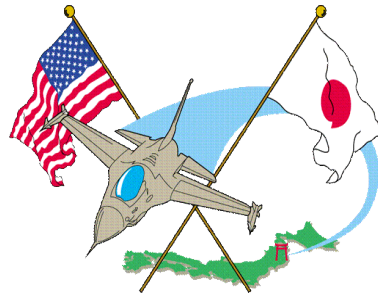




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Misawa AB Retiree Activities Office Newsletter

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.

Veterans' Administration's Health Care

The Foreign Medical Program (FMP) is a U.S. Department of Veterans Affairs (VA) health care benefits program for U.S. Veterans who are residing or traveling abroad and have VA-rated, service-connected disabilities. Under FMP, VA assumes payment responsibility for certain necessary health care services received in foreign countries and associated with the treatment of service-connected disabilities, or any disability associated with and held to be aggravating a service-connected condition. (Veterans living in Canada are under the jurisdiction of FMP; however, inquiries and claims must be directed to the Foreign Countries Operations in Canada. See contact information below.) Additionally, VA may authorize necessary foreign medical services for any condition for a Veteran participating in the VA Vocational Rehabilitation Program (38 U.S.C. 31).

IMPORTANT NOTE: A copy of your rating decision that includes the listing and description of all service-connected disabilities is required to determine Veteran eligibility. If you do not have a copy of your rating decision, FMP will request one from your servicing VA Regional Office.

Enrolling in FMP is simple. Send your full name, mailing address, address of residence (including country), US Social Security Number and VA number to the VHA Office of Community Care at
Foreign Medical Program (FMP)
P.O. Box 469061
Denver, CO 80246-0961

They will confirm your service-connected disabilities and send you a benefits authori-

zation letter, which outlines the medical conditions we cover.

Although Veterans who are permanently relocating to a country under the FMP Office's jurisdiction are encouraged to notify the FMP Office upon establishing a permanent, foreign mailing address, service-connected Veterans who are simply traveling abroad need not bother with notification. However, program information is available upon request.

Pre-registration for eligible veterans is not necessary. However, veterans who are permanently relocating to a country under the FMP Office's jurisdiction are encouraged to notify the FMP Office upon establishing a permanent foreign mailing address (address and telephone number). At that time, arrangements will be made for FMP registration and the mailing of detailed program material. Included in the program material will be an FMP Program Guide with provides detailed information on benefit coverage and limitations, how to select health care providers and claim filing instructions.

Please use the fillable FMP Registration Form (VA Form 10-7959f-1) available at: https://www.va.gov/vaforms/form_detail.asp?FormNo=7959f-1 when registering with FMP. (Fillable PDF can be completed online, saved, edited and printed.

For details go to www.va.gov/purchasedcare/programs/veterans/fmp/ or www.misawarao.org/how_to

Courtesy of www.va.gov

Misawa AB Retiree
Activities Office

Col R. Scott Jobe
35th FW/CC

Col Travis B. Rex
35th FW/CCV

MSgt (Ret) Joseph Roginski
RAO Director
Managing Editor

CMSgt (Ret) Dave Barton
RAO Deputy Director

SMSgt (Ret) Lee Martin
Staff & Newsletter Editor

SCPO (Ret) Paul H. Sayles
RAO Staff

Inside this issue:

TRICARE	1
RAO Staff / Health and Aging	2
Defense Commissary Agency	3
Veteran's Administration	4
DFAS	5
Health Issues	6
Health Issues	7
Recurring Information	8
Recurring Information	9
車のパス制度が変わりました	10
Still Serving	11
RAO & MMRA Info	12





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

University of Maryland Professor Solicits RAO Members' Assistance

The Roman poet, Horace, wrote, "Wisdom is not wisdom when it is derived from books alone." Getting a college education must be more than just reading textbooks. Students need to connect with those who have accumulated knowledge and wisdom from life experience. This knowledge and wisdom can be kept alive through oral histories--stories that are

shared from an older generation to a younger generation.

