



Misawa AB Retiree
Activities Office

Col R. Scott Jobe
35th FW/CC

Col Paul D. Kirmis
35th FW/CV

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



**HAPPY
NEW YEAR**



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.

**Rest In Peace
CMSgt Herman W. B. Tinnirella**

We lost a true friend to the retiree community and the Retiree Activities Office on 1 Dec. 2017. Chief (ret) Herman W. B. Tinnirella (“T”) passed away from complications with COPD and pneumonia. “T” was the individual who got the Retiree Activities Office off the ground way back in 2000. He started out basically in a very small office in building 653. As time went by he was able to procure a larger office and eventually got the office to expand into two connecting rooms as required in our Air Force Instruction 36-3106.

“T” was a thirty year Air Force retiree whose service began in September 1958. He attended technical school at Keesler AFB for Morse Code Intercept training through July 1959. Afterwards moving around to various locations within the Security Services at Peshawar, Pakistan, Wakkanai, Japan, and Hakata Japan. Retraining into the Administration career field he was stationed at Tachikawa AB, Japan in February 1963 to June 1965 and again in November 1965 to June 1966. Between those assignments he was stationed at Tan Son Nhut AB, Republic of Vietnam with the 2nd Air Division. After two assignments at Grand Forks AFB, ND and Offutt AFB NE, he came to Misawa for the first time in July 1970 to December 1974. He then crossed trained into the First Sergeant’s career field with an assignment to Keesler AFB and returned to Misawa in June

1981 assuming the duties of First Sergeant for the Civil Engineer Squadron from June 1981 until his retirement in July 1988.

“T” was a Life Member of the Veterans of Foreign Wars and two-time Post Commander here at Misawa and National aide de Camp. He was actively involved with our private organization the Misawa Military Retirees Association as the Vice President.

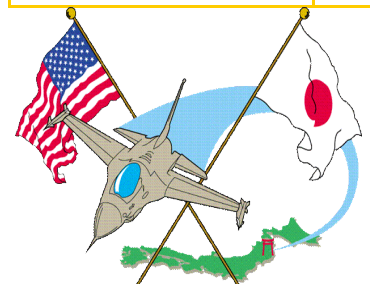
He was cremated on 4 December and his ashes were taken to Hokkaido for internment in the family grave of his wife Emiko who preceded him in death. He will be missed by the many friends he had here at Misawa and the many lives he touched as a First Sergeant. A memorial service is planned for January 17, 2018., at 10am in the Base Chapel.

By CMSgt (Ret) Dave Barton



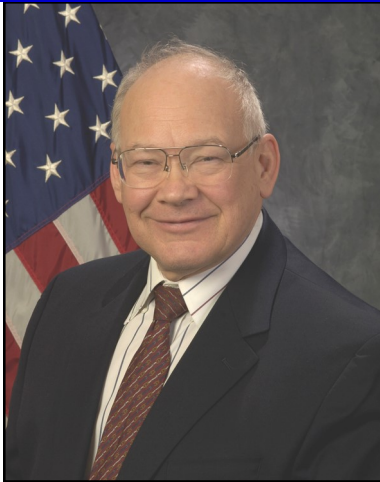
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YOUR RAO STAFF



MSgt (Ret) Joseph Roginski
DIRECTOR



CMSgt (Ret) Dave Barton
DEPUTY DIRECTOR



SMSgt (Ret) Lee Martin
Webmaster / Newsletter



SCPO (Ret) Paul Sayles
Staff

Retirees Appreciation Day

For those of you who were able to attend our 17th Annual Retiree Appreciation Day breakfast, things went a bit differently this year. Previously the Tohoku/Mutsu Clubs were able to pick up the tab for the American style breakfast that was served as a buffet. However, as all good things eventually do, the funding by the Clubs was not possible this year because of budget constraints.

