



The E-9ers

COLORADO

<http://www.e9ers.org/>
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**Army
Navy
Air Force
Marine Corps
Coast Guard**

December 2009

Volume 12 Number 12

PRESIDENT'S COLUMN

Fellow E9ers:

The Christmas season is upon us. It's a time that we should remember what the season is all about. It seems that we start the season earlier every year. I hope that Christmas isn't just economical. We are in Branson MO. The holiday season started here the first of November. Everything here is geared for Christmas.

We're here with a large group for the shows. I was struck by the amount of honor bestowed on our veterans by everybody here. They really go all out to pay tribute to us, the defenders of our flag and country. Wouldn't it be wonderful if this feeling would spread across our great country.

Remember our E9ers Christmas party; hope to see every one there.

Have a happy holiday season

Bill

OBAMA SIGNS VA HEALTHCARE REFORM LAW

President Barack Obama recently signed new legislation that creates predictable funding for veterans' health care. After more than two decades of regular budget delays, the Veterans Healthcare Reform and Transparency Act calls for appropriations a year in advance. "No longer will VA and the veterans in its care have to suffer from the 'check's in the mail' syndrome," said Clarence E. Hill, national commander of The American Legion. "Advance appropriations will go a long way toward minimizing compromises in the delivery of the high quality VA health care our veterans expect and deserve."

Military.com News Article, Dated November 2, 2009

VA IG COMPLETES SAFETY STUDY

The Department of Veterans Affairs (VA) Office of Inspector General recently announced that it has inspected every VA medical site with endoscopic equipment, independently verifying the success of a national program VA instituted to ensure safe and sterile procedures for reprocessing endoscopic equipment across the country. The VA Office of Inspector General report, dated September 17, 2009, shares findings from 129 medical sites inspected across the country. Only one discrepancy was found -- a typographical error in certification paperwork. This report is available in PDF format at <http://www.va.gov/oig/54/reports/VAOIG-09-02848-218.pdf>.

Military.com News Article, Dated September 28,

The E-9ers OFFICERS

The following officers of the E-9ers Association are interested in hearing from you and what suggestions that you may have to improve our group. If you have any thoughts that you would like to share, please give one or more of them a call. They would love to hear from you.

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The E-9ers Association Next Monthly Meeting

January 27, 2010

11:00 a.m.

at

Mr. Panda Restaurant
2852 S. Havana Street
Aurora, CO

ARMED FORCES STILL SEEKING SPECIAL COMPENSATION CLAIMANTS

The Combat-Related Special Compensation, or CRSC, program is more than six years old and is still not attracting the number of people thought to be eligible. As of January 2008, medical and temporary early retirement retirees are now eligible for tax-free compensation.

There may be some who are confusing the Concurrent Retirement Disability Program with the CRSC program. CRDP — often called “concurrent receipt” — is automatic when an individual is rated 50-percent or more disabled by Veterans Affairs, whereas people must apply for the CRSC program. CRSC requires people to have a minimum 10-percent disability granted by the Department of Veterans Affairs. Eligible retirees may also receive “Individual Unemployability” payments and increased CRSC adjustments for family members.

Unlike CRDP, CRSC is not a phased-in program. Once military retirees are determined to be qualified, they could receive their regular retirement pay plus an additional sum based on their VA disability rating. Retirees are only eligible to receive money for one program. However, an open season is held each year so retirees can change programs. To determine eligibility, retired members should answer the following questions:

Am I receiving retired pay (regardless of years served)?

Do I have a compensable VA disability of 10 percent or higher?

Is my pay offset by VA disability payments (VA waiver)?

If you answered “yes” to those questions and have not submitted your CRSC claim, you may be missing out on a very important entitlement. To receive Combat Related Special Compensation you must submit your application (DD form 2860) through your parent military service branch. Each service branch has the authority to determine your eligibility.

NVOA News Article, Dated October 21, 2009

TRICARE OFFERS NEW AND IMPROVED PHARMACY BENEFITS

The Tricare Management Activity is introducing significant new enhancements to beneficiaries as it combines its mail-order and retail pharmacy contracts into one new contract called Tricare Pharmacy.

