



# Wyoming National Guard Retiree & Veteran News

Volume V, Number 5

July 2007

## **ARMY ATAG NAMED**

Col. Kathy Wright will assume command of the WyARNG in January 2009 when she becomes the Assistant Adjutant General - Army.

She will replace BG Olin Oedekoven when he retires. Col. Wright will be promoted to brigadier general when she assumes command.

She will become the first woman to head up the WyARNG and the second woman in the WyNG to hold the rank. Brig. Gen. Jenenne Nelsen was the Assistant Adjutant General - Air and the first woman general officer in the WyNG.

Wright enlisted in 1973 and was just the sixth woman to join the WyARNG.

## **NEW STATE COMMAND CHIEF NAMED**

Chief Master Sgt. Doug Hensala will be the next WyANG State Command Chief Master Sergeant effective 6 Oct. 2007. He will replace State Command Chief Master Sgt. Chuck Breedlove who will retire in November.

Hensala is presently the chief for the 153rd Aircraft Maintenance Squadron.

## **GREEN & BLUE**

A major change has occurred at Camp Guernsey where up until now it has been rich in Army history. Last February, Lt. Col. Dave Herder, a WyANG officer, assumed the full time position as deputy garrison commander of Camp Guernsey.

The training site has become a major training area for all services.

Having a blue-suiter on the staff gives a new perspective on what is needed to provide proper training for the Air Force.

## **84th CST CERTIFIED**

The WyNG's 84th Civil Support Team (CST) was officially certified by the Department of Defense in April.

The 22-person unit is staffed by full time WyARNG and WyANG personnel.

The 84th CST joins the other 47 CST units throughout the nation as a part of the DoD state emergency management structure.

Their mission is to provide the force structure that assists the governors in preparing for and responding to chemical, biological, radiological or nuclear incidents.

## **LAST HOWITZER FIRED**

The WyARNG's 2nd Battalion, 300th Field Artillery fired its last howitzers at the Camp Guernsey firing range, on 19 May.

The unit will soon begin its conversion to the High Mobility Artillery Rocket System (HIMARS). Many of the WyARNG units also are being transformed into the new modern military era Fires Brigade concept.

In addition to the HIMARS, the 115th Fires Brigade will include a signal company, brigade support battalion, distribution company, maintenance company, and a forward support company.

The entire transformation is to be completed by Sept. 2008.

## **RETIREE CONFERENCE SET FOR OCT. 6**

The 4th Annual Retiree Conference will be held in conjunction with the Governor's Reception, on 6 Oct., at Little America.

The morning session will start at 8 a.m. The WyMD will host the lunch

with Maj. Gen. Ed Wright as the guest speaker.

The afternoon will be a county fair with booth displays. Invitations will be mailed in August with RSVPs for attending.

## **WyNG LICENSE PLATES**

WyNG members, retirees and surviving spouses, can have more than one set of WyNG license plates at no additional cost to the normal rate

You can exchange your present issued plate at no additional cost also.

The only requirement is to obtain and submit through the local county treasurer the standard special plate request form. Allow about 30 days for processing.

The new plates will not be issued until 2009.

The plan is for the WyMD to send out the special plate application forms to everyone who currently has a WyNG plate in July 2008. Those forms need to be returned in a timely manner to ensure county treasurers can issue plates, beginning 1 Jan. 2009.

The POC is MSG Debbie Franck, (866) 992-7641, ext. 5046, local 772-5046.

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Do you know when the WyNG was originally organized?

For years, U.S. Army Heraldry only credited the lineage for WyNG from 1888 when the First Regiment was organized consisting of Co. A in Laramie, known as the Laramie Grays, and Co. B in Cheyenne, known as the Cheyenne Guard.

In 1988, when the WyMD was about to celebrate 100 years, the following order was discovered:

### **Wyoming Militia Historical Society**

Cheyenne, 4 April 1870  
GENERAL ORDER NO. 1

By virtue of the authority vested in me as Commander in Chief of the Militia of Wyoming Territory, the following organization of the Militia Districts and Regiments of volunteer militia is hereby ordered:

County of Laramie will comprise the 1st Militia District and the militia organized therein the 1st Regiment Wyoming Militia.