We can thank Lt. Col. Squires, 35 FSS Commander, for the suggestion to apply to the Misawa Officers' and Enlisted Spouses' Clubs for the possible funding. We contacted them by submitting a request form and within days we had the commitment from them for funding this year's breakfast and future years. As a token of our appreciation on behalf of the entire Misawa military retiree community, we presented them with a Certificate of Appreciation from the Retiree Activities Office which they will display in the Misawa Thrift Shop. Our special thanks go out to Mrs. Heather Walk and Mrs. Andrea Schultz from the Misawa Officers Spouses' Club and Mrs. Carmen Williams and Mrs. Kelli Kelly from the Misawa Enlisted Spouses' Club.

By Dave Barton, CMSgt (Ret)



“Age is a case of mind over matter. If you don’t mind, it don’t matter”

Satchel Paige



TRICARE

TRICARE Changes begin on 1 January 2017

Starting 1 Jan 2018 there may be changes to your Tricare benefits. Those of us who are over age 65 do not have to be concerned because Tricare for Life is not affected by this system overhaul. In addition, the US Family Health Plan, the Tricare Dental Program and the Tricare Retiree Dental Program are also not affected by these changes.

There will be changes to Tricare Standard. First of all the name will change. The new name will be Tricare Select, which is described as a self-managed, preferred provider network plan. If you currently have Tricare coverage you will be enrolled automatically and you will remain in Select until you choose to change your coverage or lose your Tricare eligibility.

Those of us overseas will fall under Tricare Select Overseas which has network and non-network providers.

Under Select Overseas:

- You may receive care from both network and non-network Tricare authorized providers for services covered by Tricare
- You may receive care from any host nation provider without a referral
- Tricare will only reimburse care from authorized providers. (The Tricare office at Yokota AB, all licensed providers in Japan are considered authorized.)

From a cost standpoint you may have to pay an annual enrollment fee. For more information go to <https://tricare.mil/About/Changes/General-TRICARE-Changes/Costs>.

Courtesy of www.tricare.mil



TRICARE Retiree Dental Program

We retirees here at Misawa have always been able to get dental care at the base dental clinic and, if you are like me, never paid attention to needing personal dental care insurance. However with the current and on-going policy of the base providing only emergency dental care and occasionally checkup and cleaning services, you may want to look into personal dental insurance.

The TRICARE Retiree Dental Program (TRDP) is an affordable, cost effective and easy-to-use program. It reduces your total annual out-of-pocket expenses for routine dental care and saves your money with it comes time for more extensive—and—expensive dental treatment.

Retirees who want to explore this option can get all the info they need to enroll in the TRDP. Get easy instructions for enrollment, premium rates, a directory of network dentists and benefits and coverage highlights online or by mail at: <https://www.trdp.org/retirees/enroll-today.html>

The TRDP provides you and your family with comprehensive dental protection at an affordable cost. Your monthly TRDP premium rate depends on where you live and the number of family members you choose to enroll. Go to: <https://www.trdp.org/retirees/premiums.html>, enter your ZIP code and number of family members, and the system will display your projected monthly premium. If you live outside the United

States enter 0000 in the ZIP box. Those of us living here and enrolling three or more family members would pay \$129.74 per month.

Courtesy of www.trdp.org

File a TRICARE Claim

So you were referred to an off-base medical provider for the first time and had to pay the full amount directly to the provider. Tricare will reimburse a portion of that cost. How much you will get back depends on several factors. Also, be sure you keep your receipt.

How do you file a claim? Its not so difficult.

Go online and download the Patient's Request for Medical Payment (DD Form 2742) You can find the form at:

<http://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2642.pdf>

Fill out all 12 blocks on the form completely.

Sign the form

Include a copy of the provider's bill

Submit the claim, You can do this online or by mail.

