



Wyoming National Guard Retiree News

Volume VI, Number 2

November 2008

CASPER VET OFFICE MOVE

Wyo. Veterans Commission Casper office has been relocated back to the WyARNG Armory, 5905 CY Ave.

Mr. Mahaffey is the veteran service officer and is available to assist veterans and their families with claims, benefits and health care issues. Office hours are 8 to 4, Monday thru Friday or by appointment, (307) 265-7372. WVC is looking for veteran volunteers to help in the Casper office.

MEMORIAL DEDICATED

The Wyoming Veterans Memorial Park and the Korean War Memorial within the park, located near the airport in Cody, were both dedicated Sept. 6.

NEW WVC CHAIRMAN

Commissioner Ron Wood, of Sheridan, was selected in Sept. to serve as the Wyoming Veterans Commission Chairman for the next two years.

He replaces Lee Alley of Wheatland. Wood appointed Alley as the Vice Chairman and Pete Quinnell of Gillette as the Parliamentarian.

VETERAN ADVOCATES

Last November the WyMD announced the contracting of two veteran advocates.

Their responsibility is to assist all returning veterans in transiting back to civilian life. They provide the bridge for veterans and family members to reach the correct

source of assistance.

Bob Bragg has been hired to serve Northern Wyoming veterans of all military branches.

Ronda Brauburger will serve Southern Wyoming veterans.

Bragg and Brauburger are contacting returning Wyoming veterans of all services and setting up face-to-face appointments.

Northern Wyoming veterans can reach Bragg at (307) 359-3856 and Southern Wyoming veterans can reach Brauburger at (307) 256-3280.

BRONZE STAR AWARDED

Spc. Justin L. Pierce was awarded the Bronze Star with valor for his heroic act while serving in Iraq with the 1041st Engr Co.

Pierce was traveling in a convoy escort vehicle when a roadside bomb exploded. The explosion disabled the vehicle, trapping the occupants. Pierce managed to escape, but then returned to pull the driver and commander to safety.

ARNG UNIT MOBILIZED

Starting on Oct. 17, C Co, 5-159 Gen Sup Avn Bn, WY ARNG, better known as Charlie Med, began a three-year commitment to Afghanistan.

Twenty Soldiers and three UH-60 Blackhawk helicopters will rotate annually for the next three years.

Crews are made up of pilots, crew chiefs, medics and maintenance personnel.

UNIT RECOGNIZED

Department of the Army presented the 1041st Engr Co the Meritorious Unit Award on Sept. 20.

The unit was recognized for its meritorious service in support of military operations in Iraq from Oct. 23, 2006 – Aug. 3, 2007.

The citation is only given to those units who displayed exceptionally meritorious conduct in performance of outstanding service for at least six continuous months of military operations against an armed enemy.

UNITS TO BE MOBILIZED

The 115th Fires Brigade was alerted in Feb 08 and now ordered to mobilize for Operation Iraqi Freedom in April 09.

The order will deploy 941 Wy-ARNG Soldiers assigned in 115th Fires Bde, 148th Signal Co, 960th Bde Sup Bn and 2-300th FA. Wyoming units will deploy to Kuwait with units from MN, SD and CO after pre-deployment training at Fort Hood, Texas.

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RETIREE COUNCIL

Your WyNG Retiree Council, with the support of the WyMD, conducted its fifth annual Retiree Conference.

Conference was held at the Holiday Inn on Oct. 4 in conjunction with the Governor's Reception, held that evening.

The conference was the best ever with 131 in attendance and the agenda having very enlightened and informative subjects. Particularly noteworthy were the Estate Planning and Tricare briefings.

Council briefly met at the close of the conference and voted to continue to hold the conference at the same time as the reception which should be during the Oct. 09 time frame.

Larry Barttelbort asked to be removed from the council as a member and placed on as an "Ex-Officio and advisor." CW4 (Ret) Harold Ramirez agreed to replace Larry as an ARNG rep.

