



Wyoming National Guard Retiree News

Volume V, Number 6

November 2007

ATTENTION AVIATORS

In an effort to document the history of Army aviation in Wyoming, The Army Aviation Support Facility is requesting your help.

The AASF is compiling a photographic history of events, missions, deployments, etc, and would appreciate any photographs you would like to share.

Please email the photos with a description including the event name, dates and individuals involved to: billie.hall@us.army.mil or mail to: Mrs Jeanie Hall, Secretary, WYAASF, 4600 Powderhouse Road, Cheyenne, WY 82001.

1041ST RETURNS

The 146 members of the Wy-ARNG 1041st Engr Co returned to WY on 3 Oct. after being deployed to Iraq since July 2006.

While in Iraq, the unit performed convoy security operations at various locations and returned to the state without one casualty. The 1041st was the first WyARNG unit mobilized after 11 Sept. 2001 and deployed to Fort Polk, LA, with intent to further deploy to Iraq to perform bridge building operations.

Unit's equipment was sent to Iraq but the unit was not. The conflict ending so quickly the unit was demobilized and never went overseas. 1041st is headquartered in Rock Springs with detachments located in Afton and Evanston.

Formal awards ceremony will be held in Feb. 2008.

NEW ANG COMPLEX

The newly constructed WyANG Composite Airlift Support Complex was dedicated on 6 Oct.

The \$7 million building will replace a dilapidated metal building constructed in 1947 and several temporary trailers erected in 1996.

It will house the 153rd Aerial Port Flight and the 243rd Air Traffic Control Squadron.

Construction of the environmentally efficient building took one year to complete.

AIRMEN RETURN

Fourteen members of the 153rd Aerial Port Flight, WyANG, returned to Cheyenne on 9 Sept., after a 4 month deployment to Qatar.

Their primary mission was the loading and unloading of cargo and people on and off aircraft.

TRANSFORMATION

It used to be called reorganization. It is now called transformation.

If you remember a couple newsletters back we announced by Sept. 08 the entire WyARNG will be transformed into the modern military era.

The first transformation ceremony was held on 9 Sept., when the 1022nd Medical Company was transformed into Company C, 5th Bn, 159th General Support Aviation Battalion.

Unit personnel cut it short and call it "C Company." Unit mission remains the same.

GOV'S RECEPTION

A very successful annual Governor's Reception was held Saturday evening, 6 Oct., at Little America in Cheyenne.

Six officials received special awards during the reception.

Gov. Freudenthal was presented with the prestigious EANGUS Patriotism Award. It was the first time the award had ever been given and it was an honor the WY governor was selected.

Maj. Gen. Wright presented State Rep. Pete Illoway with the NGAUS Charles Dick Medal of Merit for his continuous valuable support for the WyNG.

WY Secretary of State Max Maxfield and WY State Senators John Hastert and John Hines and State Rep. Pete Anderson were awarded the WyNGA Medal of Excellence.

Five WyNG members received the Heroes Among us Award:

PFC Brandon Belmonte, Spc. Brant Knight, Senior Master Sgt. Bob Watkins, Chief Warrant Officer Brian Prickett, and Chief Warrant Officer Scott Woodcock.

Contents

<i>Editor's notes</i>	2
<i>WMHS</i>	2
<i>Obituaries</i>	3
<i>Retiree Council update</i> ...	4
<i>Association updates</i>	4
<i>Letters to the Editor</i>	5
<i>Congressional bills</i>	6
<i>Of interest</i>	7 & 8

A long time dream is becoming a reality. Thanks to Maj. Gen. Ed Wright, Doug Shope and Mike Mansfield, there will be a Wyoming National Guard Museum. The keys were turned over to the WMHS in October for the building at 624 E. Pershing Blvd., in Cheyenne.

All the locks have been changed, carpets shampooed, new paper towel dispensers installed and a years supply of towels, toilet paper and flags for the

Wyoming Militia Historical Society

flag pole were left for the museum to use.

