail in the mail box yourself

- Review your pay information frequently.
- Review your credit report frequently.

Don't have a myPay account?

Check out the video tutorial on YouTube at <https://www.youtube.com/watch?v=gi77uH4tRUM>

Courtesy of www.dfas.mil

Cont'd from page 3—DFAS SmartDocs

to find out if SmartDocs are automatically heading to the Junk or Delete list, and making changes to place SmartDocs where they can be found.

Don't ignore SmartDocs

It's easy to assume that every SmartDocs is a notification that an LES or retiree account statement is available in myPay, and it can become a habit to ignore SmartDocs messages with an assumption that they only contain routine, non-critical information.

But what if a change in pay policy or law means you need to change TSP elections, withholding information, or some other pay related choice? Without reviewing SmartDocs messages, customers may miss opportunities to maintain or change their pay account choices for their best advantage.

Courtesy of www.dfas.mil

No Pay Increase This Year

In case you haven't noticed yet, we retirees did not receive a cost of living increase this year. DFAS says "Based on the increase in the Consumer Price Index, there will be no Cost of Living Adjustment for retired pay and Survivor Benefit Plan annuities. Since there is no increase to this year's COIA, retirees and annuitants will not see a change in their pay for the 2016 calendar year.

Courtesy of www.dfas.mil



TRICARE Retiree Dental Program



Save Your Smile, Your Health and Your Money: Enroll in the TRICARE Retiree Dental Program

Do you see your dentist at least twice a year for regular check-ups? If so, you have an excellent chance of keeping your teeth and gums healthy for a very long time. But even routine dental care can be costly—sometimes averaging several hundred dollars each year. Fortunately, the TRICARE Retiree Dental Program (TRDP) will keep you smiling at a low cost.

Here are some reasons why the 1.5 million current enrollees find the TRDP such a good value:

Two routine cleanings (or three cleanings with diagnosed Type 1/Type 2 diabetes), two exams and an x-ray are covered annually and the money that the program pays out toward these services does not count against your annual maximum or deductible!

Each enrollee gets a \$1,300 annual maximum, a \$1,200 annual dental accident maximum and a \$1,750 lifetime orthodontic maximum.

The TRDP coordinates benefits with other dental plans, maximizing your overall coverage under both plans.

To enroll in the TRICARE Retiree Dental Program, simply visit trdp.org and choose the method that works best for you. If you enroll at any point during a month, you'll be able to start using your benefits the first of the following month for such services as cleanings, exams, x-rays, fillings, root canals, gum surgery, oral surgery and dental accidents. After 12 months of being enrolled in the program, you'll then be covered for crowns, bridges, partials, dentures,

braces and some dental implant services.

Enrollees are encouraged to utilize the Consumer Toolkit® on trdp.org. The Consumer Toolkit allows enrollees to verify program eligibility; review benefit time limitations and exclusions, coverage levels and remaining maximums and deductibles; check on the status of processed claims and claim payments; sign up to receive electronic Explanation of Benefits statements, and more.

Lastly, if you are residing overseas, please review the **Overseas Care** resources page at <http://www.trdp.org/retirees/overseas-care.html> for information on submitting claims online, finding dentists overseas and more.

Thank you for your service. Should you have any questions or need assistance, please e-mail the overseas representative, Doug Schobel, at Dschobel@delta.org or submit an [Online Inquiry](#) directly to the program.

Burial Benefits

For Burial in a National Cemetery

Burial benefits available include a gravesite in any of our 134 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some Veterans may also be eligible for Burial Allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.

Burial benefits available for spouses and dependents buried in a national cemetery include burial with the Veteran, perpetual care, and the spouse or dependents name and date of birth and death will be inscribed on the Veteran's headstone, at no cost to the family. Eligible spouses and dependents may be buried, even if they predecease the Veteran.

The Veterans family should make funeral or cremation arrangements with a funeral provider or cremation office. Any item or service obtained from a funeral home or cremation office will be at the family's expense.

Preparing in Advance:

Gravesites in Department of Veterans Affairs (VA) national cemeteries cannot be reserved in advance.

You should advise your family of your wishes and where your discharge papers* are kept. These papers are very important in establishing your eligibility.

At the time of need your family would contact a funeral home who will assist them with making burial arrangements at the national cemetery. You may wish to make pre-need arrangements with a funeral home.

