DEPARTMENT OF THE ARMY HEADQUARTERS, XVIII AIRBORNE CORPS AND FORT BRAGG FORT BRAGG, NORTH CAROLINA 28310 NORTH CAROLINA RETIRED ARMY PERSONNEL BULLE



2012 ANNUAL EDITION

FORT BRAGG RETIREE APPRECIATION DAYS

Friday, 18 and Saturday, 19 May 2012

Retiree Appreciation Days 2012 will begin with a Retiree Golf Tournament at Ryder Golf Course on Friday morning, 18 May followed by a Welcome Social and Retiree Dinner Friday night at the Fort Bragg Club. Entertainment will be provided by the All American Chorus from the famous 82D Airborne Division.

Womack Army Medical Center (WAMC) is the central location on Saturday, the 19th. RAD events on Saturday will begin early with breakfast and a welcome from the Commander (see the agenda on page 2). Legal Assistance and other services will be available at WAMC.

The Fort Bragg Morale Welfare and Recreation (MWR) and other Fort Bragg organizations will also take part in this very special event. With your support, we have experienced great success in previous years, and solicit both your support and attendance to help us make RAD-2012 even better. For more information on RAD activities, please call your Retirement Services Office at (910) 396-5304 or toll free 1-800-535-6067. E-mail:

usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil

Be sure to visit our web site at:
http://www.bragg.army.mil/Directorates/
Directorate-of-Human-Resources/RSO.aspx



HQ, XVIII Airborne Corps and Fort Bragg Fort Bragg, NC 28310

Office of the Commanding General

Dear Retired Soldier and Family:

inside...

You are cordially invited to attend our Retiree Appreciation Days at Fort Bragg on May 18–19, 2012. Each year we are proud to host Retirees and their Families and this year our program will be better than ever. We want you to come and take part of the entire program or parts that meet your needs.

You and your Families will always be recognized as pillars that support and strengthen our relationship with the North Carolina community. Through this relationship, we share a unique understanding and spirit of cooperation. Retiree Appreciation Days are intended to ensure this relationship continues to grow even stronger.

On behalf of the 60,000 Soldiers and Airmen of Fort Bragg and Pope Field, I extend a heartfelt invitation to each of you. We hope you will join us for what is sure to be a fun, informative, and productive event. Thank you for your continued support to today's Soldiers, their Families, and your unwavering service to your country and community.

