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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.

### DFAS Begins Mandatory Two-Factor Authentication

The Defense Finance and Accounting Service has implemented a mandatory two-factor authentication to increase the security of online financial and personal information, providing more protection from fraudsters. That means that each time you access myPay, you'll be sent a one-time personal identification number through either email or text message, and you will enter that PIN as an extra verification. You choose your preference for receiving that PIN the first time you log in to myPay after the change takes effect.

The requirements are different for those with a smart card such as a Common Access Card, or CAC, of personal identity verification, PIV. In that case you won't have to enter the random PIN each time you log into myPay

But the first time you use myPay since the new requirement takes effect, you will see an entry screen that asks you to choose your preferred method for receiving one-time PINs when you need to log in to myPay while away from your work computer.

Officials haven't yet determined the day that the requirement goes live, said DFAS spokesman Steve Burghardt. Through myPay, users can view leave and earnings statements, view and print documents such as tax statements and

travel vouchers, change federal and state tax withholding, change addresses, and manage other functions.

Last fall, DFAS introduced the two-factor authentication on a voluntary, test basis, and 1.2 million people, including 400,000 retirees, have already been participating in the program, Burghardt said.

Two-factor authentication is becoming more common across government, educational and commercial online environments as an extra layer of protection from criminals who want to steal bank account numbers, names, address and other information to create fraudulent accounts, requesting loans or credit cards using stolen identities.

Criminals could even redirect deposits to their fraudulent accounts to steal pay.

Even myPay customers who login one time a year benefit from two-factor authentication when they keep their login ID and password secure from potential thieves by adding the additional security validation of the one-time PIN during login.

If users do not opt-in the first time they access myPay after two-factor authentication becomes available in October, they will receive reminders every 90 days when revisiting the site.

*Courtesy of <https://veteransresources.org/>*



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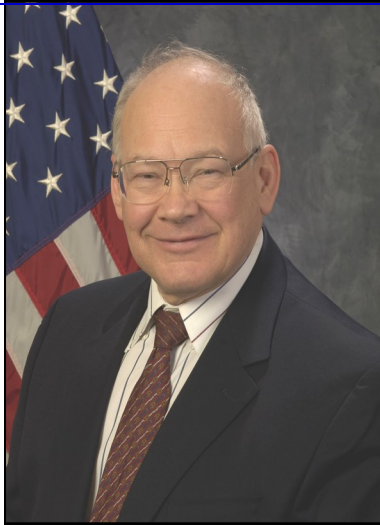
Inside this issue:	
<a href="#">DFAS Access Rules</a>	1
<a href="#">AGI School Selection Guide</a>	2
<a href="#">VA Benefits</a>	3
<a href="#">VA Benefits</a>	4
<a href="#">Tricare</a>	5
<a href="#">Tricare</a>	6
<a href="#">Health</a>	7
<a href="#">Obituary of Cecil Hahn</a>	8
<a href="#">我々の事務所はいろんなことが出来ます</a>	9
<a href="#">Memorial Day Retreat</a>	10
<a href="#">Still Serving</a>	11
<a href="#">RAO &amp; MMRA Info</a>	12



**SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN**



## YOUR RAO STAFF



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### AGI Bill Comparison Tool— School Selection Guide

Eligible vets who want to learn about education programs and compare benefits by school can do so by toing to <https://www.va.gov/gi-bill-comparison-tool>. At this site after entering your military status, you can select which GI Bill benefit you want to use (<https://www.va.fob/education/eligibility>) and search for school/institutions in your geographic area that can provide the education experience you are seeking

When you click on the site's "Search" tab all accredited schools in your area will appear and when you select one you will be provided with the housing allowance and book stipend you can expect to receive along with how much the GI Bill will be paying the school for your tuition. Also provided is the number of student complaints received in the last 24 months and institution summary which contains useful information on the following:

- Accreditation
- Veterans tuition policy
- Protection against late VA payments
- Credit for military training
- Independent Study acceptance
- Rogers STEM Scholarship eligibility
- Does the school have a dedicated point of contact for support services for Veterans, military service members, and their families?
- Institution codes

Courtesy of <https://veteransresources.org/2021/04/rao-bulletin-15-april-2021/>





## Veterans Administration

### Protect your VA Pension

Veterans could be targets of pension poaching scams. If you currently receive VA pension payments or if you are thinking about applying for Veterans Pension, Survivors Pension or Aid and Attendance (A&A) and housebound benefits, you could be the target of a scam known as Pension Poaching. Don't let scammers take advantage of you.