The WyANG will soon be able to move much of their vast collection to the larger building and have more room to display and store those treasures.

The inventory needs to be completed. A museum curator/ historian needs to be hired. These two items will not happen until approved by the state legislature.

A museum board as well as a museum foundation board needs to be organized.

The museum board, with several members, will make the display decisions, plan the storage areas and coordinate the volunteers. A foundation board made up of very few members will solicit funds to manage the museum needs and finances.

The WyNG Museum also needs a logo. The museum has a large fenced outdoor area for static displays. We have never collected large pieces of equipment but now we have plenty of room for those items. They also will draw attention to the museum.

We will need small tools, ladder, 2 wheel dolly, clocks, cleaning supplies and a steamer. The banners, guidons and flags have folds from many years in storage and need to be steamed.

Help is needed. Please offer to make the museum become an open for business reality. For more information contact the WMHS at (307) 630-1676.

EDITOR'S COMMENTS

Lots of exciting things are happening or will be happening over the next year in the WyNG retiree community:

* Annuities for surviving spouses, age 62 and over will finally be increased to 55% on 1 April 2008.

* The building in Cheyenne at 624 E. Pershing has been designated the WyNG Museum.

* A curator/historian position under PAO has been requested for in the WyMD 2008-2010 proposed budget.

* A proposal for a separate line entry in WyMD 2008-2010 budget requests to cover Retiree Council expenses which will include but are not limited to:

1. Annual Retiree Conference.
2. Travel expenses for out of town council members to attend scheduled meetings in Cheyenne.

3. Travel expenses for out of town attendees to attend the annual Retiree Conference.

4. Cost of printing, labeling and mailing WyNG Retiree Newsletter three times a year.

5. Cost to cover a USPS bulk mailing permit.

* Sufficient funds are being requested for in the WyMD 2008-2010 proposed budget to complete the inventory of holdings maintained by Wyoming Militia Historical Society, Wyoming Air National Guard, and Wyoming Army National Guard armories.

I encourage every reader to contact the Wyoming state legislators they know and convince them to support all of the WyMD 2008-2010 budget request -- particularly those monies forecasted to support the Retiree Council projects.

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OBITUARIES

This section of each newsletter is dedicated to those who have passed on.

FRANK E. ARCHULETA, 60, died 7 Oct., at VA hospital in Cheyenne and was born 23 Jun 47 in Mora, NM. He served in the US Army from Apr 66 to Feb 68, joined the WyARNG 5 Jan 84 and was separated as E5 4 Jul 95. In 1984 Frank earned a LPN associate degree from LCCC in Cheyenne. He worked for and with Dr. Jim Haller both militarily and in private practice.

NANCIE K. COX, 65, died 23 Sept., in Cheyenne. She was born 24 Aug 42 in Torrington. She was the wife of WyANG retired MSgt Arnold Cox. Her son Steve Cox flew C-130s for WyANG at one time. She also was the sister of WyARNG retired Terry Eddleman, of Wheatland.

DELORES (DEE) G. DAUSMAN, 59, died 30 Aug., at the VA Hospital in Cheyenne. She was born in Rock Springs, 28 May 48 but had lived in Cheyenne most of her life. Dee joined the WyANG 18 Apr 75 and served continuously both military and full time until 27 Apr 95 when she was transferred to the Retired Reserve as an aerovac supervisor MSgt. She was the wife of WyNG retired SMSgt Ronald Dausman.

MELVIN D. (MEL) DUNCAN, 76, died 11 Oct., at the Cheyenne Regional Medical Center and was born in Cheyenne on 5 Sep 31. Mel joined the WyANG 12 Nov 48 as an aircraft armorer while still in high school. He served on active duty with the unit for the Korean War and participated in the Atomic Bomb test in Nevada during that time. After the war, he returned to Cheyenne to serve continuously in the WyANG both military and full time. He served as airplane mechanic, crew chief, flight engineer and progressed through all the enlisted ranks until he was promoted to CMSgt 1 Jan 66. Mel was transferred to the Retired Reserve 5 Sept. 91 after completing almost 43 years of military service and as the most senior CMSgt in the entire USAF to include all the reserve components. He was considered to be the most knowledgeable person on the history of the WyANG.

