



# Wyoming National Guard Retiree News

Volume VI, Number 2

July 2008

## HALL OF FAMER NAMED

The late COL William A. (Bill) Maxwell has been named as this year's selection to the Wyoming Aviation Hall of Fame.

He was the founding father of Army Aviation in Wyoming, starting in 1948 when he was the first staff aviation officer and the first aviation supervisor in WyARNG.

He may be the only aviator in military history to earn wings in the Navy, Army and Air Force. During COL Maxwell's 37-year aviation career he flew 18 different military planes and helicopters, flew combat missions during Korean War with WyANG, and helped designate the site for the Camp Guernsey Airport.

He became the first WyARNG member to be designated as a Master Army Aviator, later served as Chief of Staff and finished his military career as the USP&FO for Wyoming.

Only one inductee is selected per year. A formal induction ceremony is planned to be held in September in Cheyenne.

## TAX EXEMPTION

WY Statute 39-13-105 provides for the WY veterans property tax exemption. Annual deadline for filing a claim is the 4th Monday in May. The exemption lowers the assessed value by \$3,000. Only those who fall within the following conditions are eligible:

1. Must have served in the Armed

Forces under Title 10 USC during one the following periods:

WWII 7 Dec 41-31 Dec 46

Korea 27 Jun 50-31 Jan 55

Vietnam 28 Feb 61-7 May 75 or,

2. Must have served overseas during armed conflict and received the Armed Forces Expeditionary Medal or an equivalent, or,

3. Is a disabled veteran with service connected disability certified by either VA or a military service, or,

4. Is a surviving spouse of a qualified veteran, currently residing in WY and has for the past 3 years and does not re-marry.

A copy of a DD-214 is proof of required service or an official statement of service can be accepted in lieu of the form. Contact your county assessor for more information.

## MILITIA MUSEUM

After 138 years, since the birth of the WyNG there is finally a museum!

WMHS held an organizational meeting April 26 in the museum at 624 E. Pershing Blvd., in Cheyenne, 35 people attended the initial meeting. The body agreed to hold a meeting the 3rd Thursday of every month here after.

There are many displays to see because Milo Dawson (retired WyANG) was temporarily hired by the WyMD from Dec. to April and he worked all winter preparing them. There is much more to be done.

An open house was held on Me-

morial Day after the services at the nearby cemetery.

About 160 folks enjoyed the museum artifacts, warm coffee and rest rooms.

A former guardsman has offered to create a sign to go in front of the building. Another will weld metal bars over two windows. One retiree will bring Boy Scouts who will scrape and paint window sills, prepare an attractive cover over the sprinkler system control box and fix a hole in an interior wall.

Another retiree designed and paid for two signs that show when we are open. They really work as we have visitors when someone is there and the signs are up.

Volunteers will host another open house during Cheyenne Frontier Days. We found we need all types of boots, all types of military ties, insignias (rank & branch) and women's purses. We will be happy to accept these and all items that help tell the Wyoming National Guard story from 1870 to date.

## Contents

Editor's notes ..... 2

Retiree Council update ..... 2

Obituaries ..... 3

Association updates ..... 3

National Guard news..... 4&5

Congressional bills ..... 6

Health information ..... 7 & 8

## RETIREE COUNCIL

The WyNG Retiree Council convened on April 27. The following issues were discussed:

1. SMSgt Roger Larson from the WyANG briefed the council on Space Available (Space A) travel that is available for retirees and their spouses. He asked the council to help spread the word and encourage more use. Articles will be featured in the retiree newsletter and SMSgt Larson will be a speaker for the Oct. retiree conference.

2. A new vendor is needed for the retiree caps sold by WMHS as Bancroft will no longer do it. Ron LoPorto has a source and will pursue setting up a contract.

3. Plans were drafted for holding the 5th annual Retiree Conference on Oct.

4. at the Holiday Inn, in Cheyenne. Ron LoPorto will proceed with finalizing actions. Plans are to make a full mailing this year by sending invitations to those 300 with email and the rest by mail o/a 23 Aug.

4. Which veterans are eligible for the Wyoming Tax exemption was discussed. A follow up research will be done and the results will be published in the July 2008 Retiree Newsletter.

5. Council voted to support WyNGA recommendation to TAG in soliciting legislators to amend state statutes to allow surviving spouse to keep and possess WyNG license plates.

6. It was decided for out of town members to only claim mileage from the limited state funds that were allocated to the council.