Sincerely,

k G. Helmick

Lieutenant General, US Army

Commanding

Page 2 Retiree Appreciation Days Agenda

Page 3 RAD - Golf Tournament Retiree Dinner Menus

Page 4 Dinner Reservation Form

Page 5 Golf Reservation Form

Page 6 Surrounding Hotel Listing

Page 7 Legal Assistance Information NCARC News

Page 7 DHR Shred-A-Thon Page 8 Help Cut Cost

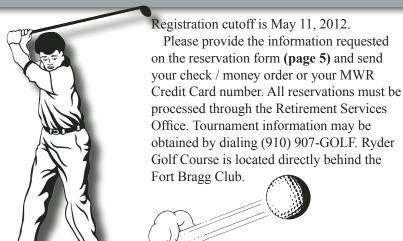
Casualty Assistance Information

AGENDA FOR RETIREE APPRECIATION DAYS 2012

FRIDAY, 18 MAY					
TIME	EVENT		LOCATION		
7:00 a.m. – 3:00 p.m.	Retiree Golf Tournament	Mr. Robert Taylor, Golf Pro	Ryder Golf Course		
3:00 p.m. – 4:00 p.m.	NC Army Retiree Council Meeting	COL (R) Latella, Co-Chairman CSM (R) England, Co-Chairman	Fort Bragg Club		
6:00 p.m. – 6:30 p.m. 6:30 p.m. – 9:00 p.m.	Welcome Social Dinner Entertainment	Keynote Speaker TBD All American Chorus	Fort Bragg Club (Lafayette Room)		
	SATURDA	Y, 19 MAY			
TIME	EVI	ENT	LOCATION		
6:00 a.m. – 8:00 a.m. 8:00 a.m. – 8:15 a.m.	BREAKFAST Welcome	COL Brian Canfield Commander, WAMC	WAMC Dining Facility Weaver Auditorium		
8:15 a.m. – 8:45 a.m. 8:45 a.m. – 9:00 a.m.	Garrison Commander Town Hall Briefings	TRICARE	Weaver Auditorium		
11:00 a.m. – 2:00 p.m.	LUNCH		WAMC Dining Facility (or Snack Bar as desired)		
Medical Services available 9:00 a.m. – 2:00 p.m.	SERVICES Medical Services Eye screenings, Prostate screenings Blood pressure checks Cholesterol screenings Immunizations Audiology screenings Mammograms, Bone density screening Physical Therapy Information Pharmacy counseling		Womack Army Medical Center		
NOTES: Representatives from various Military Associations, Clubs, and the Armed Forces Retirement Home will be	<u>Dental Services</u> Oral screenings Dental Health checks	DENTAC Staff	Womack Army Medical Center (2nd Floor)		
available at WAMC throughout the day.	Staff Judge Advocate Wills / Living Wills Advanced medical directives Powers of Attorney Veterans Center Readjustment Counseling Services	SJA Staff	Womack Army Medical Center (OB/GYN Clinic)		
	Shred-A-Thon	Director Human Resources	Womack Army Medical Center		
	Vehicle Registration	Public Safety	Soldier Support Center		
	ID Cards	Military Personnel Division	Soldier Support Center		

RETIREE GOLF TOURNAMENT

The Fort Bragg Retiree Appreciation Days Golf Tournament will be conducted at Ryder Golf Course, Friday, May 18, 2012, from 7:00 a.m. to 3:00 p.m. Registration is from 7:00 a.m. to 8:00 a.m. Opening ceremony is at 8:00 a.m., and shotgun start is at 9:00 a.m. The format for the tournament is "Captain's Choice." Four person teams will be randomly formed based on handicap and current USGA Index. No team registration is allowed. The entry fee is \$40.00 per person. Greens Fee, cart, range balls, prizes, and food (hamburgers, hot dogs, baked beans, cole slaw, coffee and tea) are included.



RETIREE DINNER - Friday, May 18, 2012

The Retiree Appreciation Days Social, and Welcome/Dinner will be held Friday evening at the Fort Bragg Club in the Lafayette room. The social hour (no host bar) is from 6:00 to 6:30 p.m. Dinner will be served at 6:45 p.m. Reservations must be received NLT May 11, 2012. Please provide the information requested on the reservation form (page 4) and send check / money order or if you prefer, your Credit Card Number (AMERICAN EXPRESS, VISA, MASTERCARD, OR MWR) to the address indicated on the form.

Dinner Menu Choices



Menn #1 Sirloin Steak with Sherry Onion Sauce

Served with Garlic-Herbed
Mashed Potatoes
Green Beans Almandine
House Salad with Ranch Dressing
Homemade Bread & Butter
Sweetened Iced Tea,
Water, & Coffee
and Cherry Cobbler

\$25.00 per person

Menw #2 Bacon & Mozzarella-Stuffed Chicken

Served with Garlic-Herbed
Mashed Potatoes
Green Beans Almandine
House Salad with Ranch Dressing
Homemade Bread & Butter
Sweetened Iced Tea,
Water, & Coffee
and Cherry Cobbler

\$21.00 per person

Menw #3 Vegetarian Lasagna

Served with
House Salad with Ranch Dressing
Homemade Bread & Butter
Sweetened Iced Tea,
Water, & Coffee
and Cherry Cobbler

\$18.00 per person

RESERVATION FORM

RESERVATIONS ARE REQUIRED to participate in the Retiree Dinner on Friday, May 18, 2012. Due to preparation costs for the dinner, it is necessary to pay in advance. Payments may be made by Check, Money Order or Credit Card no later than May 11, 2012.

(NO CANCELLATIONS after May 10, 2012)