Get info for submitting the form at: <http://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2642.pdf>

You can watch a tutorial on how to file at:

<http://www.tricare-overseas.com/beneficiaries/claims/portal-tutorials>





LOCAL NEWS

Retiree Visit to Uruwashi No Mori Seniors Home

A group of retirees from the Misawa Military Retirees Association visited the senior citizens home in Misawa City on 19 Dec 2017.

Joe Roginski was contacted by the home's administration about participating in a seniors Christmas party and we agreed to come and help out.

While there we provided the home with a specially prepared Christmas cake, ice cream and cookies for the seniors. This home is a new addition to the Misawa community being only a few years old. We were entertained during our stay by a group of kindergarteners from a local elementary school with songs and dances.

Our own Paul Sayles stepped in to do his usual holiday Santa dress up for the seniors and children. This may become an annual event for us. We appreciate the Home in asking us to be included in their Christmas celebration and look forward to doing this again next year. Pictures of the event are included

By CMSgt (Ret) Dave Barton





DFAS

Combat-Related Special Disability Changes

If you receive Combat-Related Special Compensation (CRSC) and have the Survivor Benefit Plan (SBP), you will see a change in your net pay and statements starting in April of 2018.

Beginning with the SBP premiums due in April of 2018, DFAS will start deducting SBP premiums from CRSC when retired pay is not sufficient to cover the full amount of the premiums. This new deduction is due to a change in the law which requires DFAS to deduct SBP premiums from CRSC.

This change affects retirees who receive CRSC and currently pay SBP premiums via direct remittance.

Retirees who currently have SBP premiums deducted from their Department of Veteran Affairs (VA) pay will not be affected.

This change will benefit retirees and their survivors by preventing a debt when a retiree forgets to pay the SBP premiums directly. When SBP premiums are not paid during a retiree's lifetime, it creates a debt which must be repaid from the SBP annuity a survivor receives.

DFAS will begin deducting SBP premiums from the April CRSC entitlement (paid on May 1) for SBP premiums due in the month of April for all retirees with CRSC who are currently sending in their premium payments (through direct remittance). Retirees can also request to voluntarily have their SBP premiums deducted from CSRC prior to the April SBP premium.

More detailed information about the required deduction of SBP premiums from CRSC (that will begin

with the April 2018 CRSC entitlement paid on May 1) will be posted on our website and included in the Retiree newsletters in the coming months.

If you want to have your SBP premium deducted from your CRSC before the April SBP premium, please call the DFAS Customer Care Center at 1-800-321-1080 and tell them you want to start having your SBP premium deducted from your CRSC pay. You will need to provide your full name, social security number, and a phone number where you can be reached during the day. You may also send a signed and dated letter to DFAS that has all of this information (including a phone number where you can be reached during the day).

Please note that the SBP premium deduction will be part of the garnishments total on your CRSC statement. Also, until April, you will continue to receive an SBP premium bill, which will show the CRSC SBP premium deduction as a "prior payment received" once the deduction is processed.

Get Ready For Tax Season

Tax season is a busy time. The best way to prepare is to use myPay to get all of the information you need. Here are some tips for using myPay, as well as for getting your IRS Form 1099R in other ways.

The fastest and most secure way to obtain a copy of your 1099R is through myPay. Retirees and annuitants can log on to myPay and print a 1099R from the comfort of their home. Instructions are at <https://www.dfas.mil/retiredmilitary/manage/taxes/getting1099r/viamypay1099r>.

If you cannot access your myPay

account, go to <https://mypay.dfas.mil> and click "Forgot or Need a Password?" Enter your Social Security Number and click the "Yes" button on the bottom right. Then choose "mail to my address of record with Military Retired" and click "Send me a Password". If you have a valid email address in myPay, you can have it emailed there.

You should receive the emailed password within two hours but it usually arrives much more quickly than that. Once you receive your temporary password, you should log in to myPay and create a permanent password that you can remember.