Council member Kem Price volunteered to work on the design and obtaining of a shirt to be worn by council members and for sale to retirees.

RETIREE PUBLICATIONS

All services publish a retiree newsletter publication quarterly. Although each mostly address the same issues there are some items published that pertain to just that service. Mailing to retirees should be automatic but from time to time we hear otherwise. Copies can be obtained online for all services.

Listed below are the Web sites for each service where their newsletter can be obtained:

Army: <http://www.armyg1.army.mil/rso/echoes.asp>

Air: <http://www.retiree.af.mil/afterburner/>

Navy: <http://www.npc.navy.mil/referenceLibrary/publication>

Marines: <http://www.manpower.usmc.mil>

Coast Guard: <http://www.uscg.mil/hq/psc/eveningcolors>

EDITOR'S COMMENTS

Our continuing effort and intent is to keep WyNG retirees, spouses and surviving spouses informed on issues concerning them.

We are doing that through this three times a year newsletter, email messages to those with email and the annual retiree conference.

We could not accomplish any of this without the full support of the Wyoming Military Department, the WyNG Retiree Council, the Wyoming Militia Historical Society and volunteers.

We welcome any suggestions from our readers on how we can improve or better our services.

We have 345 emailers out of a total list of 1,550 and only 153 showing a fast internet service so they can receive the newsletter by email and save WyMD postage.

If you are not on our email list and want to be, send your address to RHolmes632@aol.com. The

same is true if you can receive the newsletter by email, notify us. We will send out an email message as soon as the next issue is available with the issue attached as a PDF download; or you can find the newsletter on line at: <http://www.wy.ngb.army.mil/PAO/retiree.pdf>.

It would be helpful if our readers would keep us informed when they change their mailing address and email address and/or carrier. We have 48 individuals we have lost track of due to non-notification.

During the winter months, send address changes to:

Bob Holmes
2134 N. Ramona Ave.
Casa Grande, AZ 85222-1325
(after Nov. 15)

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.

FAY DAROLD ALLEN, 86, died 7 Sep 08 at his home in Guernsey, WY. He was born 10 Oct 1921 in Chadron, NE. Fay was in the CCCs for a year during 1937-38 and served with the Army in the Pacific Theater during WWII (42-45). He joined WY ARNG in Jan 57 and served continually both militarily and full time at Camp Guernsey retiring in Oct 81 at age 60 as SGM E9. After retirement he built and owned the Guernsey Mobil Home Park in Guernsey.

ROC CARTER, 48, died 7 Oct 08 in Rock Springs. He served in WY ARNG as SSG Feb 88-Sep 00 with 8 yrs prior in NE & CO ARNG

MOSE E. CORBIN JR, 72, died 14 Aug 08 at his Cheyenne home and was born 17 Jun 36 in AR. He served in the USMC for 9 yrs (53-62 and was a member of the WY ANG for 12 yrs (68-80) retiring on 15 Jul 80 as MSgt.

ROBERT (BOB) S. DRAPER, 86, died on 20 Aug 2007 and was born 31 Jan 22. Bob enlisted with 115th Cav Rgmt 10 Oct 40 and went to Fort Lewis WA with the unit. After being released from AD for WWII he re-enlisted with WY ARNG. He was appointed a 2LT in 1948 and was separated due to ROPA as CPT in 1960. He then served from 1972 to 1977 as enlisted so to complete 20 years for retirement.

BRUCE E, HAYS, 42. CPT, WY ARNG, was killed 17 Sep 08 while serving on active duty as a volunteer with a 16 member embedded team in Afghanistan. He died from wounds suffered from a roadside bomb explosion. Bruce was born 29 Dec 65 in Merced, CA, served as an EM in US Army 1984-92, enlisted in WY ARNG in 99, appointed 2LT in 2000 and promoted to CPT on 5 Feb 05.