A special council meeting will be held on 23 Aug., in Cheyenne, for the purpose of mailing invitations.

### WMHS DUES

WMHS/Museum dues are \$20 per year. Dues and donations can be sent to the WyNG Museum, 624 E. Pershing Blvd., Cheyenne, WY 82001.

## EDITOR'S COMMENTS

As mentioned in the last newsletter, there was a problem in keeping mailing addresses correct as undeliverable mail was not being returned with the correct address annotated.

Thanks to the efforts of Wyoming Military Department personnel, that has been corrected.

The March 2008 newsletter resulted in 110 mailings being returned, of which 102 were re-mailed with the correct address.

It would sure be helpful if our readers would notify the publication staff when they change their address and/or email carrier.

We start a new decade of publishing the Wyoming National Guard Retiree newsletter with this issue.

Wonderful and positive comments continue to be received from our readers and that surely

encourages us to continue with the project.

You are urged to send us information material, requests for certain articles to be published, and comments, good or bad.

We now have about 140 who have volunteered to obtain their copy of the newsletter via email saving WyMD postage costs.

As soon as the next issue is published we send out an email message to volunteer recipients with the issue attached as a PDF download.

You can find the newsletter online at <http://www.wy.ngb.army.mil/PAO/retiree.pdf>.

Send your email address to [RHolmes632@aol.com](mailto:RHolmes632@aol.com) if you are interested in being added to the email group.

**Wyoming Military Department Retiree & Veteran News**  
5500 Bishop Blvd.  
Cheyenne, WY 82009  
(307) 772-5253

WRITER & EDITOR: Bob Holmes, Wyoming Military Department Retiree Council  
COEDITOR & PROOF: Bev Holmes

MANAGING EDITOR: Deidre Forster, PAO, Wyoming Military Department

PRINTING: Wyoming Military Department

MAILING: ARNG & ANG Headquarters full time staff

COMMENTS: Forward comments, input, information, address changes, corrections, additions, etc., to: Bob Holmes, 1508 Hot Springs Ave., Cheyenne, WY 82001-5361, (307) 632-7566; fax: (307) 778-8741 Winter: (o/a 15 Nov-15 Apr) 2134 North Ramona Ave., Casa Grande, AZ 85222-1325, (520) 426-1663; year-round cell: (307) 630-1676; year-round email: [RHolmes632@aol.com](mailto:RHolmes632@aol.com).

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## OBITUARIES

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

DANIEL J. CHRISTY, 60, died 3 April 08 in Laramie after a valiant battle with esophageal cancer. He was born 28 April 47 in Torrington. Daniel joined WyARNG June 66, served until Feb. 67 and then spent the next 5 years in US Army. He rejoined 960th Maint Co March 73 and remained there until Oct. 94 when he was transferred to Retired Reserve as SSG.

ALICE DeWITT, 71, died 13 May 08 in Cheyenne. She was born 29 Aug 36 in Missouri, but spent her youth in Hillsdale, WY. She was the wife of MSgt (Retired) Carl DeWitt who served in WyANG both as a member and full timer in Maintenance.

SALLY M. GONION, 76, died 21 May 08, in Powell. She was born in 1932 in Wichita, KS but moved to Cody in the early 40s. She was the wife of COL (Ret) Burl Gonion.

EUGENE (GENE) HERCEG, 58, was killed in an ATV accident 25 May 08. He was born 9 Oct 49 in McAdoo, PA. Gene first served in USAF & USAFR for 6 years (69-75) followed by 3 years in WY ANG (75-78) and 1 year in WY ARNG (80-81). He joined 1022d Med Det Oct 89 and served with them during Desert Shield/Desert Storm. He transferred from WY ARNG to WY ANG in Jan 92 and worked part of that time as a full time technician in vehicle maintenance. He was transferred to the Retired Reserve in Dec 2005.

NANCY E. JOY, 64, died 18 March 08 at her home in Denver, Colo., after a valiant battle with cancer. She was born 23 Oct 43 in Oxford, CT and moved to Denver in 1967. Nancy served as a flight nurse in WyANG from 1967 to 1985. Her last assignments were as chief nurse and flight nurse examiner. Nancy transferred to the Inactive Reserve as LtCol in 1986. She graduated with honors from the University of Colorado medical School in 1985 and practiced as a general surgeon in Denver.