To schedule a burial: Fax all discharge documentation to the National Cemetery Scheduling Office at 1-866-900-6417 and follow-up with a phone call to 1-800-535-1117.

Donating Burial Flags in National Cemeteries

Most of the Department of Veterans Affairs national cemeteries display an Avenue of Flags on patriotic holidays and during special events. The Avenues consist of burial flags donated by the families of deceased Veterans and provide a unique visible tribute to all of our Nation's Veterans.

A Certificate of Appreciation is presented to the donor for providing their loved ones' burial flag to a national cemetery.

Please contact the cemetery of your choice for information on how to donate a Veteran's burial flag.

For Burial in a Private Cemetery

Burial benefits available for Veterans buried in a private cemetery may include a Government headstone, marker or medalion, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some Veterans may also be eligible for Burial Allowances. There are not any VA benefits available to spouses and dependents buried in a private cemetery.

Potential Questions to Ask Regarding Burial in a Private Cemetery

VA-NCA-IS-1 Interments in VA National Cemeteries - provides information on the National Cemetery Administration's history, arranging a burial in a national cemetery, military honors, burial eligibility and locations of national and state Veterans cemeteries.

Courtesy of VA Office, Japan.

LOCAL NEWS



HOLIDAY LIGHTS TOUR

The headline reads: I met Santa and he had a real white beard

19 December 2015 saw an opportunity for local Japanese families to come aboard the base and participate in the American Holiday Season. It was also a chance for one of our own to do his part to spread holiday cheer.

The evening involved a bus tour of the housing area on the main base and then a stop at Sollars Elementary School. At the school there were crafts for children, sweets and hot chocolate, musical groups and a visit with Santa for a photo opportunity. The annual event is a joint community relations activity presented by the Misawa International Center and 35th FW. The wing POCs were SSgt Katherine Fuentes, SrA Kevin Dacunha, and a host of supporting agencies.

For some visitors, Santa time was the high point of the evening. This year, as he had done in the past, Santa was portrayed by Paul Sayles, SCPO, USN (Ret), who is also the president of the Misawa Military Retiree Association. Senior Chief Sayles is something of a logical candidate for portraying Santa due to his Nordic Ancestry (Swedish) and the fact that he raises a beard every winter as added protection for himself when he rides his bicycle; at least until the snow gets too deep. The local Japanese paper made a point of commenting on the presence of a real beard (among other physical attributes) on Santa's face.

By Paul Sales, MMRA President and RAO Staff Member

Access to retiree publications of each service:

Army Echoes: www.armyg1.army.mil/rso/echoes.asp

Navy Shift Colors: www.shiftcolors.navy.mil

Air Force Afterburner: www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis: www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/SemperFidelis

Coast Guard Evening Colors: <http://www.uscg.mil/hq/cg1/psc/ras>



DFAS Electronic Statements

Military retirees can now receive a monthly electronic statement, known as an eRAS, using myPay. The eRAS provides a complete summary of a military retiree's pay, deductions and benefits. The statement includes information about allotments, income tax withholdings, direct deposit information and a Survivor Benefit Plan counter that shows plan members how much longer they have to pay premiums. Previously, the Defense Finance and Accounting Service issued an annual RAS each December or when a retiree's pay, benefits or other account information changed.

The new eRAS was created in response to customer requests for more frequent communication about their accounts. "We've received a lot of feedback from military retirees who wanted to see a monthly breakdown of their pay and benefit information," said Colonel Ralph Lunt, deputy director of DFAS Retired and Annuitant Pay. "We looked at a number of ways to deliver what our customers want without increasing the DOD's already strained budget, and we decided an electronic monthly statement was the way to go."

Military retirees can view their eRAS by logging into myPay at <https://mypay.dfas.mil>, the official online account management system for military members and DOD employees. Retirees who do not have current user IDs or passwords for myPay can find instructions on how to get them at www.dfas.mil/retiredmilitary.

Links to the instructions are located in the upper right hand corner of the Retired Military and Annuitants section under the "myPay Login Instructions" heading. Retirees who choose to register their email ad-

resses with myPay will receive an email notification every month when their eRAS is available. Additionally, keeping a current email address on record allows DFAS to email a new temporary password in the event one is forgotten or if the retiree suspects their password has been compromised.