DR. ALVIS R. (AL) FORBES, 56, died

of a heart attack 1 Oct., while returning to his home in Jackson. He was born 29 Nov. 50 in Yakima, WA. Dr Forbes was an orthopedic surgeon, an active member of the WyARNG since 5 Apr 94, had been promoted to COL MC 10 Dec 05, had just completed 20 years of military service and had served on active duty US Army from 78 to 87. He served in Saudi Arabia and Iraq during 91 Gulf War and did tours in Afghanistan in 03 and Iraq in 05.

MARGARET A. (MAGGY) HOLMES, 65, died 18 April, in Las Vegas, after battling breast cancer. She was born 11 Mar 41 in Harlingen, TX. She held bachelor and master degrees in nursing and was one of a few USAF nurses to earn chief flight nurse wings. Maggy served as a flight nurse with WyANG from 1 Aug 64-24 Apr 72 and from 12 Sep 81- 8 Feb 90 when she was separated as LtCol. She finished her 20 year of military service in Sep 92 as a IMA at Bergstrom AFB.

ROBERT T. (BOB) JOHNSON, 82, died at Cheyenne Regional Medical Center 25 July, after a short illness. Bob was born 20 Dec 24 in Chicago but dedicated 55 years of his life to aviation in WY. He was inducted into the WY Aviation Hall of Fame in 2004. He was in the US Navy during WWII (Jun 42-Dec 45) and served in the CO ARNG from 11 Nov 47 to 20 Jul 54. He then joined WY ARNG as a 2LT and served as a fixed wing and helicopter pilot unit his separation as 1LT on 4 Aug 61.

RICKY J. HUBER, 57, died 17 July, at the hospital in Scottsbluff, NE and was born 8 Jun 50 at Lynch, NE. Ricky served on active duty with US Navy Nov 68-Jul 77 and in USNR Jul 77-Jul 83. He joined WyARNG 13 Dec 83 and served to 25 Oct 97 when he was transferred to Retired Reserve as MSG.

MICHAEL T. (MIKE) LINNEMAN, 55, died of a heart attack in Fairbanks, AK. Mike was the husband of WyANG retired CMSgt Virginia Linneman. He had served on active duty with US Navy from 70 to 76 followed by 16 years in USNR, retiring as a E9 in 96 after completing 22 years of military service.

JACK E. MATHSON, 75, died 18 Sept., at his home in Evanston. He was born 20 Apr 32 in Denver. He joined WyARNG 29 Mar 49 and was mobilized with the

141st Tank Bn for the Korean War as a 19-year-old tank commander. He was discharged from WyARNG 30 Dec 60 as SSG.

RICHARD E. PLATT, 74, died 20 June, in Rock Springs. He was born 8 Sep 32 in Carlsbad, NM. Richard joined the WyANG 15 Sep 49 and was mobilized with the unit for the Korean War. He was discharged from WyANG 7 Aug 63 as SSgt.

FRANCES F. SELBY, 78, died 3 Aug., at Cheyenne Life Care Center. She was born 6 Oct 28 in Palisade, CO. She was the surviving spouse of a past long time full time retired member of WyARNG CW4 Richard A. (Shaky) Selby who died 20 Sep 05.

BRYAN SHARRATT, 59, died of a sudden heart attack at his home in Arlington, VA. Bryan was a native of WY and born in Wheatland. He had served as a past Deputy Asst Secretary USAF (Reserve Affairs), Exec Director for the National Committee for ESGR and was a principal policy advisor to DoD on Reserve Component matters. He had 25 years military service as a JAG, first active duty Navy and then USAFR.

