



August 2010

Retired Activities Office
Naval Weapons Station
Seal Beach
Newsletter

Pharmacy refills available at Base Exchange. You can now pick up refill prescriptions at the LAAFB at the same place you shop. You still order prescriptions as usual and then choose to pickup your refill at the **Script Center** which is located in the food court area of the Exchange. The main advantage to picking up prescriptions at the Script Center is that the Center is open whenever the Exchange is open, which are longer hours than the pharmacy.

Script Center Hours	Pharmacy Hours
0600 - 1800 Mon - Fri	0700 - 1600 Mon - Fri
0900 - 1800 Sat	0700 - 1600 Fri
1000 - 1700 Sun	Closed Weekends/Holidays

Note: If you are dropping off a new prescription at the pharmacy, it must be turned in not later than 1500 in order for you to get the medication that day.

Joint Basing Impact. Joint basing has had very little impact on services and support for retirees. Unlike normal Base Realignment and Closure actions, joint basing closes no installations meaning retirees living nearby will still have access to the same support they are used to receiving. Joint basing is being done in two phases. Phase 1 bases have already stood up and are fully operational. These joint bases include: McGuire-Dix-Lakehurst, Myer-Henderson Hall, Andrews-Naval Air Facility Washington, Little Creek-Fort Story, and Joint Region Marianas, which includes Andersen Air Force Base). Phase 2 bases will be transitioning people, real property and services to the joint base command over the next eight months. They should be fully operational by 1 OCT. The joint bases in Phase 2 include: Lewis-McChord, Anacostia-Bolling, Elmendorf-Richardson, Pearl Harbor-Hickam, Charleston, Langley-Eustis, and San Antonio involving Randolph, Lackland and Fort Sam Houston.

One area that is impacting retirees is base decals for vehicles. Although a majority of Air Force bases stopped requiring and issuing decals years ago, other services still require them for access to their respective installations. Air Force retirees must comply with the entry requirements of each particular installation so they may need to get a visitor's pass if the Air Force is not the lead service at a joint base. For example, at Joint Base Anacostia-Bolling where the Navy is the lead service, people must have vehicle access decals beginning Oct. 1. Drivers who frequent such installations may want to consider registering their vehicle at that installation, if they are allowed to do so. [Source: Afterburner article Feb 2010 ++]

ID cards. DOD's present intention is to not include Social Security numbers on dependant's ID

cards. That is the intention but as of now, several ID card issuing places lack the software to do it. E.g. the LA Air Force Base and the Joint Training Base in Los Alamitos.

On the same line, if you aren't aware of it, at age 75, the spouse of a retired military member or a survivor of a retiree can receive an **indefinite** identification card, as can certain family members who are permanently disabled or incapacitated. If you have questions, you can contact Los Alamitos at 562-795-1172 or the LAAFB at 310-653-5114.

Savings Bond Allotments. The Defense Finance and Accounting Service (DFAS) will stop all current Savings Bonds allotments processed for military personnel and military **retirees** effective July 31. This comes following the U.S. Treasury's decision to convert electronic transactions through TreasuryDirect.gov. DFAS customers who wish to continue purchasing savings bonds through payroll deduction will need to establish an online account with TreasuryDirect, www.treasurydirect.gov/tdhome.htm. Once they have an account with TreasuryDirect, they can start a new allotment using the TreasuryDirect account number through their normal pay system. Information on purchasing Treasury securities is available on the DFAS website, www.dfas.mil/news/ussavingsbondallotments.html. Instructions for Opening a TreasuryDirect Account are located at this site: (http://www.frb services.org/ext_content/payrollorg/files/federal_dfas_participants_td_acct_setup.pdf)

If you, a military retiree, do not have access to a computer or simply do not convert to electronic transactions, you can't purchase bonds monthly. The DFAS folks, who fielded our questions, say that for those who do not convert, their bonds allotment will be cancelled automatically. Source DFAS Customer Service Center (888) 332-7411 and DFAS Savings Bonds folks at (216) 522-5880.

Retiree Eye Exams. Retirees and their family members using Tricare Prime can get an eye exam every two years. Routine eye exams for retirees and their family members using Tricare Standard, Tricare Extra, and Tricare for Life are not covered.

These exams are more than the standard letter charts and include a check into the health of the eye. Retirees and their families enrolled in Tricare Prime can make an appointment with any Tricare-authorized optometrist or ophthalmologist for an exam.

Tricare Prime beneficiaries do not need a referral unless they see a provider outside of their region's Tricare network. Learn more about Tricare vision benefits at the Tricare beneficiary portal at www.tricare.mil/mybenefit.

