

Updated 7 September 2012

RETIREES, PLEASE INFORM ANY RETIREE/SURVIVING SPOUSE FRIEND THAT DOES NOT HAVE INTERNET ACCESS OF THIS TOLL-FREE PHONE NUMBER! 800-558-1404

JOINT RETIREE APPRECIATION DAY – JRAD

This year's JRAD is scheduled for Saturday, 22 September 2012.

NOTICE – REGISTRATION IS NOW EXTENDED TO 17 SEPTEMBER

**JOINT MILITARY SERVICES
2012 RAD PROGRAM – 22 SEPTEMBER 2012
MYSTIC LAKE HOTEL AND CASINO**

Start End Event

0730 0830 Registration – Continental Breakfast
0830 0835 Posting of Colors (Sisseton Wahpeton Color Guard) Pledge of Allegiance
0835 0900 Opening Prayer (Leonard Wabasha), Community Welcome (TBA)
Announcements & Introduction of special guests (Roger Wenschlag)
Commander's Welcome
0900 0930 Keynote Address – Maj Gen (Ret) Larry Shellito, MN Dept Veteran Affairs
0930 1025 National Legislative Update – (TBA, MOAA)
1025 1045 **Break**
1045 1130 Common Veteran Issues – (Robert Davis, Goodhue County Veteran Service Officer)
1130 1200 TRICARE Retiree Dental Plan – (Tammy Hunter)
1200 1215 Call for Legislative Action – (Paul Groskreutz, 934th AW RAO Director)
1215 1330 **Lunch Break**
1330 1400 Casualty Assistance, ID Cards, & SBP - (Eric Baumer)
1400 1430 Estate Planning & Elder Law Issues – (John Baker, Baker Williams LLP)
1430 1440 Military Outreach & Senior Programs – (Vicki Lokken-Paverud, BBB)
1440 1500 **Break**
1500 1515 VA National Cemetery – (Ardis Parker, Ft. Snelling National Cemetery Director)
1515 1615 TRICARE and TRICARE for Life - (Amber Graves)
1615 1645 Beyond the Yellow Ribbon – (Annette Kuyper, Dir. Military Outreach)

AGENDA IS SUBJECT TO CHANGE

(You may also go to <http://metrojrad.blogspot.com/> for information and registration)

The JRAD cost (pre-registration) will be \$28 this year.

REGISTRATION FORM

Early Bird Registration: A drawing will be held for: one night stay at Mystic Lake Hotel and Casino for two; buffet for two; and concert tickets of your choice for two. Early Bird Registration must be received at Navy RAO by August 17, 2012.

Regular Registration is required by Sep 7TH 17TH

(Circle One):

**AIR FORCE ARMY COAST GUARD MARINE CORPS NAVY or
WIDOW of a service member**

NAME: _____

RANK/RATE: _____

ADDRESS: _____

CITY, ST, ZIP: _____

PHONE: _____

EMAIL: _____

Also, if attending (circle one): SPOUSE or GUEST(s)

List NAME(s): _____

Please send \$28.00 for each person to pay for facility, continental breakfast, lunch, gratuities and audio visual services. Make checks payable to Joint Retiree Activity Board or JRAB.

MAIL REGISTRATION FORM TO ARRIVE NO LATER THAN 7 17 SEPTEMBER 2012 TO:

**Navy Operational Support Center
Attn: Retired Activities Office (RAO)
5905 34th Avenue South
Minneapolis, MN 55450**

**TWIN CITIES AREA ARMY RETIREE COUNCIL AND FORT MCCOY
RETIREE APPRECIATION DAY – RAD 2012**

Friday, August 24, 2012 – See more information at bottom of newsletter, including how to register.

NEW RAO DIRECTOR – FEBRUARY 2012

We would like to welcome Paul R. Groskreutz, Colonel, USAF (Ret.) as the new Director of the Retiree Affairs Offices here in Minneapolis. We would also like to thank Ralph T. Carlson, Colonel, USAF (Ret.) for his selfless service to the RAO as Director. Ralph will be staying on as a volunteer. Here are a few highlights of Col Groskreutz's distinguished career. He is no stranger to Minneapolis and the 934th AW.

Paul Groskreutz retired from U.S. Federal Civil Service and the U.S. Air Force in March 2007 after completing 40 years. His last duty assignment was as the Commander, 622nd Regional Support Group, Dobbins ARB, GA, where he was the senior mission support officer.