### What is Pension Poaching?

Every year, VA distributes a billion dollars in pension payments to help low-income Veterans who served in wartime and their families through financial challenges. Pension poaching is a financial scam that targets Veterans, survivors and family members who may be eligible for these benefits. The most popular type of pension poaching occurs when dishonest people falsely qualify Veterans and survivors for VA pension benefits. These individuals may be attorneys, financial planners or benefits advisors.

Veterans should be on the lookout for people or organizations who:

- Tell you to move your money around to qualify for VA pension payments.
- Claim that pension benefits can be deposited into a caregiver's account.
- Charge you money for assisting with a VA pension claim.
- Take your credit card information over the phone.
- Charge you money upfront to represent your claim with VA.

Most poaching scams target Veterans and family members who do not qualify for VA pension bene-

fits. If VA approves your pension benefits and later determines that eligibility did not exist, you may be required to repay the benefits to the government.

### Protecting yourself from financial scammers.

The most important thing you can do to protect yourself and your family from pension poaching is to know the facts. Here are the top things you should know to keep your benefits safe.

Only approved individuals can help you file a claim. In addition to working directly with VA, there are three types of representatives that can help you with your claim: Veterans Service Organizations, attorneys and agents. VA's Office of the General Counsel maintains a searchable list of approved individuals. Always check this list before discussing your pension benefits with anyone outside of VA.

- You do not need to pay to submit your application. VA does not charge to process your application. No one can charge you to prepare or file an initial application without breaking federal law.

- You should never pay money upfront. In some cases, an accredited attorney or claims agent may be able to charge you a fee for preparing your claim. This can only happen after a VA regional office issues a decision on your claim. The attorney or agent must also file a power of attorney and a fee agreement with VA.

- No one can guarantee that you will receive benefits from VA. Even accredited individuals on the Office of the General Counsel list cannot guarantee that you will receive VA pension benefits after you apply. Only VA can determine eligibility and award benefits and services.

- VA benefits can only go directly to Veterans or survivors. Pension payments cannot be placed into a caregiver's account.

Keep these tips in mind when applying for VA pension benefits and you can "Spot a Scam, Stop a Scam" before it happens.

For more information visit [va.gov](http://va.gov) to learn more about VA pension benefits. You can call 1-800-827-1000. .

For additional information protecting yourself from pension poaching, check out the Pension Poaching Prevention (the <https://www.benefits.va.gov/BENEFITS/factsheets/limitedincome/pension-poaching.pdf>) or the Pension Program and Representation fact sheet

(<https://www.benefits.va.gov/BENEFITS/factsheets/limitedincome/pensionprogram-and-representation.pdf>)

*Courtesy of [blogs.va.gov](http://blogs.va.gov)*

### 35th MDG Retiree Records Maintenance

Base medical requests that retirees have some legal items added to their medical records, in case of an emergency. Items like a Will, Power of Attorney for medical issues, or any other important documents can be brought to the records section window to the left of the pharmacy for addition to your medical record. It would also be a good idea to provide copies to the RAO as we are normally contacted about health care and legal issues, that arise in the event of an emergency.

*Relayed by Gary Grishaver*



## Veterans Administration

### VA Expands Agent Orange Conditions

VA announced recently two major decisions related to presumptive conditions associated with Agent Orange and particulate matter exposures during military service in Southeast Asia.

