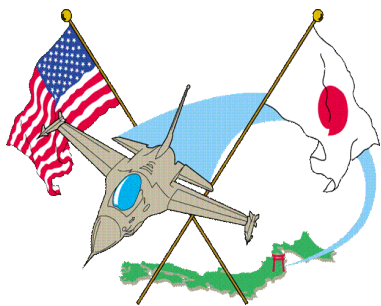




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Misawa AB Retiree Activities Office Newsletter

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.

Survivor Benefit Plan Change for Special Needs Children

The National Defense Authorization Act for fiscal 2015 provides retirees the option of having Survivor Benefit Plan annuity payments go directly into a special-needs trust for a disabled child. This special-needs trust statute does not apply to disabled spouses.

"This new option is the result of an amendment to the public law covering SBP and is a welcome change for parents of disabled dependent children," said Tammy Hern, the Air Force's SBP program manager.

Basically, a special-needs trust is a legal tool specifically designed for managing money set aside for the benefit of a disabled person, according to Department of Defense officials. Unlike many other trusts, a special-needs trust is governed by state law.

Retirees who have SBP coverage for a disabled dependent child may now - or at any time -- have a special-needs trust created and elect to direct SBP annuity payments to the trust.

This irrevocable decision may be made during the life of the retiree through a written statement that designates future SBP payments go into the special-needs trust. In situations where SBP payments are made to more than one dependent child, the special-needs trust will be treated as a dependent child for the purposes of determining the shares payable to each child.

To irrevocably add a special-needs trust to existing child SBP coverage, retirees must submit a written statement requesting the annuity be paid to a trust. The statement must include the name and tax identification number of the trust. An attorney

certification letter from an actively licensed attorney verifying that the trust is a special-needs trust created for the benefit of the disabled dependent child must also be submitted. Examples of both statements can be found at <http://www.retirees.af.mil/sbp/>

"It is vital that people wanting to create a special-needs trust exercise due diligence and consult with an attorney well-versed in this specialized and complex area of law," said Hern.

In accordance with the SBP statute, a special-needs trust for a dependent disabled child must also meet federal statute, and once it is created, it is irrevocable.

If officials determine the special-needs trust is invalid or otherwise faulty, then SBP annuity payments will revert back to being made directly to the dependent child. If this occurs, the dependent child's entitlement to other benefits such as Supplemental Security Income and Medicaid may be affected.

A special needs trust election can be added to child SBP coverage even after the retiree dies.

"When the retiree dies, if SBP child coverage has been elected and the child is disabled, the dependent child's legal parent, grandparent or court-appointed legal guardian may irrevocably elect to have the SBP annuity payments made to a special-needs trust," said Hern.

For more information or help with completing election statements, call 1-877-353-6807 to contact the SBP or casualty assistance representative at the nearest Air Force base.

(NOTE: This article does not constitute legal advice. Contact the appropriate personnel office for guidance on the Survivor Benefit Plan.)

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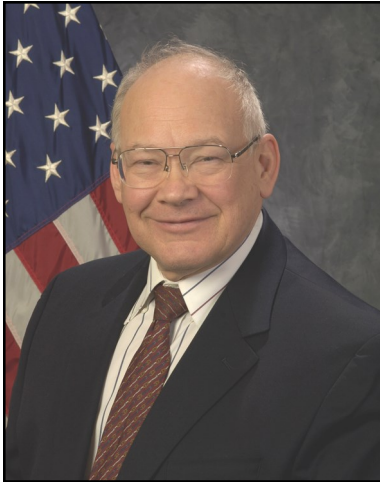
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Webmaster / Newsletter



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Staff

TRICARE OVERSEAS

To file a claim using your [TRICARE Overseas](#) secure claims portal account, you must scan all documents as one attachment for each claim. You will need to send a completed TRICARE DoD/CHAMPUS Claim Form-Patient's Request for Medical Payment (DD2642) with itemized bills, invoices, and receipts. Bills must be on the doctor's letterhead or stationery. When submitting a claim, please include the following:

- Item description
- Doctor name and address

- Date of care (admission and discharge)

- Charge for each item

If you made a payment to the provider at the time of service, please write *patient paid in full* on the claim form. Claims over \$1,000 USD require proof of payment. Acceptable payment methods include:

- Credit card or bank statement
- Copy of check signed by patient/sponsor to the doctor
- Electronic fund transfer transmission

It's easy! Click on the [Sub-](#)

[mit a New Claim](#) button to start the process.