CLIFTON R. SMITH, 80, died 28 July, at his home in Powell, and was born 11 Jul 27. Clifton served on active duty with US Army Sep 46-May 47 and joined WyARNG 31 Jul 50 to be mobilized with 300th AFA Bn for the Korean War. He returned from the war as a SFC and was appointed 2LT 8 Mar 54. He was transferred to the Retired Reserve as MAJ on 2 Aug 71.

ROY J. TRIPPLE, 80, died 16 Aug., at Cheyenne Regional Medical Center. He was born 3 Apr 27 in Gering, NE. Roy served in the Army Air Corps during WWII and joined the WyANG 22 May 54. He served continuously until 21 May 80 when he was honorably discharged from 153 Cmbt Spt Sq as MSgt. He also retired from civil service.

NORMAN N. (NORM) TYSER, 88, died 21 July, at Ivinson Hospital in Laramie. He was born 2 Oct 18 in Rochester, NY. Norm served in the US Army during WWII (Apr 41-7 Dec 45) in the European theater. He joined the WyARNG as 1LT 28 Jul 47 and became the full time finance officer in the USPFO and until 5 Aug 60 when he was separated as MAJ.

RETIREE COUNCIL UPDATE

The following WyNG Retiree Council report was submitted to Maj. Gen. Ed Wright, TAG WY, 7 Oct.:

1. WyNG Retiree Council convened at 1300, 6 Oct., at Little America. Present were Bob Holmes, Nick Kricken, Rich Ames, Dick Simmons, Mary Barrett, Ken Persson, Sue Reed and recorder Debbie Franck. Absent were Larry Barttelbort, Kem Price, Mel Duncan and Jeanette Daly.

2. Council critiqued just completed 4th Annual Retiree Conference, and all felt it was very successful. There were 120 in attendance. Agenda needs to be kept pretty much the same next year. Changes recommended next year:

a. Extend briefing time was discussed. Time is limited as conference is held same day as Governor's Reception which starts at 1800. Could add 1 hour at end and conclude at 1600 but would be depended on catering capabilities.

b. Change TAG to first speaker and allow him to welcome attendees.

c. Give more time to Triwest to cover medical benefits. Perhaps give Triwest 1 hour and brief during lunch. Request Triwest to provide names of pharmacists' network in WY since there are limited Walgreens and Wal-Marts.

d. Retired Lt. Col. Dennis Cook desires to speak on estate planning next year. He occupied a booth this year at county fair.

3. Bob Holmes asked the council to be thinking of a new person to chair next year's conference. His time will be spent working on the WyNG museum. A person needs to be selected at 2008 spring meeting

to allow ample time to do the job.

4. Council to put an all out effort to encourage legislators to pass the WyMD 2008-2010 budget request which includes monies for Retiree Council projects.

5. Maj. Gen. Wright is requested to appoint a full time staff member as assistant to the council. There is no longer an immediate contact or go to in the WyMD.

6. Old business of acquiring shirts and/or coins was tabled until 08 spring meeting.

7. Spring meeting will be held in conjunction with WyNGA conference 25-26 April, in Cheyenne. Meeting to convene Sunday 27 Apr, at the WyNG Museum.

ASSOCIATIONS

WyNGA sponsored a Monte Carlo night as a social event and a fund raiser at the Shrine Club, in Cheyenne, Oct. 5 with about 50 in attendance. Games of chance were Black Jack, Craps and 2-3 Texas Hold-em.

The association cleared about \$450. More events are planned for the future.

WyNGA has a new mailing address. It is P.O. Box 2615, Cheyenne, WY 82003. Plans are being made to hold the 2008 state convention in Cheyenne at the Shrine Club 25-26 April.

Friday evening will consist of an ice breaker.

Saturday morning the meeting will take place. Saturday afternoon will be a golf tournament or tea at the Historic Governor's Mansion or a trolley tour of the city, participant's choice. Dinner will take place Saturday evening with a guest speaker.