The counties of Albany, Carbon, Uinta and that portion of Sweetwater County on the line of UPRR will comprise 2nd Militia District and Militia organized therein the 2nd Regiment Wyoming Militia.

The county of Sweetwater will comprise the 3rd Militia District and the militia organized therein the 3rd Regiment.

\*\*\*\*\*

Signed J.A. Campbell  
Wyoming Governor

As a result, U.S. Army Heraldry amended all lineages for WyARNG units to read as beginning 4 April 1870.

Needless to say the WyARNG never honored its century mark as it was 18 years too late.

Wyoming Militia Historical Society dues are \$10 a year. Send your 2007 dues to Don Whitman, 5518 Marshall Rd., Cheyenne, WY 82009.

## **EDITOR'S COMMENTS**

Starting with the last issue, the Wyoming National Guard Retiree and Veteran Newsletter took on a new look and we hope it is to everyone's satisfaction and liking.

We will continue to publish three times a year (March, July and Nov.).

Readers are urged to read the entire publication as there are items of interest to all.

Writing, publishing and preparing for mailing is all handled by volunteers.

Initial postage is paid for by the Wyoming Veterans Commission. Remailing of returns is paid for by the Wyoming Militia Historical Society. Funding is very limited and that is why we are asking for volunteers to obtain their copy of the newsletter from the WyMD Web site.

At the present we have 138 Web site users and they are very much

appreciated.

The Web site is located at: <http://www.wy.ngb.army.mil>, key on "more" in the Public Affairs News Releases box, then key on the "Retiree/Veteran News."

You may have to hit refresh a couple times if you have opened a previous edition.

Notify us at [RHolmes632@aol.com](mailto:RHolmes632@aol.com) if you are willing to get the newsletter from the Web. An email message will be sent out each time when the next edition is available for you to get it off the WyMD web site.

It is imperative you keep us informed of your correct email and mailing addresses for us to maintain accurate records.

We can't keep you informed on current military retiree/spouse and veteran events if we do not have your up to date information.

Your cooperation is very much appreciated.

**Wyoming Military Department Retiree & Veteran News**  
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INFORMATION SOURCES: Sources for information being published in this newsletter

are gathered from federal, state and private organization publications. Consult with the

editorial staff for exact source of data.

DISCLAIMER: Articles provided in this newsletter are of a generic nature and for

information purposes only. Readers are urged to investigate an item before acting on it.

Military retirees and veterans may have different rights & entitlements dependant on

the program being described. Ensure you verify your eligibility with proper authorities

before acting on any program described. This joint publication is written, published &

distributed by personnel of the Wyoming Military Department using state & federal funds

and complies with the DoD Joint Ethics Regulation as reviewed by the Wyoming Military

Department Ethics Advisor.

# OBITUARIES

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

**MARGARET ANDERSON**, 79, died 11 April 2007 of a heart attack while shopping at a grocery store in Green Valley, Ariz. Margaret was born 23 Feb. 1928, in Littleton, Colo., but spent most of her life in Torrington, Wyo. She was the wife of CW4 (Ret.) Clarence Junior (Andy) Anderson, mother of CSM Candie Anderson and the grandmother of MSG Shawn Fisher.

**ALVIN F. BASTRON**, 79, died 20 March 2007 at Cheyenne Regional Medical Center and was born 9 April 1927, in Cheyenne. He served in the European Theater during WW II with the Army and was discharged in 1946 as a Master Sgt. Alvin enlisted in the WyANG in June 47 and was appointed a 2d Lt., 8 Sept. 49. He was mobilized with the unit for the Korean War (April 51-Dec. 52) and continued to serve with WyANG after the war, as a weekend warrior. He was separated as a Lt. Col. in Aug. 66.