#### Agent Orange

VA will begin implementing provisions of the William M. Thornberry National Defense Authorization Act for Fiscal Year 2021 (Public Law 116-283), adding three conditions to the list of those presumptively associated with exposure to herbicide agents, more commonly known as Agent Orange. Those conditions are bladder cancer, hypothyroidism and Parkinsonism.

“Many of our Nation’s Veterans have waited a long time for these benefits,” said Secretary of Veterans Affairs Denis McDonough. “VA will not make them wait any longer. This is absolutely the right thing to do for Veterans and their families.”

VA will apply the provisions of court orders related to *Nehmer v. U.S. Department of Veterans Affairs*, (<https://www.govinfo.gov/content/pkg/STATUTE-105/pdf/STATUTE-105-Pg11.pdf>) which may result in an earlier date for entitlement to benefits for Veterans who served in the Republic of Vietnam during the Vietnam War. Vietnam War era Veterans and their survivors who previously filed and were denied benefits for one of these three new presumptive conditions will have their cases automatically reviewed without the need to refile a claim. VA will

send letters to impacted Veterans and survivors.

#### Particulate matter Exposures

The Secretary recently concluded the first iteration of a newly formed internal VA process to review scientific evidence to support rulemaking, resulting in the recommendation to consider creation of new presumptions of service connection for respiratory conditions based on VA’s evaluation of a National Academies of Science, Engineering and Medicine report and other evidence.

VA’s review supports initiation of rulemaking to address the role that particulate matter pollution plays in generating chronic respiratory conditions, which may include asthma, rhinitis and sinusitis for Veterans who served in the Southwest Asia theater of operations during the Persian Gulf War and/or after September 19, 2001, or in Afghanistan and Uzbekistan during the Persian Gulf War.

“VA is establishing a holistic approach to determining toxic exposure presumption going forward. We are moving out smartly in initiating action to consider these and other potential new presumptions, grounded in science and in keeping with my authority as Secretary of VA,” said Secretary McDonough.

VA is initiating rulemaking to consider adding respiratory conditions, which may include asthma, sinusitis and rhinitis, to the list of chronic disabilities based on an association with military service in Southwest Asia, Afghanistan and Uzbekistan during the covered periods of conflict. VA will conduct broad outreach efforts to reach impacted Vet-

erans and it encourages them to participate in the rulemaking process.

For More information visit <https://www.publichealth.va.gov/exposures/burnpits/index.asp>

*Courtesy of blogs.va.gov*

### U.S. Department of Health and Human Services Physical Activity Guidelines

The Physical Activity Guidelines is an essential resource for health professionals and policy makers. It includes recommendations for Americans ages 3 years and over — including people at increased risk of chronic disease — and provides evidence-based advice on how physical activity can help promote health and reduce the risk of chronic disease.

The Guidelines serve as the primary, authoritative voice of the federal government for evidence-based guidance on physical activity, fitness, and health for Americans.

Since 2008, the Physical Activity Guidelines for Americans has been a go-to resource for policy makers and health professionals — and served as a foundation for federal physical activity and educational programs

For more information about these Physical Activity Guidelines, please go to <https://health.gov/our-work/physical-activity/about-physical-activity-guidelines>



## Tricare Claims

### Filing a TRICARE Claim

We have covered this process in the past but it is a process that we seldom think about until we actually need it. So, we are presenting the TRICARE claim processing process again.

In most cases, you will have to initiate your own claim with TRICARE after receiving care in the local area. If you were in the states, and using a Tricare participating provider, they would process and submit the claim for you. But, since you are outside the United States, you will have to do it yourself.

If you receive treatment in the overseas area

- If you get treatment in the US or US Territories, claims must be filed within one year of treatment.
- In all other overseas areas, claims must be filed within three years of treatment.

There are many different types of claims you can file (medical, pharmacy, dental and third-party liability).

#### Medical Claims

Follow the steps below to file and check the status of your claims

- Keep a copy of all paperwork for your records
- If you need help, call your regional contractor. For the Pacific Overseas Area, the contractor is SOS International and they can be contacted by calling Japanese Free Dial 0120-983-990.