The myPay website is available 24 hours a day, seven days a week from anywhere in the world, and changes retirees make using myPay take effect in just three to five business days. "Nearly 1 million military retirees are already seeing the benefits of going electronic," Lunt said. Retirees who switch to myPay not only have hands-on control of their pay, but can receive their IRS Form 1099-R and other important documents sooner and more securely than those who rely on traditional mail delivery, said Lunt. For more information about myPay, contact DFAS at 888-332-7411.

Courtesy of the "RAO Bulletin"

Misawa Military Retiree Association is Represented at the Annual Red Feather Community Chest Presentation Ceremony

On March 30th, the Misawa City Community Chest Red Feather Campaign Action Committee held the Annual Presentation Ceremony for the participation of Americans of Misawa Air Base Red Feather campaign.

Americans at Misawa air Base started participating in this national fund-raising effort in 1953, and over the years the base has contributed over 900 million yen (over \$8 million).

This year the base, represented by the base commander, Col Sundvall, the Commander of the 35th Fighter Wing, presented Misawa mayor Kazumasa Taneichi a check for JPY 1,814,100 (about \$16,500) as the base's contribution for the 2015 campaign.

At the ceremony, the top five contributing units and four persons were awarded commemorative plaques for their participation.

By Joe Roginski

Col Sundvall presents the Check for ¥1,814,100 to the 2015 Red Feather Campaign



Joe Roginski represents the Misawa Military Retirees' Association



Japan's National Health and Long-Term Care Program Revisited

Misawa City's Long Term Care Insurance Program

Japan's Long-Term Care Insurance program is intended to address the problems of care for the elderly and the uncertainty of growing old. Persons aged 40 or older are required to pay into the program. If and when the service is needed, most beneficiaries pay only 20% of total monthly costs. (Some beneficiaries pay only 10% depending on income and family situation).

The Misawa City program provides both in-home and institutionalized care, as well as specialized equipment and home modifications such as ramps and handrails.

The process of using the service is 1) Application.-The patient, the family, a legal representative, or a long-term care provider can make an application. If service is immediately required, the patient may have to pay in full until approved, but is later refunded after approval. 2) Evaluation of eligibility - Doctors, community workers and the family determine if and what kind of care is needed and what treatment is feasible. 3) Evaluation of needs - The level and degree of care is determined by the community workers. 4) Evaluation results -The level and degree of care is announced to the patient and family and care begins, usually within 30 days of the request. It is in this step

that the type of assistance is determined-Assistance levels 1 through 5. Assistance levels 1 and 2, or care levels 1 through 5. Assistance levels 1 and 2 are for persons who are experiencing some decrease in physical and mental ability but are able to care for themselves, and the assistance is to help the patient cope with and overcome the disabling symptoms. These two levels of assistance are for instruction and prevention of illness and disability associated with aging. Care levels 1 through 5 are for those persons who actually need care; level 1 being the minimum care needed and level 5 the maximum, and the care is provided by home visitation, day care with transportation to an institution, and full-time care at an institution. 5) Formulation of the Care Plan-Based on the evaluation, the care plan is established and the various local resources are coordinated through a care manager assigned to the patient. 6) Access-patient begins using the various services. The actual costs to the patient are determined at this step, as well as on-going evaluation of the effectiveness of the care. Here, also, if the co-pay is too much for the patient or family, application can be made for further assistance from the city.

Premiums are by monthly

payroll deduction, if employed, and if retired, by deductions from Japanese social security benefits., or by a levy of an annual premium. All persons, aged 40 and older, including resident aliens, by law must participate in the national health insurance and long-term care programs.

Premiums for those aged 40 to 64 are determined by the provider of the insurance, be it the national health insurance program or an employer-provided plan, and the premiums are collected as Health Insurance Tax. The coverage is referred to as Type 2 Coverage.

Persons 65 and older must also pay premiums for Type 1 Coverage, and the premiums are determined by the overall income of the insured, and are deducted from the Japanese social security benefit or sent to the patient as an annual bill that can be paid in installments or paid all at once with a small savings to the payer.

Extracted from the Misawa City brochure on national long-term care insurance.-JR



International Direct Deposit Now Possible For DFAS and SSA Benefit Payments

International Direct Deposit (IDD) is available to U.S. military retirees and survivors living in eligible locations overseas. IDD electronically deposits funds on the first business day of the month to your foreign bank.