Paul began his career when he enlisted in the Air Force in 1967. He served on active duty for over seven years as a Historian and in public affairs. The duty stations included Ellsworth AFB, SD; Tan Son Nhut AB, RVN and Grand Forks AFB, ND.

Upon leaving the AF, Paul returned to Minnesota to work for the Veterans Administration at the St Paul Regional Office and Insurance Center.

Shortly after he began working for the VA, he rejoined the Air Force as a member of the Air Force Reserve. In 1979 he received a direct commission, a goal he had pursued since obtaining his bachelor's degree in 1972. Assigned to the 934 Airlift Wing, he performed duties as a reserve officer in Education, Personnel, Public Affairs and Security.

In 1993 Paul joined his civilian and military careers by becoming an Air Reserve Technician with the 934th. He initially was the Deputy Mission Support Group Commander. Upon being promoted to Lieutenant Colonel he became the Group Commander and served as such until his transfer to Dobbins in 2003. He served there as the 622nd Regional Support Group Commander and senior mission support officer in 22nd Air Force. He retired with the rank of Colonel in March 2007.

That summer he was elected to serve as the National President for the Reserve Officers Association of the United States (ROA). He is currently the US Vice President for Interallied Confederation of Reserve Officers, commonly referred to as CIOR.

New Fitness Center Program for Retirees

Low impact YOGA. This class is geared for Seniors or anyone needing a milder form of exercise. Emphasis is on breathing, stretching, and opening up tight areas of the body. All movements are done seated in a chair or standing using a chair for support. MONDAYS at 0945. Free. Bring separate shoes for class. You should have your Doctors permission for mild exercise and know your own limitations. Fitness Center is located in Building 777, phone number (612) 713-1496.

Telephone news line set up for 'non-wired' retirees

RANDOLPH AIR FORCE BASE, Texas (AFRNS) – A toll-free telephone news line has been set up for those retirees and surviving spouses who do not have computer access.

By calling (800) 558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service.

Callers can select from several different topics that are compiled from various electronic news sources. Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

This news line joins the e-Afterburner, Air Force Retiree News Service, and Air Force Retiree Web site at www.retirees.af.mil <<http://www.retirees.af.mil/>> in providing the latest news and information to the service's retiree community.

AIR FORCE HAS WEB SITE FOR RETIREES

RANDOLPH AFB, Texas (AFRNS) – The Air Force has a new Web site just for its retiree community that is full of news and information, plus it is easy to access and navigate.

The Air Force Retiree Services site is located at www.retirees.af.mil.

This public Web site offers the retirees family community in-depth information on the Survivor Benefit Plan, plus a list of Air Force Retiree Activities Offices worldwide and various other resources. There are also sections dedicated to the Afterburner and Air Force Retiree News Service.

Visitors can access the sections by using the top navigation bar on the home page. The home page also features the latest Air Force headline news and video clips. There is even a special icon for quick access to the Combat-Related Special Compensation information page.

Managing electronic subscriptions to the electronic version of the Afterburner and AFRNS is now much easier: just click on the word "Subscribe" found on the top navigation bar and unsubscribe an old address and then add a new one when a change is needed.

HELPFUL NUMBERS ON THIS AIR RESERVE STATION:

(All numbers are **612-713-xxxx** unless otherwise indicated. Toll free number **800-872-3235**, then 1 + extension number; or selected menu numbers).

- ◆ RETIREE ACTIVITIES OFFICE/AIRMEN AND FAMILY SUPPORT PHONE 1516/1517, TOLL FREE 800-231-3517; RAO HOURS: M-F 1000-1400
- ◆ BASE EXCHANGE PHONE 612-726-9023 HOURS M-SA 1000-1800, SU 0900-1700
- ◆ CASUALTY ASSISTANCE PHONE 1165
- ◆ CHAPEL PHONE 1226
- ◆ CUSTOMER SERVICE/DEERS/ID CARDS (934 AW) PHONE 1085 HOURS M-F 0800-1430
- ◆ DEERS/ID CARDS (133 AW) PHONE 2041 HOURS M-F 0800-1100, 1200-1500
- ◆ DEERS/ID CARDS (88 RSC) PHONE 3202/3203 HOURS M-F 0900-1530
- ◆ DEERS/ID CARDS (MN ARMY NATIONAL GUARD, 600 CEDAR ST, DOWNTOWN ST PAUL) PHONE (651) 282-4579 HOURS M-F 0800-1530
- ◆ FINANCE OFFICE PHONE 1409
- ◆ FITNESS CENTER (GYM) PHONE 1496 (1GYM) HOURS: M-TH 0600-1900 , FRIDAYS 0600-0800
- ◆ MILITARY CLOTHING PHONE 1410 HOURS TUE-SAT 1000-1700
- ◆ NORTH COUNTRY LODGE PHONE 1983
- ◆ OFFICERS CLUB PHONE (612) 767-1960
- ◆ SECURITY POLICE/PASS & ID PHONE 1115
- ◆ SERVICES CLUB PHONE 1655
- ◆ SPACE "A" 934 AW PHONE 1741 (RECORDING)
- ◆ SPACE "A" 133 AW PHONE 2450 (RECORDING)