**JASPER FRANK (SONNY) BATTON JR.**, 76, died 27 April 07, at his home, in Douglas, Wyo., after a long battle with cancer. He was born 16 Oct. 1930, in Douglas. Batton joined WyARNG Oct. 47, progressed thru the ranks up to E7 and was appointed a 2LT in June 57. He transferred to the Alaska ARNG in Oct. 1962 and retired there as CPT in 1967.

**LARRY W. FARRELL**, 67, died 7 June 07, at Davis Hospice Center, in Cheyenne. Larry was born 22 May 1940 and had lived in Cheyenne all his live working for the US Postal Office. He had prior service in both WyANG (59-62) and WyARNG (HHD & Band 62-65) as well as a short time in CA ARNG. His final period of service was in WyANG when he rejoined 18 Dec. 84 and served continuously until his 60th birthday in May 2000, when he was transferred to Retired Reserve as MSgt after completing more than 21 years of military service.

**PAUL GORMLY**, 80, died at Davis Hospice Center, in Cheyenne, on 5 April 07, after a long illness. He was born 4 Nov. 1926, on a homestead ranch in Arthur, Neb. He served in the Merchant Marines during WW II, USNR from March 48-March 53 and US Army May 53-28 April 55. Paul joined the WyANG 13 Sept. 57 and served continually thru the rank until he was promoted to CMSgt 1 July 84. He was transferred to the Retired Reserve 31 Dec. 85.

**ROBERT R. GRIEGO**, 53, died at his home in Cheyenne. He was born 2 Oct. 1953 in Cheyenne and was an active member of the WyANG at the time of his death. He served in the USMC Aug. 73-Aug. 75 and USMCR Aug. 75-April 78. He joined the WyANG 8 April 78 and was a MSgt when he died. MSgt Griego was the brother of Capt. (Ret. WyANG) David Griego.

**LOUIS R. (LOU) KANARIS**, 75, died 1 June 07, in Cheyenne, after a long illness. He was born 20 June 1931, in Detroit. Lou served in the USAF from 1947-1953 with his last station FEWAFB, in Cheyenne. He enlisted in WyARNG 28 Jun 54 and was a cadet in the first WyARNG OCS class, being commissioned a 2LT 31 Jul 1958. Lou served continuously and subsequently as a full time technician until his retirement from both in July 1984 as a LTC.

**THEODORE (TED) KLINE**, 89, died 5 June 07, in Cheyenne. He was born 24 June 1917, in Loveland, Colo., and served in the US Army Air Corps from 16 Dec. 39-24 June 45. Ted joined the WyANG 3 Aug. 48 and subsequently became a full time technician as an aircraft mechanic. He served continuously until his 60th birthday in June 77, when he retired from both civil service and military as a CMSgt, after completing more than 34 years of military service.

**MILTON P. (SANDY) KUDLAC**, 51, died, at his home in Denver, on 9 March 2007. He was born 2 Dec. 46 and joined the WyANG as a Capt. pilot in 1978, flew C-130B models and left WyANG as a Major in 1984.

**ROMIE RAMIREZ**, 77, died at her

home, in Torrington, on 8 May 07, after a long illness. She was born 28 Feb. 1930 in Torrington. Romie was the wife of CW4 (Ret. WyARNG) Harold Ramirez and the mother of Robert Ramirez who works in the Maintenance Shop at Camp Guernsey.

**DENNIS K. WEST**, 60, died, 18 April 07, at the Cheyenne Regional Medical Center, after a long battle with cancer. Dennis was born 23 Nov. 46 in Billings, Mont. He served in the USMC 28 Jan. 66-15 Jan. 75, joined WyARNG 20 Jan. 76 and subsequently became a full time WyARNG recruiter. He retired from ARNG active duty, 31 March 97, as a SGM.

**CLIFFORD E. (BUTCH) WILSON JR.**, 73, died at his home in Pacific Grove, Calif., 20 May 07. Butch was born 20 Sept. 33 in Kemmerer, Wyo., but grew up on the Wind River Indian reservation, at Ethete. He was a member of the 1956 University of Wyoming football team who won the Sun Bowl. He graduated from UW USAF ROTC as a 2dLt. and served on active duty as a pilot, June 56-July 59, and then USAFR, July 59-April 63. He joined WyANG 10 April 63 as a Capt and served continuously until 16 Feb. 79, when he was transferred to the Retired Reserve as a Lt. Col.