#### 1. Fill out the TRICARE form.

- Download the DD Form 2642 from <https://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2642.pdf>
- Fill out all 12 blocks of the form completely

- Sign the form

#### 2. Include a copy of the provider's bill.

Attach a readable copy of the provider's bill to the claim form, making sure it contains the following:

- Sponsor's Social Security Number (SSN) or Department of Defense Benefits Number (DBN). Eligible former spouses should use their SSN.
- Provider's name and address (if more than one provider's name is on the bill, circle the name of the person who treated you).
- Date and place of each service
- Description of each service or supply furnished.
- Charge for each service (itemized receipt).
- Diagnosis (if the diagnosis is not on the bill, be sure to complete block 8a of the form.)

#### 3 Submit the Claim

- Mail your completed claim for to the claims address for your claims processor. You can find processor's addresses at <https://www.tricare.mil/FormsClaims/Claims/MedicalClaims/Addresses>.
- Misawa is in the Pacific group.
- If filing a claim overseas, you can submit your claim online Go to <https://www.tricare.mil/FormsClaims/Claims/MedicalClaims/FilingOverseas>

#### 4 Check the Status of Your Claim

To keep track of your claims online, you'll need to register on your claim processor's site. International SOS is the provider for us here in Misawa. Go to <http://www.tricare-overseas.com/> to register with them.

Once registered with International SOS, you can also

- Look up your deductibles and your out-of-pocket expenses
- Update your other health insurance information

- View your explanation of benefits online.

The sooner you file your claims and other paperwork is received, the sooner you will be paid. The TRICARE website states that most claims are processed within 30 days. Please check with your claims processor for more information.

You will be reimbursed for TRICARE-covered services at the TRICARE allowable amount. This amount won't be include any co-payments, cost-shares or deductibles. There are special rules for filing claims if you are involved in an accident with possible third-party liability. If you need assistance at any time or if your claim is denied, contact your regional contractor.

There are also special instructions for claims for same-sex spouses. How to file depends on the date of your marriage. Go to <https://www.tricare.mil/FormsClaims/Claims/MedicalClaims> to see this information.

Once again, you can find the TRICARE processor's information by going to <https://www.tricare.mil/ContactUs/ClaimsAddresses> If you are here in Misawa, you are under the Pacific (All Others) category.

You won't need to file claims when using the US Family Health Plan.

For information on Dental and the other types of claims you may want to file. go to <https://www.tricare.mil/FormsClaims/Claims>

Go to <http://www.tricare-overseas.com/beneficiaries/claims/claims-portal-login> to begin the online filing process.

Courtesy of [www.tricare.mil](http://www.tricare.mil)





## TRICARE

### Airborne Hazards and Burn Pit Exposure

“Airborne hazard” refers to any sort of contaminant or potentially toxic substance that we are exposed to through the air we breathe. While on active duty, military service members may have been exposed to a variety of airborne hazards including:

- The smoke and fumes from open burn pits
- Sand, dust, and particulate matter
- General air pollution common in certain countries
- Fuel, aircraft exhaust, and other mechanical fumes
- Smoke from oil well fires.

VA understands that many Veterans are especially concerned about exposure to the smoke and fumes generated by open burn pits.

In Iraq, Afghanistan, and other areas of the Southwest Asia theater of military operations, open-air combustion of trash and other waste in burn pits was a common practice. The Department of Defense has now closed out most burn pits and is planning to close the remainder.

Depending on a variety of factors, you may experience health effects related to this exposure. Factors that may indicate you have a greater or lesser risk of short or long-term health effects include:

- Types of waste burned
- Proximity, amount of time, and frequency of exposure
- Wind direction and other weather-related factors
- Presence of other airborne or environmental hazards in the area
- Researchers, including experts at VA, are actively studying airborne hazards like burn pits and other military environmental exposures. Ongoing research will help us better understand potential long-term health effects and provide you with better care and services.

• Many health conditions related to these hazards are temporary and should disappear after the exposure ends. Other longer-term health issues may be caused by a combination of hazardous exposures, injuries, or illnesses you may have experienced during your military service including blast or noise injuries.