If you have never accessed myPay, go to <https://www.mypay.mil> click "Forgot or Need a Password?" to get your temporary password. When you get it, go back to <https://www.mypay.mil> and click "Create an Account" from the left hand column. Enter your Social Security Number and temporary password and click "Accept/Submit". Then create a permanent logon and password. Next, select eight security questions that you can answer later if you need to reset your password. Click "Submit Questions". Next answer each question and click "Submit Answers." If you do not have an email address on record, add one. Then select "Main" form the upper right corner of the screen to use myPay.

You can also call the DFAS self-service phone option. Call 800-321-1080, Select option 1 for self-service, select option 1 again if you are a retiree then enter your SSN when prompted. This will start the process to mail you your form.



DFAS

Federal Long Term Care Insurance Program (FLTCIP)

Long term care insurance is a smart way to protect your income and assets and remain financially independent should you need long term care services at home, in a nursing home, or at another long term care facility.

Most health insurance programs, including the FEHB Program, TRICARE, and TRICARE For Life, provide little or no coverage for long term care. And long term care services can be very expensive. This is why the U.S. Office of Personnel Management (OPM) sponsors a long term care insurance program for members of the Federal family.

The benefits of this program are designed specifically for members of the federal family. OPM has worked closely with the John Hancock Life and Health Insurance Company to ensure this insurance coverage offers the kind of benefits and features that are most valuable to members of the federal family today and in the future.

The LTC program offers the following features and services:

- You can choose your care setting, whether at home, in an assisted living facility, in a nursing home, or in a variety of other settings. Additionally the FLTCIP covers care provided in the home by friends, family members and other unlicensed caregivers.
- The FLTCIP Offers stay-at-home benefits which can pay benefits for numerous options that support care in a home environment such as care planning visits, home modifica-

tions, an emergency medical response system, durable medical equipment, caregiver training and home safety checks.

- Once you have coverage, it is portable. You can keep it as long as you continue to pay for the required premiums and have not exhausted your maximum lifeline benefit, even if you are no longer a member of an eligible group (for example, you leave government service.)
- Your insurance coverage is guaranteed renewable. It can never be canceled by the insurance carrier as long as you pay your premiums. It cannot be canceled due to your age or a change in your health/.
- Your coverage includes a “waiver of premium”. Once you have completed your waiting period, the waiver of premium feature allows you to stop paying premiums while you are receiving benefits.

The program has extremely knowledgeable program consultants who can help you every step of the way. Whether you are requesting information, reviewing benefits or completing an application, these highly trained employees can help you decide what will best meet your individual needs.

One very popular service requested from the FLTCIP consultants is a personalized rate quote. Using the rate quote, program consultants can demonstrate the wide range of benefits available and the costs associated with each.

Our program consultants take pride in providing the highest

level of quality service to the [Federal family](#) and adhere to the strictest service levels set forth by OPM. Should you have any questions, please call us at 1-888-889-5680 or email our program consultants at:

https://www.ltcfeds.com/ltcWeb/do/request_info/request_info?ctoken=5m7GB3cf

To help you compare the FLTCIP with other long term care insurance offerings, we encourage you to use our Benefits and Features Comparison Worksheet. If you would like to learn more specifics about the FLTCIP before comparing plans, visit our Plan Details and Cost section

According to:

https://www.ltcfeds.com/help/faq/eligibility_uniformed.html, members on retirement or retain pay are eligible for this insurance.

Federal family members can apply for coverage anytime—you do not have to wait for the next open season. Premiums are based on your age and the premium rates in effect at the time we receive your application—the younger you are when you apply, the lower your premium will be.

For more information, visit the *source of this article at lfcfeds.com*





VETERANS ADMINISTRATION

Application Process for new Veterans' ID Card

Recently, the U.S. Department of Veterans Affairs (VA) announced that the application process for the national Veterans Identification Card (VIC) is now available for veterans—yet another action honoring their service.

This has been mandated through legislation since 2015 to honor veterans and this rollout of the ID card fulfills that overdue promise.