The improvements to the Tricare Pharmacy program include the Specialty Medication Care Management program in the mail-order pharmacy; expansion of the Member Choice Center providing assistance to help beneficiaries to switch their military treatment facility prescriptions to mail-order; and one call center phone number: 1-877-363-1303. The Specialty Medication Care Management program is for beneficiaries using the mail-order pharmacy for their specialty medications. It is structured to improve their health through continuous health evaluation, ongoing monitoring, assessment of education needs, and management of medication use.

“Tricare beneficiaries will be pleased to know that to get this improved benefit they don’t have to do anything,” said Rear Adm. Thomas McGinnis, Tricare Management Activity’s chief pharmacy officer. “No calls, no paperwork. Beneficiaries don’t have to re-enroll, all co-pays stay the same, and the network remains essentially unchanged.”

Express Scripts, Inc. was selected to provide mail-order, retail, and specialty pharmacy services for the Tricare Pharmacy program. This program will provide outpatient prescription drugs to 9.5 million beneficiaries. Express Scripts currently handles millions of prescriptions each year through mail-order and retail pharmacies. For more information, visit www.tricare.mil/pharmacy or www.express-scripts.com/TRICARE, or call 1-877-363-1303.

Tricare Press Room Release, Dated November 3, 2009

TRICARE EXTENDS OVER-THE-COUNTER MEDICATION DEMONSTRATION PROJECT

Tricare's over-the-counter medication demonstration project has been extended by one year. The program allows Tricare beneficiaries to substitute over-the-counter (OTC) versions of certain prescription drugs. The OTC program, which was scheduled to end November 4, 2009 as Tricare's new pharmacy contract started, will continue. However, it will now offer beneficiaries certain OTC medications for a \$3 co-payment. The program previously did not require any co-payment.

"We have decided to modify this demonstration and extend it for another year before evaluating the success of offering OTC drugs through our pharmacy benefit program," said Public Health Service Rear Adm. Thomas McGinnis, chief of the Tricare Pharmaceutical Operations Directorate. We hope beneficiaries will continue to use the program as the \$3 co-pay remains far below the average out-of-pocket price of approximately \$15 for these products if they were not covered by Tricare."

Examples of OTC medications available through the program include the allergy medications cetirizine and loratadine, and heartburn medications (proton-pump inhibitors) Prilosec OTC and its generic form omeprazole.

As before, beneficiaries cannot just walk into a pharmacy and get OTC medications for \$3. To use the program they still need a prescription from their health care provider for the OTC drug. For more information about the Tricare Pharmacy Program, go to <http://www.tricare.mil/pharmacy>.

Tricare Press Room Release, Dated November 5, 2009

HOT SHOTS! TRICARE MAKES H1N1 IMMUNIZATIONS EASY FOR BENEFICIARIES

Immunizations against the H1N1 virus will soon be available, and people are eager to take precautions. Tricare Prime, Standard, and Extra beneficiaries can get their shots from network and non-network providers without paying a deductible or making a co-payment. A temporary waiver allows non-active duty Tricare Prime enrollees to get the H1N1 immunization from non-network providers without a referral or authorization, eliminating point-of-service charges. Prime enrollees will not be charged a co-payment or cost share.

Active duty service members should follow the guidance of their respective services. "Preventive medicine is a very important part of Tricare's goal of keeping service members, retirees, and families healthy," said Rear Adm. Christine Hunter, deputy director of the Tricare Management Activity. "To that end, we make getting vaccinated as convenient and affordable as possible. Beneficiaries should talk to their primary care manager if they have any questions about the H1N1 vaccine or other vaccines."

According to the Centers for Disease Control and Prevention (CDC), the vaccine for the seasonal flu is not expected to protect against H1N1; immunization for the 2009 H1N1 strain is therefore recommended. Both vaccines can be administered on the same day.

CDC's Advisory Committee on Immunization Practices recommends that everyone get the H1N1 vaccine, but for certain groups, vaccination is more critical. These include:

- Pregnant women;
- People who live with or care for children younger than 6 months;
- Healthcare and emergency medical services personnel;
- Everyone between the ages of 6 months and 24 years;
- People ages 25 through 64 with chronic health disorders or compromised immune systems; and
- Older people with diabetes, cardiovascular disease, asthma or HIV.