Cost of meal includes gratuity, des	DINNER RESERVATIONS	3			
		ag Club			
·	■ I plan to attend the Retiree Dinner Friday, May 18, 2012 at the Fort Bragg Club. The number in my party is Please check choice of menu below and indicate number of each meal (s).				
u # 1 "SIRLOIN STEAK" cost per person: \$25.00 number of meals:	□ #2 "STUFFED CHICKEN" cost per person: \$21.00 number of meals:	□ #3 "VEGETABLE LASAGNA" cost per person: \$18.00 number of meals:			
Total menu #1: \$	Total menu #2: \$	Total menu #3: \$			
☐ Enclosed is my Check / Money O	rder payable to the Fort Bragg Club	for dinner(s).			
☐ Charge to my credit card					
	(Account Number)	(Expiration date)			
🗆 AMEX 🗀 VISA 🗀 MASTERCA	ARD □ MWR				
		\$			
Rank, Name (Last, First, Mi) (Please Print)	(Signature)	(TOTAL)			
Phone Number (include Area Code)	Address, City, State, Zip Code (Ple	ease Print)			
Name of Spouse	Name of Guest	Name of Guest			
There will be a seating chart for the dinner. If y	ou have friends who will be attending whom you	would like to sit with, please provide their names below:			
•					
Guest/Friend:		3- 3			
Guest/Friend:					
Guest/Friend:					
Guest/Friend:					

PLEASE MAIL THIS RESERVATION FORM AND PAYMENT TO THE RETIREMENT SERVICES OFFICE NO LATER THAN 11 MAY 2012.

MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: IMBG-HRM-T, POST OFFICE BOX 70029, FORT BRAGG, NC 28307-0029.

BRING TO: INSTALLATION RETIREMENT SERVICES OFFICE, 1ST FLOOR OF THE SOLIDER SUPPORT CENTER (OLD WOMACK HOSPITAL) ON NORMANDY DRIVE

GOLF RESERVATION

Entry fee is \$40.00 per person. Greens Fee, cart, range balls, prizes to include first, second, third, and fourth place team, closest to the pin prizes for all four par three holes and longest drive on two holes. Food included is Hamburger/ Hotdog meal with Baked Beans, Coleslaw along with Keg of Beer and Fountain Soda beverages. The first 120 applicants will be accepted. Sign-in time is from 7:00 a.m., to 8:00 a.m., Tee Time is 9:00 a.m. No team registration. Teams will be randomly formed based on handicap. Sign me up for the RAD Golf Tournament at Fort Bragg's Ryder Golf Course, Friday, May 18, 2012. ☐ Enclosed is my Check / Money Order payable to Ryder Golf Course. Charge to my credit card ___ /____ (Expiration date) (Account Number) □ AMEX □ VISA □ MASTERCARD □ MWR Rank, Name (Last, First, Mi) (Please Print) Signature Address, City, State, Zip Code (Please Print) Phone Number (Include Area Code) My Handicap is: _____ ; I normally shoot a score of _____ after 18 holes. Guest: ______; I normally shoot a score of ____ after 18 holes. Handicap is: ; I normally shoot a score of after 18 holes. Handicap is: ; I normally shoot a score of after 18 holes. Guest: ______; I normally shoot a score of _____ after 18 holes. Guest: Handicap is: ; I normally shoot a score of after 18 holes.

PLEASE MAIL THIS RESERVATION FORM TO REACH THE RETIREMENT SERVICES OFFICE NO LATER THAN MAY 11, 2012.

MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: IMBG-HRM-T, POST OFFICE BOX 70029, FORT BRAGG, NC 28307-0029.

HOTELS CLOSEST TO FORT BRAGG

(Inquire about military discounts)