Only those veterans with honorable service will be able to apply for the ID card, which will provide proof of military service and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to veterans.

“The new Veterans' Identification Card provides a safer and more convenient and efficient way for most veterans to show proof of service.” said VA Secretary Dr. David J. Shulkin. “With the card, veterans with honorable service to our nation will no longer need to carry around their paper DD-214s to obtain veteran discounts and other services.

The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable, or general under honorable conditions, can request a VIC.

To request a VIC, veterans must visit www.vets.gov and click on “Apply for Printed Veteran ID card at the bottom left of the page and sign in or create a new account if it is their first time on the site.

Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at vets.gov. A digital version of the VIC will be available online as well.

Courtesy of VA article of 29 Nov 2017

Foreign Medical Program

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. The eligibility requirements for medical services are different for Veterans outside the United States than for Veterans living within the United States. The Foreign Medical Program assumes payment responsibility for U.S. Veterans only for a VA-rated service-connected disability, or any disability associated with and held to be aggravating a VA-rated, service-connected disability (38 CFR 17.35). (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).

How to Apply

Enrolling in FMP is simple. Send your full name, mailing address, address of residence (including country), U.S. Social Security number and VA claim number to:

VHA Office of Community Care
Foreign Medical Program (FMP)
P.O. Box 469061
Denver, CO 80246-9061

We will confirm your service-connected disabilities and send you a benefits authorization letter, which outlines the medical conditions we cover. To expedite your FMP registration, a copy of your rating decision that includes the listing an description of all service-connected disabilities will help determine Veteran eligibility.

For more information go to: <https://www.va.gov/COMMUNITYCARE/programs/veterans/fmp/index.asp>

Courtesy of www.va.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

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

Retirees and Wearing The Uniform

Wearing a uniform after retirement is a privilege granted in recognition of faithful service to country. According to **Air Force Instruction 36-2903**, retirees may wear the uniform as prescribed at date of retirement, or any of the uniforms authorized for active-duty personnel, including the dress uniforms. Retirees must not mix uniform items. Whenever the uniform is worn, it must be done in such a manner as to reflect credit upon the individual and the service from which retired.

Retired Airmen receive the retired lapel button at retirement. Retirees wear the retired lapel button on the left lapel. Retired Airmen whose assignments have included command at squadron, group or wing level are also authorized to wear the command insignia pin on the left lapel, below the retired lapel button. The commander insignia is a generic pin that can be worn by retired commanders. Commanders whose assignments have included command at squadron, group or wing level are authorized to wear the commanders' insignia. The pin (also known as the USAF Commander's Badge) has been in existence since 2002 and is awarded to any Air Force officer who holds a major command billet within the United States Air Force. It can be purchased at any AAFES Military Clothing Sales store.

Retirees whose last assignment before retirement was a first sergeant and/or command chief may wear appropriate chevrons in all instances the uniform is worn.

Retired Airmen will conform to

the same standards of appearance, military customs, practices, and conduct in uniform prescribed for active-duty Airmen.

When to Wear the Uniform

Air Force Instruction 36-2903 states retirees may wear the uniform:

- at occasions of military ceremonies
- memorial services, and inaugurals
- patriotic parades on national holidays, other military parades or ceremonies in which any active or Reserve U.S. military unit is taking part
- at educational institutions when engaged in giving military instructions or responsible for military discipline
- at social or other functions when the invitation has been influenced by the member's active military service.

On these occasions the uniform may be worn while traveling to and from the ceremony, provided that such travel may be completed on the day of the ceremony.

When Wear is Prohibited

Wear of the uniform is prohibited for all retirees:

- in connection with the promotion of any political or commercial interests or when engaged in off-duty civilian employment.
- Reserve technicians who are also members of the Ready Reserve may wear their uniform at their option while on duty in their civil service status.
- when participating in public speeches, interviews, picket lines, marches, rallies, or public demonstrations, except as authorized by competent authority.
- when wearing the uniform

would bring discredit upon the Uniformed Services.