DONN P. HILL, 84, died 14 May 08 in Hanford, CA. he was born 21 Sep 23 in CA. Donn served 35 years in USAF retiring as LtCol Sep 76. His last 4 years was as the WY ANG advisor during their transition from C-121s to C-130s.

JIM JAGUSCH, 62, died 5 Jun 08 in Minneapolis. He was born 25 Sep 45 at St Paul, MN. He was a dentist in Cheyenne for 32 years. He served in the WY ANG as Maj from 11 Jun 81 to 22 Jul 87.

VICKI TIDWELL-McMORROW, 60, was killed in a motorcycle accident 19 Jul 08.

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She was the spouse of a long time WY ARNG member in the Rawlins's unit; SFC (Retired) Bob McMorrow.

RICHARD D. RUSK, 79, died 5 Jul 08 in VA and was born 4 Oct 29 in IA. He was a member of WY ANG from Nov 50-Oct 53 and served on active duty with the unit during the Korean War.

DAVID W. SINGER, 80, died 23 Jul 08 at his home in Rio Rancho, NM. Dave was born 15 Mar 28 in NJ and served in NJ ARNG from 1948-56. He joined WY ARNG Oct 76 and served continuously both militarily and fulltime until he was retired 14 Mar 90 as SFC.

JAMES A. SMATHERS SR, 84, died 9 Sep 08 in Douglas, WY and was born 18 Dec 23 in Glendo. He served in US Army Oct 43-Nov 45. He joined WY ARNG Oct 46 and was appointed 2LT Jan 51. He then served continuously until Mar 66 when he was transferred to USAR. He retired in 1975 as MAJ.

RUTH A. STRIKE, 89, died 14 Jul 08 in Cheyenne and she was born 28 Jul 18 in Cheyenne. She was the spouse of long time and well known WY Guardsman MAJ (Retired) Joe Strike. Joe served on active duty in Selective Service Section of WY NG during the 50s.

TODD A. FARRICKER, 39, died 28 Jul 08 at his home in Ft Collins, CO and was born 20 Sep 68 in Queens, NY. He served in USMC during 1986-90, CO NG 95-98, joined WY ANG Jul 98 and was an SSgt fire fighter and aerovac specialists at the time of his death.

WMHS/NG MUSEUM

Summer visitation at the museum has been good.

We are recording oral histories of former Guard members; 3 recently, John Adams, Art Reese and Erv Stewart. We need to capture the memories of these old-timers.

A beautiful wooden sign created by Glenn Oslund has been installed on the front of the museum. It is uplighted at night and easy to read from the street.

Four government reps recently visited the museum seeking site locations where the WyNG dispersed munitions during 20th century, including private clubs. Let us know if you are aware of such a site and we will relay the information.

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ASSOCIATIONS

The WyNGA has approximately \$30,000 in assets and is working on obtaining a 501c19 non-profit status which should be completed by Dec 08.

Thirteen scholarships were given this year at a total of \$3,250. Applications for next year are being accepted with closeout date of 30 Nov 08. In addition, the auxiliary has been revived and again going strong.

WyNGA needs more retiree membership which is a one time lifetime of \$25. If you have not done so, send a \$25 check to WyNGA, P.O. Box 2615, Cheyenne, WY 82003.

Suggestions and ideas from retirees and spouses on how WyNGA can better support the retiree community are welcome.