### Health Care and Benefits

VA understands that exposure to airborne hazards like burn pits is a serious concern for many Veterans. We strongly encourage all Veterans who are concerned about any kind of hazardous exposure during their military service talk to their health care provider and apply for VA health care at <https://www.va.gov/health-care/>

VA health care is also available for free to combat Veterans for five years after separation to help ensure continuity of care for health issues related to their military service. If you are enrolled in VA care, you can contact your facility’s Environmental Health Coordinator (<https://www.publichealth.va.gov/exposures/coordinators.asp>) for more information and resources.

Veterans can also file a claim (<https://www.va.gov/disability/how-to-file-claim/>) for compensation and benefits. If you participate in the Airborne Hazards and Open Burn Pit Registry (AHOBPR), you may save and submit a copy of your registry questionnaire to support your claim. Through the claims process, VA evaluates Veterans’ individual exposures, circumstances of service, and needs.

VA is initiating rulemaking to consider adding respiratory conditions, which may include asthma, sinusitis and rhinitis, to the list of chronic disabilities associated with military service for Veterans who served in the Southwest Asia theater of operations during the Persian Gulf War and/or after September 19, 2001, or in Afghanistan and Uzbekistan during the Persian Gulf War. Read more: VA plans expansion of benefits for disability claims for conditions related to certain toxic exposures at <https://www.va.gov/opa/>

[pressrel/pressrelease.cfm?id=5675](https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5675)

### Join the Registry

We encourage all Veterans who are eligible to participate in VA’s Airborne Hazards and Open Burn Pit Registry at <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/#page/home>. By joining the registry, you can provide information that can help us better understand the long-term effects of burn pit exposures even if you have not experienced any symptoms or illnesses you believe are related to burn pit exposure, your participation could help VA provide better care to all Veterans.

- Participation in the registry is separate from and cannot negatively impact your ability to file a claim or receive health care from VA.
- You can save and submit your registry questionnaire and notes from the optional health evaluation support your claim.
- You do not have to participate in the registry to be enrolled in VA health care or file a VA claim.

You can participate even if you do not recall any exposure to airborne hazards during your military service.

Visit <https://www.publichealth.va.gov/exposures/burnpits/registry1.asp> to learn more about eligibility and how to get started.

For more information on this topic, please go to <https://www.publichealth.va.gov/exposures/index.asp>

*Courtesy of [www.tricare.mil](http://www.tricare.mil)*

### 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



## Health

### Men: It's a Sign of Strength to Ask for Help

We don't always talk about it, but men (just like anyone else) are often subject to societal and cultural notions that don't really make all that much sense. A lot of us are taught from a young age to be tough, self-sufficient, not to complain and, when we are hurting or otherwise out of commission to, "rub a little dirt in it." I won't say that those ideas are completely without value, but a strict adherence to such machismo can actually be counter-productive.

Just as when we were active duty, whether we are working or totally retired, we need to be ready to handle issues as they arise. How can we truly be ready if we ignore problems we are facing? We wouldn't use faulty equipment to perform a task, nor would we ignore the regular maintenance of that equipment in the first place. Following this logic, one can see that seeking care for our ailments, whether they be physical, mental, or spiritual, is actually the realization of one of our core principles.

In fact, part of being self-sufficient is knowing when to reach for a new tool when the one you're using isn't up to snuff. We can all do our part to foster an environment where malignant attitudes about seeking help are muffled.

The next time you see someone suffering, consider saying, "You should get that checked out," or, "Maybe you should talk to someone about that," instead of, "Suck it up." It's small measures like these taken in composite that will eventually change the culture around men seeking care, in our society at large.

In short, keeping your body, mind, and spirit in a high-functioning state is part of the job, and it is part of being a high-functioning individual. We all need a little help from time to time and knowing when to go in for that oil-change or

tune-up is nothing if not self-sufficient. *Courtesy of health.mil/military-health-topics*

### Express Scripts Mobile App

If you are like me, you might have at least one medication that is not available at the Military Medical Facility you use. Maybe you are tired of waiting to pick up your medication or, it may not be convenient to use a military facility. The answer to this may be Express Scripts on-line pharmacy.