- when specifically prohibited by DoD Regulations.

If there is any doubt about wearing the uniform to a function, the commander of the nearest installation should be contacted. Retirees in a foreign country should contact the American Embassy, the American Consulate, or a U. S. military authority.

Awards and Decorations

Wear of Awards and Decorations by Retirees and Honorably Discharged Veterans. Honorably discharged and retired Air Force members may wear full-size or miniature medals on civilian suits on appropriate occasions such as Memorial Day and Armed Forces Day. Female members may wear full-size or miniature medals on equivalent dress.

Courtesy of www.retirees.af.mil

Retired Address Finder

Did you know that there was a Retired Address Finder? Well there is and they have a new web address. The new address is <https://raf.dmdc.osd.mil/raf>.

For a short time during the transition period, when you log on to this site, you will be redirected. However the above address is the one you should use.

You will also see a message that says "RAF has moved to a new login system and requires all users to get a new account". Be aware that you do not need an account to use this locator. You can ignore this message.

Courtesy of the RAO Program Letter of www.retirees.af.mil



RECURRING INFORMATION

Retiree Survivor's Guide

A Retiree Survivor's Guide to Benefits is available on the [Library page](#) of the Air Force Retiree Services website.

This guide provides general information about most federal benefits and entitlements available to eligible family members of deceased retired Airmen, and it explains various application processes. People can direct specific questions to the government agency administering the benefits or discuss these matters with an Air Force casualty assistance representative.

Government agencies outside the Air Force administer most of the benefits discussed in this guide.

This guide is designed to provide general information on most federal benefits and privileges people may be entitled to as survivors of a deceased Air Force retiree. In addition, it contains a list of important necessary documents (see Section H), and a Benefits/Entitlements Checklist (see Section I).

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

Annuitants: 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 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.

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 its 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

ID Card Appointments

For ID card appointments, go to: <https://rapids-appointments.dmdc.osd.mil/>
Click "Make an Appointment"
Lee Martin



人の責任は、死で終わりません

死についての話しは、難しいですが、必要な場合があります。死に備えることは、人の最後の重要な責任です。準備なしで死んでしまった場合、他の人が必要な情報を取り扱うことが非常に難しくなります。

その準備のために以下のことを考慮してください：

1. 遺言書
2. 指示の書面

遺言書(Last Will and Testament)はもちろん最も重要な書類です。弁護士、公証人や司法書士との相談をお勧めします。指示の書面(Letter of Instruction)は遺言書より簡単です。もしあなたは死んだか、または能力を奪われてしまったとしたら、あなたはどうしますか？ 誰が、あなたのことを引き受けますか？あなたに家族がいなければ、一人ものであればこれは特に重要です。信用する家族、友人または同僚でも、人を指名する必要があります。

指示の書面のなかに知らせてほしい人々の名前、電話、住所、など、必要な書類、たとえば生命保険書、銀行口座などの保管場所、あなたが誰かが知ってほしいことを何でも指示の書面に入れることができます。

遺言書と指示の書面の大きな違いは、遺言書はあなたの願望は、法律により行われなければなりません。指示の書面は、あくまでもあなたの希望であり、法律によって保護されていませんが、何もないより良いし、あなたの問題を引き受ける人にとって助かります。

この記事についてご相談したい方は、我々のオフィスに電話をしてください。
Tel: 0176-77-4428 (営業時間は0900-1500、日本語は月、金曜日)

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 2017 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

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 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.

MMRA Meeting Schedule

All meetings are held the first Tuesday of even-numbered months at the Tohoku Enlisted Club, Gray Room at 1700 hours.

6 February 2018

4 April 2018

5 June 2018

7 August 2018

2 October 2018

4 December 2018

NEXT MEETING—TUESDAY, 6 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

WE'RE ON THE WEB!
<http://www.misawarao.org>

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

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.