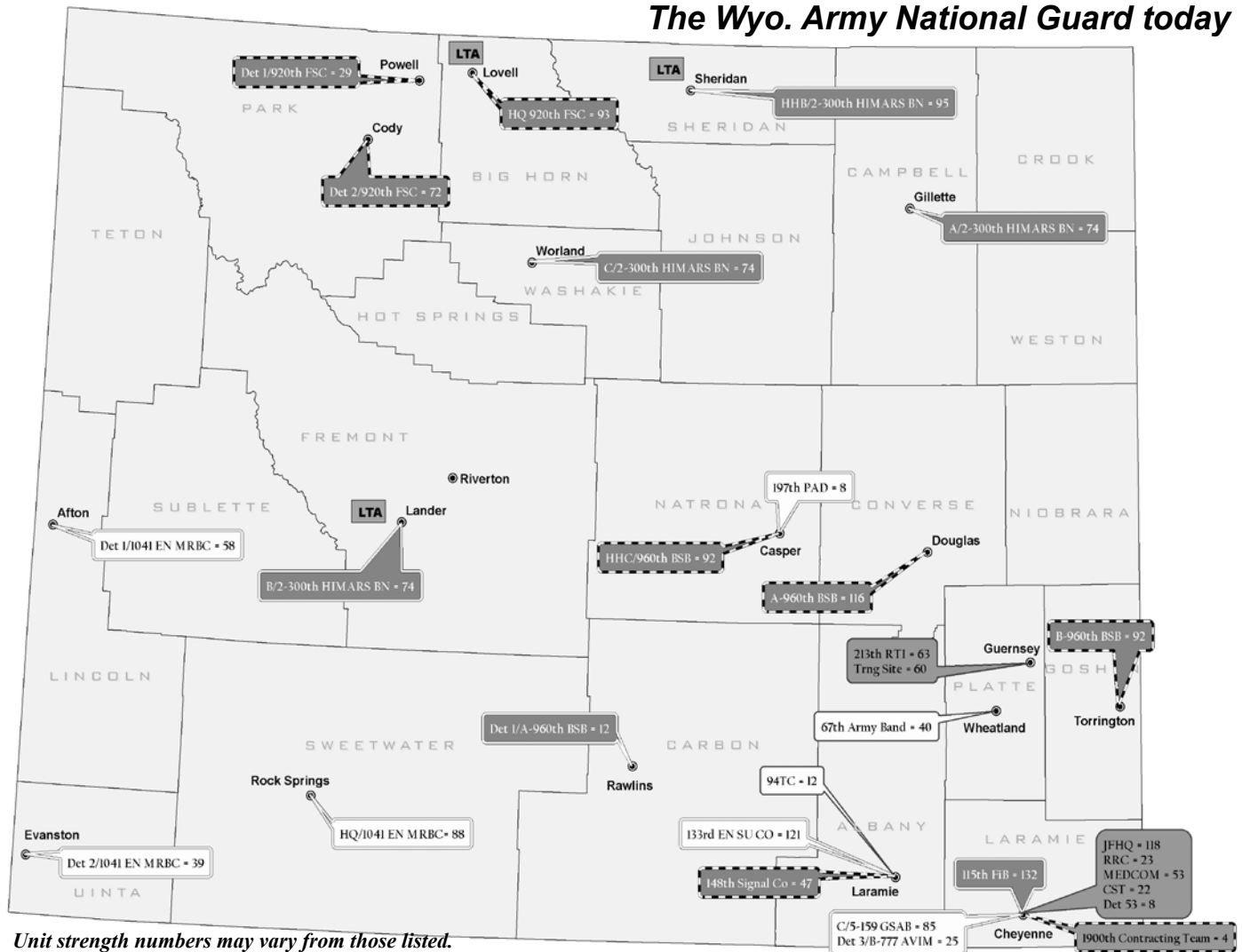
There were 20 members and spouses who attended the 130th NGAUS Conference in Baltimore, Md., 20-22 Sept., with Col. Bob Rodekohr representing the retired. The 2009 NGAUS Conference will be held 11-15 Sept., in Nashville, Tenn.

Thirteen members and spouses attended the 37th EANGUS and Auxiliary Conference in Savannah, Ga., 18-21 Aug. Master Sgt. Lew Lyon was the retiree rep.

Original goal given WY for the EANGUS Memorial Building Fund was \$2525. WY has exceeded its goal with total donations of \$4435. Particularly noteworthy were contribution made by Kenton & Shellie Franklin, Greg Ben-nick, Lew & Linda Lyon and Brad Smith.