Click the Beneficiary link on the top of the page and log in using your CAC card or your log-on/password information.

You may be able to get a digital copy of your bill from the doctor or you can scan your paper version of the bill. Please ensure all your hospital or doctor bill information is legible and sent in one of the acceptable transfer methods below:

- .tif/ .tiff (tif image)
- .doc/ .docx -(Word document)
- .pdf (Adobe document)
- .xls/ .xlsx (Excel document)
- .jpg/ .jpeg (jpeg image)

Note: File cannot exceed 15 MB. It may take up to 15 days for the claim to show up in the online secure claims portal account for you to track payment/progress.

Courtesy of Tricare Overseas site

Don't have a computer? Come in and use the one in your Retiree Activities Office for access to government and veterans' websites.

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



Items of Interest

Working for Yourself demanding and difficult. You will also your office.

Today there are many options be expected to work nearly 24/7 Home-based businesses can for working for yourself. You and must be very agile and effi- require permits and fees just like can work as a business consult- cient in understanding the needs any office-based business. As ant, work on freelance projects of your clients. with any business you will want or open and operate your own Consultants are usually required to set your home-based business home-based business. The In- to travel as well. If you have chil- up to take advantage of the tax ternet has opened up whole dren, be sure to inquire about this benefits. There are also specific new fields of employment with before taking on any new clients rules and regulations regarding almost limitless options. How- or assignments. If you're without home-based businesses if live in ever, to create a viable job children, this may be the perfect military housing. working for yourself requires career for you – giving you some- Common home-based busi- you to be hardworking, self- thing to do while your spouse is nesses include: mail-order busi- disciplined, focused and entre- gone and allowing you the flexi- nesses, child day care, alteration preneurial. Moreover, you will bility of not working while he/she and sewing services, pet ser- have to be your own manager, is on leave. vices, clerical and tax help, job team leader, office staff and Working on freelance projects resume services, event planning, custodian. is also an option. Freelance work- interior decorating services, craft ers are also consultants but they services and craft shows, gar- tend to inhabit the artistic careers dening services, consignment of writing, graphic design, com- selling, gift baskets, catering, car puters and photography. detailing, house repair, tutoring good at creating new friends “Freelance” means literally that and direct selling. and exploring new environ- you do not work for one company Deciding to work for yourself ments. All this experience will but instead manage all your own should also be a family decision. help you if you decide to work contracts and work for a variety Your spouse will have to support for yourself. of clients. Freelance generally your work. Even if she/he agree pays less than consulting but the to you working for yourself in where you learned valuable work is often more enjoyable and principle, they might find it dif- skills such as corporate ac- flexible. ficult to leave you alone during counting or productivity man- Moreover, freelance workers your work hours or stay out of agement, consulting work may seldom are required to work on your work area. Having your be ideal for you. You must be- location. Freelance jobs that you own business will take a lot of come adept at creating vibrant might be interested in include: your time and can make you feel business proposals to get con- editing, writing, graphic design, like you can never leave your sulting jobs, and you must be website design, advertising, pho- work “at work.” These are all focused and organized enough tography and programming. In things to consider when you are to be looking and acquiring today’s computer driven society, looking into working for your- work while you are on a cur- freelance can be done anywhere self. rent assignment. with a computer and a smart

As a military retiree you are already adept at creative sched- uling and moving. Whether you like it or not you have become good at creating new friends and exploring new environ- ments. All this experience will help you if you decide to work for yourself.

If you had a prior career where you learned valuable skills such as corporate ac- counting or productivity man- agement, consulting work may be ideal for you. You must be- come adept at creating vibrant business proposals to get con- sulting jobs, and you must be focused and organized enough to be looking and acquiring work while you are on a cur- rent assignment.