Dr. Robert Walsh, communication professor at UMUC (Misawa), is requesting volunteers from Misawa Retiree Activities members. Retirees would be partnered with a UMUC writing student in Dr. Walsh's writing course. Students would be requesting to meet with his or her retiree partner five separate times over the course of seven weeks beginning in mid January. Each meeting time would last about 20 minutes. Students will ask his or her retiree partner to recount stories from his or her past to share perspectives and wisdom.

Students gain from connecting with senior citizens who can light a pathway back into history--a history that has taken a lifetime to live. By listening to and connecting with these stories, students can begin to think about how he or she can write an essay about his or her partner's experiences. This essay will then be shared with the retiree at the end of the term. In past oral history projects, these essays have been cherished by the retirees and their families as a way to keep personal history alive.

Please consider volunteering your time to guide a student's mind back into the past. Students come away with a broadened view of the world and the sacrifices that came before them. Please contact Paul Sayles at paul.sayles.1@us.af.mil <<http://us.af.mil>> or Robert Walsh (UMUC) at robert.walsh@faculty.umuc.edu <<mailto:robert.walsh@faculty.umuc.edu>> . The proposed project would commence mid January 2017.

R.L. Walsh, Ph.D.
Associate Professor, Communication Studies
UMUC-Asia





DEFENSE COMMISSARY AGENCY

DeCA transforms its business model update

Overview.

Several factors led to DeCA's transformation. They include: 1) Military facing budget cuts and downsizing; 2) Fiscal environment tightening restrictions on military benefits; and 3) Expectation for DeCA to continue to be a responsible steward of taxpayer dollars. The pressure on DeCA as an agency is to look at different ways we can transform so that in the future we can generate revenue to offset some of the operating costs. What does the new business model do for the patron? It's simple: DeCA will maintain the patron benefit, improve the shopping experience *and reduce operating costs*.

*To ensure patron savings levels are sustained throughout the transformation, Congress set up a "guardrail" through successive National Defense Authorization Acts that work as a barrier so that **the new business model won't change the value of the dollars patrons spend or the savings they receive by shopping at the commissary.** DeCA's transformation is tied to four pillars:*

Savings methodology. For the first time, we will provide a more detailed and more frequent look at savings and reflect prices on the products patrons buy most compared with local competitors in the geographic regions they shop. Today we view savings globally, providing an overall worldwide savings percentage of 30 percent. As we go forward and release the new enhanced regional savings figures you probably will not see 30 percent; you may see a number that's lower than 30 percent. But, even with this enhanced savings method, what a patron purchases in a commissary today will still buy the same tomorrow – the savings will

not change.

Category performance improvement (category-based project). We will optimize our stock assortment to offer the best products to our patrons at a lower cost to the taxpayers. Through this process, we will evaluate the full range of branded products in commissaries – their savings, costs, patron loyalty and shelf allocation – and negotiate with our suppliers to ensure commissaries continue to carry the right product selection at the best possible value to patrons and taxpayers. The final designation of allocated shelf space from this analysis is the backbone of the category-based pilot that will be conducted across the DeCA universe. Ultimately, we are making room on our shelves, removing 5,000 to 6,000 slower-moving items, for those faster-selling items and for private label products. We have to determine the best bang for our patron's dollars for those items sitting on our shelves in the future.

Private label. Sometime in the May timeframe we will introduce private label products that offer additional patron savings as a quality alternative to national brands. Why private label? Commissary patrons are asking for it. DeCA is the last major grocery retailer without private label in its stock assortment. Private label offers the agency an opportunity to make quality items available to our patrons at more competitive prices than the national brands currently available. It also allows us to generate revenue – the difference between the price DeCA spends to procure it from the supplier and the price it charges for patrons on the shelf – to help offset some of DeCA's operating costs. We will still offer most of the popular brand products our patrons want. But now we will add private label items as an option for even more savings.

Store-based project. We will test variable pricing while maintaining the patron savings benefit. To test variable pricing, DeCA has selected a handful of stores based on patron demographics, competitive diversity with stores out-

side the gate, stable environment (few deployments for troops in that community) and distance from another commissary. Our strategy will be to set prices based on market fluctuations on about 1,200 to 1,400 priority items patrons purchase frequently. Savings can be very inconsistent across the store, with some categories at very high savings while others are cheaper outside the gate. Variable pricing is designed to improve the patron shopping experience by fixing some of these inconsistencies. For more information on our new approach to calculating patron savings, go to detailed Transformation FAQs on the DeCA website:

(https://www.commissaries.com/documents/contact_deca/faqs/transformation.cfm).