DO YOU WANT TO FIND THE NEAREST ID CARD FACILITY?

◆ To locate the three facilities nearest you go to web site: <http://www.dmdc.osd.mil/rsl/owa/home>
◆ www.dmdc.osd.mil, then select “DOD Community”, then select “Personnel Services”. You may call (800) 538-9552 between 0900 and 1800 Eastern Time, Wednesday through Friday. **You should do this every time you move, even temporarily** (pay attention “snow birds”).
Dependents and spouses should check the expiration date on their ID cards to make sure they are kept current. Medical benefits depend upon a current identification card and current address information in DEERS. The quickest way to update your address, phone number, or e-mail address is through the DEERS Web site at www.dmdc.osd.mil, then select “DOD Community”, then select “Personnel Services”. You may call (800) 538-9552 between 0900 and 1800 Eastern Time, Wednesday through Friday. **You should do this every time you move, even temporarily** (pay attention “snow birds”).

PERMANENT ID CARDS FOR 75+ SPOUSES:

◆ Spouses of military retirees that are 75 years old can now get permanent dependent ID cards (If your current card is within 90 days of expiring) This can be done by mail through the 934th AW Customer Service. Call that office for instructions on mail procedures at (612) 713-1085. (Takes about 30 days to process)
◆ Another option – Sponsor can bring a 3 X 4 or larger Recent Photo of their dependent spouse if spouse cannot physically come with.

MINNESOTA VETERANS WEB SITE:

Check out the Minnesota Veterans Affairs web site. It is a very well developed web site with a great deal of handy information at <http://www.mdva.state.mn.us>

FINANCE OFFICE ASSISTANCE:

The 934th AW Finance Office can help you with some adjustments to your retired pay account. The office is located in building 852 on the first floor, phone (612) 713-1407/1411. Their help is particularly handy for those that do not have computer access to the DFAS myPay web site. They can reset your myPay pin number, assist with filling out forms for electronic funds transfers, and they offer free faxing of military pay related information.

SPACE “A”:

Go to www.military.com to get all of the information and rules about Space “A” by selecting *Travel* and then under *Space A Overview* and then go to *Gateways* to check on individual bases that offer Space A. The 934 AW at Minneapolis has a Space A hotline. It is (612) 713-1741. The 934th does not offer overseas Space A flights.

MILITARY LODGING:

You may make arrangements for military lodging by calling one of these numbers: (888)-AF-LODGE or (888) 235-6343; (800)-GO-ARMY or (800) 462-7691; (800)-NAVY-INN or (800) 628-9466. The **North Country Lodge**, here at the Minneapolis – St. Paul International Airport Joint Air Reserve Station, can be reached at phone (612) 726-9440.

TRICARE Goes Digital:

◆ TRICARE for Life (TFL) beneficiaries will soon be able to print a copy of their Explanation of Benefits (EOB) from the convenience of their own homes. Starting this month, the only paper EOB's that TFL beneficiaries living in the United States and U.S. territories will receive will be monthly summaries. In

February, beneficiaries will have the option to receive an electronic notification every time a claim processes by logging on to the secure website at www.TRICARE4U.com to view and print their EOB. For more information about the registration process, beneficiaries can call toll-free at 1-866-773-0404 or at the Telecommunications Device for the Deaf (TDD) telephone number 1-866-773-0405.

◆ To learn more about TRICARE, visit www.military.com/benefits/tricare.

CHANGE OF ADDRESS INSTRUCTIONS:

If you need to have your address changed **you must send the changes to the appropriate agency as indicated below:**

◆ **Retirees:** Notify **Defense Finance and Accounting Service, US Military Retirement Pay, PO Box 7130, London, KY 40742-7130**. Mark the envelope “change of address” and be sure to include your retired grade, Social Security number, and signature. Phone (800) 321-1080, FAX (800) 469-6559.