MURILYN L. KAGEL, 69, died 16 April 08 in Laramie after battling cancer. He was born 5 Jul 38 in Mobridge, SD. He joined 1022d Engr Bn 6 Oct 58 and served with the unit at Fort Lewis, WA when they were mobilized for Berlin Crisis call-up (61-62). He was discharged as SGT 5 Oct 63.

GEORGE H. KINHAM, 78, died 28 April 08 in Cheyenne. George was born 9 Feb 30 in Cheyenne and had lived there all of his

life. He served in the WyANG for 38 years, both as a member and a full time technician. He enlisted 22 June 48 and was inducted into federal service with the unit for the Korean War (51-52). He was separated as MSgt Feb 59 to be appointed WO1, Aircraft Maint Officer. He was retired from civil service and transferred to the Retired Reserve 11 Nov 85 as CW4. George had the distinction of being the last warrant officer in both USAF and ANGUS.

WILLIAM (BILL) R. MORTON JR, 83, died 4 April 08 at Davis Hospice Center in Cheyenne. He was born 3 Oct 23 in Cheyenne. Bill served in US Navy during WWII (Dec 42-Feb 46), joined WyANG 14 Dec 46 and served in the Korean War. He was separated as MSgt 21 Sept 55 to enlist in USAF. He retired from AD as E9 in 1972.

TOD A. PHILLIPS, 46, died 28 March 08 in Cheyenne. He was born 3 Nov 61 in Plymouth, IN and first served with the IN ARNG. Tod joined 960th in Torrington 2 Feb 90 and served continuously until he completed over 20 years on 17 Jun 03 and was transferred to the Retired Reserve.

IONE ELIZABETH RATCLIFF, 87, died 18 March 08 at the Wyoming Medical Center in Casper. She was born 29 May 20 in Berthoud, Colo. She was the surviving spouse of the late LtCol Hardy Ratcliff who was a great supporter of the WyARNG and ESGR. Hardy retired from the WyARNG in 1968.

ERNEST ALLEN (BILL) SIKES, 90, died 25 March 08 at Central Wyoming Hospice in Casper. He was born 5 Feb 18 in Sausalito, CA. He joined US Army 28 Jan 41 and became a B-17 pilot and then came to Casper in 43 for his final combat training. He was separated from AD in 50 as LtCol. He joined WyANG Aug 65 as enlisted being over age for commission. He was transferred to Retired Reserve Oct 71.

KENNETH E. TAYLOR, 69, died 15 May 08 and was born 10 Jan 39 in Sterling, Colo. He joined WyARNG 22 Feb 56 and served continuously until Jan 66 when he was separated as SSG and appointed a 2LT. Jun 71 he was promoted to CPT and terminated in Nov 76. He then served as enlisted from Feb 79 to 7 Apr 81 when he transferred to the Retired Reserve.

WILLIAM (BILL) A. TYRRELL, 75, died of a rare cancer in Cheyenne 16 April 08. Bill was born 11 June 32 in Oceola, NE. He joined the WyANG 29 Mar 51, was activated with the unit for the Korean War. He returned to Cheyenne with the unit in 52 and separated 28 March 54.

*Retiree News -- Wyo. Military Dept.*

## ASSOCIATIONS

The Wyoming National Guard Association held a successful annual conference on 25-26 April, at the Shrine Club, in Cheyenne. There were more than 80 in attendance with a great representation of retirees. The Auxiliary held its annual meeting with 10 spouses present.

The silent auctions netted the WyNGA \$1,054 and the Auxiliary more than \$400. Several resolutions were passed and will be forwarded to the national headquarters. A resolution was passed to ask the state statutes be amended to allow surviving spouses to possess WyNG license plates. CSM (Ret) Frank Yoakum, EANGUS Congressional representative in Washington, D.C., was the guest speaker. Tri-West (Tricare) was represented and they donated \$1,000 to the WyNGA and \$2,500 to a private fund that assists families of military personnel.

Lew Lyon, Steve Mount and Ken Teasley were re-elected to the Board of Governors for three more years. WyNGA Medals of Excellence were awarded to MG Wright, Col. Harold Reed, CSM Kenton Franklin, Lew Lyon, Frank Yoakum and Bev Holmes.

The WyNGA needs to increase its operational capabilities through increased membership. Retirees can do their part by buying a one time lifetime membership of \$25. If you have not done so, send your check to WyNGA, P.O. Box 2615, Cheyenne, WY 82003.

The 37th annual EANGUS and Auxiliary Conferences will be held in Savannah, Ga., 18-21 Aug. The 130th NGAUS Conference will be held in Baltimore, Md., 20-22 Sept. C-130 transportation support has been requested for both.

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

Permanent RSOs are located in Cheyenne to service retirees, family members and surviving spouses with their administrative needs. Personal visits should be prearranged by appointments: POCs are:

ARNG: Staff Sgt. Zachary Welchman, toll-free (866) 992-7641, ext. 5238, local 772-5238, 5500 Bishop Blvd., Cheyenne, WY 82009; email:

zachary.welchman@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@wychey.ang.af.mil.

In addition, the most up-to-date computer software systems, for issuing military ID cards and DEERS registration, are permanently located as follows:

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

## **SPACE A TRAVEL**

The Space A program allows military retirees, age 60 and their accompanying spouse, to fly free on military flights and military contract flights in the United States and worldwide in a space available status.

Each must have a valid ID Card. Gray area retirees can travel Space A, but dependents can not accompany them.

Surviving spouses can not utilize Space A.

To check on scheduling and space available on WyANG C-130 flights call toll free (866) 992-7641, ext. 6318, 6317, 6109 or 6260.

The WyANG can provide flight information 30 days out and are encouraging retirees to take advantage of this opportunity.

## **WyNG RETIRED CAPS**

Wyoming Army or Air Guard Retired Caps are again available for purchase from the WMHS.

Cost is \$10 plus \$2 for shipping.

The caps are brown with lettering and traditional bucking horse in gold.

Make your \$12 check payable to WMHS and send to Bob Holmes, 1508 Hot Springs Ave., Cheyenne, WY 82001, or stop by and pick one up for \$10.

## **TRANSFORMATION**

Transformation of the WyARNG was completed on June 17 when the 115th Fires Brigade celebrated its stand-up ceremony in Camp Guernsey.

The brigade was the last WyARNG unit to transform its mission.

All WyARNG units are now being reorganized under new documents effective Sept. 1.

## **MAFFS TRAINING**

The WyANG sent 100 people and four aircraft to CA for annual aerial fire fighting training in May. WyANG is one of 4 military units equipped with the Modular Airborne Fire Fighting System (MAFFS). Units undergo refresher training every spring. The WyANG deployed the MAFFS unit to California in October and November 2007 combat fires.

## **WyANG DEPLOYMENT**

Since October, the WyANG has had an ongoing overseas mission to provide tactical airlift support for US Forces in conjunction with Operation Iraqi Freedom.

The Active Associate 30th Airlift

Squadron presently has the lead.

About 35 personnel and equipment rotate approximately every 60 to 90 days.

## **PERSONNEL MOBILIZED**

Twenty-one Soldiers and three UH-60 helicopters of the C CO, 5-159th Gen Sup Avn Bn, WyARNG, (better know as Charlie Med), are being sent to Afghanistan in October.

Mobilization orders are for a 12 month deployment which includes 2 months of training at Fort Sill, Okla., and 10 months in Afghanistan.

This unit has been the most deployed unit in WyARNG since Desert Shield/Desert Storm.

## **AFGHANISTAN**

Soldiers of the Embedded Training Team (ETT) that deployed to Afghanistan in April 07 returned to Wyoming April 21. Two of the 16 members volunteered to remain.

The third ETT of 16 WyARNG Soldiers is at Ft Riley, Kan., before proceeding on to Afghanistan to serve as trainers and mentors for senior Afghan Army officials.

## **STATE MISSIONS**

The 133rd Engineer Company, in Laramie, deployed three times on state emergency disaster missions over five days in May.

Thirty-three Soldiers were dispatched to Baggs on May 19 to fill and stack sand bags along the Little Snake River. Another mission called for eight Soldiers to clear away heavy storm damage in Laramie. A third mission involved three people to rescue a stuck power company vehicle.

## **NATIONAL AWARD**

The 133rd was one of three recipients for the LTG Emerson C. Itschner Award.

This award is given to the top engineer companies, one each from Army, Army Reserve and Army Guard.

## **C-130s DEDICATED**

All 12 WyANG C-130s are named after cities in Wyoming.

The original eight were named Cheyenne, Sheridan, Cody, Riverton, Laramie, Casper, Guernsey and Rock Springs.

Last year the WyMD held a state wide contest to name the four additional C-130s. More than 7,400 votes were cast for 56 towns. Lander, Upton, LaGrange and Thermopolis were named the winners.

Naming is being accomplished with a dedication ceremony where the town officials are presented a picture of the C-130 with the Tetons in the background and a state flag that was flown on a C-130 during a combat mission in Iraq.

Each aircraft has a license plate placed in the window and a plaque is mounted inside.

## **AIRCRAFT DISPLAYS**

Dedication of a new static C-130 display at the front gate of the Wy ANG base, is scheduled for Sept. 7 at 10 a.m. The C-130 is replacing the F-86 currently on display. That aircraft is moving to the Camp Guernsey Army Airfield.

## **YOUTH CHALLENGE**

The fifth class, made up of 19 cadets, of the WyNG Youth Challenge program graduated on June 15, at the Guernsey-Sunrise High School.

Sen. John Barrasso, State Auditor Col. (Ret) Rita Meyer and Susan Thomas, wife of the late Sen. Craig Thomas were the guest speakers.

The next group of Youth Challenge cadets will begin classes on July 12.

One key to the program is to match a cadet with a mentor. WyNG retirees make ideal mentor prospects.

For information about the Youth

Challenge Program and on how to become a mentor, call (307) 836-7502 or visit [www.ngycp.org/state/wy](http://www.ngycp.org/state/wy).

## **WEAR OF UNIFORMS**

Wearing a military uniform after retirement is a privilege granted in recognition of faithful service to the county.

AR 670-1 is applicable to both active and retired.

It has been reported some retirees are not adhering to uniform regulations when performing military funeral honors. The two most glaring errors are hair and patches. Males will keep their face clean shaven and have appropriate haircuts. Handlebar mustaches, goatees and beards are not authorized.

Mustaches are permitted if kept neatly trimmed, tapered and tidy.

Retirees are only authorized to wear the US Army Retired patch on left shoulder, no other. They may wear the shoulder sleeve insignia of a former wartime unit they were assigned to on the right shoulder.

## **GUN SALUTES**

There always seems to be some confusion about the different gun salutes, 21 vs 3.

The 21 gun salute is fired in honor of the President. Legend has it in adding numbers 1+7+7+6 it equals 21.

Salutes of a lesser number are given for others based on protocol, i.e. a governor is rendered a 19 gun salute.

The three volley salute is rendered at police and military funerals followed by a bugler sounding "Taps."

The fact that firing parties usually consist of seven riflemen firing three volleys each does not con-

stitute a 21 gun salute. An honor guard should consist of an odd number from three to seven.

The main difference is a 21 gun salute (or a lesser number by protocol) is used primarily as a greeting, whereas the three volley salute is performed at funerals.

## **COLA WATCH**

The Cost of Living Adjustment (COLA) is based on the average inflation rate over the final three months of the fiscal year, July through Sept..

At the end of April, the inflation increase was 3.5 percent.

If inflation keeps up this cumulative pace for the rest of the year, the 2009 COLA could be as high as 4.5 percent.

History tells us that probably won't happen, but it should be a big increase.

## **DD-214s NOW ONLINE**

Veterans and next of kin of deceased veterans can now obtain copies of DD-214s online at: <http://www.vetrecs.archives.gov>.

Others will still need to complete a DD Form 180 and mail to the National Personnel Records Center, in St. Louis.

DD Form 180 can now be downloaded off the same Web site. The new Web site was designed to better serve DD-214 request by eliminating the NPRC mailroom and processing time.

The 2008 Wyoming National Guard Governor's Reception will be held Oct. 4, in Cheyenne at the Holiday Inn.

Invitations will be mailed in mid-August. Retirees can wear their dress uniforms or semi-formal attire.

## **PENDING BILLS**

Below are pending congressional bills that are of interest to readers:

HR0025-Repeal income tax, abolish IRS, and enact a sales tax administered by each state (72 cosponsors).

HR0136 & HR3046-Prevent fraud misuse of SSANs and protect against identity theft (17 & 53 cosponsors).

HR0140-Makes TRICARE reimbursements to be same as amount reimbursed under Medicare (13 cosponsors).

HR0191-Repeals inclusion of SS benefits in gross income (12 cosponsors).

HR0315, HR2005 & HR3008-Require health benefits be available to veterans in rural areas (22,48&24 cosponsors).

HR1110 & S0773-Allow retirees to pay health care premiums on pre tax basis (331&61 cosponsors).

HR0579 & S0604-Prohibit fee increases for military health care (208&21 cosponsors).

HR0657-Forgets retired pay overpayments to surviving spouses (41 cosponsors).

HR0690 & S1243-Reduce reserve retirement from 60 to 55 (126&8 cosponsors).

HR1552 & HR1554-Authorize TRICARE to pay for chiropractic care without doctor referral (140&18 cosponsors).

HR1685-authorizes Gray Area Retirees to buy TRICARE standard

HR1912-Covers hearing aids under Medicare (4 cosponsors).

HR 1953-Establishes a COLA for elderly consumers (18 cosponsors).

HR2585&S2785-Modify Medicare

Reimbursement policies to insure a doctor workforce (21 sponsors).

*July 2008*

HR3380-Authorizes veterans to render hand salute (21 cosponsors).

HR5854-Grants Federal charter to MOAA (24 cosponsors).

HR5877-Authorizes Medicare coverage for shingles vaccine (25 cosponsors).

HR6129-Extends Medicare doctor payment rate for 7 months (18 cosponsors).

## **TRAVEL BY AIR**

If you plan to vacation and travel by commercial air, pack smartly.

To offset rising fuel costs, airlines have added fees for checking a second bag and may charge for one.

Sometimes there is a discount if you make your reservation by Web.

Other add-on cost is fees for curbside check-in and \$25-\$50 extra for a piece of luggage that weighs more than 50 pounds. That limits used to be 70 pounds.

## **MYPAY**

Defense Finance & Accounting Service (DFAS) implemented the MyPay system in March 2000.

The system delivers pay information and lets you make pay-related transaction on line, like changing with holdings.

One big advantage is you can access you 1099R in early December each year rather than waiting for mailing after 1 Jan.

If you do not have a PIN, click on New PIN button at the Web site: <https://mypay.dfas.mil>.

Log on is your Social Security Number. If you have any questions concerning MyPay call (888) 332-7411.

## **LAW CLARIFIED**

In the March issue, there was an article that announced a new *Retiree News* -- *Wyo. Military Dept.*

law that prohibits employers from offering employees TRICARE supplemental coverage so they would use TRICARE rather than the company's group health plan.

The law led to some confusion to where employers stopped offering all supplemental policies to TRICARE eligible employees.

TRICARE will be publishing a regulation by mid summer that will clarify the law.

It will say "cafeteria plans are not excluded under the law and that cash payments offered by employers to those who use other coverage's are permissible for TRICARE employees as long as equal payments are made to all who use alternative coverage, not just TRICARE employee."

## **TFL ELIGIBILITY**

TRICARE users who are turning 65 must enroll in and pay for Medicare Part B to become eligible for TFL.

All other type TRICARE policies will cease coverage at age 65.

Beneficiaries should apply for Part B 3 to 4 months before turning 65.

Prompt enrollment allows the person to avoid surcharges for late enrollment (10 percent for each 12 month period eligible but not enrolled).

To sign up either call Social Security at (800) 772-1213 or visit the local Social Security office.

## **RETIREE WEB SITE**

The U.S. Air Force has launched a new retiree Web site: <http://www.retirees.af.mil>. The site is full of helpful information and links to a variety of retiree sources.

## **MORE \$22 DRUGS**

Several medications for cardiovascular disorder, enlarged prostate and immune diseases have been moved to the third tier or \$22 copay level.

Exforge, a combination drug for high blood pressure, will move to the 3rd tier.

Norvasc will move back to the \$9 level.

Requirements for prostate drugs will require users to try Uroxatral in lieu of Hytrin, Cardura or Flo-max. These three drugs go to \$22 level.

Tricare can approve a doctor's request that there is a medical necessity for one of them, and it will remain at \$9 level.

Enbrel and Kineret, used to treat various forms of arthritis, psoriasis, Chiron's disease and ulcerative colitis are moved to the \$22 level.

Humira, Raptiva and Amevive remain at regular copay.

## **SHINGLES VACCINE**

For beneficiaries, age 60 and older, TRICARE now covers Zostavax, the vaccine designed to prevent shingles.

TRICARE does caution that "covers" doesn't necessarily mean "totally free" for TRICARE or TFL users.

Zostavax is covered under medical benefits and not pharmacy because the vaccine cannot be self administered. It must be given in a doctor's office.

The doctor should itemize the bill and show cost for each: office visit, injection and supply of Zostavax.

The provider will be reimbursed by TRICARE for giving the injection and the office call.

## **LAP-BAND SURGERY**

People whose weight poses a serious health risk have a new surgical alternative available.

TRICARE now covers Lap-Band surgery for those who medically qualify.

Coverage is retroactive back to Feb. 1, 2007, even though the procedure was just recently approved.

To qualify the person must be suffering from morbid obesity, i.e. body weight is 100 pounds over ideal weight for height and bone structure and weight is associated with severe medical conditions known to have higher mortality rates.

People also with weight more than twice the ideal weight can qualify.

## **LOOTING MEDICARE**

Did you know, \$70 billion of your tax dollars out of the estimated \$400 billion budgeted for Medicare in 2008 will disappear due to fraud and mismanagement?

That equals about \$233 for every American or about 20 percent of the agency's funding.

Controls over spending are minimal. Bills are paid and processed by computers, no human sees them.

For example, because of repeated invoicing, \$5 million was spent on one wheelchair.

The agency has implemented anti-scam strategies that stopped \$2 billion improper payments in the past two years.

## **HOSPITALIZATION**

Recently, Tricare insured have gone into a hospital thinking they are covered by both Medicare and Tricare; however after they go home they find the hospital will not accept Medicare payments and the patient is stuck with a huge medical bill.

It turns out some hospitals will accept both if the patient has been previously treated there but will not accept new Medicare patients.

Therefore, make sure if you are scheduled to be hospitalized that the hospital takes both Medicare and Tricare if you are to be a new patient.

## **HEART ATTACK**

Cardiovascular disease is the single most cause of death in US each year.

Most common is coronary which usually is diagnosed after a heart attack has already occurred.

Chances of surviving a heart attack are increased if emergency treatment is given ASAP.

Some signs of heart attack are:

\*Discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back.

\*Discomfort feels like pressure, squeezing, fullness or pain.

\*Discomfort in other areas of the upper body like in one or both arms, the back, neck, jaw or stomach.

\*Shortness of breath often comes along with chest pains but can occur before chest discomfort.

If someone is having a heart attack call 911. Better yet learn how to save a life by signing up for a

## TO YOUR HEALTH

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

Return service requested

Warm weather is here and it is a great time to develop a physical fitness program.

Physical fitness includes three components: cardiovascular health, strength and agility.

Cardiovascular health involves

increasing respiratory capacity and

endurance i.e. treadmill, swimming,

jogging/bi/sk walk or biking. Increase

strength by weight lifting or push and

chin ups.

Agility involves bends and stretch-

ing. In house activities can require a

combination of all three. Climbing up

and down stairs covers cardiovascular,

body strength and agility. Painting,

planting a garden, etc can contribute to

physical fitness. Housebound elderly

persons can walk for short distance

repeatedly, get in and out of chair etc.

Start your program slow and con-

tinually increase over time. If you stop

for a week you will notice fitness loss

the next time you exercise.

Science now tells us the following

## 6 MYTHS

are more myths than facts

1. All tea is the same. In order to get

enough disease fighting tea's potent

antioxidant, you must drink brewed

green tea or take EGC supplement.

2. Bagels are health food. Just the

opposite. Bagels are made from pro-

cessed white flour that is low in fiber

and high in glycemic index. Better are

whole grain flour or sourdough.

3. Raw is more nutritious. Just the

opposite. Cooking vegetables can re-

lease nutrients. Canned tomatoes have

more antioxidant than fresh.

4. Coffee and caffeine are harmful.

Moderate amounts are safe. Can cut

risk of diabetes, gallstones, colon can-

cer, liver damage & Parkinson disease.

5. Use non fat salad dressing. With-

out fat your body can't absorb nutri-

ents from salad ingredients.

6. Eggs are dangerous. Egg yolks do

not raise blood cholesterol much and

have choline for brain development.

*Retiree News -- Wyo. Military Dept.*

Humans contract the disease when

bitten by a mosquito that has bitten an

infected animal.

Symptoms range in severity from

fever and headache to serious neuro-

logical complications.

Those who die from the infection

most generally are older, somewhat

feeble, weak and already sick with

other illness.

Some preventative measures are:

tracking where the disease has spread,

many states are testing dead cows,

some hospitals are routinely testing

patients who have encephalitis and

related neurological diseases and

increase mosquito spraying.

Personal preventive tactics are:

using mosquito repellent, wearing

protective clothing i.e. long sleeves

and long pants, and eliminate standing

water where mosquitoes breed.

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