Conclusion. Before either the store-based or category-based projects can begin DOD must notify Congress. This is expected to occur in January, which means the projects may launch sometime in February or March 2017. Private label is expected to begin sometime in May 2017. Commissaries have been around for almost 150 years. We've only had a few major changes in the last 25 or 30 years. This is the next change. This is the next foundational change for our benefit going forward. If we don't do this, we don't know where we will be five years from now or 10 years from now. And again it's all for the patron—sustain the benefit, enhance the savings, optimize our assortment, and provide our patrons with competitive pricing compared to what they see downtown.

Courtesy of Defense Commissary Agency.





Veterans Administration

FREE Veterans Medical ID: Why You Should Claim This Benefit

Medical IDs are an important benefit that veterans can claim, free of charge. It is Veterans Health Administration (VHA) policy that medical ID bracelets and pendants are made available for veteran patients at no cost.

Medical IDs save lives

A medical ID is jewelry that could save your life. Medical conditions like diabetes, heart problems, PTSD, and injuries like embedded metal fragments can be engraved onto the surface of a medical ID bracelet or necklace. A veteran's medical ID can also include prescribed medicines and emergency contacts

Veterans can choose from these veterans' medical alert bracelets and neck-



laces from <https://www.americanmedical-id.com/va>, free of charge. In the event of an emergency, this important information can help first responders and/or doctors in providing veterans with the precise treatment at the right time. Wearing a medical ID protects against potentially harmful medical errors and eliminates unnecessary trips to the hospital.

How to Claim Your Free Veterans Medical ID

It is easy to claim your veteran medical ID with the help of your clinician. Follow these simple steps to obtain this benefit:

Step 1: Download and print the VA information sheet from <https://www.americanmedical-id.com/va>

to bring to your VA clinician.

Step 2: Select from the available medical ID styles on the information sheet.

Step 3: Visit your clinician to discuss the engraving information on your medical alert bracelet or necklace.

Step 4: Submit the VA information sheet to your clinician who will process your order with a Purchasing Agent.

Your medical ID will ship to your desired address once the order is complete.

American Medical ID has a contract (# V797P-2296D) with the Federal Supply Schedule to make custom engraved medical IDs available to veterans at no cost to the veteran. This infographic supports our advocacy to raise awareness of the VA program and our commitment to making medical IDs available to those who need them.

Have you claimed your veterans' medical ID? Please share your experience with us. If you need help in claiming your medical ID benefit, send us a message at <https://www.americanmedical-id.com/contact-us> and we'll be glad to help.

*Courtesy of
www.veteransresources.org*

New VA Rule Decreases Veterans' Wait Times at Medical Facilities.

Veterans Deserve Care, (www.veteransdeservecare.org) a grassroots coalition committed to reducing wait times in VA facilities, applauded a decision by the U.S. Department of Veterans Affairs (VA) to finalize a rule allowing veterans to receive high-quality care by providing direct access to nurse practitioners. The new rule, set to take effect in January 2017, has been touted as one of the simplest and most effective ways to cut wait times at VA

facilities nationwide.

Mark C. Stevenson, the Chief Operating Officer of the Air Force Sergeants Association (AFSA), one such organization supporting Veterans Deserve Care, issued the following statement about the new rule and its future implications:

"Thousands of veterans, their families, and caregivers created a groundswell of support for this measure and today their efforts have been rewarded. This a win for veterans waiting to receive care at VA facilities across our country, who now can have direct access to nurse practitioners who tirelessly work to ensure we receive the best possible care. While there's still work to be done, this rule moves us in the right direction."

Veterans Deserve Care is a national campaign supported by veterans, caregivers, nurse practitioners and citizens nationwide to raise awareness of the need to strengthen health care for our nation's heroes by ensuring that veterans have direct access to nurse practitioner care within the VA health system.