## KOREAN WAR OBSERVED

Ceremonies marking the 54th anniversary of the armistice ending the Korean War will be held 27 July 2007 at 1000 on the National Mall in Washington, DC.

Musical preludes will be offered at 0900 by the Veterans Memorial Band.

Presentations by government and military personnel will highlight the program organized by the Korean War Armistice Day Committee.

Veterans and service organizations are invited to attend.

Learn more by calling (703) 893-6313. For information about accommodations and tours call (410) 679-3893.

## **RETIREE COUNCIL UPDATE**

The WyNG Retiree Council convened on 5 May 2007 at the Wy ANG dining facility. The following issues were discussed:

1. A 1 July 2008-30 Jun 2010 budget was drafted as a proposed separate line entry in the WyMD budget request, which Maj. Gen. Wright will present to the Wyoming Legislature for approval.

Up until now all council expenses were paid by out of WyMD hide or by individuals.

Proposed budget will include coverage for out-of-town council members travel expenses to twice-a-year meetings; annual retiree conferences; travel expenses for out-of-town attendees; cost of printing, labeling and mailing WyNG Retiree Newsletter three times a year; purchase a US Post Office bulk mailing permit; and other expenses (postage, office supplies, etc.).

2. Council will recommend to the TAG to seek state funds for:

- a. Hiring a Curator/Historian to oversee WyNG military holdings.
- b. Seek sufficient funds to complete an inventory of holdings maintained by WMHS, WyANG and WyARNG armories.

3. Plans were drafted for holding the 4th Annual Retiree Conference.

4. Acquiring a coin or logo shirts for the council and selling to retirees were tabled for next meeting.

5. Council membership is now made up of the following personnel and WyMD appointment orders have been issued. Contact them with your issues of concern.

Co-Chairmen:

Bob Holmes (307) 632-7566, cell: 630-1676, RHolmes632@aol.com.

Nick Kricken (307) 638-3294, cell 631-2947, Kricket8918@juno.com.

ANG:

Rich Ames (307) 634-2987, cell (307) 630-1413, rames@bresnan.net.

Richard Simmons (303) 829-0810, simmonsdandd@msn.com.

Mel Duncan (307) 632-2566, cell (307) 421-2934, Duncan153@aol.com.

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Larry Barttelbort (307) 635-6610, cell: (307) 631-0812, lbartt@state.wy.us.

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Sue Reed (307) 673-5354, sreed@wavecom.net.

SURVIVING SPOUSE:

Jeanette Daly (307) 634-0534, Jaydaly199@msn.com.

RECORDER:

Debbie Franck, (307) 772-5046, debra.franck@us.army.mil.

## **ASSOCIATIONS**

The Wyoming National Guard Association held its annual conference, on Saturday, 28 April, at the Shrine Club, in Cheyenne, with about 50 in attendance.

Maj. Gen. Ed Wright and Brig. Gen. Don Haught gave Army and Air updates. Lt. Col. Tracy Settle, SDARNG and chairman of the NGAUS membership committee, gave a briefing on how to increase membership.

Several of the recommendations will be put into motion within the next few months. Representatives from Tricare West gave a briefing

on TRICARE and TFL, had beneficial handouts and served lunch.

Election of officers was conducted for the next 2 years. Shelley Fuerst was elected president, Jason Salsgiver vice, Debbie Franck treasurer and Laura Mead secretary.

Your retirees elected as members on the board of governors were Bob Holmes, Bill Hickman and Lew Lyon. WyNGA Medals of Excellence were awarded to CMSgt Rodger A. Woolington and SMSgt Kenneth J. Teasley.

One way retirees can support the WyNGA is by paying for a \$25 Lifetime Membership.

If you have not done so, send your check to CMSgt Doug Hensala, membership committee chairman, P.O. Box 20014, Cheyenne, WY 82003.

The 36th annual EANGUS Conference will be held in Oklahoma City, Okla., 11-15 Aug. Auxiliary Conference will be held at the same time.

Contact CSM Ken or Pat Persson, (307) 349-2881 or 332-4553 or CSM Franklin, (866) 992-7641, ext. 5279, if you are interested.

The 129th NGAUS Conference will be in San Juan, Puerto Rico, 25-27 Aug.

Contact Lt. Col. Shelley Fuerst, at cell (307) 421-1265, if you are interested in attending.

## **2007 GOVERNOR'S RECEPTION OCT 6**

The 2007 Governor's Reception will be held Saturday, 6 October, at Little America, in Cheyenne.

All active and retired officers and enlisted, in pay grade E7 and above, are invited.

Spouses and surviving spouses are included. Formal invitations will be mailed in August 2007.

## **AVIATION HALL OF FAME**

Brig. Gen. (Ret.) Roy "Bud" Cooper will be inducted into the Wyoming Aviation Hall of Fame, during formal ceremonies scheduled for 14 Aug., at the WyANG facilities.

Bud was the founding officer and the first general of the WyANG as well as a driving force behind important airport improvements in Cheyenne and Casper.

His 41-year military career expanded from being a fighter pilot during WW II, logging 200 combat hours in a P-51, through his WyANG time, flying every aircraft assigned to the unit, logging over 10,000 flying hours until his retirement in 1983 as assistant adjutant general.

## **UW ATHLETIC HALL OF FAME INDUCTION**

Col. (Ret.) Richard "Dick" Sherman will be inducted into the University of Wyoming Athletic Hall of Fame, on 7 Sept. 2007.

Dick played basketball at UW from 1963-66. He is still listed among the top 10 in scoring and rebound averages.

His 44 points in one game is ranked 6th best in school history. He was also the UW Distinguished ROTC Graduate in 1966 and served as a helicopter pilot in Vietnam.

He continued his military career in the WyARNG and concluded his 31 years in 1994 as the USP&FO for Wyoming.

## **1041st DEPLOYMENT UPDATE**

About 160 members of the 1041st Engineer Company, WyARNG, continue their deployment to Iraq and are operating in the

*July 2007*

vicinity around Baghdad.

The unit's assignments are almost exclusively escorting convoys that provide supplies to the combat troops in various locations. Road-side bombings are a consistent threat. The unit is still scheduled for a return to state side around Sept. 2007.

## **WyARNG SOLDIERS DEPLOY**

The WyARNG sent 16 Soldiers to Afghanistan to serve as an embedded training team for the Afghanistan National Army. The team is made of highly qualified soldiers from Cheyenne, Laramie, Torrington, Guernsey, Hartville, Brush Colo., and Dallas Texas.

The team departed Wyoming 5 April 07, for Fort Riley, Kan., where they received their pre-deployment training. From there they deploy to Afghanistan to serve as trainers and mentors for senior Afghan army officials. This is the second team the WyARNG has sent to Afghanistan. The first team of 16 soldiers departed Wyoming July 2005 and returned September 2006.

## **2-300th RETURN**

The 154 members of the 2-300th Field Artillery returned to Wyoming on 31 March 2007, after being gone from home for 16 months.

The unit had been in Iraq since April 06 and had spent the last 12 months performing security details in and around Baghdad.

## **PANAMA DEPLOYMENT**

Thirty-five Soldiers of the WyARNG Medical Command, at Cheyenne, deployed to Panama for two weeks in March (14-28).

They went in support of New Horizons 2007, whose missions

are annual spring deployments to Latin American nations to provide humanitarian support in rural locations. The Wyoming unit provided medical, dental, optometric and veterinary services in three rural Panama communities during the two week period.

## **960th IN GERMANY**

61 members of the 960th Maintenance Company did their two-week annual training during April 2007, in Kaiserslautern, Germany.

Their mission was to assist in refurbishing military vehicles and equipment that had suffered extensive damage in Iraq and Afghanistan and return them to combat duty, as good as new.

## **DEPLOYED RETURNED**

The 25 960th Maintenance Company Soldiers who were mobilized to Fort Richardson, Alaska, in March 2006, returned to Wyoming 8 June 2007.

They were deployed to Afghanistan for Operation Enduring Freedom with the 207th Interim Brigade Combat Team who assisted the 10th Mountain Division.

## **CHANGE OF COMMAND**

A change of command ceremony for the 2-300th Field Artillery took place during the last firing of the howitzers at Camp Guernsey.

Maj. Brian Nesvik assumed command from Lt. Col. Rich Knowlton.

## **NEW CHIEF NAMED**

Col. Greg Porter, present director of information management, will become the new WyARNG chief of staff in July, when Col. Tim Sheppard takes over the duties of USP&FO.

## **WyANG DEPLOYMENT**

The WyANG began a new 120-day mission, on 1 May 2007, in support of Operation Enduring Freedom, in both Iraq and Afghanistan.

The mission calls for C-130 aircraft, personnel and equipment to rotate in and out of the Afghanistan area, providing airlift support for U.S. forces.

The majority of personnel will be home by the end of July.

## **WyANG UNITS EXCEL**

The WyANG 243rd Air Traffic Control Squadron and the 153rd Operations Support Flight excelled during an air traffic system evaluation conducted during 10-12 April 2007.

The evaluation is conducted every three years to assess the quality, adequacy and safety of the ATC system in supporting flying operations at the Cheyenne Regional Airport. The inspection team found the 243rd ATC Squadron and the 153rd Operations Support Flight were providing exceptional airfield operation services to all users of the system.

## **NAMING C-130s**

Implementation of the 2005 Base Realignment and Closure process will increase the number of C-130 aircraft the WyANG possess by four, giving the unit a total of 12.

Two C-130s have already arrived and the other two are scheduled to arrive before the end of 2007.

The original eight aircraft are named after the Wyoming cities of Cheyenne, Sheridan, Cody, Riverton, Laramie, Casper, Guernsey and Rock Springs.

A contest was conducted to allow Wyoming residents to name

the four additional aircraft after any incorporated town not already named.

Three finalists for each aircraft were chosen based on the number of entries received in each quadrant of the state, with the governor randomly pulling the winning names. Dedication ceremonies will be held after August for the winning towns of LaGrange, Lander, Thermopolis and Upton.

## **CAMP GUERNSEY GATE SECURITY**

After hours gate security at Camp Guernsey is now being handled via a security camera between 1600 and 0630.

Guests have to present a valid photo ID to the security camera near the gate. Visitors need to press the call button next to the camera to alert security.

Security will provide instructions to verify the ID Card. The process will be used anytime a guest arrives at the main gate and the gate is closed with no security on duty.

## **WYARNG STRENGTH**

The WyARNG met its NGB FY 2007 assigned strength mission of 1,800 after only six months.

In fact, in less than eight months into the fiscal year they surpassed it by one of the highest assigned strengths since 1983 of 1,854.

This was the fifth year in a row WyARNG has exceeded the NGB assigned strength goal.

The combined strength of 2,900 Soldiers and Airman speaks highly of the WyNG and of the patriotism of Wyoming residents.

## **YOUTH CHALLENGE PROGRAM UPDATE**

The WyNG Youth Challenge

Program assists Wyoming youth to get back on track. The program involves 22 weeks of intense training at Camp Guernsey, followed by 12 months of a residential phase back home, involving a mentoring relationship with an adult who serves as a role model.

The cadets work on improving their academic abilities, life skills, job skills, health and hygiene, physical fitness, service to the community, leadership/fellowship and responsible citizenship.

To be eligible, the youth must be a resident of Wyoming, a high school dropout between ages of 16 to 18, not charged with a felony offense and drug free. Entry is voluntary and a cadet can't be court ordered to attend the program.

The third class graduated on 17 June at Eastern Wyoming Community College, in Torrington, at 1400. The class consisted of seven females and 24 males.

The fourth class will begin on 14 July and applications will be taken up to that date.

A key to the program is to match a graduate with a mentor. A WyNG retiree is an ideal prospect to be a mentor. If you know of any youth who might be interested in the program or if you might be interested in becoming a mentor, contact the WyNG Youth Challenge Program at (307) 836-7500.

Additional information can also be found on the Web site: <http://www.ngycp.org/state/wy/>.

## **RETIREMENT SERVICE OFFICES (RSO)**

The WyNG has permanent RSOs. WyARNG POC is CW2 Nate Galloway, (866) 992-7641, ext. 5238. WyANG POC is MSgt Denise Hondel, toll-free (866) 992-7641, ext. 6457.

# Wyoming Veterans News

Dear Wyoming Veteran,

We are conducting a survey regarding the continuation of the Wyoming Veterans Commission portion of the Wyoming Retiree & Veteran Newsletter.

The commission currently mails out 1,100+ newsletters. Many recipients are centers of influence, legislators, libraries and others. It is great to reach these folks, however, our primary customer is the Wyoming Veteran.

Please answer the following questions, fold and seal with tape (do not staple) and attach a 41 cent stamp. Responses should be submitted by Aug. 15.

Thank you,  
Larry Barttelbort  
Executive Director  
Wyoming Veterans Commission

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1) Do you already receive news articles that are included in the Newsletter? Yes \_\_\_\_\_ No \_\_\_\_\_

2) Should we continue to publish the paper version of the Newsletter? Yes \_\_\_\_\_ No \_\_\_\_\_

3) Would you be willing to receive the Newsletter by downloading it from the Web after receiving an email telling you the newsletter is posted? Yes \_\_\_\_\_ No \_\_\_\_\_

4) What would you like to see covered by the Wyoming Veterans Newsletter? \_\_\_\_\_

\_\_\_\_\_

5) How should we recruit more Veterans to sign up to receive the Newsletter? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Wyoming Veterans Commission  
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Cheyenne, WY 82009

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## **THIRD TIER DRUGS**

DoD has moved more drugs to the third tier nonformulary \$22 co-pay status. The drugs are: Ultram ER; Glaucoma drugs Travatan, Istalol, Betimol and Azopt; Anti-depressant Emsam patch; and sedatives Rozerem, Sonata and Ambien CR. If a physician certifies that a third tier drug is necessary to treat a specific person and there are no generic drugs available, Tricare will drop the co-pay to \$9.

## **COLA 2008**

Annual report released to congress announced that the COLA for 2008 is forecasted to be just 1.4% or less. Medicare Part B premiums alone are predicated to climb by double digits again in 2008 which that alone will wipe out the COLA.

## **MEDICAL BENEFITS**

We try to continually cover when and what various TRICARE medical benefits are available to the WyNG retirees/spouses. Here is a brief recap for your review:

1. Eligibility starts the day retired pay begins. Key is DEERS registration which is controlled by a valid ID Card. ID Cards can be issued as soon as you can show the certificate and orders transferring you to the Retired Reserve and present them to any military facility capable of issuing ID cards.

2. Retirees ages 60 thru 64 and spouses, regardless of age, have the following TRICARE options:

a. TRICARE Standard is a free for service option; however, it only covers about 70-80 percent of medical bills. A TRICARE non-participating provider can charge up to 15 percent above TRICARE allowable charges. A TRICARE supplemental insurance is offered

by most military affiliated organizations. They are designed to cover co-payments and deductible after TRICARE pays the government's share of cost. If you have major medical insurance like FEHBP, TRICARE pays second.

b. TRICARE Extra is also free and a preferred provider option where TRICARE Standard beneficiary choose a doctor, hospital or other medical provider within the Tricare Prime provider network. Patient cost share is reduced 5%.

c. TRICARE Prime offers the least out of pocket cost but does require residing where the TRICARE Prime is offered. Prime enrollees receive most of their care from the local military facility that manages their care and provides referrals for specialty care. Annual enrollment fee for retirees is \$230 for single, \$460 for family and minimal co-pay for civilian care.

3. Beneficiaries age 65 and older become eligible for Medicare Part A and then use TRICARE for Life (TFL) at no cost provided they purchase Medicare Part B. Tricare Standard, TRICARE Extra and TRICARE Prime are no long available to them. There is really no need to purchase supplemental health insurance either. TFL is a second payer to Medicare and claims are automatically sent to TFL after Medicare pays its portion. A spouse becomes eligible for TFL at their own age 65 regardless of when the sponsor reaches 65.

4. There are three options for obtaining prescription medicine after retired pay starts:

a. Military Treatment Facility (MTF): Prescriptions can be filled at MTFs for up to 90 days supply at no cost if the medication is available

b. TRICARE Mail Order Phar-

macy (TMOP): TMOP is administered by Express Scripts Inc and is the cheapest way other than using MTFs. You must be pre-enrolled. Call toll free (866) 363-8667 to enroll. Program allows a doctor to write a prescription for a 90 days supply for up to three refills. 90 days supply co-pay is \$3 for generic and \$9 for brand names. There are some drugs classified as non-formulary and 90 days supply co-pay is \$22.

c. TRICARE Retail Pharmacy Network: Prescriptions can be filled at one of the listed network retail pharmacies using only a military ID Card if properly enrolled in DEERS. Drugs can be filled for 30 days or less supply. Co-pay is \$3 for generic and \$9 for brand names. This is a quick fix for short time requirements. Call toll free (866) 363-8779 to locate locale drugs stores in the network.

5. TRICARE Retired Delta Program (TRDP): TRDP is administered by Delta Dental of CA and is voluntarily available to retired and family members to include gray area retired. Cost is a monthly premium and amounts vary depending on where you live. There is a 12 month waiting period for any major dental work except for those who enroll within 120 days after retirement can skip the waiting period. Grey area retirees must enroll within 120 days after transfer to Retired Reserve, not at age 60, to skip the 12 months waiting period. Call (866) 838-8737 to enroll or obtain further info.

## **AAFES SPECIAL**

During the weekend of 28-30 Sept. AAFES will hold a special event and savings for retirees.

Planned events during the weekend will include product samples.

## STOP SMOKING

Researchers found that 80% of smokers who engaged in both exercise and nicotine replacement successfully quit smoking compared to 52 percent who used only nicotine replacement therapy. Reason is exercise can help curb the desire to replace smoking with snacking. One of the main problems people have after they quit smoking is that their addictive personality craves food. So offer yourself exercise as the addition instead of food. To get started, resolve to walk 30 minutes daily. Do not procrastinate as you are only stopping the process of reclaiming your health. Medically speaking, life expectancy rapidly returns toward normal life spans for every month you are off cigarettes.

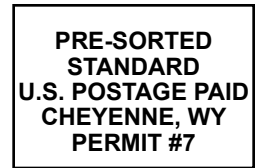
## EAT SMART

Eating too much sugar can boost your risk of pancreatic cancer: one of the most deadly cancers. Researchers found that people who ate the most sugar (added to coffee, tea and cereal) were 69 percent more likely to develop pancreatic cancer than those who ate less. Even worse, drinking more than 2 soft drinks a day nearly doubled the odds of getting the cancer. Researchers explain that sugar is rapidly absorbed into the bloodstream, driving up glucose and insulin levels. Excess glucose can poison and kill pancreatic cells, increasing cancer risk. Too much insulin results in insulin like growth factor which is thought to start cell proliferation & cancer.

## TO YOUR HEALTH

Soups are viewed as the healthiest foods, and often they are. However, many soups are high in fat and sodium, and many canned soups contain MSG. Over half the calories in creamed soups come from fat. A cup might have more than a tablespoon of fat and contain one third of the daily value of sodium. Be sure to read labels if you have dietary restrictions. Thick soups with large chunks of meat and vegetables are high in vitamins and proteins. Carrots and pumpkin soups are high in vitamin A. Tomato soup is a good source of vitamin A & C. Best way to control ingredients is to make the soup yourself from scratch. Combine a broth with your favorite meats, seafood or vegetable. Hot soups make a great lunch or healthy snack.

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