For more information on H1N1 and other seasonal flu conditions, beneficiaries should contact their primary care manager or visit the Tricare Web site at <http://tricare.mil/flu>, or go to the Department of Defense Pandemic Influenza Watchboard at <http://fhp.osd.mil/aiWatchboard/index.jsp>.

Tricare Press Room Article, Dated October 30, 2009

REPAIRS BEGIN AT VIETNAM VETERANS MEMORIAL IN DC

Repair work began October 21 at the Vietnam Veterans Memorial on the National Mall as a private memorial fund took over landscaping and maintenance of 13 acres from the National Park Service. During the following two weeks, workers were also restoring the flagpole's bronze finish and its decorative base with five military branch insignias. They also restored the bronze finish for five stands that hold directories that help people find names on the famous V-shaped memorial wall, which draws millions of visitors each year. The Vietnam Veterans Memorial Fund, which built the memorial, also has repaired an irrigation system and is re-seeding and re-sodding the grass.

In September, the group announced plans to pay for maintenance at the site because of scarce funding from the federal government. They plan to raise more than \$1 million to care for the memorial and grounds, including \$500,000 to buy replacement granite if sections of the wall need to be replaced in the future. "Everybody has the same goal: We want it to look good," said fund spokeswoman Lisa Gough. "We want it to shine."

The memorial's bronze fixtures—including the flagpole and a statue of three soldiers—will be restored for the first time since they were installed more than 25 years ago, said James Cummings, who was part of the memorial's original architecture team the project. The fund is working to raise \$100,000 to restore the statue in the next year. The bronze is worn down and has turned green on the soldiers' noses and arms, Cummings said. The weather caused some of the damage, along with the hands of many visitors. "No one expected the memorial itself would have such an impact with the culture," said Cummings. "There's a plan now to take care of it."

The U.S. and POW/MIA flags usually displayed at the site are not being flown while the work is done.

NVOA News Article, Dated October 21, 2009

GIFT CARDS GO ONLINE

After months of testing, the Exchange Online Stores at www.aafes.com, www.usmc-mccs.org, and www.navy-nex.com have begun accepting Army and Air Force Exchange Service (AAFES) gift cards. Online redemption requires users to enter the AAFES gift card number as it appears on the back of the card and a unique pin code (also on the card). While only authorized military shoppers can redeem an AAFES gift card at a BX, PX, or even online, any American can send an exchange gift card by calling 800-527-2345 or visiting the AAFES website at www.aafes.org and clicking the "Gift Cards/Certificates for Our Troops" icon

Military.com News Article, Dated October 26, 2009

IT IS ALL ABOUT CHRISTMAS BY IVAN SUNARDI

It is all about loving
It is all about giving
It is all about believing
It is all about sharing
It is all about trying...
Trying to make someone feel better
Trying to hold someone closer
Trying to make everything simpler
Trying to hold your love and trust forever...
Forever day by day from dusk till dawn
Forever along the way from the start till the end
Forever side by side from sunrise till sunset
Forever in laugh and tears
Forever in our joyful Christmas...
That is what Christmas is all about

EXCHANGES SPONSOR HOLIDAY GIVEAWAY

The Army & Air Force Exchange Service (AAFES) and Sandberg & Sikorski by Firestone are getting into the holiday spirit with their new Sandberg & Sikorski by Firestone Sweepstakes. Now through December 24, BXs and PXs around the world are accepting entries for the sweepstakes. After Christmas Eve, three \$3,000 shopping sprees will be awarded to one lucky AAFES shopper in the Continental United States, Pacific, and Europe. Authorized exchange shoppers can confirm their exchanges participation by calling the numbers listed at the store locator link on the AAFES Store Locator webpage at <http://odin.aafes.com/bases/index.asp>.

Military.com News Article, Dated November 2, 2009

NEW FOSTER PROGRAM OFFERS CARE FOR AILING VETERANS IN COLORADO

When Steve Jackson speaks, the journey from one end of his sentence to the other can take a few minutes. The Navy veteran puts his hands in front of his face about a foot apart, as if to set the boundaries, and slowly urges his words to fill in the space. There is less frustration building up between Jackson's left and right hands these days. He always has Judy Ryan nearby to fill in the words.