The advantage of consulting work is that it is often highly paid. The disadvantages are you are sometimes the option of last resort and are being called in to put out a major fire. Consulting work can be very

Courtesy of federalhandbooks.com

Home-based businesses are your third option. Consultants and freelance workers can also have home-based businesses. Home-based businesses refer to any business where your home is



Survivor Benefit Plan—Social Security

SBP and Former Spouse

Changing Survivor Benefit Plan (SBP) Coverage to Current Spouse at death of Former Spouse SBP Beneficiary

On November 25, 2015, Congress enacted into law a provision that allows military retirees to now elect spouse SBP after the death of the former spouse under the following circumstances: Military retirees remarried at the death of a former spouse, have one year from the former spouse's death to notify the Defense Finance and Accounting Service (DFAS) they are electing spouse SBP coverage. Military retirees who were not married at the death of the former spouse, have one year from the date of their first marriage after the former spouse's death, to notify DFAS they are electing spouse SBP coverage. Married military retirees whose former spouse died prior to the enactment of this law; have until November 25, 2016, one year from the law's enactment, to notify DFAS they are electing spouse SBP coverage. All requests for spouse SBP coverage after the former spouse's death must be made in writing, signed by the military retiree and submitted to DFAS within the above applicable time frames. Copies of the former spouse's death certificate, if not previously provided to DFAS, and the marriage certificate for the new spouse must be enclosed with the request for spouse SBP coverage.

Courtesy of: B. Maria Johnson, Retirement Services Officer Alaska.

Social Security Statements

Your Social Security Statement is now at your fingertips. Have you ever received a Social

Security Statement in the mail? You know, the one that shows all the earnings you've had each year and how much you could receive per month in Social Security benefits when you retire? The Statement contains crucial information workers need to plan for a comfortable retirement. Now, thanks to my Social Security, this information—and so much more—is only a few minutes away!

Your personal My Social Security Account is secure and gives you ready access to your earnings records, Social Security benefit estimates, and printable Statements. Those who already receive benefits can view their payment history, current status, and manage their benefits.

To open a personal My Social Security Account, go to:

www.socialsecurity.gov/myaccount

<<http://www.socialsecurity.gov/myaccount>> and select "Create an Account" to get started. You must be 18 years old, have a valid Social Security number, U.S. mailing address (or a military address if deployed overseas), and an email address.

In some cases - like if there was reported credit card fraud under your name or Social Security number - you may have to contact your local Social Security office to open a my Social Security account.

Once registered, you can:

- * Verify your earnings history;
- * View estimated Social Security benefits based on your past earnings;

- * View Social Security and Medicare taxes you've paid over your lifetime;

- * Print your current Social Security Statement; and

- * Request a replacement Social Security card (in some states and not available overseas)

If you're currently getting benefits, you can:

- * View benefit payment information;

- * Change your address and phone number;

- * Start or change electronic payments;

- * Get a replacement Medicare card;

- * Get a replacement 1099 for tax season; and,

- * Get a benefit verification letter.

When you sign up for a personal my Social Security account, we use a secure authentication process to protect the privacy of your identity and your Social Security Statement information. In addition to your unique username and password, you can also further protect your my Social Security account with a secure code texted to your phone every time you log in.

Just one more way Social Security strives to provide customers with peace of mind. Learn more at

www.socialsecurity.gov/myaccount

<<http://www.socialsecurity.gov/myaccount>> .

Courtesy of:

<http://blog.socialsecurity.gov/>

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



Veterans' Administration Issues

Vet Jobs Information

The Department of Homeland Security (DHS) and Hire Our Heroes have teamed up to offer training for Veterans in cyber-security, in support of Veterans join our nation's cyber-security workforce. DHS's Federal Virtual Training Environment (Fed VTE) offers free online, on-demand cyber security training to government employees and Veterans. Veterans can sign up for an account through the "Hire Our Heroes" website and follow instructions through "ID me" to verify veteran status and register for a Fed VTE account. DHS also offers a Veterans Cyber-security Training and Education Guide to help Veterans assess their readiness and interest in a cyber security career, prepare and plan for the necessary training, and engage by developing cyber-security skills and abilities. (https://niccs.us-cert.gov/sites/default/files/publications/Veterans_Guide.pdf?trackDocs=Veterans_Guide.pdf).

Fed VTE has over 100,000 users and contains more than 800 hours of training. Users can take courses in risk management, malware analysis, mobile and device security and ethical hacking.

According to the training website (<https://www.hireourheroes.org/veterans-training>), cyber-security professionals report an average salary of \$116,000, nearly three times the national average. The demand for cyber-security experts is growing 12 times faster than the current U.S. job market, making cyber-security one of the most highly sought-after careers in the country. In addition to these resources and in hopes of developing a technically skilled workforce and a pipeline for future employees, DHS and the National Security Agency (NSA) jointly sponsor the National Centers of Academic Excellence program. Through this program, Veterans interested in pursuing a degree in cyber-security or a related field can

attend a college or university designated as three options, or "lanes," to appeal as a Center of Academic Excellence and unfavorable claims decisions; and if recognized for aligning their programs they were not satisfied with their decisions, they could continue to pursue one of the other two options.

Veterans enrolled in select cyber-security academic programs may want to apply for the [CyberCorps®: Scholarship for Service \(SFS\)](#). This program provides scholarships for college students studying cyber-security in return for Federal, State, local or tribal government service upon graduation. Have questions? Contact: vets@HQ.DHS.GOV

Courtesy DHS Website.

VA Claim Appeal Process

The VA convened a workgroup in March consisting of DAV, other stakeholders and VA officials in order to seek common ground on a new framework for appeals. After months of intensive efforts, the workgroup was able to reach consensus on a framework of a new appeals system that could offer veterans quicker decisions, while protecting their rights and prerogatives. The number of appeals awaiting decisions has risen dramatically – to almost 450,000 – and the average time for an appeal decision is between three and five years, a delay that is simply unacceptable.

Before Congress took recess in July, Chairman of the House Committee on Veterans' Affairs, Congressman Jeff Miller of Florida, introduced H.R.5620, the "VA Accountability First and Appeals Modernization Act of 2016" to the Committee. This legislation could significantly improve the ability of veterans to receive more timely and accurate decisions on their claims and appeals for earned benefits. H.R. 5620, which contains the new appeals framework, would make fundamental changes to the appeals process by creating multiple options to appeal or reconsider claims' decisions, either formally to the Board or informally within the Veterans Benefits Administration. The central feature of the legislation would provide veter-

- As long as a veteran continuously pursues a new appeals option within one year of the last decision, they would be able to preserve their earliest effective date.
- This legislation also allows veterans to present new evidence and
- This legislation also allows veterans to have a hearing before the Board or VBA if they so desire.

"If faithfully implemented as designed by the workgroup, and if fully funded by Congress and VA in the years ahead, H.R.5620 would make a marked improvement in the ability of veterans to get timely and accurate decisions on appeals of their claims," said DAV Washington Headquarters Executive Director Garry Augustine. "We urge the House to swiftly approve this legislation and then work with the Senate to reach agreement on final legislation that can be sent to the President to sign this year."

Courtesy VA Website

Thanksgiving Buffet at the Club

Thursday, November 24th

Noon-3pm

Non-member \$18.95,

Member \$14.95

Kids 11-16 \$8.95

4-10 \$4.95

Under 4—free





VETERANS' ADMINISTRATION

HIGH TECH—MOBILE APPS FOR VETS

Below is a gallery of 8 different apps designed to help veterans in one easy-to-read article:

Veterans Administration App Store

If you've tried searching iTunes or the Play store for VA apps you may have been disappointed at what you found. There are native Apple iOS and Android apps that the VA made, but they're nowhere near as robust as what's available on the <https://www.mobile.va.gov/appstore>

This mobile site runs "apps" that are formatted for mobile users but available on all platforms. You can sort by type of app and platform, as well as being able to manually search for what you want. The one drawback of the VA App Store platform is that it's a bit confusing, especially if you're not a tech-savvy vet. Most of the things you can do on the App Store are available on websites or native mobile apps, which might be easier if you don't feel like learning a new system.

Milisource Mobile App

The Milisource app is offered by Defense Mobile, a cellular provider that caters specifically to vets, active service members, and their families. The app is designed to help you find access to benefits, get discounts at locations that provide them, and it even acts as a social network.

(Editor's note: I had trouble signing up for a Defense Mobile account, so I wasn't able to test any of Milisource's features.) Milisource is available for iOS and An-

droid.

Rallypoint Social Network

Rallypoint is a social network for veterans and active service members. It has robust features that feel a lot like LinkedIn. You can connect with people based on rank, branch, and MOS, and it will also import contacts from your various email and social media accounts. There's also a great job search feature for both military postings and civilian jobs — great for both the ETSing soldier and those looking to PCS to greener pastures. You can log into:

<https://www.rallypoint.com/careers> and there's also an iOS and Android app, both of which are free.

Battle Buddies

A Maryland-based non-profit organization called <http://www.battlebuddies.us/> started in 2015 with the goal of pairing veterans with other vets who can help them get the help they need.

You can join the Battle Buddies network using their web-based mobile app as either an expert or someone looking for help. They'll pair you with someone that's right for you—a great resource for both vets in need and those who want to help!

VetChange Mobile App

Around 13 percent of vets end up abusing alcohol or drugs. That might not seem like a lot, but think about your last squad: at least one person in that lineup will, statistically, end up with a problem.

VetChange is an app released by the VA that is designed to fight alcohol abuse and aid in recovery. A few quick questions when the app is first installed will help you establish a plan to reduce or eliminate drinking, and a daily log will help you keep track of your goals.

There's also some quick-hit buttons to help you manage cravings and moods that can push you to drink. The app is free on iOS, but isn't available for Android.

StayQuit Mobile App

StayQuit is similar to VetChange, but for kicking your smoking habit. It can give you reminders, help you see the benefits of quitting day by day, allows you to set custom motivators, and can instantly connect you to support when cravings get rough. If you're in need of a smoking cessation coach in your pocket this app could help. Check it out on iOS.

PTSD Coach Mobile App

Around 20 percent of your OIF/OEF battle buddies have PTSD. That's a lot of people dealing with issues that can derail life completely. If you or someone you know is dealing with PTSD life can feel lonely, isolated, and without hope.

The VA has been continually improving on their PTSD services, and their PTSD Coach app is one way they're trying to reach more veterans. The four options on the app's home screen just scratch the surface of what the app can offer.

You can set up custom images and sounds to help you, get help with specific symptoms, and reach out to someone immediately in a crisis situation

If you suffer from PTSD you aren't alone. Don't hesitate to reach out to the VA in your area for help. There's no app that can benefit you as much as professional help.

PTSD Coach is available for iOS and Android.

Continued on page 7.



VETERANS' ADMINISTRATION and TRICARE

High Tech—Mobile Apps for Vets (Continued)

Mindfulness Coach Mobile App

Being focused on the here and now can be hard, whether you're suffering from PTSD, other mental health issues, or simply have trouble focusing. The Mindfulness Coach app from the VA is designed to help you focus and stay grounded through classic mindfulness exercises.

You can schedule times of the day to practice mindfulness, learn all about why it's beneficial, and track your progress over time. As someone who's been trying to practice mindfulness myself, I can honestly say that it's a big help in dealing with even the simplest day-to-day problems. Developing your personal coping skills is important, but it's no substitute for professional care. Locate a VA clinic or hospital in your area at <http://www.va.gov/directory/guide/division.asp?dnum=1> to take full advantage of the benefits you've earned. Mindfulness Coach is available for iOS.

My3 Mobile App

Most cellphones allow you to have a list of "favorite contacts" that are easily accessible. Think of My3 as a list like that, but for people you trust to help you if you're contemplating suicide. You can add three people to the list that you can reach out to immediately during a crisis, which can make a world of difference in a crisis situation.

My3 wasn't designed specifically with veterans in mind, but it can do a lot of good if you find yourself struggling.

You can also program the app with a safety plan that helps you when you need it most. You can email the plan to people so they're able to know exactly when you need help,

too. When things get that bad you need to be surrounded by people that care.

My3 is available for iOS and Android.

If you are unable to click the links in this article, just go to <http://www.techrepublic.com/pictures/8-mobile-apps-designed-to-help-veterans/> to read the entire article online.

Courtesy of www.techrepublic.com

TRICARE and Cataract Surgery

Cataract removal is one of the most common operations performed in the United States. According to the National Eye Institute, it also is one of the safest and most effective types of surgery. In about 90 percent of cases, people who have cataract surgery have better vision afterward. TRICARE covers cataract surgery and related supplies and services. More specifically, TRICARE covers the standard intraocular lens (IOL), a fixed lens designed to target vision at a single focal point.