If you do use Express Scripts, you may want to take advantage of an easier way to manage your online prescriptions? The Express Scripts mobile app can help you access your TRICARE pharmacy benefit and securely manage the medicine you take.

"The mobile app is convenient, accessible, and simple for you to use," said U.S. Public Health Service Cmdr. Teisha Robertson, a pharmacist with the Pharmacy Operations Division at the Defense Health Agency. "It's like a pharmacy-on-the-go. It lets TRICARE beneficiaries refill and track their prescriptions anytime and anywhere."

The mobile app is also free and people can visit the Apple App Store or Google Play Store to download it. To get started, log in to the app with your TRICARE Express Scripts username and password. If you don't have an account, you can get one (<https://militaryrx.express-scripts.com/getting-started#createaccount>).

Once you've signed in on your phone, you can use the app to:

- **Order prescriptions.** You can view which prescriptions are due for refill or renewal, and reorder medications. If you have any questions about your order, you can connect with a pharmacist 24/7.

- **Track orders.** You can track your

current order's estimated ship date and then track the order in transit.

- **Set up automatic refills.** If your medications are eligible, you can set up and manage automatic refills through the app. Express Scripts will refill and ship prescriptions when 25% of your current prescription is remaining. That way, you never run out of medication.

- **Pay bills.** You can make secure payments from the mobile app. The app will show your current balance on your account. You have several payment options as well as the option to set up automatic payments.

- **Manage medications.** You can set dose reminders that alert you to take your medication. This will help you stick to a steady routine and be less likely to miss a pill.

**Move prescriptions to home delivery.** If you have an existing prescription at a military or retail network pharmacy, you may be able to request home delivery. You can see which medications are eligible for home delivery within the mobile app. As stated in the TRICARE Pharmacy Program Overview (<https://www.tricare.mil/publications>), you can get up to a 90-day supply of most medications mailed to you for the applicable copayment with free standard shipping with home delivery. You can also see if your medication is covered through home delivery by using the TRICARE Formulary Search Tool (<https://www.express-scripts.com/frontend/open-enrollment/tricare/fst/#/>).

Take command of your TRICARE pharmacy benefit. Download the Express Scripts mobile app today for an easy way to manage your prescriptions.

*Courtesy of [www/retirees.af.mil](http://www/retirees.af.mil)*

### Access to retiree publications of each service:

**Army Echoes:** [www.armygl.army.mil/rso/echoes.asp](http://www.armygl.army.mil/rso/echoes.asp) **Navy Shift Colors:** [www.shiftcolors.navy.mil](http://www.shiftcolors.navy.mil)

**Air Force Afterburner:** [www.retirees.af.mil/afterburner](http://www.retirees.af.mil/afterburner)

**Marine Corps Semper Fidelis:** [www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MM/SR/RET\\_ACT/SemperFidelis](http://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>





## A Well-Known Member of the Misawa Community Passes



Most all local Misawa retirees know already, but if you did not get the news, SMSgt (USAF Ret) Cecil F Hahn passed away at 6:32 am on September 12, 2021 at the Red Cross Hospital in Hachinohe, Japan. He had been fighting lymphoma for 3 1/2 years. Cecil was 83. Cecil was one of the oldest retirees in Misawa and he was a residence of Misawa over 50 years.

Cecil was from Alto, Texas and enlisted in the U.S. Air Force in July 1958. He served in the United States Air Force Security Service (USAFSS, which later became the Electronic Security Command) and had tours of duty in Japan, Alaska, and Germany. He was a 207X2 Printer Systems Operations Specialist. His last unit was the 6920 Electronic Security Group in Misawa, Japan and he retired from the Air Force in July 1986 as a Senior Master Sergeant (SMSgt). Cecil decided to stay in Japan and he got employed by the Army Corps of engineers as a service support specialist at the Misawa Resident Office

where he worked until he retired in 2010. His total service for our country exceeded 50 years. Cecil is survived by his wife Misako.