	(iliquire about
LANDMARK INN FORT BRAGG 1208 GLIDER ST., FORT BRAGG High Speed Internet	910-495-1215 Fax-495-1216
COMFORT INN CROSS CREEK 1922 SKIBO RD. PET FRIENDLY High Speed Internet	910-867-1777 Fax-867-0325
FAIRFIELD INN 562 CROSS CREEK MALL ALL AMERICAN FRWY AT US 401 High Speed Internet, Business Center, Heath Club Complimentary Continental Breakfast PET FRIENDLY \$75 Pet Fee Nonrefundable	910-487-1400 Fax-487-0081 Newly Renovated
SLEEP INN OF SPRING LAKE 102 SLEEPLY DR. SPRING LAKE High Speed Internet Wireless Internet Complimentary Continental Breakfast	910-436-6700 Fax-436-6777
INNKEEPER 1720 SKIBO RD. 401 BY PASS Free High Speed Internet Inside & Outside Rooms PETS Friendly \$25. Pet Fee Free Breakfast Bar	910-867-7659 Fax-867-7659
GATEWAY INN Wireless Internet 115 LAKE AVE SPRING LAKE	910-436-1111 Fax-436-3275
EXTENDED STAY DELUXE 4105 SYCAMORE DAIRY ROAD FAY WI-FI All / Rooms Pet Friendly	910-868-5662 1-800-398-7829
SUPER 8 MOTEL 256 S. MAIN ST. SPRING LAKE Wireless Internet	910-436-8588 Fax-436-8588
DAYS INN I-95 EXIT 58 High Speed Internet PET FRIENDLY \$12. Plus Tax Pet Fee	910-323-1255 Fax-323-3925
HILTON DOUBLE TREE HOTEL EXIT 49 OFF I-95 CEDAR CREEK Wireless Internet	910-323-8282 Fax-323-5052
ECONO LODGE HWY 210 I-95 PET FRIENDLY \$10 Per Pet Per a day Hi Speed Wireless & Hard-Wired Internet Deluxe Breakfast With Hot Waffle Business Center	910-433-2100 Fax-433-2009
HAMPTON INN 1050 NORTH BRAGG BLVD Free Hi Speed Wireless & Hard-Wired Internet Business Center 24 hour Fitness Center With Sauna	910-438-0945 Fax-910-438-0946
KNIGHTS INN 2848 BRAGG BLVD Wireless Internet PET FRIENDLY \$10 Per Night	910-485-4163 Fax-484-2234
BUDGET INN 220 EASTERN BOULEVARD	910-483-1113 Fax-483-3366
FAYETTEVILLE INN & SUITES 3136 BORDEAUX PARK BOULEVARD Gov./Military, Corporate, and Group Rates Available	910-486-8300 Fax-486-8660
SUPER 8 MOTOR-FAYETTEVILLE 1875 CEDAR CREEK RD EXIT 49 PET FRIENDLY \$10 Per Night	910-323-3826 Fax 485-6321
COMFORT INN FAYETTEVILLE 1957 CEDAR CREEK RD EXIT 49 FAYETTEVILLE PET FRIENDLY \$10 Per Night High Speed Internet / HOT BAR /Business Center	910-323-8333 Fax-323-3946

tary discounts)	
FAIRFIELD I-95 1925 CEDAR CREEK RD FAYETTEVILLE High Speed Internet Complimentary Continental Breakfast	910-433-2666 Fax-433-5657
HOLIDAY INN EXPRESS 103 BROOK LN SPLK High Speed Internet	910-436-1900 Fax-436-9483
HOLIDAY INN EXPRESS 1706 SKIBO ROAD High Speed Internet	910-867-6777 Fax-864-9541
HOLIDAY INN I-95, EXT 49 PET FRIENDLY ANY SIZE \$35 PET FEE High Speed Internet Heat Pool Restaurant	910-323-1600 Fax-323-0691
HOLIDAY INN BORDEAUX 1707 OWEN DR. High Speed Internet PET FRIENDLY \$50 Deposit Non-Refundable Any Size	910-323-0111 Fax-484-9444
HILTON GARDEN INN 4025 SYCAMORE DAIRY ROAD FAY NC 28303 Complimentary High Speed Internet	910-860-3600 Fax 910-860-3601
VALUE PLACE 6820 CLIFFDALE RD. HI Speed Internet	910-864-8360
EXTENDED STAY AMERICA 408 OWEN DR. FAYETTEVILLE FULL KITCHEN, PET FRIENDLY HI Speed Internet	910-485-2747 1-800-398-7829
FAMILY LODGE 309 N. REILLY RD PET FRIENDLY \$300 Nonrefundable	910-868-1106 Fax-864-2701
RAMADA INN I-95 BUSINESS LOOP	910-484-8101 Fax-484-2516
WINGATE INN 4182 SYCAMORE DAIRY RD Business Center Wireless Internet	910-826-9200 Fax-826-9202
EXTENDED STAY DELXE 4105 SYCAMORE DAIRY RD FULL KITCHEN, PET FRIENDLY WIRELESS HIGH SPEED INTERNET	910-868-5662 Fax-868-5856
HAMPTON INN 1700 SKIBO RD WIRELESS HIGH SPEED INTERNET On the House Breakfast	910-487-4006 Fax-487-5773
APPLEWOOD VILLAGE APTS 690 N REILLY RD FYVL	910-864-3200 Fax-864-3153
KING CROSS APTS. 1-2-3 bedroom apartment 5725 IVANHOE COURT (OFF MORGANTON RD)	910-487-4444 Fax-910-487-4777
OAKWOOD CORPORATE HOUSING LONG TERM 991 Aviation Parkway Suite # 600 Morrisville NC 27560	Fax-910-460-1993 1-800-520-5288
COUNTRY HEARTH INN & SUITES 1902 CEDAR CREEK RD. FAY PET FRIENDLY HI Speed Wireless Internet Business Center	910-438-0748 Fax-484-1594
COURTYARD MARRIOTT FAYETTEVILLE 4192 SYCAMORE DAIRY RD. FAYETTEVILLE UNDER RENOVATION UNTIL JANUARY 12, 2011	910-487-5557 Fax-487-1158
HAMPTON INN - I-95 FAYETTEVILLE 1922 CEDAR CREEK RD FAYETTEVILLE HI Speed Internet	910-323-0011 Fax-323-8764