All retirees, including Tricare for Life recipients, may receive one pair of standard issue glasses each year from the Naval Ophthalmic Support and Training Activity. Visit www.med.navy.mil/sites/nostra click on "How to order - Retiree" for more information. Family members and surviving spouses are not entitled to NOSTRA support.

Almanacs. We recently received **limited** copies of the 2010 *Retired Military Almanac*, which is traditionally updated annually. Stop by the office and pick up a copy or we can mail you a

copy, free, gratis. Be sure to include your mailing address or give us a telephone call. This almanac is probably the best all around reference publication for military retirees.

TRICARE Newsletters. TRICARE beneficiaries can sign up at www.tricare.mil/subscriptions to have the latest TRICARE benefit news sent to them electronically. All of the newsletters and bulletins TRICARE currently prints are available online and can be delivered electronically straight to an e-mail inbox. To read this release, please visit: <http://www.tricare.mil/pressroom/news.aspx?fid=600> Source: Tricare N/L 25 Feb 10

Grave Medallion. The VA is offering bronze medallions to attach to existing, privately purchased headstones or markers, signifying a deceased's status as a veteran. The medallions are available in three sizes: 5 inches, 3 inches and 1-1/2 inches in width. Each bronze medallion features the image of a folded flag adorned with laurels and is inscribed with the word "Veteran" at the top and the branch of service at the bottom. The new medallions will be available only to veterans buried in private cemeteries without a government headstone or marker. Families of eligible decedents may also



order a headstone or marker when remains are not available for interment. The new item can be furnished instead of a traditional government headstone or marker for veterans whose death occurred on or after Nov. 1, 1990, and whose grave in a private cemetery is marked with a privately purchased headstone or marker. More information about VA furnished headstones, markers, and medallions can be found at www.cem.va.gov/cem/hm/hmtype.asp <http://lyris.dmasa.dma.mil/t/2428941/6478308/11786/0/> Instructions on how to apply for a medallion are found at: www.cem.va.gov/hm and <http://lyris.dmasa.dma.mil/t/2428941/6478308/11787/0/> or by calling toll-free at 800-827-1000.

Note: The picture is obviously a medallion for a Navy veteran. You can see a large selection, which reflects all Services, on the indicated websites.

Tricare Travel. To reduce the chance of health care problems while traveling, beneficiaries should see their doctor to take care of any regular office visits or treatment for ongoing conditions before leaving town. TRICARE Prime beneficiaries get routine care from their primary care manager (PCM), while TRICARE Standard beneficiaries can go to any TRICARE-authorized provider. Regardless of the TRICARE plan you use, it's a good idea to get routine care before leaving home. If you need emergency care while traveling, you should seek treatment immediately by calling 911 or going to the nearest hospital emergency room.

Prime beneficiaries do not need prior authorization for emergency care, but they should notify their PCM within 24 hours or on the next business day so follow-up care can be coordinated. TRICARE Standard beneficiaries have no follow-up requirements after receiving emergency care.

If you need medical treatment for urgent illnesses that are not an emergency you may go to an

urgent care facility. For urgent care, beneficiaries should contact their PCM for a referral or call their regional health care contractor for assistance before receiving care. For Prime beneficiaries, failure to obtain a referral may cause care to be covered under the point-of-service option, which means higher costs.



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.

Space-A (Europe). Changes are on the way for the thousands of servicemembers, families and military retirees who use [space-available travel](#) in and out of Europe. New eligibility standards, the elimination of one route and changes to several others are all scheduled in the next seven months, according to the Air Mobility Command, which manages the Air Force's massive cargo and passenger airlift operations.

The Patriot Express program, which is a commercial airline company chartered by the Air Mobility Command, says so far this year more than 11,000 passengers have traveled Space-A in, out or through Europe. In all of 2006, that number was around 31,000.

The Patriot Express currently operates eight weekly routes that pass through Europe. All but one of them fly on to countries that the military refers to as "Southwest Asia" before returning back through Europe to the States. That one other route - originating in Baltimore, with stops at Lajes Field in the Azores and Aviano Air Base in Italy - is disappearing at the beginning of the new fiscal year. But Aviano has been added to a route that connects Baltimore with Ramstein and Al Udeid, Qatar, and Lajes has been added to three other routes and will join Ramstein as the most visited spot in Europe. Stops in Rota, Spain, and Souda Bay, Crete, have been eliminated. Source: Stars and Stripes | Kent Harris | March 26, 2010

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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