It is hoped all retirees and spouses will plan to attend. It is open for other cities to bid to host the conference in 2009.

The 36th annual EANGUS Conference was held 11-15 Aug., in Oklahoma City, OK, with about 2,000 in attendance representing every state

association. There were 18 from WyNGA in attendance.

The 37th Conference next year will be held in Savannah, GA, 18-21 Aug.

The 129th NGAUS Conference was held in San Juan, Puerto Rico, 25-27 Aug. Wyoming had 37 attendees but there was not a retiree delegate.

The 130th NGAUS conference will be held in Baltimore, MD, 20-22 Sept.. A retiree is needed to volunteer to attend as a delegate.

WyNGA is looking for a retiree volunteer in each community who has email access, to be a POC.

These POCs will be used to create a dialog between them and the association's Board of Governors to provide input from outside the Cheyenne area. Interested persons send your email to WyNGA President at sf212@brenan.net.

RETIREE CONFERENCE

WyNG Retiree Council conducted another very successful Retiree Conference at Little America in Cheyenne. Over 120 were in attendance.

It was held 6 Oct., in conjunction with the Governor's Reception.

The entire event was hosted by Maj. Gen. Ed Wright.

Conference began at 7 a.m. with breakfast and informative briefings and presentations.

A buffet lunch was followed by a county fair setting with information booths.

Key features this year were Tricare, long-term-care planning, mentoring for the Youth Challenge Program, issuing ID cards and DoD vehicle decals, and alternative medicine/nutrition.

All WyNG retirees, spouses, surviving spouses and about to retire members with their spouse are urged to attend this beneficial event next year.

LOST BUT NOT FOUND

From time to time our readers move and forget to tell us and we lose contact. Please help us relocate the following retirees:

Ronald Brown, Rock Springs; Timothy Carroll, Gilbert, AZ; Stephen Davis, Diamondville, WY; Gary Decker, Story, WY; Vincent Defler, Cheyenne; Richard Dickerson, Leesburg, FL; Thomas Florence, Riverton, WY; Wesley Harris, Douglas, WY; John Hinkle, Memphis, TN; Michael Lambert, Wheatland, WY; David Odell, Aurora, CO; Bernard Rivera, Rock Springs, WY; Charles Wright, Casper, WY; John Akers, Burns, WY; David Baker, Aurora, CO; Robert Bryant, Lander, WY; Deanna Cowan, Westminster, CO; Jarrett DeMello, Cheyenne; Brenda Hamar, Cheyenne; Howard Joy, San Leandro, CA; Michael Montgomery, Bayville, NJ; Don Moore, Cheyenne; Jack Morrison, Loveland, CO; Eleanor Pope, Denver, CO; Rodney Runnells, Cheyenne; Carol Russell, Cheyenne; Gary Schwartz, Belleville, WA; William Slinger, Latham, NY; and Brent Stille, Cheyenne.

LETTERS TO EDITOR

Quite often we receive interesting letters but have never shared them. Here are three recently sent we would like to pass on:

Dear Bob,

Sorry I couldn't make it to the Governor's Reception. Couldn't get a date! Old folks like us have that problem. I got another Nevada prestige license plate for my car – A 2 49F (Btry A, 2d Bn, 49th FA). Keep up the good work. I remember when the Rawlins unit was Co C, 141st Tank Bn back in 1949.

At one time 1/7 of the Rawlins unit November 2007

were related in one way or another, yours.

*Dallas C. Forster
SFC (retired)*

Dear Bob,

I regret I will not be attending the Wyoming National Guard Retiree/ spouse Conference on Sat, Oct 6, 2007.

I appreciate the invitation and also appreciate that such a worthwhile program is being pursued by the Wyoming Guards.

Also, I want to thank you and Beverly personally for all that you do to keep former guard members and spouses abreast of everything that is of concern to us. I know it is a lot of work but don't regard it as a thankless task. I'm sure we all are grateful for what you do.