◆ **Annuitants (Surviving spouses receiving SBP or RSFPP payments):** Notify **Defense Finance and Accounting Service, US Military Annuitant Pay, PO Box 7131, London, KY 40742-7131**. Include retired grade and Social Security number of your sponsor, your Social Security number, and signature. This is the only agency that can change addresses of annuitants. Phone (800) 321-1080, FAX (800) 982-8459.

◆ **Gray Area Retirees (under 60 reserve & guard qualified):** Call Air Reserve Personnel Center (ARPC) in Denver **(800) 525-0102** to change your address.

EXCHANGE AND COMMISSARY WEBSITES:

Shop the military exchange on-line at <http://www.aafes.com> or the commissary at <http://www.commissaries.com>

ENLISTED AND OFFICER CLUBS:

The Enlisted and Officer Clubs here at Minneapolis-St Paul Air Reserve Station are looking to increase membership. There are advantages to being a member and include: Discount on meals at the club, a free birthday meal, two for one specials, membership nights, member-only programs, check cashing privileges, card honored worldwide, catered events, and discounts at other services facilities. Often discounts will apply at clubs on other bases as well. Enlisted dues are \$6 while officer dues are \$12 per month. If you live over 50 miles from the facility these rates are reduced by half. Call (612) 713-1680 for more information or an application form. Application forms can also be picked up at any club or services activity. The clubs are consolidated and members can use either club. Membership is open to all branches of service.

SERVICES EQUIPMENT RENTALS:

Recreation equipment rentals are available. Camping equipment and boating items are some of the things that are available for rent. The office is open Monday through Friday 1000 to 1500, Building 778 across from the Fitness Center. Call 612-919-5134 for more information.

TREA:

The Retired Enlisted Association (TREA) Central Minnesota Chapter 115 is looking for new members. This chapter represents retired enlisted people from all of the military branches, including National Guard and Reserve forces. Current military enlisted people with ten or more years of service can join TREA, too.

TREA, like the other professional military associations, lobbies for benefits and services for retired enlisted people and future retirees. TREA also offers discounts on insurance, shopping, travel, and medical programs. Contact Mark Davidson for more information at:

LDavidson77@msn.com; (952) 884-6077; or 10007 Harriet Ave. S, Bloomington MN 55420.

Check out the TREA Chapter 115 website at: <http://trea115.org>

Join TREA today to protect your future tomorrow.

NATIONAL CEMETERIES:

If you want to locate the grave site of a friend or relative interred in one of our National Cemeteries you may go to web site <http://www.cem.va.gov> This site links to other information about our National Cemeteries.

INCOME TAX HELP

When tax time comes around and you need help with your income taxes, you may make an appointment with CMS Mert Lassonde, USAF (Retired) by calling this office at (612) 713-1516. During tax season he is available for appointments every Friday.

TWIN CITIES AREA ARMY RETIREE COUNCIL & FORT McCOY

Retiree Appreciation Day

RAD 2012

Friday August 24, 2012

Open to all service members currently retired or approaching military retirement - - including gray-area retirees approaching age 60, spouses and surviving spouses.

Rosemount Community Center & National Guard Armory

13885 South Robert Trail, Rosemount, Minnesota 55068

Check in 8:00AM-9:00AM, Program 9:00AM

Information Fair 9:00AM- 4:00PM

\$13 per person includes coffee, pastries & lunch

Included: What's the latest out of Washington? What about your pension? How will proposed changes to TRICARE, TRICARE for Life, Medicare and Social Security affect you? Visit with Defense Finance and JAG (legal) representatives. Update your records in DEERS; be issued a new military ID if you need one. And more.

Registrations must be mailed no later than August 17th. Seating is limited to 300 persons – registrations received beyond the initial 300 will be returned. You will not receive a registration confirmation; your check is your receipt. Make check payable to Twin Cities Area Army Retiree Council or TCAARC. Cancellation requests must be sent to CW4 Buerck by August 17th.

Information: CW4 Garry Buerck: 763-516-2931 or CW4 Barbara Fici: 612-861-6589.

MAIL BY AUGUST 17th TO:

Twin Cities Area Army Retiree Council c/o CW4 Garry Buerck

851 East Bellview Street, Apt 109 Winona MN 55987

RANK/NAME _____ MILITARY BRANCH _____
SPOUSE/OTHERS NAME _____ \$13/PER PERSON _____
ADDRESS _____
CITY _____ STATE _____
ZIP _____ PHONE _____
E-MAIL _____