Enrolling in IDD For DFAS Payments

Complete the form for International Direct Deposit Enrollment (SF1199-I) and mail it to the appropriate DFAS address below:

For Retirees:	For annuitants, beneficiaries and survivors:
Defense Finance and Accounting Service U.S. Military Retired Pay P.O. Box 7130 London, KY 40742-7130 Fax: 1-800-469-6559	Defense Finance and Accounting Service U.S. Military Annuitant Pay P.O. Box 7131 London, KY 40742-7131 Fax: 1-800-982-8459

For Social Security (SSA) Payments

Assuming you live in Japan, complete the form and mail it to the American Embassy in Tokyo, at the following address:

American Embassy Tokyo
 1-10-5 Akasaka, Minato-ku,
 Tokyo 0107-8420
 Attention: Federal Benefits Unit

For MPS users:
 American Embassy Tokyo
 Unit 9800 Box 114
 APO AP 96303-0114
 Attention: Federal Benefits Unit

Make sure the form is accurately completed and signed. Incorrect or incomplete enrollment forms will be returned unprocessed for correction, delaying your enrollment. Typed forms are preferable. Always make a photocopy of the form before you send it in.

General Information...

If you currently have your payment sent via direct deposit to a stateside financial institution, do not close that account until you have verified receipt at your international bank. Otherwise, your pay will be returned to the payer, causing additional delays.

The International Direct Deposit Enrollment (SF 1199-I) can be downloaded as a .pdf from DFAS, SSA, RRB, DTIC and other organizations. You can also obtain this form from your RAO.

Currency-Your payment will be converted from U.S. dollars to local currency two business days prior to the U.S. payment date, using a wholesale exchange rate. IDD puts your money directly into your local bank in local currency.

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

For TRICARE Overseas Program information, forms and assistance you can contact the Misawa Air Base TRICARE Office at 226-6000 (from off base 0176-77-6000) or visit the office at the base hospital.

Birthdates of our Military Services

- US Army—June 14, 1775
- US Navy – October 13, 1775
- US Marines—November 10, 1775
- US Coast Guard—August 4, 1790
- US Air Force—Sept 18, 1947

Social Security Administration Offers Disability Benefits

Did you know that many disabled veterans and wounded warriors may qualify for Social Security disability benefits, in addition to their Veterans Affairs benefits? For info go to www.socialsecurity.gov/disabilityfacts



日本人の方々のためのページ 国際振り込みは？

貴方のアメリカの年金（ソーシャルセキュリテイ）と軍の恩給（S BP）などの毎月どこの銀行に入ってますか？

たいがい皆さんはベースのクレジットユニオンに毎月振り込んでもらうしかなかったです。

一昨年にアメリカの財務局は財務省の小切手を発行しなくなった。そのかわりに日本の銀行にそれらの年、恩給などを直接振り込むことができるようになりました。

しかし、その国際振り込みが可能になった同時に一つの大きい問題が発生しました。

それは日本の口座の名前が本人のアメリカの名前が違う場合は振り込みができない。

日本の銀行は厳しく口座の名前が一字違っても入ってくる振り込みを拒否します。

たとえば、ある未亡人の方のアメリカの名前はスミス (Smith) でそのアメリカ人と結婚の前の名前は鈴木でした。主人が亡くなってから彼女は日本の名前を使うようになりました。そしてもちろん日本の口座の名前を鈴木にしました。こんなケースは多いです。そして向こうからの振り込みが日本の口座に入ろうとするが名前が違うため拒否されます。

今までの経験で軍の恩給の局は本人から手紙で説明して振り込み発行のもと名前を日本の口座に合わせてくれることがあります。が。。。

一番難しいのはソーシャルセキュリテイの振り込み。ソーシャルセキュリテイ局 (SSA) に手紙をだしても無理です。口座の名前が合わないと振り込みをしません。解決は二つの方法があります。元の日本の口座の名前を変えること、が、もう一つの口座をアメリカの名前で作ること。どちらにしても書類が必要になります。パスポート、軍のIDカード、結婚の証明書、戸籍等が必要になります。

もし、貴方自身がこの問題で悩んでるなら、とかこれから国際振り込みをしてもらいたいなら、私達のRAOの事務所にご相談して下さい。手紙や書類の翻訳等を手伝います。

東京のアメリカ大使館に年金の局があります。アメリカの年金の相談は直接大使館の年金局にお電話して下さい。

Federal Benefits Unit (アメリカ大使館連邦年金部): 03-3224-5055



Still Serving!



