



April 2010

Retired Activities Office Naval Weapons Station Seal Beach Newsletter

Honor Flight Network (HFN) recognizes American veterans for their sacrifices and achievements by flying them at no cost to Washington, D.C. to see memorials built in their honor. Many of these veterans have no other way to see “their” memorial and time is of the essence as more than 1,000 World War II veterans die each day. Veterans are flown on a "first-come, first-served basis. Top priority (for which applications are currently being accepted) is given to World War II and terminally ill veterans from all wars. Second priority is to Korean War veterans and then Vietnam War veterans. In order for HFN to achieve this goal, guardians fly with the veterans on every flight providing assistance and helping veterans have a safe, memorable and rewarding experience. Veterans need only bring money if they plan to buy souvenirs. Guardians do pay a fee depending on transportation costs from their location. A normal ratio is 8 veterans to 3 guardians. The program is equipped to handle veterans in wheelchairs and/or on Oxygen. If you know of someone who is a World War II veteran or a veteran with a terminal illness, fill out an application available at www.honorflight.org/apply/Veteran-Application-2009-08-20.pdf and send it in. Guardian and volunteer applications are available at www.honorflight.org/docs/Guardian%20Application%20Aug09.pdf and www.honorflight.org/docs/VolunteerApplication-11282008.pdf . Mail all applications to Honor Flight Inc., 300 East Auburn Ave., Springfield, OH 45505-4703

The inaugural Honor Flight took place in MAY 05. Six small planes. Guardian flew out of Springfield, Ohio taking twelve World War II veterans on a visit to the memorial in Washington, DC. In AUG 05, an ever-expanding waiting list of veterans led to their transition to commercial airline carriers with the goal of accommodating as many veterans as possible. Partnering with HonorAir in Hendersonville, North Carolina, the "Honor Flight Network was formed." In May 08, Southwest Airlines stepped up by donating thousands of free tickets, and was named the official commercial carrier of the Honor Flight Network. In 2009 they transported 35,996 veterans. Today, they are working aggressively to expand the programs to cities in all 50 states. For further information, call 937-521-2400, email at veteran-application@honorflight.org; guardian-application@honorflight.org; volunteer-application@honorflight.org or go to www.honorflight.org. [Source: www.honorflight.org Feb 2010 ++]

The important thing here is that it is important that you get your application in as soon as you make the decision that you want to make this trip. Remember, it functions on a first-come-first-serve basis.

Health Care Answer. VA health care access and advice is just a phone call away, 24 hours a day. If you have questions, you can call toll-free to speak with a nurse. 1-877-252-4866. It is completely free and confidential.

ID Card Update. Phase Two of the process to remove printed Social Security numbers from retiree identification cards set to begin early this year has been delayed until further notice. When a new plan is made available to the Services, information will be advertised through Air Force retiree news outlets and other public affairs media. There are more than 1,500 ID card centers worldwide. To find the nearest center, refer to the RAPIDS site locator at www.dmdc.osd.mil/rsl/owa/home . Officials urge cardholders to call first to ensure duty hours and determine what documents are required. People must present two forms of identification and one must be an unexpired federal- or state-issued photo ID. [Source: Afterburner article Feb 2010]

Immunizations recommended by the Centers for Disease Control and Prevention are covered by Tricare. This includes routine immunizations such as measles-mumps-rubella, diphtheria-pertussis-tuberculosis, chicken pox (varicella), flu, H1N1, and the more specialized immunizations for shingles or human papillomavirus (HPV) Normally, the immunizations must be administered in the office of an authorized network provider. However, there are some exceptions. TRICARE covers seasonal flu, H1N1 flu and pneumonia vaccines from non-network authorized providers and participating retail network pharmacies with no out-of-pocket expense to the beneficiary. This expanded coverage is available to all TRICARE beneficiaries eligible to use the TRICARE retail pharmacy benefit. (Ref: Military Health System News Release No. 10-13 of 02/04/10)

Retiree Recall. All the services have created programs for military retirees who want to return to duty. And many retirees are jumping at the chance. At the present time 974 Army enlisted members and officers volunteered to return to active duty after retirement. Since 9/11, 3,077 Army retirees have voluntarily returned to some period of active duty. Any Army retiree who has served at least 20 years of service and is under the age of 70 can apply for recall. Of course there is a rigorous fitness, security and need analysis before they are accepted. The other services have much smaller and more specialized recall programs. The Air Force established a voluntary program in JAN-DEC 09 for officers only(!) and had 386 retirees return. Last year the Navy had 378 retired personnel and officers return to duty. The Navy says that most of them had very specialized skills- examples Doctors and Chaplains. The Marines had a small recall program for 300 senior non-commissioned officer positions FEB 08 to FEB 09 which were all filled. [Source: TREA Washington Update 19 Feb 2010]