Legal Assistance Services

Attorneys from the Fort Bragg legal community will offer free estate planning documents for retirees and their spouses, with valid ID cards, in connection with Retiree Appreciation Day on Saturday, May 19, 2012.

From 9:00 a.m. to 1:00 p.m., attorneys will draft and execute wills on a first-come, first-served basis, to all military retirees and their spouses at Womack Army Medical Center. Living wills, general powers of attorney, health care powers of attorney, financial powers of attorney, and specific powers of attorney will be provided from 9:00 a.m. to 2:30. Services will be limited once maximum capacity is reached. You must be signed in by 1:00 p.m. to have a will prepared. All of these documents will be prepared and signed on-site the same day.

Wills including some provisions cannot be drafted during Retiree Appreciation Day. Wills containing clauses for individuals with special needs, complex trust questions, life estates, or family farms require specialized assistance or the expertise of a civilian attorney. If you have any of these issues or questions about whether you need specialized services, contact the Legal Assistance Office prior to May 19 to discuss these specific needs.

Everyone seeking services at the legal station must complete a will worksheet. You can obtain a will worksheet in advance by stopping by the XVIII Airborne Corps Legal Assistance Office or online at http://www.bragg.army.mil/Directorates/Office-of-the-Staff-Judge-Advocate/Documents/XVIII-Airborne-Corps-LAO-Will-Worksheet.aspx. Completing this worksheet in advance will

reduce processing time. If you are unable to obtain a worksheet in advance, please be sure to bring a list with the following information: the person(s) you wish to serve as your personal representative to handle your affairs, the person(s) to serve as guardian for your minor children or grandchildren, and the person(s) to serve as trustee to safeguard money for your minor children or grandchildren. You will also need the name, address and phone number of the person(s) you wish to serve as agent and alternate agent in any power of attorney. In addition, please remember to bring your ID card!

We anticipate a large turn-out for legal services at the 2012 Retiree Appreciation Day. In a difficult economy, this is an opportunity to obtain important and typically expensive legal documents for free. Please be aware, because all services are first-come, first-serve, you may have to wait to see an attorney. We strongly encourage all retirees and family members who plan to attend be prepared for possible waits. Anyone with nutritional or medication needs should be sure to bring necessary supplies in case appointments or wait times interfere with their normal schedule.

The Fort Bragg legal offices look forward to serving retirees in our community and extending our gratitude for your years of service and sacrifice. If you have questions about the legal services provided in connection with Retiree Appreciation Day, you may contact the XVIII Airborne Corps legal assistance office at (910) 396-0396 or (910) 396-6113. By: Captain Eileen C. Whipple, Esq., and Marie Antoinette Joiner, Esq., Legal Assistance XVIII Airborne Corps & Ft. Bragg

Retirement Services Office Information

Due to the reduction in man power, you must have an appointment for all post retirement visits to guarantee that you will be serviced upon visiting the Retirement Services Office. The Retirement Service Office hours of operation is Monday–Friday, 0800-1700. Please call (910) 396-5304 or toll free 1-800-353-6067 or email: usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil to make an appointment.

North Carolina Army Retiree Council News

The North Carolina Army Retiree Council (NCARC) serves Army retirees residing in the state of North Carolina. The NCARC Co-Chairmen are looking for eligible Retirees to serve in vacant positions in selected Regions. The NCARC needs an officer or warrant officer in the Western Area to serve on the Council, and to serve as Co-Chairmen of Region I. This Region includes seventeen (17) counties: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Haywood, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey.