My best wishes and thanks again,

Ardys Parrish

Surviving spouse of COL

Jim Parrish, WY ARNG

Dear Bob,

The following is a small note from a member of WY National Guard Association to the retired WY Guard members.

First I would like to say thank you for my freedom and I am trying to continue the work you started. I have been a part of the WY ANG for 17 years and it has only been the past 5 years that I even knew about the WY NGA, NGAUS or EANGUS.

Now I am an active lifetime member. I am surprised by the misunderstandings and total lack of knowledge by our fellow Guard members on the importance of being a member or the Guard Associations.

I know communication is the key to any successful operation. We definitely need help in recruiting new members. I am asking the retired community to once again join us and Retiree News -- Wyo. Military Dept.

help rebuild the WY NGA. Under the new leadership of President Shelley Fuerst, we have direction, excitement and energy to develop the association into a top notch group of talented active and retired people concerned in improving the benefits to all Guard members.

Together we can be a part of the future and have some fun together. Several activities, events and projects have been planned.

I want to make sure there is an open invitation to all retirees and spouses to participate and we look forward to working together.

Yours,

Jerry Champlin

LtCol, WY ANG

MYPAY SYSTEM

Military retirees can access their pay account on line and make pay changes, get copies of account statement and annual tax 1099R at <http://mypay.dfas.mil>.

For first time registering call (800) 321-1080.

New security features have been added to the MyPay system. When the home page opens, a "virtual keyboard" will appear.

Type in LoginID under Account Access (your SSN) and then use the "virtual keyboard" and your mouse to enter your PIN. When finished, click the "GO" button.

You can then navigate as usual.

You have to contact DFAS at the toll free number above if you have not had a PIN issued to you before.

Get the newsletter on the Web at <http://www.wy.ngb.army.mil/PAO/retiree.pdf>. A free Adobe PDF reader is required.

Email Bob Holmes at RHolmes632@aol.com if you prefer digital to mailed copies.

LONG TERM CARE

Although Medicare, Tricare and TCL cover medical care for the short term, they do not cover for long term. Daily average nursing home care today ranges from \$180 to \$330.

There are three ways you can plan to cover: you have enough assets to carry, or you spend your assets down and qualify for state assistance through Medicaid, or you purchase Long Term Care Insurance. It is an individual choice and dependent on family circumstances.

When is the best time to buy? Most generally mentioned are from early 50s to mid 60s. The older you are the higher the premiums. Buying at age 45 rather than 60 would be cheaper but you pay for 15 more years. Premiums increase steeply from age 70 up and most carriers will not sell a policy after age 85.

There are many carriers available. Two that come to mind that are reasonable are the Federal Long-Term Care Insurance Program, a government sponsored plan and MOAA recommends Genworth Financial.

For more information on FLTCIP call (800) 582-3337 or online at www.ltcfed.com. For MOAA endorsed LTCI call (800) 698-7943.

CUTTING DOWN ON SALT

Cutting down on salt is not just for reducing blood pressure anymore. It also may lower your long term odds of heart attack, stroke and cardiovascular death by 25% says a new study from Brigham and Women's Hospital in Boston.

Researchers analyzed the effects of reducing sodium intake by 25-30% over 10-15 years and it was concluded it is a good way

to prevent cardiovascular disease in general as well as reduce high blood pressure and there are no harmful effects.

CONGRESSIONAL BILLS

Listed below are Congressional bills that have been introduced that are of interest to retirees:

HR 0191: Amends IRS Code to repeal inclusion of Social Security benefits from gross income.

HR 0343: Amends IRS Code to allow refundable credit to military retirees for premiums paid for Medicare, Part B.

HR 0579: To prohibit increases in Tricare fees.

HR 0690 & S 1243: Reduce non-regular military retired pay from 60 to 55.

HR 1110 & S 0773: Allow military retirees to pay health insurance premiums from pretax dollars and allow a deduction on Tricare supplemental premiums.