Tricare Handbook. Hot off the press and filled with helpful tips and information, the newest Tricare Standard and Extra handbook is now available to all Tricare Standard beneficiaries. The 68-page handbook includes information on accessing routine, urgent and emergency care, as well as Tricare's prior authorization and referral requirements. Also provided are sections on what's

covered by Tricare Standard's health and pharmacy benefits, and how to coordinate Tricare with other health insurance. Information on claims, appeals, grievances, reporting fraud and abuse and much more can also be found in the new Tricare Standard handbook. Tricare Standard and Extra are available to family members of active duty service members, retired service members and their families and others including those who purchase Tricare Reserve Select. With Tricare Standard, beneficiaries manage their own health care and have the freedom to seek care from any Tricare-authorized provider. Tricare Extra provides discounted cost-shares for seeking care from network providers. The "Tricare Standard Handbook: Your Guide to Using Tricare Standard and Tricare Extra" is available now on the Tricare Smart Site at http://www.tricare.mil/mybenefit/Download/Forms/Standard_Handbook_LoRes.pdf www.tricare.mil/subscriptions to sign up for Tricare e-mail updates. [Source: Tricare News Release 10-11 dtd 29 Jan 2010]

Naval websites. If you are current or former Navy, these Web sites should interest you, particularly those of you who served at sea onboard ships:

- Cold War Medal www.foxfall.com/cwm.htm#OBTAIN
- Decommissioned ships www.navy.mil/navydata/ships/lists/decoms.asp - What happened to your ship?
- Destroyer Online www.destroyersonline.com - Alphabetical listing of ships, their crews, and contact data.
- DOD Dictionary of Military Terms www.dtic.mil/doctrine/dod_dictionary
- Homeports and the ships assigned list (current) www.navy.mil/navydata/ships/lists/homeport.asp
- HullNumber.com www.hullnumber.com - Provides a means for shipmates of all ships to locate and keep in touch with one another.
- Military Funeral Honors www.militaryfuneralhonors.osd.mil/intro.html - History of Taps
- Military Records of World War II Veterans www.ibiblio.org/hyperwar/USN/USN-ref.html.
- National Association of Destroyer Veterans www.destroyers.org/index.html - Alphabetical listing of all destroyer class ships, their crews, and individual's contact data.
- Naval Service Terms, Traditions and Customs www.bluejacket.com/sea-service_tradition.htm
- Naval Vessel Register www.nvr.navy.mil - Where your old ship is located now Navy Ships Alphabetical lists with their homeports. www.navy.mil/navydata/ships/lists/shipalpha.asp.
- The Official White Pages www.whitepages.com - Locate people in U.S. by name, city, state and zip
- The Wall on the Web www.vietvet.org//thewall/thewallm.htm 1
- Together-We-Served www.navy.togetherweserved.com - Lists 486,560 profiles and contact info for current/ former serving members of the USN.
- Traditions, Customs and Terminology of our Naval Heritage www.history.navy.mil/nhc11.htm

- U.S. Navy Mortuary Affairs Burial at Sea Program www.news.navy.mil/navydata/questions/burial.html
- U.S. Navy ratings lists http://en.wikipedia.org/wiki/List_of_United_States_Navy_ratings
- USNO Master Clock Time <http://tycho.usno.navy.mil/what.html>
- Vietnam Veterans Memorial Wall <http://thewall-usa.com>
- Welcome to 411 Locate www.411locate.com

[Source: Various Jan 2010]

Discount. Lowe's Companies, Inc. recently announced that it is expanding its support of the military by offering a 10% discount 24/7 to all military personnel who are active, reserve, retired or disabled veterans and their family members, with a valid, government-issued military ID card. The discount is available on in-stock and Special Order purchases up to \$5,000. Excluded from the discount are sales via Lowes.com, previous sales, and purchases of services or gift cards. In addition, Lowe's has also extended benefits and offers employment opportunities to military personnel after their military service has ended. Currently, more than 12,000 Lowe's employees are military veterans or reservists. [Source: EANGUS Minuteman 26 Feb 2010]

Space A. An overview of Space Available flights for the Armed Forces Travel Club for active duty, retired service members, and military family members will be held on the Seal Beach Weapons Station on Tuesday, 13 April at Bunker 33 at 1700. For additional information contact Shawna Haas-Ombudsman at 562-596-1817 or email shawnahaas@hotmail.com.

Lodging. There is an Air Force & Navy DOD lodging Net site that is worth visiting when you start planning a trip. <http://www.dodlodging.net/>. By clicking in the "Select Base" box, you can find Bases located by State. Information displayed for any given site is: Contact info; picture(s); Facilities; Amenities; Room Types; Area Attractions; Airport information; and local weather. This site should be a helpful aid. E.g. The North Island NAS, San Diego, CA lodge seen in this picture.



How to Contact Us

The Retired Activities Office, Naval Weapons Station, Seal Beach, California is located in Bldg. 22, Rm 2. We are here to serve all Armed Forces retirees and are open M-Th 0900 to 1500; Fri 0900 to 1200.. You may contact us at (562)-626-7152 or by writing us at rao-nwssb@navy.mil

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