2009 EANGUS and Auxiliary Conference will be held in Rochester, Minn., 8-13 Aug.

The Wyo. Army National Guard today



Unit strength numbers may vary from those listed.

Units in white bubbles fall under 94th Troop Command.

Units outlined with checks are new units to the Wyoming Army National Guard, as is the unit in Rawlins.

Units in gray bubbles with white outlines fall under the 115th Fires Brigade except for units in Guernsey and the JFHQ units in Cheyenne.

MAFFS MISSION

WyANG C-130 crews dropped the 1 millionth gallon of fire retardant on fires in northern California's Shasta and Trinity counties in June. The unit was deployed to California to assist with battling wild fires in June.

HURRICANE ASSISTANCE

Five WyANG Airmen were deployed in Aug. to assist in Hurricane Gustav and 10 more were deployed in Sept. to assist with Ike. Their mission was to transport displaced patients.

Seventeen members of the

WyNG 84th Civil Sup Tm were also deployed for 15 days to Texas for Hurricane Ike.

They provided assistance in testing ground water and indentifying hazardous waste.

JOINT FORCES HQ

Ground was broken for the new Joint Forces Headquarters building at Warren AFB on Oct. 8.

The location is just west of the present building at 5500 Bishop Blvd., which will be vacated when construction is completed.

Cost is \$34.7 million federal dollars. Wyoming funds have paid

\$9.4 million in design and construction costs.

This is the second of two BRAC funded projects for WyNG to be located on WAFB. The first was the \$44 million Army Aviation Support Facility which is scheduled for completion in Jan. 2010. Anticipated completion of Joint Forces construction is in mid 2010.

NEW WYANG GENERAL

Col. Stephan Pappas, WyANG chief of staff, was promoted to Brigadier General Oct. 4.

He will serve as the Assistant Adjutant General - Air.

GOV'S RECEPTION

Another very successful annual Governor's Reception was held Saturday evening 4 Oct, at Holiday Inn in Cheyenne. There were 400 in attendance of which 40 were retirees and/or spouses. Several special awards were given during the evening.

MG Wright presented State Rep. Dan Zwonitzer with the NGAUS Charles Dick Medal of Merit for his continuous valuable support for the WyNG.

State Sen. Pat Aullman received the WyNGA Medal of Excellence for his support of mental health issues concerning Wyoming veterans. Wyoming Superintendent of Public Instruction Jim McBride also was awarded the same medal for his valuable support to the WyNG Youth ChalleNGe program.

Wyoming Patriot Guard Riders were given the WyNGA Medal of Excellence for their support of Wyoming military personnel. Matt Jones, Neal Heupel and Wayne Webster accepted the award on behalf of the group.

Each year Soldiers and Airmen are recognized for going beyond the call of duty to assist community members.

This year the following were recognized:

Staff Sgt. Bruce Scheel, while deployed to Qatar, rescued a person hurt in a Jet Ski crash.

State Command Sgt. Maj. Dennis Russell, his wife Debbie, Sgt. 1st Class Jason Medina, Sgt. Brad Smith, Sgt. Athena Martinez Spc. Brain Beck and Spc. Richard Griebe assisted families in a rollover on I-80.

Sgt. Tom Wann and Pfc. Heidi Quick assisted a family involved in a rollover on I-25.

Staff Sgt. Joni LaCentra saved the driver of a vehicle accident that occurred in Texas while she was driving home from school.

NATIONAL RECOGNITION

The League of United Latin American Citizens presented WyARNG Lt. Col. Kimberly DeRouen with the Excellence in Military Service
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Award on July 11. She was recognized nationally for her efforts in breaking down barriers and overcoming major hurdles, including learning disabilities in her life.

She is serves fulltime in the WyMD as the EEO officer.

AIRMAN RECOGNITION

Master Sgt. Thor Rasmussen was awarded the USAF Association Earl T. Ricks Memorial Trophy.

The national award is given to a person or persons from ANG for outstanding airmanship. He is a member of 187th Aero Med Evac Sq, WyANG and works for the Laramie fire department.