Ryan has words to spare. And she has bedrooms to spare as well, in a new foster-home program that matches aging military veterans like Jackson with skilled providers willing to open their doors to a permanent guest. "Everything works better here than in the nursing home," says Jackson, 55, sitting on a recliner in his own bedroom in Ryan's house. His family quilt is on his bed, photographs of Jackson generations face him from the wall. He pauses and hears Ryan chattering away in the kitchen, bantering with her 95-year-old father.

"Most of the time, I like to hear her," he grins. "She's . . ." And here Jackson offers a pause both habitual and diplomatic. ". . . talkative." Jackson transferred from a nursing home to Ryan's expert, organic, and, yes, chatty, care three months ago.

The U.S. Department of Veterans Affairs is launching pilot medical foster-home programs around the nation to provide alternatives to nursing-home care. With thousands more veterans coming home in need of medical care from deployments in Afghanistan and Iraq, planners feel an ever-more urgent need to seek the most humane long-term care settings possible.

"These young guys may look forward to the rest of their lives being taken care of, and a nursing home is not what they or their families are looking for," program coordinator Judy Chandler said. Three more Colorado homes are being screened, and another veteran joined Jackson at the Ryan home November 16. Chandler hopes to place up to 40 more veterans in the area within two years. Home placement costs the veteran \$2,000 to \$3,000 a month, lower than full nursing care at an institution. Much of the cost comes out of the veteran's existing benefits.

Providers like Ryan have formal education in nursing care or long practice caring for relatives. The homes are screened for safety, and the caregiver must live there. The fees give Ryan a few hours of daytime help and limited respite care, as well as visiting physical therapists, nutritional consulting, and other advice. The VA expects the home to provide the same levels of care as a nursing home and to be able to care for terminally ill veterans through death.

Those are the minimums, which Ryan leaps beyond every day. She is a true believer in organic cooking and regular exercise for everyone in the house, no matter how impaired. Jackson watches football on the living room big screen with Judy's husband, Larry. Ryan is calculating where to push the furniture out of the way for Thanksgiving dinner, for which Jackson, Jackson's siblings and spouses, the newly placed veteran, and that veteran's whole family have all been invited.

"It's a job. It's also a calling," Ryan said. "If it's not, it's not going to fly." "That's why," Chandler said, "we're saying it's a program where angels meet heroes."

NVOA News Article, Dated November 10, 2009

BOARD OF VETERANS APPEALS EXPANDED

Secretary of Veterans Affairs Eric K. Shinseki announced the addition of four new Veterans Law Judges to the Board of Veterans' Appeals (BVA), which will enable the board to increase the number of cases being decided. BVA is an appeals body where veterans, their dependents, or their survivors can go when they're not satisfied with decisions about claims for benefits administered by the Department of Veterans Affairs. The board currently has 60 Veterans Law Judges. VA provides a pamphlet titled, "How Do I Appeal", to anyone who isn't satisfied with the results of a benefits claim that was decided by a VA regional office, medical center, or other local VA office. For more information about BVA or to download a copy of the pamphlet, visit VA's Gateway to VA Appeals webpage at www.va.gov/vbs/bva.

Military.com News Article, Dated October 26, 2009

MILITARY FUNERAL BUGLERS ARE IN SHORT SUPPLY

Gerald Pallesen recalls driving 150 miles through near-blinding snow from his home in Marcus, IA four years ago to reach South Dakota the night before a blizzard closed the highways. The next morning, Pallesen, 80, who volunteers to play taps at funerals for members of America's military, raised his horn in the freezing February air and sounded the 24 sorrowful notes at the funeral of Army Sgt. Jeremiah Boehmer, who had been killed by a roadside bomb in Iraq. "We owe a final salute to our true heroes," says Pallesen, who says he still travels hundreds of miles each year to veterans' funerals.