Hello fellow retirees and fellow RAOs staffs. Here is the first quarter 2016 issue of the Misawa Air Base RAO Newsletter; covering January through March.

Lee Martin is doing a super job compiling the quarterly newsletter, but he really needs more participation and input. Contributions can be from official and unofficial sources. Personal editorial opinions, experiences and research are also welcome. Community news of past, present and future events and activities that are pertinent or interesting to the fellow retiree population are greatly appreciated. Articles about the base and community in the past are interesting to everybody. We also encourage you to send photos if you have them.

Accordingly, Lee and I ask for your help. Anyone can provide input. We will gladly edit and include your contributions in the newsletter. Contact us if you want to contribute.

-JJR

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, and get information 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 the first Tuesday of even-numbered months at the Tohoku Enlisted Club, Gray Room at 1700 hours.

2 February 2016

5 April 2016

7 June 2016

2 August 2016

4 October 2016

6 December 2016

NEXT MEETING—TUESDAY, 7 JUNE

MMRA Notes

1. Membership dues are \$20 a year. If you have not paid your dues for 2012, please call the RAO or e-mail the RAO and talk to Dave Barton, the acting MMRA Treasurer. The Treasurer will arrange to collect your dues and record it in the financial report.
2. Donations to the Misawa Military Retirees' Association are greatly appreciated. Dues and donations are used for the operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family. ALL funds go to the community except for the snacks served at the bi-monthly meeting.

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



USEFUL NUMBERS

Exchange: 0176-7788255-7 plus last 4 digits (*)

HRO: 7460 (*)

Manager: 7401(*)

Gas Station: 7428 (*)

Express (main base): 7433 (*)

Express (North Area): 7435 (*)

Base Operator: 226-1110 (0176-77-1110)

Chapel: 226-4630 (0176-77-4630)

Command Post: 226-9880/9881 (0176-77-9880)

Commissary Officer: 226-3482 (0176-77-3482)

Community Bank: 226-4070 (0176-77-4070)

Credit Union Navy Federal: 226-4954 (034-580-0506)

Emergency Room:

Non-Urgent: 226-6647 (0176-77-6647)

Emergency- 911 / Off Base 53-1911

Fitness Center: 226-3982 (*)

Golf Course: 1-281-657-1563 (*)

Law Enforcement: 226-3600 (0176-77-3600)

Library: 226-3068 (0176-77-3068)

Medical/Dental Appointments

Medical: 226-6111 (0176-77-6111)

Dental: 226-6700 (0176-77-6700)

Misawa Clubs

Admin: 1-281-675-1560 (*)

Catering: 1-281-657-1560 (*)

Misawa Inn (Air Force Lodging) (*)

Front: 222-0282 (0176-66-0282)

Reservations: 222-0284 (0176-66-0284)

Navy Gateway Lodging: (*)

Front Desk: 226-3131 (0176-77-3131)

Reservations: 226-4483 (0176-77-4483)

Navy HRO: 226-4674 (0176-77-4674)

Pass and Registration: 226-3995 (0176-77-3995)

Red Cross: 226-3016 (0176-77-3016)

FSS Auto Center "Pit Stop": 226-9486 (0176-77-9486)

FSS HRO: 226-3108/9275 (*)

Taxi: Official: 226-3328 (0176-77-3328) (*)

Base Commercial (Kichi Cab): 1-469-375-7479 (*)

Fm Off Base—0176-53-6481 (*)

Theater: 1-469-375-7450 (*)

Veterinarian 226-4502 (0176-77-4502)

Weather Forecast: 226-3065 (*)

Numbers that begin with "1" require special dialing. When dialing from a cell, 03-4580-0135, wait for voice, then dial the number. For 226-222 numbers dial 0176-66 (222) or 77 (226) then the last four. (*) means use the Phone Tree

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 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 RAO is open Monday through Friday from 0900 through 1500 hours however, volunteers sometimes have to be out of the office. We are located in Room 210, Bldg 653. Please call or e-mail before visiting to make sure a staff member is available when you come to the office. 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, and who 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 5009

APO AP 96319-5009

Phone: 011-81-176-77-

4428/5675

DSN: (315) 226-4428/5675

Email: misawa.rao@us.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 or currency can be given nor should be assumed.