Cremation was held at the Misawa City Crematorium at 10am on September 15, followed by a wake and funeral at his home. Due to the covid epidemic the family kept attendance to a minimum but any close friends were welcome to attend any of the ceremonies.

Cecil Hahn was loved and respected for his leadership and mentoring and his loss was echoed from former members of the Security Service from all over the world, as well as the many friends and co-workers he had here in Misawa. We will miss him. RIP SMSgt Cecil Hahn.



*Cecil Hahn makes a presentation to departing 301st Intelligence Squadron Commander Col Kimberlee Joos. The 301st was the successor unit to the 6920th ESG, Cecil's unit when he retired. A year later, on June 30, 2014, the 301st IS was deactivated.*





## 我々の事務所はいろんなことができます。

我々の事務所は、多くの方法であなたを支援することができます。

我々があなたのためにすることが:

- アメリカの所得税申請と税金に関する問い合わせ
- 年金の申し込み問い合わせ
- 毎月自動振り込みの申し込み
- 家族の中の死亡に関する書類
  - 生存者給付金支払い [SBP, SSA等]
  - 生命保険金請求
  - 親類に通知
  - 債権者に通知
  - 口座の解約とその問い合わせ
  - 資産の移動
- 重要な文書を保管します
- 医療保険のために請求の提出し
- 文書の翻訳
- 英語で通信をします

以上は全てではないです。分からない時、困ってる時、なんでも、ご遠慮なくお相談OKです。

我々事務所のRetiree Activities Office(リタイアリーアクチヴィティオフィス)はどんな問い合わせでもをお手伝いします。ご遠慮なく連絡ください。

Tel: 0176-77-4428 (月~金、0900-1500) (日本語は月、金曜日のみ)

メール: misawa.rao@us.af.mil (日本語のメールはOKです)

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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**



# POW/MIA Day Retreat



Misawa Air Base held its annual POW/MIA Day Retreat at Risner Circle on Thursday, 2 September 2021. Because of the continuing issue with COVID-19 exposure it was an abbreviated ceremony. This year there was only an active duty flight because of COVID. We retirees attended as spectators for the memorial event. As military retirees this annual retreat means a great deal to us all as many of our friends and military comrades are among those we honor.



# Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the 2nd quarter 2021 edition of the Misawa Air Base Retiree Activities Office Newsletter.

We at the RAO are charged with getting information to you, our retired military community. Compiling a newsletter is one of the best ways to keep you informed but, it's a lot of work. Lee Martin and I ask for your help. We serve the retired community of northern Japan, which includes Misawa, and the six prefectures of Tohoku and prefecture 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 also solicit your feedback. What do you want to see covered in these newsletters? How can we improve? We will gladly consider your feedback and include your contributions in your newsletter. Send your contribution to:

[misawa.rao@us.af.mil](mailto:misawa.rao@us.af.mil)

Managing Editor's Announcement— Beginning with this issue Dave Barton, the Deputy Director will take over as managing editor for the RAO Newsletter

## MMRA Notes:

1. Membership dues are \$20 a year. If you have not paid your dues for 2020, please call the RAO or e-mail the RAO and talk to Dave Barton, the 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 survivors.**



## MMRA Meeting Schedule

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

2 February 2021

6 April 2021

1 June 2021

3 August 2021

5 October 2021

7 December 2021

**NEXT MEETING—TUESDAY, 3 Aug 2021**



# SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



USEFUL NUMBERS

Exchange: 0176-77-8255-7 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—Retiree Activities Office

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. In an emergency, he may be reached at 09040450149 after hours.

**35th FW/CVR (RAO)  
 Unit 5009  
 APO AP 96319-5009**

**Phone: 011-81-176-77-  
 4428/5675  
 DSN: (315) 226-4428/5675  
 Email: misawa.rao@us.af.mil**



**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.**

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