MEDICAL AWARDS

WyANG Capt. Michelle R. Mulberry and her employer, Cheyenne Regional Medical Center were selected for the George W. Bush Outstanding Traditional Guardsman Award.

The award is a national award presented by the USAF Association to recognize outstanding partnerships between traditional ANG Airmen and their civilian employer. Mulberry is a 187th Aero Med Evac Sq flight nurse, WyANG, and an emergency room nurse at the Cheyenne Regional Medical Center.

LEGAL MATTERS

The following information was provide by retired Lt. Col. Dennis Cook, WyANG, who also gave a beneficial briefing at the Retiree Conference on estate planning.

A health care power of attorney authorizes someone such as your spouse, children or close friend to discuss your health care condition and make decisions with your physicians if you are unable to make those decisions.

Living wills express your refusal for further treatment at the end of life if your doctor concludes there is nothing more can be done to
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extend life.

Federal rules and regulations prevent health care providers from discussing your conditions or treatment with anyone without your permission.

It is a big surprise to a married person to learn the physician or hospital will not discuss the other spouse's condition or treatment if written permission was not granted prior. It is highly recommended you seek legal aid if you have not yet accomplished these two items.

PAY/SBP INQUIRIES

Following are the contact points for retired military pay inquiries and update of SBP records in case of death, divorce or remarriage:

Retiree: DFAS, ATTN: Military Retirement Pay, P.O. Box 7130, London, KY 40742-7130; (800) 321-1080 or (216) 522-5955.

SBP/RSFPP Annuitants: address same as retiree except change to ATTN: Military annuitant Pay.

Fax #: retiree: (800) 469-6559
Annuitant: (800) 982-8459.

MyPay: <http://mypay.dfas.mil>
Online contact info incl email link:

<http://dfas.mil/retiredpay/contactus.html>

MyPay customer service: (888) 332-7411 or (216) 522-5096.

CNGB 4 STAR POSITION

Last year's defense budget authorized the chief of the National Guard Bureau to be a 4-star position.

Lt. Gen. Craig R. McKinley, director, ANG, has been selected to be the next CNGB and becomes the first guardsmen in history. 372 years, to be a 4-star General.

Gen. McKinley will be the 26th CNGB. He replaces Lt. Gen. H Steven Blum.

ARMY UNIFORM CHANGE

Army plans to make dress blues the only Army service uniform worn. Eliminating the greens is aimed at streamlining the clothing bag to where there are only two uniforms authorized for wear, Army blues and Army Combat Uniform.

Class Bs will be a white shirt as outer garment with the blue trousers. Short sleeves are worn as open neck and long sleeves with tie. The white shirt will have epaulets and military creases. Four in hand ties will be worn for duty with blouse and bowties for formal wear. E5 and above will wear the gold braid stripe on the outside seam of the trousers.

Soldiers can start wearing the blues now. The new uniform will be available at clothing sales next summer. Soldiers graduating from basic training will begin being issued the new uniform by late summer 2010. Mandatory change date is the fourth quarter FY 2014.

USAA MEMBERSHIP

Effective Aug. 9, United Services Automobile Association (USAA) expanded its membership eligibility. It is now open to all military retirees regardless of when they retired, military personnel who were honorably discharged on or after Jan. 1, 1996 and widows or widowers of military personnel killed in action.

Sorry to say but a surviving spouse is not eligible for new membership, however, the spouse can continue membership if the deceased was a member at time of death.

Spouses and children of people in the three new categories are also eligible once the member has joined USAA through purchase of an auto and/or insurance policy.

For more information go to www.usaa.com, or call 1-800-531-8080 or contact the USAA NG Program manager, CSM (Ret) Bud Smith at cell 210-913-1133.

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usaa.com, or call 1-800-531-8080 or contact the USAA NG Program manager, CSM (Ret) Bud Smith at cell 210-913-1133.