HR 1953: Establish a Consumer Price Index for elderly to compute COLA rather than present system.

S 1266: Increase assistance for veterans interred in cemeteries other than national cemeteries.

HR 1585 & S 2017: Reduce current age 60 retirement one year for every 2 years served beyond 20 years down to age 55.

HR 3380 & S 1877: Change the law to allow active duty members and veterans/retired to render a salute when not in uniform.

On 25 Jul 2007 Senate unanimously passed S 1877 and sent it to the house.

HR 3449: Would reduce age 60 retirement by the following scale:

4500 points earned = age 55
4225 points earned = age 56
3950 points earned = age 57
3675 points earned = age 58

\$22 DRUGS

DoD has moved certain medications for cholesterol, prostate, acid-reflux and blood pressure to the \$22 third tier copayment level.

Cholesterol drugs: Antara, Omacor, Tricor and Welchol. Triglide will be lowered to \$3 because of low cost.

Prostate drugs: Avodart.

Acid-Reflux: Aciphex, Prevacid, Protonix and Zegerid.

Blood pressure: Avapro, Avalide, Benicar and Diovan.

Beneficiaries should consult their doctors as to whether the lower cost drugs meet their needs. If a doctor determines a \$22 drug is medically necessary and Tricare approves, the \$22 drug will cost the \$9 copayment.

MAIL ORDER PHARMACY

Registering for the Tricare Mail order Pharmacy has been made simpler.

TMOP is administered by Express Scripts Inc. Beneficiaries using mail-order home delivery can save as much as 66% over what they pay at retail pharmacies. Main reason is TMOP provides a 90 day supply while retail pharmacies can only give a 30 day supply.

Tricare has established a Member Choice Center for TMOP. You no longer have to download forms or wait for them to be mailed. You can register on line by going to "My Benefit" portal on www.tricare.mil or www.Express-scripts.com/TRICARE, or you can call (877) 363-1433. Those who call can speak directly to patient care advocate to learn more about TMOP home delivery system. If they like what they hear, they can sign up right then and there. MCC will contact your physician to transfer or obtain prescriptions.

MEDICARE AND COLA

Medicare has announced that the basic Medicare Part B premium will be \$96.40 per month for 2008. An increase of \$2.90. Good news is this is the smallest increase in recent years. Bad news is some Medicare users with higher incomes (above \$80,000 single, \$160,000 married) will see much larger increases.

COLA for 2008 will be 2.3%.

TRICARE RETIREE DENTAL PROGRAM

Tricare and TFL do not include dental coverage; however, Tricare Retiree Dental Program (TRDP) offers one of the few affordable and comprehensive programs available to all military retirees and their families to include Gray Area.

TRDP offers coverage for diagnostic and preventive services, basic restorative services, periodontics, endodontics, oral surgery and dental emergencies. Additional benefits after a 12 month waiting period include orthodontics, crowns, bridges, onlays and full and partial dentures. The 12 month waiting period is waived if retirees enroll within 120 days after retirement, whether it be from active duty or the day transferred to the Retired Reserve (that is not the day retired pay starts at age 60).

Eligible retirees and their family members can find answers to their question about the program, as well as enroll on the TRDP Web site at www.trdp.org or call toll free (888) 838-8737.

DoD contract with TRDP has been renewed for five more years starting next year on 1 Oct. At that time there will be some additional benefits offered, i.e. certain implant services at 50% of allowable charg-

es, increase orthodontic lifetime maximum to \$1,500 from \$1,200 and 80% coverage for certain posterior composite restorations.

RETIREMENT SERVICE OFFICES (RSO)

The WyNG has permanent RSOs located in Cheyenne to service retirees, family members and surviving spouses with their administrative needs.

Personal visits should be prearranged by appointments: POC as follows:

ARNG: CW2 Nate Galloway, toll-free (866) 992-7641, ext. 5238, local 772-5238, 5500 Bishop Blvd, Cheyenne, WY 82009; email: nathan.galloway@us.army.mil.

ANG: MSgt Denise Hondel, toll-free (866) 992-7641, ext. 6457, local 772-6457, 217 Dell Range Blvd, Cheyenne, WY 82009; email denise.hondel@wychevyang.af.mil.

MILITARY ID CARDS

WyNG has the most up to date computer software system for issuing military ID cards (active, Gray Area, retired and dependents) and DEERS registration permanently located throughout the state with more being added soon.

Present locations are:

1. WyMD, 5500 Bishop Blvd, Cheyenne.
2. Laramie Armory, 2901 Armory Road, Laramie.
3. Sheridan Armory, 3219 Coffee Ave., Sheridan.
4. Casper Armory, 5905 CY Ave., Casper.
5. WyANG, 217 Dell Range Blvd., Cheyenne.

RETIRED ID CARDS

A single form of identification is no longer sufficient for retiree ID card renewals at issuing sites.

Retirees and dependents need to provide a primary photo ID and a secondary non-photo ID.

Photo ID samples are: military ID, driver's license, federal, state of local IDs or passports.

Non-photo ID samples are: Social Security card, voter registration, birth certificate, etc.

ID cards for retirees need updating only if the card was lost, stolen or damaged or if the retiree undergoes a change in status.

Retirees' family member and survivors age 75 or over may receive a permanent ID card.

VEHICLE DECALS

F.E. Warren and most USAF installations may no longer require the displaying of a DoD Vehicle ID decal (AF form 2220); however, most other services will continue to require displaying the DoD vehicle decal to authorize entrance into military facilities.

All military installations require 100% ID card check of drivers. WyANG will continue issuing their DoD decals at 217 Dell Range, Cheyenne, and continue requiring one be displayed for entrance onto base.

Individual can keep 2220 forms current and replace expired year stickers through FEWAFB. Warren's Visitor Control Center will now issue visitor passes (AF Form 75) for up to 30 days. New purchased vehicle must have a form 75 until permanent license plates are issued.

It is important to remove decals before selling or trading your vehicle.

TO YOUR HEALTH

Wyoming Military Department
Retiree Newsletter
5500 Bishop Blvd.
Cheyenne, WY 82009-3320

One-third of total calories should be from fat. A 2000 calorie a day diet should have about 550-650 calories of fat. Fat has some merit. Fat is high in calories which means high in energy. Vitamins A, D, E & K are fat soluble so fat in the diet helps with their absorption. Limit saturated fat to no more than 7% and avoid trans fats. Trans fats are used to make French fries, doughnuts and other fried foods and is found in margarine and shortenings. It is hard to understand how fats and cholesterol effect out health. In a nut shell, limit fats, especially trans fats, saturated fats and cholesterol and you will contribute to your long term health.

OSTEOPOROSIS

Osteoporosis is a medical condition that is described as weak bones that break easily. Although aging is a risk factor for developing osteoporosis, it is not inevitable all will end up with the disease. Elderly who are stooped over so much they can not straighten up is the disease at the worst. There are two simple items that can help prevent the disease. First, a program that can help prevent is taking an adequate amount of calcium. Rule of thumb: 1000 mg a day for those under 50 and 1200 a day for those over 50. Second, take an adequate amount of vitamin D. Adults are recommended to take a Vitamin D supplement in doses ranging from 400 to 800 IU per day.

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DEBIT VS CREDIT

A debit card is a great way to help you decrease debt by paying for items right instead of charging what you can not afford; however, on the other hand a credit card is great if you can pay off the total every month. That way you are using their money free of charge for a period of time. You are liable up to \$50 with a debit card if you report your loss within 2 days of loss. After that it goes to \$500 and after 60 days you could be liable for full amount. Credit cards only hold you liable for a maximum of \$50. It is much safer to use your PIN than it is to sign a credit card receipt. Transactions using a PIN are 15 times safer than those requiring a signature.

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ADDRESS LABEL