*Courtesy of
www.veteransresources.org*

MISAWA AIRMEN'S CLUB CIRCA 1968





DFAS

Managing Your Retirement Pay: Educate Your Beneficiaries

Sometimes the most difficult conversations to have are the most important, like helping your loved ones be prepared for when you die. Talking to your family about this topic beforehand is a way to show that you care, and it will help to ease the financial burdens they may face.

Military retirees can have beneficiaries for their arrears of pay (AOP), and if they have elected coverage under the Survivor Benefit Plan, they will have an SBP beneficiary as well. This article is intended to help you prepare your AOP beneficiary to file a claim when the time comes.

First, make sure you understand what an Arrears of Pay beneficiary is and the nature of the benefit to which they are entitled. Find more information on this benefit here. <http://www.dfas.mil/retiredmilitary/provide/aop.html>

Second, tell your beneficiaries who they are. Hopefully, you've designated your beneficiaries for any arrears of pay that may be due. When no beneficiary is named, the payment is made to the highest person in what is known as the "Order of Precedence." The Order of Precedence is the federally mandated order of inheritance that applies to legacies without a designated beneficiary.

Find more information on "Order of Precedence" here. <http://www.dfas.mil/retiredmilitary/provide/aop/aop-order.html>

Please keep in mind that it can take many months to locate your survivors, identify who comes highest in the Order of Precedence and then make the payment. That's why having a current, correct, and complete beneficiary designation on file is important to prevent

delays or errors in your arrears payments.

Designating a sole beneficiary in your will does not automatically make that person your AOP beneficiary. AOP determination is based exclusively on the AOP beneficiary election in your retired pay account. To review your current arrears of pay beneficiaries and to make changes, visit the **Beneficiaries for Arrears** link once you've signed in to your *myPay* account.

For more detailed instructions on designating an Arrears of Pay beneficiary on *myPay*, you can review the article on our website <http://www.dfas.mil/retiredmilitary/provide/aop/aop-beneficiary.html>.

Third, let your beneficiary know that sometimes money that has already been deposited into your checking account needs to be returned to us. Military retired pay is only payable for as long as you are alive. Entitlement to your military retirement ends when you die. Most banks will automatically deduct any overpaid funds without warning, which can be troublesome, especially if you share a joint account.

Fourth, tell your beneficiaries what documents they will need to send in to make their claim. One copy of the death certificate that includes the manner of death needs to be sent to us. Also, each beneficiary should complete a Claim for Unpaid Compensation (SF 1174). It's a great idea to go over this claim form with them to make sure they will have all of the information they need to fill it out. If you want a more detailed explanation of this process, check out the instructions on our website <http://www.dfas.mil/retiredmilitary/survivors/Retiree-death.html>

Fifth, let your beneficiaries know that sometimes there is no money due. Each situation is different. It just depends how up to date the account was kept. You can make sure your account is in good standing by [performing a yearly audit](#).

Sixth, when an arrears payment is made, there is a statement on the check that reads, "Retired Pay Payable only during life of Payee." Please do not let this statement alarm your beneficiaries. As long as the beneficiary's name is accurate on the check, the check can be cashed.

We want to take the best care of your loved ones when you die, you can help us by having a conversation with them to prepare them so they can know what to expect. We know talking about it might be difficult, but hopefully this checklist gives you an idea of the things to say. Don't put it off. Have a conversation about it with your loved ones today.

Courtesy of www.dfas.mil





Health and Community

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 www.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 www.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 at www.trdp.org/customer-inquiry.html.

Courtesy of the Tricare Retiree Dental Program.

Heart Health: Know Your Family History, Change Your Future.

Let's talk about what you can do to make sure you're around for your family for many years to come.

First of all, know your risk factors. You can learn about them at <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Heart-Health>.

If you have a family history of heart disease, there's a chance it could be passed along to you. Talk with those older members of your family to find out if there's an aunt or uncle or grandparent who may have died young because of heart issues. Your race or ethnic group can affect your risk; African-Americans are disproportionately affected by heart disease. Recognize the classic warnings signs: pressure in the chest (like someone sitting on you), shortness of breath and pain radiating down your left arm. For women, smight be more subtle and could in-

clude nausea, shortness of breath and pain in the jaw without pain in the chest. Many women, as family caretakers, might try to ignore these symptoms, brushing them off as not serious. The first steps to preventing heart disease include knowing your history, your risk and the warning signs.

While people in uniform get regular check-ups that should catch most issues early, family members and retirees also should schedule a visit with their doctor and have weight and blood pressure checked once a year. Additionally, cholesterol and lipid levels should be checked every five years for anyone over the age of 20, and more often for those at high risk. Check out TRICARE's Preventive Services webpage at <http://www.tricare.mil/preventivecare> to see what you're eligible for.

Family history and race don't have to paint a picture of gloom. Prevention is key. Eat a diet rich in fruits and vegetables and avoid foods high in unsaturated fats. It isn't necessary to deprive yourself of every tasty treat. Just cut back on the sugars and bad fats and reduce your salt intake where you can. A proper amount of exercise is really important. Try to get at least 30 minutes of exercise a day (for children, at least an hour a day is recommended). If you're not big on team sports, or your child isn't, don't worry! There are plenty of other outlets to make sure you have enough activity to keep your heart healthy. And make sure you follow your doctor's recommendations. If you're prescribed medication to help control some of your risk factors, take it as ordered.

Another detriment to your good heart health is smoking. It damages your heart and lungs and increases your chances of stroke, heart disease and various cancers throughout the body. There's absolutely no benefit to using tobacco in any form. If you don't use tobacco now, don't start!



Health and Community

GETTING A GOOD NIGHTS SLEEP

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

* *Follow a regular sleep schedule.* Go to sleep and get up at the same time each day, even on weekends or when you are traveling.

* *Avoid napping in the late afternoon or evening,* if you can. Naps may keep you awake at night.

* *Develop a bedtime routine.* Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.

* *Try not to watch television or use your computer, cell phone, or tablet in the bedroom.* The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.

* *Keep your bedroom at a comfortable temperature,* not too hot or too cold, and as quiet as possible.

* *Use low lighting in the evenings* and as you prepare for bed.

* *Exercise at regular times each day* but not within 3 hours of your bedtime.

* *Avoid eating large meals close to bedtime*—they can keep you awake.

* *Stay away from caffeine late in the day.* Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.

* *Remember—alcohol won't help you sleep.* Even small amounts make it harder to stay asleep.

TRACKING YOUR WEIGHT LOSS

The first step to losing weight and gaining better health is using self-monitoring techniques to track your calories. Armed with this information, you can reinforce what's working well. Some evidence suggests that recording food and beverage intake leads to healthy, sustainable weight loss. Weighing yourself daily might help too.

What's the secret to weight-loss success? Choose a self-monitoring technique that works for you: Try to do these actions frequently – at least 3 times per week – and turn them into healthy habits.

Get details at <http://www.health.mil/News/Articles/2017/01/18/Track-your-weight-loss>

Courtesy of Health.com

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

WEIGHT LOSS SUPPLEMENTS

Was your New Year's resolution to try to lose weight, meet body composition standards, or just be healthier? Weight-loss supplement might be a tempting solution, but before you take one, consider this: Dietary supplements marketed for weight loss are categorized "high-risk" products. The Food and Drug Administration has found many dietary supplement products marketed for weight loss to contain hidden drug ingredients or other ingredients that haven't been adequately studied in humans.

Not only are they potentially unsafe, weight-loss supplements that advertise "quick fixes" likely won't help you meet your goals. There's limited scientific evidence that weight-loss supplements alone help people lose a significant amount of weight and keep it off. Question the claims on the label, and remember: If it sounds too good to be true, it probably is.

For more information about weight loss supplements visit <http://hprc-online.org/dietary-supplements/opss> and <https://ods.od.nih.gov/factsheets/WeightLoss-Consumer/>

Courtesy of www.health.com

Access to retiree publications of each service:

Army Echoes: www.armygl.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>



Miscellaneous

MISAWA AIR BASE POST OFFICE HOURS (NEW)

SOFA sponsored retirees take note of the new hours for the base post office.

Sunday: All sections closed
Pick-up Window:
Monday-Friday — 1000-1800
Saturday—1000—1600
Finance:
Tuesday-Friday — 1000-1700
Saturday — 1000-1600
Customer Service:
Monday-Friday — 1000-1700
Official Mail Center
Monday-Friday — 1000-1600

These hours took effect on 2 April 2017.

RECURRING INFORMATION myPay on YouTube

If you've never opened a myPay account, need help changing your myPay password or changing your email address in myPay, check out the online training tutorials available on YouTube. Go to

https://www.youtube.com/playlist?list=PLhx_8nsfXqVjnv_WuYeXc84lmlHBMYe6a

Courtesy of myPay.dfas.mil

myPay Support on DFAS

For problems using myPay, or with your myPay password, contact the DFAS Centralized Customer Support Unit toll-free at 1-888-332-7411 or commercial at (216)552-5096. You can also call DSN to 580-5096. This support line is available Monday through Friday, 8am to 5pm, Eastern Time.

The Centralized Customer Support Unit can provide assistance on how to use the options available to you in myPay. The support unit will also

provide support for establishing and changing your password.

For all other payroll information, please contact your servicing pay office or your customer service representative.

Questions concerning specific pay account information should contact the servicing payroll office or the appropriate Customer Service rep as follows:

Military Retirees—1-800-321-1080
Annuitant—1-800-321-1080
Former Military Spouses—1-888-332-7411

Military retirees that are in a non-pay status due to a VA Waiver or Combat Pay can still access myPay but will have limited options available. Questions should be referred to the customer service section listed above.

You can also access your pay statement from the Main Menu of the myPay website by clicking on the Payment Information option.

If you have trouble reading the graphic version of your pay statement, you can click on the Text Version link. The text version of your pay statement lists all of your pay data item information in a single column.

Courtesy of myPay.dfas.mil

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 Benefi-

ciaries

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.

Courtesy of www.tricare-overseas.com

INTERNATIONAL DIRECT DEPOSIT

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 in the currency of the country of the receiving bank.

See previous editions of the Misawa RAO Newsletter (go to misawa.rao.org and search archived newsletters (April-June 2016 is most recent) for specific details and instructions to use the new DD1199-I for international direct deposit. JJR





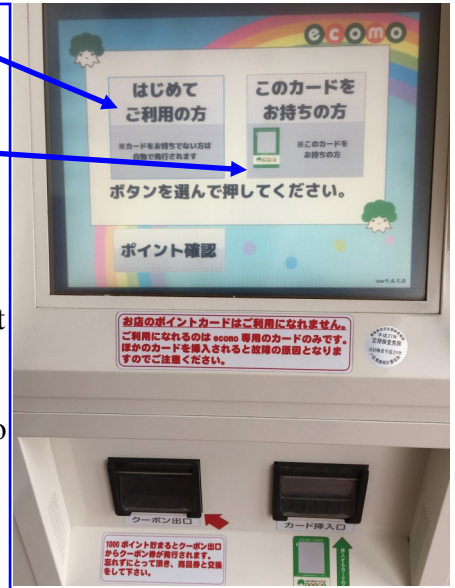
Recurring—Community - It Pays To Recycle

There is a handy recycling facility located in front of the newest Universe supermarket (next to Homac), and it's been there a few years but being my usual observant self, I didn't notice it until a few months ago. It takes paper and give you points on a card that when you reach 1000 points you get a 1000 yen coupon to use in the supermarket. It's called "ecommo" it's only good for the Universe Supermarkets. The machine is near the main entrance. A first-time user would touch the left panel, and it issues you a point card, which you then put into the left slot, and leave it, go around to the side to the bin and deposit the paper, then touch the 'get points' screen, and you've got a little reward for recycling.

First time users touch this screen.

Regular users touch this screen.

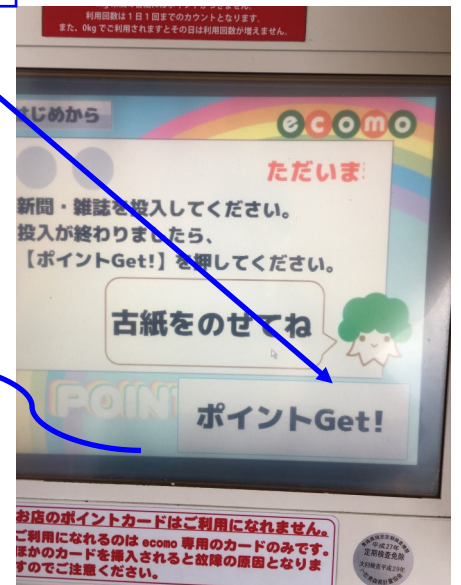
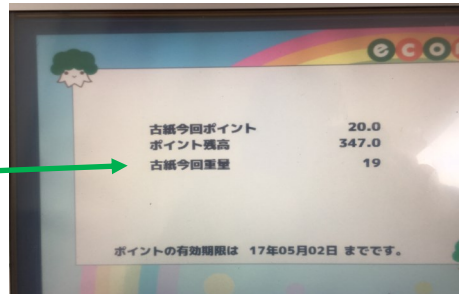
So the sequence goes for regular users, touch the left screen, insert your card, wait for the screen to tell you to place the recycling paper, and after placing the paper, touch the button.



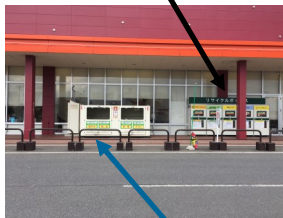
Recycle bins with scale.

Card and point machine

When you touch the "Get!" button, it will show how many points you got this time and your accumulated total, and print it on your card.



These other bins marked for plastic, aluminum, glass, etc, but are not the same system, and no points so don't put your paper in these.



The bins are marked (left to right) : "Odd Paper" "Magazines" "Newspaper" "Advertisements" Try to separate into these four categories, but you can still put them in any of the bins because it's all the same scale.

This is the card machine and recycle bin with the scale.





米国の所得税申請時期が来ました

数年前、アメリカの年金（SSA）と米国軍人遺族給付金（SBP）ベテラン「古兵士」管理局給付金（VA）、それぞれの年金や保険金等は日本の銀行へ自動振込めるようになりました。それぞれ格在日米軍基地のクレジットユニオン（信用金庫組合）は自動振込み先として、小切手や現金にすることも出来ます。基地周辺に住むとお金を下ろすことができますが、はなれて住んでる人々は、クレジットユニオンのキャッシュカードを利用し日本の郵便局のATMからお金を下ろすことができます。しかしキャッシュカードは一日約6万円しかおろせないのでもっと不便です。高額を下ろす場合は電話、手紙、FAXで国際振込みを申し込むか基地へ行って下ろすしかありません。

日本の銀行へ自動振込みになれば小切手の紛失等の心配はなくなり、小切手を日本円に変えるわずらわしさ・手数料もなくなり、とても便利です。

この3年間の経験でアメリカから日本の銀行へ振り込むの一番問題が出るのは口座の名前です。たいがいアメリカのSSA, SBP, VA金は本人のアメリカの名前で発行されます。しかし、日本の銀行はその本人の日本の名前で口座を作成し、発行した名前と受け取る名前が違うため振込みが日本の銀行に拒否されます。解決は葉振込み発行の名前を変えたり、受け取る口座の名前を変えるか、特別元のアメリカの名前を持つてる口座を作成するしかありません。振込みを申しこむまえに自分の日本の銀行と相談するのを進みます。

自動振り込みサービスを開始には、申し込みが必要です。専用用紙1199-Iのダウンロードが必要で、英語が読めない方には難しいでしょう。もし自分のSSAやSBP等の年金を日本の銀行へ申し込む希望の方は、こちらの事務所にご連絡お願い致します。手続きを最初から最後までお手伝いします。電話、手紙でも受け付け可能です。こちらの事務所（35th FW/CVR）の住所と電話はこのパンフレットの最後のページをご覧ください。

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 フェデラル ベネフィット ユニット
(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 4th 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. Send your contribution to:

misawa.rao@us.af.mil

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.

7 February 2017

4 April 2017

6 June 2017

1 August 2017

3 October 2017

5 December 2017

NEXT MEETING—TUESDAY, 7 February

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: 1-617-938-5097

US HQ: 1-888-842-6328

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 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://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.