BUS MILITARY DISCOUNT

Greyhound Bus Company is offering a fare discount for active duty and retired military personnel and their family members. The offer is 10% off the normal fare and a maximum fare of \$198 round trip for anywhere in the continental US. Only requirement is proof of a valid military ID card.

USPS DISCOUNT

US Postal Service has made it easier and cheaper to send packages to service members overseas. Using Priority Mail large flat rate box (12"x12"x5.5"), you can ship a package to any US address even if not a service member for \$12.95. If sent to an APO or FPO address, the cost is \$10.95. The boxes are free and you can get them from your post office or call (800) 610-8734.

SPB PAYMENTS

The law says SBP payments end for the retiree at age 70 with 30 years (360 cumulative months) of SBP premiums being paid. But the 30 years does not start until retired military pay starts.

Starting in December, DFAS will display an "SBP counter" on the LES which will show the total months of SBP payments paid to date. Retiree can then project when their premiums will end.

RSOs

Permanent Retirement Service Offices, or RSOs, are located in Cheyenne to serve retirees, family members and surviving spouses with their administrative needs.

Recently widowed spouses are encouraged to contact the RSOs ASAP.

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couraged to contact the RSOs ASAP.

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

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

Zachary.welchman@us.army.mil.

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

In addition, the most up-to-date computer software systems, for issuing military ID cards and DEERS registration (active, gray area, retired and dependents), are permanently located as follows:

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

FREE INSURANCE

Life members of NGAUS and EANGUS have \$1,000 accidental death and dismemberment benefit.

Members under 80 are automatically enrolled when dues are paid. Notify NGAUS & EANGUS when a member dies to ensure payment.

RETIRED ID CARDS

Homeland Security directives now require retirees and family members seeking to renew or replace ID cards to provide two types of ID, one of which must include a photo.

MEDICARE PART B

At the time TFL beneficiaries qualify for Medicare Part A they will automatically be enrolled in Medicare Part B at a monthly cost unless declined by the beneficiary.

Consequences for declining Medicare Part B can be potentially disastrous. TriCare can pay nothing for care while a beneficiary is eligible for Medicare Part A unless they are also covered for Part B.

TriCare will also recoup any benefits paid if the patient is disqualified for not having Part B.

It is possible to later enroll in Part B if initially declined but a substantial penalty could apply.

NEW TRICARE EMAIL

TriCare is offering a new electronic information service that provides email notifications on everything from pharmacy updates to changes in benefits.

Tricare has had limited email info in the past but latest change allows anyone to sign up. Go to: <http://www.tricare.mil> and click the red envelope on right.

MAIL ORDER PHARMACY

TriCare Mail Order Pharmacy is safe, convenient and less costly than using a retail pharmacy and is contracted by Express Scripts.

It offers the following:

* Three times the medication for your money, compared to the same prescription filled at retail.

* A team of trained pharmacists check every prescription and re-view your complete medical history to reduce the chances of conflicting drug interactions.

* No more waiting in line at a local pharmacy. Express Scripts will

deliver your prescriptions directly to your home.

* You can refill prescriptions online, by phone or mail.

* Providers can either mail new prescriptions or fax them 24 hours a day/7 days a week. Mail to: Express Scripts, P.O. Box 52150, Phoenix, AZ 85072-9954 or fax: (877) 895-1900. Include full name, mailing address and date of birth on all prescriptions.

* Tricare Mail Order Pharmacy also lowers the cost for DoD, thus helping safeguard the medical benefits for future beneficiaries.

Beneficiaries can make the switch by calling Member Choice Center (877) 363-1433 or www.express-scripts.com/TRICARE.

TRICARE INFORMATION

TRICARE North: (877) 874-2273 <https://www.hnfs.net/benef/home>; CT, DC, DE, IL, IN, KY, MA, MD, ME, MI, NC, NH, NJ, NY, OH, PA, RI, VT, VA, WI, WV, some ZIPs in IA, MO, TN.