During cataract surgery, the natural clouded lens is removed and then replaced by an IOL to become a permanent part of your eye. This provides good distance vision but patients typically need glasses for near and intermediate tasks such as reading and computer use. TRICARE also covers one pair of eyeglasses or contact lenses as a prosthetic device after each medically necessary cataract surgery where an IOL is inserted.

If you would like a non-standard IOL instead of a standard monofocal IOL, you will be responsible for the difference in the charges. For more information about your covered vision services, contact your regional contractor at <http://>

www.tricare.mil/ContactUs/CallUs.aspx or visit the Eye Surgery and Treatment page on the TRICARE website at: <http://www.tricare.mil/CoveredServices/IsItCovered/EyeSurgeryTreatment.aspx>.

Courtesy www.tricare.mil

Ed Note: Japanese Health Insurance also will not cover the special lenses, only standard fixed-focus lenses.

WHERE TO SEND YOUR TRICARE CLAIM

You can now file your TRICARE claims on-line (see **TRICARE OVERSEAS** article on page two of this edition) but if you decide to file your claim the old-fashioned way, please use the following information:

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.



Miscellaneous

Hero Miles Program

No one likes that phone call, civilian or military; a loved one is injured or seriously ill and you should be by his or her side. Anybody who has had to purchase a last-minute ticket knows the costs can be exorbitant. If you are the spouse of a military family member, you 1) are mostly likely unemployed, having to find a new job every three years or so, and 2) know exactly how much your beloved makes. Or you're a parent of a serviceman or woman, retired and living on a fixed income. How are you going to afford a trip across the country, or perhaps even to another continent?

Hero Miles Program, administered by the Fisher House Foundation, provides free airline transportation to family members (or close friends) to visit and provide support for their loved ones. Service members who are not eligible for government-sponsored airfare to return home may also be eligible for this program. The Hero Miles Program can be seen at <http://fisherhouse.org/programs/hero-miles/>

Seven airlines participate; American Airlines, Alaska Air, AirTran Air, United Airlines, Delta Airlines, Frontier Airlines, and U.S. Airways. People donate their frequent flier miles from these companies' incentive programs by contacting the individual airline companies. Credit card reward miles from these seven companies are

also eligible for donation. From the pool of miles, tickets are granted to eligible applicants. You can go to the Fisher House website in the link above to see about donating miles to the program.

Applications (reported at one page) are usually available at the Service Casualty Office or other social work office at the service member's hospital, which are then verified by hospital medical personnel. Should you have any additional questions or have a hard time getting in contact with the social service office in question, the Fisher House Foundation phone number is 888.294.8560. They are more than happy to guide you through this process.

Nobody ever wants to use these programs. It's better, however, to know that should the worst happen, you know what resources are available to you. Zachary Fisher may not have been able to join the United States Marine Corps during World War II due to medical issues, but his legacy of assistance to military families have made him (and his wife Elizabeth) one of this country's greatest civilian supporters of service members and their families. His family continues his legacy and want to help serve those who serve.

Courtesy of MilitaryAuthority.com

Hire Our Heroes

[The Department of Homeland Security \(DHS\)](#) and [Hire Our He-](#)

[ros](#) have teamed up to offer training for Veterans in cyber security, in support of Veterans join our nation's cyber security workforce. DHS's Federal Virtual Training Environment (Fed VTE) offers free online, on-demand cyber security training to government employees and Veterans. Veterans can sign up for an account through the Hire Our Heroes website and follow instructions through "ID me" to verify veteran status and register for a FedVTE account. DHS also offers a Veterans Cyber Security Training and Education Guide to help Veterans assess their readiness and interest in a cyber security career, prepare and plan for the necessary training, and engage by developing cyber security skills and abilities. (https://niccs.us-cert.gov/sites/default/files/publications/Veterans_Guide.pdf?trackDocs=Veterans_Guide.pdf).

Fed VTE has over 100,000 users and contains more than 800 hours of training. Users can take [courses](#) in risk management, malware analysis, mobile and device security and ethical hacking.