Buglers to play taps are in short supply at a time when the need for people who can perform this solemn duty is very high, says Tom Day, founder of the volunteer group Bugles Across America. In addition to casualties from the wars in Iraq and Afghanistan, the number of veterans of World War II, Korea, and Vietnam who have died has peaked in the past few years. About 656,000 veterans died in fiscal 2009, according to Census estimates, says Jo Schuda, a spokeswoman for the Department of Veterans Affairs — about 1,800 a day. In fiscal 2008, about 657,000 died, according to the VA. More than 39 percent of the nation's 23.4 million living veterans are 65 or older, according to the VA.

The military employs about 500 full-time buglers, says Barbara Goodno, senior program analyst at the U.S. Department of Defense. The military's goal is to have a live bugler at funerals whenever possible, she says, but "ceremonial bugles" are also used. The bugles look like real bugles and include a device that plays a recording of taps, Goodno says. Bugles Across America has about 7,130 volunteers, Day says, which still leaves many funerals dependent on ceremonial bugles and taps recordings.

Since January, live buglers have played taps at about 19 percent of funerals that included military honors, according to data from Mark Ward, senior program manager for funeral honors at the Pentagon. Ceremonial bugles have been used at 71 percent of the services and a CD recording was used at 10 percent. Day says he founded Bugles Across America shortly after Congress passed a law in 2000 allowing recordings of taps to be played if no bugler can be found. Bugles Across America works with high schools and universities to recruit student musicians to play at funerals, Day says.

Jerry Newberry, a spokesman at the Veterans of Foreign Wars' national headquarters, says "an absolute effort is made to honor and pay tribute and respect and give a proper send-off to a veteran. I am positive that in an ideal world, if we had our way about that, yes, every VFW and American Legion would have a full honor guard with rifle salutes and a bugler, but it's just not possible."

Taps dates to the Civil War. As many of the nation's buglers grow older, their ability to perform it diminishes, Day says, and many others who used to play it have died. In many towns, the honor guard serving at funerals "used to be 10-12 guys, then it was five guys. Now maybe it's one guy," he says. If a family requests a live bugler, an e-mail is sent to all volunteers within 100 miles to try to match a musician with the funeral, Day says.

Some of the volunteers step forward at an early age, Day says. "It's one way to give back for what they've done for our country and us," says one of the group's volunteers, Kelly Kilbride, 13, of Sac City, IA. Sen. Jon Tester, D-MT, was in seventh grade when he began playing taps at veterans' funerals in Big Sandy, MT. "I just think the real McCoy is absolutely what we should strive for at every one of the burials," he says.

In Parkston, SD, Boehmer's father, Jim, recalls Pallesen playing taps the day he buried his son. All 24 notes, he says, hold special meaning. "It gives you a deep feeling in your heart when you hear it," he says.

Military Times News Article, Dated November 11, 2009

NEW GRAVESITE LOCATOR

The Department of Veterans Affairs launched a new, nationwide Gravesite Locator, which makes the gravesites of more than 6.7 million veterans easier to locate using cell phones with Internet capability. The new Nationwide Gravesite Locator, at <http://m.va.gov/gravelocator>, is enhanced for viewing and browsing on "smart phones." Users enter a name to search and find where the loved one is buried. The website will provide the name of the cemetery and a grave location, offer a link to a Google map, driving directions to the cemetery, and if the deceased is buried in a national cemetery or state veterans cemetery, provide a link to a cemetery map to help find the section where the grave is located.

Military.com News Article, Dated October 26, 2009

SOCIAL EVENTS

DECEMBER: E-9ers Christmas Party

DATE: Sunday, December 13, 2009

TIME: 11:30 AM

PLACE: Marie Callendar's Restaurant; 51 West Dry Creek Court, Littleton, CO.

COST: \$19.69 for Sunday Brunch. Tax and tip included. Reservations & Money to Mardy by the November E-9 meeting.

A note to the E-9ers from Mardy: "I will not be doing the Socials for E-9ers after 2009. I would like for you all to know I have thoroughly enjoyed doing the Socials. The E-9ers Organization is the best in the whole wide world. Not the USA, but the Whole Wide World. I know when it is time, hopefully, for someone else to take over, and this is the time. I wish to thank all E-9 members for positive comments, assistance with socials, and attending members. Just Me Mardy"

SHINSEKI PROMISES TIMELY RESPONSE TO PTSD

Veterans Secretary Eric Shinseki says he's working to improve the agency's ability to cope with increasing numbers of troops returning from Iraq and Afghanistan with mental health problems. Shinseki told CBS's "The Early Show" on November 11 that increased troop rotations to war zones has caused a sharp rise in the number of men and women suffering from post traumatic stress (PTSD) and depression. He said, "The more people go back, it multiplies the incidences of these kinds of things occurring." Shinseki, a retired general and former Army chief of staff, said "we are working diligently at increasing our capabilities here" and said the Department of Veterans Affairs now has some 19,000 mental health professionals on the job.

Military Times News Article, Dated November 11, 2009

TRICARE RETIREE DENTAL PREMIUM INCREASE

The first annual TRDP premium rate change took effect on October 1, 2009 for the current contract's second year -- October 1, 2009 through September 30, 2010. Premium changes for the subsequent contract years will also be effective October 1 of each year. This annual premium adjustment is automatic and will be reflected in the allotment from your retired pay or, if you are billed directly, in your payment coupons or EFT (electronic funds transfer) debit applicable to your October 1 payment. To find out the new premium rates for your region, visit the TRDP website at <http://www.trdp.org/pro/premiumSrch.html>.

Military.com News Article, Dated November 2, 2009

SENATOR PUTS HOLD ON VETERANS' CAREGIVER BILL

More than a month after the beginning of the new fiscal year, the House and Senate are still pressing to pass a group of bills to improve veterans' benefits and health programs, rolling them together in "omnibus" legislative packets. The omnibus bills can then be shaped by final compromises between the two chambers and passed relatively quickly, often by voice vote, so lawmakers can move on to other late, more politically sensitive business. Standing athwart those plans this month, however, is Sen. Tom Coburn (R-OK), a family physician whose top goal as a lawmaker has been to slow the rising tide of debt caused, he says, by colleagues who are willing to pass or spend whatever is necessary to assure their reelection. To learn more, read the full article on Military.com at <http://www.Military.com/features>.

Military.com News Article, Dated November 9, 2009

VETERANS JOB TRAINING BILL GOES TO SENATE

The House passed a number of veteran related measures, including legislation introduced by Subcommittee on Economic Opportunity Ranking Member to improve job training opportunities for veterans. H.R. 1168, as amended, the Veterans' Retraining Act of 2009, would provide a housing stipend to unemployed veterans enrolled in a Department of Labor job training program. The bill also would provide financial assistance to help newly trained veterans relocate to geographic locations with a high demand for their acquired skills

Military.com News Article, dated November 9, 2009

2009 CALENDAR



DECEMBER

- 7 National Pearl Harbor Remembrance Day
- 8 UVC Meeting
- 10 Human Rights Day
- 13 Holiday Social
- 15 Bill of Rights Day
- 21 First Day of Winter
- 25 Christmas Day

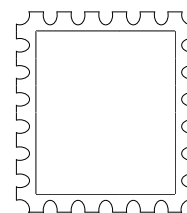
HAPPY ANNIVERSARY

- Dec. 2, 1949 (60th) Ken & Shirley Deal
- Dec. 5, 1998 (11th) Charles & Louise Fisher
- Dec. 12, 1964 (45th) Larry & Rosalyn Mitchell
- Dec. 19, 1964 (45th) Robert & Diann Oden
- Dec. 23, 1950 (59th) Walt & Louise Walko
- Dec. 25, 1987 (22nd) Warren & Donna Tellgren
- Dec. 26, 1949 (60th) Don & Marie Nuce
- Dec. 28, 1992 (17th) Steve & Melanie Grissett
- Dec. 29, 1951 (58th) Earl & Betty Severson

HAPPY BIRTHDAY

- 2 Joy Lowe
- 3 Bob Saville
- 5 Ken Deal
- 5 Stanley Galloway
- 10 Art Samson
- 12 Cheri Phelps
- 14 Jeanette Schlager
- 16 Cal Keil
- 17 Warren Tellgren
- 23 Elizabeth Kuettel
- 25 Marlene Harding
- 26 James Boyle
- 26 Leslie Jones
- 27 Frank Cress
- 28 Kay Boteler
- 28 Linda Westensee

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RETURN SERVICE REQUESTED