TRICARE South: (800) 444-5445; <http://www.humanamilitary.com/home.htm>; AL, AR, FL, GA, LA, MS, OK, SC, TN (except 35 TN ZIP codes near Ft Campbell), and TX (except the extreme SW El Paso area).

TRICARE West: (888) TRIWEST; <https://www.triwest.com/triwest/default.html>; AK, AZ, CA, CO, HI, ID, IA (except 82 Iowa ZIP codes near Rock Island, IL) KS, MO (except the St. Louis area), MN, MT, ND, NE, NM, NV, OR, SD, SW TX, UT, WA, WY.

TRICARE Overseas: (888) 777-8343; <http://www.tricare.mil/overseas/index.cfm>

TRICARE for Life: (866) 773-

0404; (TDD for hearing impaired (866) 773-0405); <http://www.tricare.mil/tfl/default.cfm>.

TRICARE Retail Pharmacy: (866) 363-8779 <http://www.expressscripts.com>.

Email: tricare_help@otsg.amedd.army.mil.

WyNG RETIRED CAPS

Wyoming (Army or Air) Guard Retired Caps are again available for purchase from the Wyoming Militia Historical Society.

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

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 (15 Nov-15 Apr) at 2134 North Ramona Ave., Casa Grande, AZ 85222.

Your cap will be sent upon receipt of your money.

Or pick one up for \$10 at the WyNG Museum, 624 E. Pershing Blvd., Cheyenne, by calling Milo Dawson, (cell) (307) 214-9433 or Bill Hickman (307) 634-3728.

BORDER PATROL ENDS

NGB and the U.S. Border Patrol ended the Operation Jump Start in July.

The operation was a Guard mission to support the Border Patrol in providing security on the country's southern border. It began in June 2006.

More than 29,000 Guard Soldiers and Airmen from all 54 states and territories participated.

SUGARY DRINKS

Do you worry about gout - the painful arthritic condition more common in men than women? Then give up sugary soft drinks. The results of a recent Canadian research study said men who drink two or more sugary sodas a day are 85% more apt to get gout than men who drink less than one soda a month. Even one soft drink a day ups the risk to 45%. Reason is fructose, a sugar in soft drinks, boosts blood uric acid, leading to uric acid crystals around the joints, along with swelling and pain. It was also noted that Diet soft drinks do not promote gout. An earlier research study found that four cups or more of coffee a day cuts the risk of gout.

AVOID ACCIDENTS

Experts like to refer to accidents as mishaps meaning a random incident. Actually, most accidents are the result of common risk factors, not random incidents. Some of the risk factors are:

Rushing: Those in a hurry take chances otherwise they would not.

Distractions: Daily tasks take full concentration, like driving a car. They can't be preoccupied like talking on a phone while driving.

Emotions: People angry or agitated do things they otherwise wouldn't.

Confusion: Drugs, alcohol, illness, diseases, etc, effects concentration of task at hand.

Fatigue: It is a fact most work accidents occur at end of the day when people are physically tired.

Change: Changes in physical environment, like newly polished floor, throw rugs, moved furniture, snow, ice etc.

TO YOUR HEALTH

Emergency Rooms (ER) are available to everyone 24/7. ER has specific function-treat emergency.

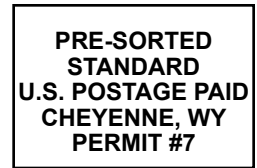
Emergency is mostly defined as a threat of loss of life, limb, sight or permanent disability, ie, car accident injury, heart attack, stroke, etc. Using ERs for routine illnesses takes time away from a true emergency. An ER is not equipped or staffed for such care.

Minimize your need for routine ER care by doing the following:

- * Establish a relationship with a primary or specialist provider.
- * Be sure you have at least a weeks supply of medications on hand.
- * Seek medical care for a small problem before it is an emergency.
- * Be sure your provider can cover emergencies of reoccurring illness.
- Help ERS do their job by minimizing your need for emergency care.

Wyoming Military Department
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