According to the training website (<https://hireourheroes.org/veterans-training>), cyber security professionals report an average salary of \$116,000, nearly three times the national average. The demand for cyber security experts is growing 12 times faster than the current U.S. job market, making cyber security one of the most highly sought-after careers in the country.

Courtesy of www.dhs.gov

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>



16th Annual Retiree Appreciation Day October 1, 2016 第16回定年退職米軍人感謝の日 28年10月1日

On 1 October, Misawa Air Base held its 16th Annual Retiree Appreciation Day with the breakfast with the base leadership hosted by Vice Commander Col Travis Rex, and the two-hour event at the Exchange foyer hosted by Col R. Scott Jobe with the 35th Medical Group providing health guidance and education, cake and coffee, and drawings for numerous gifts from vendors including DeCA, The Exchange, The Car Guys, Navy Federal Credit Union, the flower shop, Chiko's Lomilomi Massage, 35th Services Squadron for the club and breakfast. Representing the military retirees of northern Japan, the staff of the Retiree Activities Office and officers of the Misawa Military Retirees Association express deep thanks to all the units and agencies that provided support for this event. We had an excellent turnout of over 80 families and six widows, and it was a truly enjoyable event.



Robert 'Andy' Anderson, representing the oldest retiree and Base Commander Col Jobe cut the cake at the opening ceremony in the Exchange foyer.



第16回の感謝祭は大成功で参加率の80世帯以上は今までの一番でした。副司令官の大佐トラス・レクスとベースの司令部の朝食会。そしてその後はBXの正面で抽選会を行いました。第35医療部隊の健康指導と教育、ケーキとコーヒ、ギフト券の抽選などでにぎわいました。遠くから来られた6人未亡人たちに花束をプレゼント。とても楽しいイベントでした。



Our six widows (From left 左から): Ms. Sada Watkins, Miyo Phoenix, Junko Regan, Mitsue Scott, Sachiko Mulligan, and Eiko Pearson





Big thanks to the 35th Medical Group for their amazing displays and cool handouts!



Miyo Phoenix is a winner! The omnipresent guy with the soup strainer is CMsgt (Ret) Dave Barton, Deputy Director of the RAO



Kevin Bosket wins for his family, transaction supervised by Ayub Spencer, Exchange Store Manager



Navy Federal Manager, Rosie Madero gives Stan Herrera his gift card.

Craig Baker wins a gift from DeCA from Mr. Dan Smith, Director



ご問い合わせなどの場合、遠慮なくこのオフィスに連絡を。RAOの連絡は電話
0176-77-4428。メールはmisawa.rao@us.af.mil お手紙なら：
033-0012 Aomori-ken, Misawa-shi, Hirahata #64, Misawa Beigunkichinai、
35 FW/CVR (RAO) Attn: MSgt Roginski

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 staff. Here is the 3rd quarter 2016 edition of the Misawa Air Base RAO Newsletter. Lee Martin and I hope that you find useful information and interesting articles within.

The regulation governing Air Force RAOs recommends, but does not require, a newsletter, and there is no recommended frequency.

We at the RAO are charged with the responsibility of getting information to you, our retired military community. Compiling a newsletter is one of the best ways to get information out to you but, frankly, it is a hell of a lot of work. Lee Martin and I ask for your help. We actually have a huge retired community around Misawa, including the six prefectures of Tohoku and territory of Hokkaido, representing all services and all the wars since WWII. You are a treasure of information and history. Don't let it all pass with you without sharing. Anyone can provide information, opinion, history, or even a good story. We will gladly edit and include your contributions in your newsletter. Contact us if you want to contribute.

-JJR

MMRA Notes

1. Membership dues are \$20 a year. If you have not paid your dues for 2016, 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.

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 sur-

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, 6 December

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



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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 0176-53-1911
 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 (for 222) or 77 (for 226) then the last four. (*) means use the Phone Tree

RAO mailing address in Japan

033-0012 Aomori-ken, Misawa-shi, Hirahata 64
 Misawa Beigun Kichi-nai 35FW/CVR

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 in Room 210, Bldg 653. However, volunteers sometimes have to be out of the office. 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 bilingual. He may be reached at 09040450149 after hours.



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WE'RE ON THE WEB!

<http://www.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.