The NCARC also needs an officer or warrant officer in the Cape Fear Region to serve on the Council, and to serve as a Co-Chairman in Region V. This Region includes eleven (11) counties: Bladen, Cumberland, Harnett, Hoke, Lee, Moore, Montgomery, Richmond, Robeson, Sampson, and Scotland.

The NCARC also needs a noncommissioned officer in the Triangle Area to serve on the Council, and to serve as a Co-Chairman with a senior officer in Region VI. This Region includes eleven (11) counties: Caswell, Chatham, Durham, Franklin, Granville, Johnston, Orange, Person, Vance, Wake, and Warren.

Retirees interested in these positions please contact your Retirement Services Office for more information.

DHR Sponsors Retiree Shred-A-Thon

Tired of hoarding all those old utility bills and credit card statements. Are your personal filing cabinets running out of storage space? Discarding these of type items in your trash can be risky business especially with Identity Thefts on the rise. All too often personal information is retrieved from one's own personal garbage and later used for fraud.

During the Annual Fort Bragg Retiree Appreciation Day, 0900-1400, Saturday, May 19, 2012, the Director of Human Resources (DHR) will sponsor a Shred-A-Thon Event that's free

to all Military Retirees. What better way to securely dispose of all those no longer needed personal documents.

There will be a shred truck located in a designated location within the parking lot of Womack Army Medical Center. Bring your documents to the designated location and watch the documents as they are shredded. Please pass this on to your friends and help spread the word. Questions can be addressed by calling the Retirement Services Office at Comm (910) 396-5304 or Toll free 1-800-535-6067.

DEPARTMENT OF THE ARMY HQ, XVIII ABN CORPS & FT BRAGG IMSE-BRG-HRM-P FORT BRAGG, NC 28307

OFFICIAL BUSINESS

PRESORT STANDARD U.S. POSTAGE PAID FAYETTEVILLE, NC PERMIT NO. 478

HELP CUT COSTS!

With the increase cost of printing and mailing the annual North Carolina Retired Army Bulletin, we continue to look for ways to deliver this important bulletin in the most efficient way. You can help by opting to receive future bulletins by registering your e-mail address with the IRSO. To register your e-mail with the IRSO, go to http://www.bragg.army.mil/Directorates/ Directorate-of-Human-Resources/RSO.aspx and click on the golden icon in the right hand column. Type your name as

it appears in your retirement pay account and enter "Please remove my name from the newsletter mailing list," then click send. This procedure will place your e-mail address in the Retiree Distribution List which will allow the IRSO to send future bulletins to you via e-mail. Should you have any questions or concerns in regards to this matter please direct your inquiries to one of the following telephone numbers: 910-396-8591 or 910-907-0105.

Casualty Assistance Officer (CAO) Support

If requested, Fort Bragg appoints a CAO to provide casualty assistance to the primary next-of-kin (PNOK) of all Army retirees who are residents of North Carolina. If requested by the PNOK, Fort Bragg will provide burial honors for Army retirees who pass away while a North Carolina resident. The request for burial honors must be made through the funeral director.

The CAO is not allowed to provide uniform items or decorations for a burial. If a retiree wishes to be buried in uniform, he or she should ensure that a uniform of proper size and all decorations are available to the PNOK. Retirees who present proof of retirement (ID Card and DD Form 214) may make uniform purchases at the Installation Clothing Sales Store. If you have any questions or need additional information, please feel free to contact the Casualty Section at (910) 396-9901 or the Chief, Casualty Assistance Center at (910) 396-9537. Specific questions concerning SBP and other benefits should be directed to the Retirement Service Office (RSO) at (910) 396-8591 or 1-800-535-6067. E-mail: usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil

The North Carolina Retired Army Personnel Bulletin is published by the Installation Retirement Services Office, a section of the Directorate of Human Resources, XVIII Airborne Corps and Fort Bragg. It is published under the provisions of Army Regulation 600-8-7 to communicate with U.S. Army retired Soldiers, their Families and survivors residing in North Carolina, and to provide a means of facilitating the accomplishment of the objectives of the Army Retirement Services Program by providing information and assistance. Articles appearing in this publication do not necessarily reflect the opinion of the commander or Department of the Army. Inquiries or comments concerning this bulletin should be sent to the Installation Retirement Services Officer, P.O. Box 70029, Fort Bragg, NC 28307-0029 or e-mail: