

# Retirement Bulletin

FORT HAMILTON MILITARY COMMUNITY

FALL 2007

## *Message from Col. Tracey E. Nicholson Garrison Commander*

**D**ear retirees and family members: I begin my third year in command at Fort Hamilton, I am honored again to host our annual Military Retiree Appreciation Day. We have many activities planned for our dedicated retirees and families, so please mark your calendars now for Oct. 27.

The distinguished speaker this year is former Sergeant Major of the Army Jack L. Tilley, who has long been an advocate for military retirees. His biography is in this bulletin. We are fortunate to have him with us this year, and ask that you be seated in the post theater by 9 a.m. so we can start on time.

We are very excited about this year's Retiree Appreciation Day. The Council Chairman, U.S. Marine Corps 1<sup>st</sup> Lt. (ret.) Bob Palisay and Retiree Services Officer Keith Harry have done a tremendous job putting together a program designed to ensure you get a lot accomplished and receive valuable information. Don't miss the follow-on Information and Health Fair in the Sports and Fitness Center. It will be a great opportunity for you to ask questions and get answers.

We are very proud of the services this 182-year-old Army garrison continues to provide in support of our military community. As the only active duty Army installation in New York City, we strive to make Fort Hamilton the best in the entire Northeast Region. "ONE TEAM NO SEAM!"

Many initiatives have been planned or completed since the last Retiree Appreciation Day.

As you may recall we cut the ribbon on our new Army Lodge, (The Hamilton Inn) in September 2006. This new 46-unit lodge is available to military retirees, their Families and guests at a fraction of the cost of comparable off-post lodging. The Hamilton Lodge Annex is also available for leisure travelers, so please bring your friends and plan an over-



night trip to Fort Hamilton and New York City. Both facilities are very popular so plan your trips early. Some of our other accomplishments are new apartments and townhouses at Doubleday Village and many of our historic homes have been renovated.

Our new main gate project was completed in September. It is functional, provides better maneuverability, and offers easier access for employees, residents, customers and guests. Most importantly, it allows for the increased security of the installation and visibility of the perimeter.

A new directorate of emergency services building will be completed this fall. It will be home to the provost marshal, police officers, the fire service officer and other first-responders.

Several old office and apartment buildings were demolished in 2007 to make room for growth. We will soon begin construction on the new 21,000 square foot Armed Forces Reserve Center that will serve as new office space for active, reserve, national guard Soldiers.

Work has also begun on the field across from Army Community Service. That will serve as a nice training and sports area next year.

MWR continues to provide great services to the community. They have renovated the library, upgraded the bowling alley w/ a new lounge, Starbucks and internet, and

constantly working upgrades to our beautiful Club. As a special bonus, all new "retired members" who sign up between now and Oct. 27 will receive one month free.

The United Services Organization (USO) is back. It has been renovated and is now open for active and retired members and their families. They still need volunteers. AAFES and the Commissary continue to work hard to provide you with the best shopping experience in Brooklyn. We appreciate your continued support.

In addition to installation improvements and upgrades, we are always looking for ways to improve our services for retirees in and around the area. All of our efforts and improvements are designed to enhance your quality of life, so we need to hear from you. As you move around the post on Retiree Appreciation Day, please remember to look for Interactive Customer Evaluation (ICE) boxes, screens and cards at key locations. We need your feedback to help us know what we are doing right and what we can do better.

Speaking of improvements, the Army is now offering a \$2,000 incentive to each retired Soldier and Army Civilian who refers someone with no prior military service to the military under the "Referral Bonus Pilot Program." This incentive is double the amount of the previous year. It is paid in two lump sums, one when the new Soldier begins basic training and another when the new Soldier graduates from One-Station Basic Training or Advanced Individual Training. For more information, visit the Army Retirement Services home page at [www.army1.army.mil](http://www.army1.army.mil) or call the Fort Hamilton Retirement Services Office.

I thank you for your service to our nation. We appreciate you for all you have done and continue to do for our country. I look forward to seeing you Oct. 27.

**Tracey E. Nicholson**  
**COL, AG**  
**Commanding**



**Jack L. Tilley**  
**Sergeant Major of the Army**  
**June 2000 - January 2004**

**S**ergeant Major of the Army (Ret.) Jack L. Tilley was sworn in as the 12th sergeant major of the Army on June 23, 2000 and served until Jan. 15, 2004. A career Soldier, Tilley has held many leadership positions within the Department of the Army and unified command environments.

Tilley is currently serving on the Chief of Staff, Army, Retiree council as the co-chairman. The CSA Retiree Council is made up of seven retired officers and seven enlisted Soldiers and is co-chaired by a retired general officer and a retired senior NCO. The CSA Retiree Council reviews issues forwarded by installation councils and determines which should be reported to the CSA, and which can be addressed at the installation level.

Tilley served as the Army Chief of Staff's personal advisor on all enlisted-related matters, particularly in areas affecting soldier training and quality of life. The SMA devoted the majority of his time to traveling throughout the Army observing training, and talking to Soldiers and their families. He sat on a wide variety of councils and boards that made decisions affecting enlisted sol-

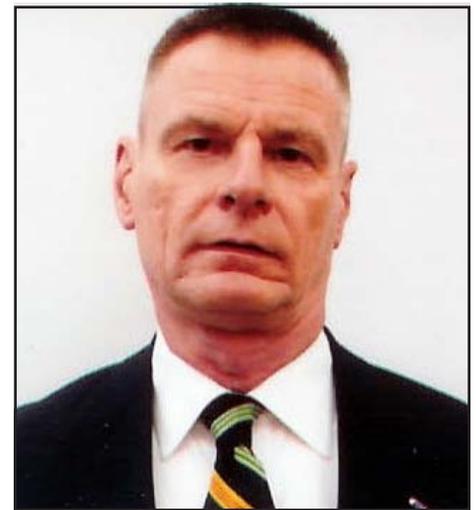
diers and their families and was routinely invited to testify before Congress.

Tilley was born in Vancouver, Washington, on Dec. 3, 1948. He entered the Army in November 1966 and attended basic training at Fort Lewis, Washington, and advanced individual training at Fort Knox, Kentucky. Following tours in Vietnam and Fort Benning, Georgia, SMA Tilley left the Army for two years before enlisting again in September 1971.

He has demonstrated his personal commitment to the Army and his soldiers as he advanced to positions of higher responsibility. He has held a variety of important positions culminating in his assignment as the sergeant major of the Army. He previously held the senior enlisted position as command sergeant major of the United States Central Command, MacDill Air Force Base, Fla. Other assignments he held as command sergeant major were 1<sup>st</sup> Battalion, 10<sup>th</sup> Cavalry, Fort Knox, 194<sup>th</sup> Armor Brigade, 1<sup>st</sup> Armored Division, Bad Kreuznach, Germany and United States Army Space and Missile Defense Command, Arlington, Va.

Throughout his 34-year career, Tilley has held every key leadership position including tank commander, section leader, drill sergeant, platoon sergeant, senior instructor, operations sergeant and first sergeant. His military education includes the First Sergeants Course and the Sergeants Major Academy. He is also a graduate of the Basic Airborne Course, Drill Sergeant School and Master Gunner's Course.

His awards and decorations include the Defense Superior Service Medal, Legion of Merit with two oak leaf cluster, Vietnam Service Medal and Campaign Medal, Presidential Unit Citation, Overseas Service Ribbon (2), NCO Professional Development Ribbon (4), Drill Sergeant's Badge, Parachutist's Badge and the Army Staff Identification Badge.



**Robert J. Palisay**  
**1st Lt. USMC (Ret)**  
**Chairperson, Retiree Council**

*Message from Retiree  
Council Chairperson,  
1st Lt. Robert Palisay*

**W**elcome back to those who have received the bulletin in the past. And to our new members of this elite club called "Military Retiree." WELCOME ABOARD. Unfortunately, with the high cost of printing and postage, we are only able to send a bulletin once a year, which leads my thoughts to communications. Your retiree council's job is to communicate your thoughts, problems and opinions to the national level. We need to learn of your problems and your opinions on laws and acts before Congress. Retirees were among the first to speak about the treatment of our wounded warriors.

So how can we communicate more often? First, send us letters, phone calls, emails and smoke signals. Whatever it takes! Let us hear from you! Our Retiree Service Officer, Mr. Keith Harry, can be reached at 114N White Ave, U.S. Army Garrison, Fort Hamilton Brooklyn, NY 11252, (718)630-4552 and email at Hamilton.RSO@conus.army.mil.

Myself at 35 Colonial Court, Staten island, NY 10310, and cell phone number (917)501-6551 or email at RJPalisay@aol.com

As much as I like letters, for those of you with Internet service, nothing is faster and cheaper then email. Call, write or email.

Also, the first Tuesday of March, June, September and December are the meeting dates of the Fort Hamilton Joint Retiree Council. All are welcome, all can speak and all can be heard. I would be glad to have too many retirees present for the size of our meeting room. Sure, we can find a large area and information about time and a place to meet. Well, that's part of call me and email me. If we had enough retirees coming, hopefully in future we could add a speaker on issues of importance to us.

It is critical that all our members become better informed and clearly the way to do this is working on better ways to communicate. Our Retiree Appreciation Day on Oct. 27 is one the best ways to communicate and learn. Join us for a wealth of information of importance to us all. And while there, say hello to the members of the Retiree Council. Talking in person is another form of communications, and older than smoke signals. "Retired, Still Serving." Your opinions and thoughts are needed to accomplish this important mission.

I only get to write to you once a year, so be happy, be healthy, be safe and thanks for serving.

**Robert J. Palisay**  
**1st Lt. USMC (Ret)**  
**Chairman, Retiree Council**



**Keith Harry**  
**Retirement Service Officer**  
**USAG Fort Hamilton**

***Update from your  
military personnel  
retirement service officer***

**W**elcome to my most superb time of the year. It's our opportunity at Fort Hamilton to show our appreciation to those military members and their families for their service. We proudly open our doors as the only military base in the New York City Metropolitan area. Fort Hamilton has scheduled your Retirement Appreciation Day for Saturday Oct. 27.

On behalf of the Commander of Fort Hamilton, Colonel Tracey E. Nicholson, our invitation goes out to all military retirees and spouses or widows and widowers of all services. We have been truly blessed this year to have Sergeant Major of the Army Jack L. Tilley (Ret.) as our keynote speaker. Tilley serves as the cochairmen of the chief of staff, Army, Retiree Council. His presentation is sure to be informative and we look forward to hosting him.

The CSA Retiree Council is made up of seven retired officers and seven retired enlisted Soldiers and is co-chaired by a retired general officer and a retired senior NCO. Prospective members are nominated by their instal-

lation retiree councils and approved by the CSA. At its annual meeting, the CSA Retiree Council reviews issues forwarded by installation councils and determines which should be reported to the CSA and which can be addressed at the installation level.

The post theater doors will open for registration at 8 a.m. Please feel free to arrive a little early. The program starts at 9 a.m., concluding with local military entertainment. After the program, we will have an Informational and Health Fair at the post gymnasium. The fair will have representatives from more than 40 local, state, and federal organizations. The fair will be a great opportunity to have your questions answered by subject matter experts concerning their programs and your benefits.

On the day of the event, Fort Hamilton will provide a shuttle bus for your convenience. The shuttle bus will start its route in front of the post theater. There will be scheduled stops at other facilities and services on post (fitness center, Community Club, post exchange, DEERS ID section and the commissary).

I strongly encourage you and your family to attend this event. This will be an opportunity to renew old acquaintances and make new ones. As always, it is our pleasure at the Fort Hamilton Military Community to recognize you for your dedication, contributions, and continued support.

For additional information, you can call me at (718) 630-4552 or email Hamilton.RSO@conus.army.mil or check out the Fort Hamilton web site at [www.hamilton.army.mil](http://www.hamilton.army.mil).

If you are in need of assistance submitting retirement documents, Survivor Benefit Plan, Report of Death or records updates, feel free to stop by the Fort Hamilton Retirement Service Office. My office is located in Building 114N White Ave. Hours of operations

are Monday – Friday 8:30 a.m.– noon and 1 - 4 p.m. I am looking forward to assisting you in any way that I can and seeing you on Saturday, Oct. 27, 2007 at your Retiree Appreciation Day.

**Keith Harry**  
**Retirement Service Officer**  
**U.S.A.G Fort Hamilton**

### **Fort Hamilton's retiree council members**

The below listing of the Fort Hamilton Retiree Council Members consists of Retirees from Army, Air Force, Navy, Marines and Coast Guard. The Retiree Council meets on the first Tuesday of March, June, September, and December. For additional information on membership or attending meeting, contact the Fort Hamilton Retirement Service Officer at (718) 630-4552 or the Fort Hamilton Retiree Council Chairman at (718) 273-4310.

Mr. Keith Harry,  
Retirement Service Officer  
1LT Robert Palisay, CHAIR  
MG Robert Rose, 1stVC  
LTC John O'Leary, 2ndVC  
SW Dorothy Pearsall, SECY

#### **Members**

COL Albert Arnold  
COL Charles Blaich  
CPT Ralph Cuomo  
LTC Michael King  
LTC Lee Anderson  
LTC John LaRocca  
LTC Glennie Millard  
LTC Joseph Schroder  
LTC Joseph Reale  
LTC Robert Farkas  
CPT Timothy Kuhn  
CW5 Lawrence Adams  
CW4 Nicholas Rinaldo  
SGM Antonnio Sirvent  
SFC Joseph Watson  
SFC Jefferson McCrary

#### **Emeritus**

COL Eileen Bonner  
Maj Joseph Sinacore

### **US LAW ALLOWS VETERANS AND SERVICEMEN NOT IN UNIFORM TO SALUTE THE US FLAG**

Previous law (US Code Title 4, Chapter 1) states that veterans and servicemen not in uniform should place their hand over their heart without clarifying whether they can or should salute the flag.

The salute is a form of honor and respect, representing pride in one's military service. Veterans and service members continue representing the military services even when not in uniform. Previous U.S. law left confusion as to whether veterans and service members out of uniform can or should salute the flag. This legislation clarifies this regulation, allowing veterans and servicemen alike to salute the flag, whether they are in uniform or not. This will allow an appropriate way for those who have served to salute proudly at baseball games, parades, and formal events. Those who are currently serving or have served in the military have earned this right, and their recognition will be an inspiration to others." This bill was passed July 25, 2007.

### **Notes from the National Association for Uniformed Services**

The National Association for Uniformed Services (NAUS) was founded in 1968 to support legislation to uphold the security of the United States, sustain the morale of the Armed Forces, and provide fair and equitable consideration for all members of the uniformed services: active, Reserve, National Guard, vet-

eran, retired, and their spouses, widows and widowers.

The Society of Military Widows (SMW) affiliated with NAUS in 1984. NAUS is the only association to represent all grades, ranks, components, and branches of the uniformed services: Army Air Force, Navy, Marine Corps, Coast Guard, Public Health Service, and the National Oceanic and Atmospheric Administration.

The NAUS Uniformed Services Journal and the NAUS website ([www.naus.org](http://www.naus.org)) are designed to keep you informed of the latest legislative actions and it includes a list of congressional bills affecting the military/veteran community.

### **Society of Military Widows**

The Society of Military Widows (SMW) was founded in 1968 to serve the interests of women whose husbands died on active duty military service or during retirement from the armed forces.

SMW is a nonprofit organization, whose purpose is to educate concerning the problems and needs of the military widow in today's society.

Membership is open to all widows of deceased military personal of all ranks who possess a valid military ID card.

The SMW Chapter New York meets at the Fort Hamilton Community Club at least once a month. It provides a friendly caring atmosphere in which to develop a social life with other military widows involved in serving the military community.

As a member, you will receive the NAUS Uniformed Services Journal that will keep you informed on legislative matters that are of concern. Please call (718) 727-2298 for further information.

## *Prosthetics Services*

Prosthetics services, available at VA New York Harbor HCSVA New York/New Jersey Healthcare Network's Prosthetics Service, located at VA New York Harbor HCS's Manhattan Campus, provides the most advanced, largest and highest skilled prosthetic and orthotics services and care in the VHA System. In fact, the Prosthetics and Orthotics Labs are the largest of any governmental agency, including the Department of the Defense.

It is not unusual to see several veterans with amputations on any given day either being fitted in the fitting rooms, standing between parallel bars or watching young, recently returned Iraqi and Afghanistan veterans running up and down the hallway on their new computer aided limbs.

The Prosthetics Lab not only provides state-of-the-art limb evaluations and fabrications for all VA Medical Centers located throughout the metropolitan New York/ New Jersey area, but also supports, evaluates and fits veterans and active duty patients from all over the country, and on some occasions, individuals from other allied countries.

New state-of-the-art artificial limbs would cost from \$25,000 to \$100,000 if purchased in the private sector. VA's prosthetic service provides the same computerized artificial limbs with unmatched quality from \$5,000 to \$25,000.

With the unfortunate injuries being sustained in our current war, the VA New York/New Jersey Healthcare Network's Prosthetics Service, located at the Manhattan campus has been called upon on numerous occasions to fit veterans from New England, Pennsylvania, Maryland, Washington, D.C., and as far away as Minnesota.

VA's Prosthetic Lab is ready to evaluate, fit and adjust artificial limbs for veterans and active duty service men and women from any area of the country.

## *Interventional cardiology: A growing alternative to surgery*

**A**t VA New York Harbor Healthcare System, a cardiology referral program, located at our NY Campus, provides a full spectrum of cardiac services ranging from non-invasive

evaluation to open heart surgery. New advances in cardiac care allow patients with heart disease to live longer lives free from the chest pains of angina and the shortness of breath and fatigue associated with congestive heart failure. A caring environment is an essential element of the healing process. At VA New York Harbor Healthcare System, the staff offers technical excellence in a friendly and compassionate manner.

Recent technical advances allow many patients with severe and life threatening coronary artery disease to be treated by implantation of coro-



nary stents rather than by more invasive surgical techniques such as bypass. Coronary stents are flexible metal tubes that are threaded into the coronary arteries through a blood vessel in the leg or arm and are placed very precisely into areas of coronary blood vessel narrowing. This allows blood to flow freely through the coronary arteries to the heart and is a very effective treatment for anginal chest pain. The use of stents is associated with fewer complications than the older technique of balloon angioplasty. Balloon angioplasty, nowadays often called "Plain Old Balloon Angioplasty," relieves obstructions by stretching narrowed vessels without any way of ensuring that the vessels remain open after the balloon is deflated. It came as no surprise to cardiologists that studies have shown that the use of stents results in considerably less recurrence of narrowing in the coronary blood vessels than balloon angioplasty. The specialty of opening narrowed coronary blood vessels with the use of stents and other devices is called interventional cardiology. New and improved stents under development will make interventional cardiology procedures even more safe and effective in the future than they are today. Patients throughout the world will benefit greatly from these advances in the treatment of heart disease.

***Radiation oncology  
A vital part of  
comprehensive cancer care***

**A**t the Brooklyn Campus of VA New York Harbor Healthcare System, a dedicated oncology service, provides a full spectrum of radiotherapy services. Technological advancements, however, are not the only component of successful cancer care. Genuine,



human compassion is an essential element of the healing process. At VA New York Harbor Healthcare System, the staff offers technical excellence in a friendly and compassionate environment.

Recent technical advances allow radiation therapy to be delivered with exceeding precision. With highly focused radiation beams, many of the common side effects are either reduced or completely eliminated. Radiation oncology has emerged as an integral component of cancer care. In fact, tumors previously treated with surgery are now treated successfully with radiation. Radiation therapy will remain an important mode of therapy into the next millennium.

The Cancer Care Team is composed of several medical disciplines, including medical oncology, surgical oncology and radiation oncology.

The delivery of radiation treatment is accomplished with the assistance of a highly skilled team of health care professionals. A board certified radiation oncologist coordinates the patient's care. The radiation oncology team includes board certified and oncology trained physicists, radiological rechnologists, nurses and social workers.

***Tax-Free Pay  
for injured retirees***

Combat-Related Special Compensation is a \$22 billion benefits program that provides tax-free monthly payments to injured retirees of all uniformed services. CRSC payments are retroactive and supplement a retiree's Veteran Affairs disability pay and Service retired pay. This means those approved will receive their retirement pay, VA disability pay, and CRSC pay.

Eligible applicants include retirees who served 20 or more years on active duty or as a reservist; are in a retired status; are entitled to retired pay that is offset by VA payments (a VA Waiver) and have at least a 10 percent VA disability rating that is "combat-related."

"Combat-related" criteria include those VA-rated injuries that occurred under the following situations:

In the performance of duty under conditions simulating war (e.g. exercises, field training) while engaged in hazardous service (e.g. flight, diving, parachute duty). Through an instrumentality of war (e.g. combat vehicles, weapons, Agent Orange); or

as a direct result of armed conflict (e.g. Purple Heart) *Learn more!* For more information or to receive an application, call CRSC toll free at (866) 281-3254 Monday through Friday from 8 a.m.-7 p.m. Retirees can also go online to download our CRSC application at [www.crsc.army.mil](http://www.crsc.army.mil).

### ***Military personnel services***

The Fort Hamilton's DEERS ID Card Section is located in Building 114 on White Ave. The ID card sections will open on Retiree Appreciation Day for retirees and their family members. Retirees are welcome to stop by and have ID cards issued, update records, ask questions, or just say hello to the staff. No appointments are needed on Retiree Appreciation Day for retirees and their family members. We will open our doors at 7:30 a.m. and close at 2:30 p.m.

The regular DEERS I.D. section operational hours are by appointment only on Mon, Tue, Wed and Fri from 8:30 a.m. – noon and 1 – 4 p.m. Thursdays from 8:30 a.m. – noon and 1 – 6 p.m. The first Saturday of each month: 9 a.m. – noon and 1 – 4 p.m.

Note: If the first Saturday of the month is a holiday weekend, we will not open until the following Saturday.

For appointment, call (718) 630-4557. Closed on all federal holidays

### ***DEERS Update***

When an eligible family member receives a uniformed services identification and privilege card, the information is stored in DEERS, the Defense Enrollment Eligibility Reporting System. The sponsor must ensure that the information provided is correct. If you marry or remarry, change address, have a baby as well as any other changes, the information in the data-

base must be updated. DEERS stores medical benefit data for military personnel, retirees and eligible family members. Correct, up-to-date information is essential to receive the benefits you're entitled to.

You can make updates at your nearest DEERS ID card facility. The nearest ID card facility can be located at the RAPIDS website at [www.dmdc.osd.mil/rsl/](http://www.dmdc.osd.mil/rsl/) or you can call the Defense Manpower Data Support Office (800) 538-9552. Fax address changes to (831) 655-8317. Mail the change information to DSO, Attn: COA, 400 Gigling Road, Seaside, Ca. 93955-6771.

### ***Keep retired pay records current***

Too often, we hear about survivors who have been denied Survivor Benefit Plan (SBP) benefits because the retiree failed to update retired pay records when the retiree married, divorced, remarried, was widowed or gained a child. We hear from surviving spouses who did not receive the retired pay for the portion of the last month the retiree was alive because this money went to someone else whom the soldier had named at retirement.

We hear from former spouses who lost SBP because neither the former spouse nor the retiree notified the Defense Finance and Accounting Service within a year of the divorce that SBP was part of the divorce by sending a letter and a copy of the decree.

To make sure your spouse (or former spouse) is prepared, keep a file of information that your spouse (or former spouse) will need when you die. Make sure your spouse (or former spouse) knows what benefits to expect or not to expect. Clip this article to your files as a reminder to

keep your retired pay records current when your status changes.

**Note:** The SBP "paid up" provision which allows retirees to stop paying SBP premiums after 30 years of premium payment and reaching age 70 does not go into effect until Oct. 1, 2008.

Remember, you are responsible for updating your retired pay file at DFAS-CL (address below) within one year of the event if you marry, remarry, have a child, are widowed or divorce and need to make or update a Survivor Benefit Plan (SBP) election.

### ***Reserve Component Survivor Benefit Plan***

**F**or retired Reservists, there is some confusion about paying Survivor Benefit Plan premiums after the loss of a beneficiary. Under the SBP for retiring active duty members, no premiums are due if there is no beneficiary since they have paid premiums from the first moment of coverage. However, for the Reserve Component SBP this is not always the case. A Reservist elects one of three SBP options upon reaching the 20-year point. Option A states the member will not make an SBP election until going into a pay status at age 60 at which time he/she will begin paying into the system. Option B states that whatever beneficiary is named will start to receive an annuity on the date the member would have been age 60 if death occurs before then. Option C states the beneficiary will receive an annuity immediately upon the member's death regardless of age. Since a member does not pay into the system until age 60, the beneficiary has coverage until that time depending on whether Option B or C was elected. The cost of that coverage, called RCSBP, are

assessed at age 60 in addition to the premium. Even if the member loses a beneficiary at a later date, those costs for coverage before paying premiums does not stop with the loss of a beneficiary. The premium stops but the RCSBP costs do not.

### ***Online access to veterans DD214***

**G**ood news for veterans from the National Personnel Record Center. The records center has provided a web site for veterans to access their DD-214 online. This service may be particularly helpful when a veteran needs a copy of his/her DD-214 for employment or other purposes. The National Personnel Records Center is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use online military personnel records system to request documents.

The web-based application was designed to provide better service on these requests by eliminating the records center's mail room processing time. The requester will be asked to supply all information essential for NPRC to process their request. By using this new process delays that normally occurred when NPRC ask veterans for additional information will be minimized.

Veterans and next of kin may access this application at <http://vetrecs.archives.gov>.

### ***Retiree assistance in Amityville***

There is a Retiree office (RAO) run by volunteers under the auspices of the Navy. It is located at the Armed

Forces Training Center in Amityville, N.Y. Call (631) 842-6620 for assistance or to volunteer to assist others.

### ***Millions in military scholarships***

Dear Military.com member, did you know that there are over \$300 million in scholarships available for veterans, service members and their families? That's free money available for you, your spouse, or your children to help pay for a college education. Military.com has brought all of these scholarships together and put them at your fingertips with the improved Scholarship Finder. Find yours today. [www.military.com](http://www.military.com)

### ***Home help for deployed and disabled veterans***

Rebuilding Together Long Island, Inc., a nonprofit, non-sectarian organization of volunteers, has been helping low income homeowners with electrical, plumbing, wall repair, weather stripping, locksmith, carpentry, painting, glazing and construction of wheelchair access ramps. Families who have a bread winner deployed in the War on Terror and are having problems keeping up with household repairs and returned disabled veterans unable do the work themselves should contact Marine veteran Sol Goldstein at (516) 541-7322 for an application.

### ***How to change direct deposit***

If you want to have your retired pay go to a new bank, here's how to do it. Fill out a Standard Form 1199A, direct deposit authorization. A copy of the form should be mailed or faxed to Directorate of Retired Pay,

DFAS-CL, and P.O. BOX 99191, Cleveland, Ohio 44199-1126. Fax number 1-(800) 469-6559. Do not close out your account in the old bank until the payments start in the new account.

### ***ACAP opens to retirees***

The Army Career and Alumni Program (ACAP) is now available to provide services to retirees and their eligible family members. Identified below are the services of the Fort Monmouth ACAP Center, which is located on Fort Monmouth, in Building 787 (next to the Nicodemus Gate).

### ***Job search workshop***

During this day-and-a-half event, attendees are provided information, techniques and strategies to obtain work in today's marketplace. Topics covered are: identification of interests and skills, creating a career objective, translation of military skills for use in the civilian market, preparation of an effective resume, creation and use of a cover letter, acquisition and use of references, identification of job sources and networking, interviewing techniques, salary negotiation, and job acquisition. These workshops are conducted throughout the year at Fort Hamilton. Please contact the Fort Hamilton Army Community Service, Building 405, (718) 630-4754 to register for an event.

### ***Job search resources***

Within the ACAP Center at Fort Monmouth, there are many resources available to assist you in the job search such as a local job vacancy book, job bulletin board and job fair information. Utilizing program computers, our customers can access an

almost unlimited amount of highly useful job search information. Fort Hamilton Army Community Service, in Building 405, also has many resources available to assist retirees.

### ***Job search counseling***

**O**ur counselors will work with you, guiding and supporting you, until you obtain the job you are pursuing. Please call them at (732) 532-6190 for assistance.

Our web sites have more information for you:

National – ACAP On-line – [www.acap.army.mil/transitioner/retiree/retiree.cfm](http://www.acap.army.mil/transitioner/retiree/retiree.cfm)

Local ACAP Information – [www22.brinkster.com/acapcenter](http://www22.brinkster.com/acapcenter)

We at the Army Career and Alumni Program look forward to continuing our service to the retirees. Let us know how we can be of assistance.

### ***Military funeral honors***

The Department of Defense is committed to providing a respectful and dignified Military Funeral Honors ceremony. In addition to complying with the requirements of the law, the

Department of Defense has taken additional steps to further improve the delivery of Military Funeral Honors. In discussions with the Veterans Service and Funeral Directors Associations, there have been a number of suggestions on ways to improve the process of Military Funeral Honors for veterans.

The Funeral Directors Associations, working with the Department of Defense, recommended the development of a kit to assist Funeral Directors. The Department of Defense has developed such a kit and has sent it to all licensed Funeral Directors and to Veterans Service Organization headquarters. In addition to the kit the Department of Defense has established a toll free line for Funeral Directors only. This system has been in operation since Jan. 1, 2000. This toll free line provides Funeral Directors with a single point of contact to obtain the necessary information. In order to reduce the time spent obtaining information family members should work directly with Funeral Directors when requesting Military Funeral Honors.

The final phase of the Department's improved outreach was

the development of a web site with step-by-step procedure on the process to request honors. The Department of Defense web site, located at [Department of Defense Funeral Honors Website](http://Department of Defense Funeral Honors Website), contains information for the general public and Funeral Directors about Military Funeral Honors. The web site also has links to other relevant web sites such as the Department of Veterans Affairs and links to current legislation on Military Funeral Honors.

To obtain a Military Funeral Honors Information Kit, Funeral Director can call Air Force Mortuary Affairs toll-free at 1-800-531-5803.

### ***What do I do when?***

What do I do when there is a death of spouse, a divorce, a remarriage? All too often, retirees who lose a spouse through death or divorce fail to notify the Defense Finance and Accounting Center (DFAS-CL). When either one of these events occur, the DFAS-CL should be informed as soon as possible by writing to the Defense Finance and Accounting Service, US Military Retirement Pay PO Box 7130, London, Ky., 40742-7130 or call (800) 321-1080 or fax (800) 469-6559. You can also write to Defense Finance and Accounting Service, US Military Annuitant Pay PO Box 7131, London, Ky., 40742-7131 or call (800) 321-1080 or fax (800) 982-8459. For the death of spouse, send a letter with a copy of the death certificate to DFAS-CL. If you have Survivor Benefits Plan (SBP) with spousal coverage, then request that the premium be suspended. Whether or not you have SBP, you will need to designate a new beneficiary for any unpaid retired pay up to the date of death that would be paid on death (provided your spouse was listed as the beneficiary)



For divorces, send a letter with a copy of the divorce decree and either request that the SBP be suspended (if there is no requirement to maintain it to the former spouse), or elect to continue it to the former spouse. For a spouse's coverage to continue after divorce as a former spouse, this election must be made by the member. Also designate a new beneficiary for any unpaid retirement on your death if appropriate.

Remarriage applies to either situation above, if the SBP premium was suspended, you are still in SBP. However, you must provide a letter with a copy of the marriage certificate, indicating your election desire to provide SBP coverage for the new spouse. This election must be done within one year of the remarriage.

### ***USO mission on Fort Hamilton***

**T**he USO, which recently held its re-grand opening, at Fort Hamilton needs warm and friendly volunteers! Volunteers have always played a central role in the operations of the USO. Today, hundreds of people each year give their time and talents to the USO

of Metropolitan New York. We have a variety of opportunities available for you to give back to our service personnel and their families. Please join us on Wednesdays from 6 - 8 p.m. at the Colin L. Powell USO Center at Fort Hamilton for a volunteer information session and the chance for you to become a part of the USO family. We have many needs and we hope to place each individual very carefully so that they will be best utilized and get the most of his or her experience. Thank you for your support to the USO and the Military!

The USO is willing and able to serve you in a variety of ways. The executive director of the USO of Metropolitan New York said of the center, "It serves as a satellite operation for faster input for service members in the Fort Hamilton military community." It's open Tuesday-Friday, 11a.m.-7 p.m. or call (718) 630-1023.

### ***Legal Assistance***

Fort Hamilton Legal Assistance office is located in the Lee House, Building 117, General Lee Avenue in the white house on the left as you enter the 101<sup>st</sup> Street

Gate. Legal services are available to all retirees and their family members with I.D. cards.

Help is provided for all personal and civil legal problems. There are four areas of the law for which representation cannot be provided: criminal law, labor law, business law relating to your business, and claims against the government.

Typical area of assistance are divorce and separation, wills and estates, landlord/tenant, real estate, tax, consumer problems, powers of attorney and notarizations.

Assistance is normally provided on an appointment basis. Every effort is made to see urgent cases as soon as possible. For an appointment, call (718) 630-4743.

### ***How to receive a post decal***

Visit the Fort Hamilton Visitor Control Center office, located at the 101st Street entrance gate or the PMO desk sergeant located at the 7<sup>th</sup> Ave. gate exit to fill out DA Form 3626, Vehicle Registration Card. You must have a valid driver's license, insurance card, registration and military I.D. to register. Once all information is verified, a DOD decal will be issued to that particular vehicle and logged into the system.

### ***Think medication safety***

Ten things you should know concerning each of your medications:

- The name of the medication.
- The use of the medication and the reasons you are taking it.
- How long you should take the medication
- How to use the medication and any special directions.
- What effect you should expect from taking the medication and when you should expect that effect to happen.



- What to do if you miss a dose.
- The significant side effects, things to do to avoid them and what to do if you experience one.
- The significant interactions that could happen (for example, drug - drug, drug - food, drug - herbal products) and how to avoid them.
- Special precautions you may need to know
- Proper storage and disposal of unused medication.

### ***TRICARE North Region***

**T**RICARE North Region offers the highest beneficiary customer satisfaction and has a extensive provider network throughout New York and is supported by Health Net Federal Services. There are three ways to access TRICARE services:

1. Internet: Visit our Online TSC at [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com). Full suite of Online services for all beneficiary plans: Prime, Standard and Extra 24 hours to online enrollment, payments capabilities, DEERS update, forms etc.

Online claims processing

2. Telephone: (877)-TRICARE (877) 874-2273. Representatives are available 7 a.m. – 7 p.m. Eastern time zone. Use telephone self-service options 24/7 - Access Network Provider Locator service is available 24/7

3. Visit customer support in person.

#### **Hours of Operations:**

Fort Hamilton, Building 114 White Avenue, Mon, Wed and Fri 8:30 a.m. -12:30 p.m. Tue and Thu noon - 4 p.m. Fort Wadsworth, 215 Drum Rd. Room 104. Mon Wed and Fri noon - 4 p.m. Tue and Thu 8:30 a.m. -12:30 p.m.

### ***TRICARE Retiree Dental Program***

The TRDP, first authorized by Congress in 1997, continues today to offer one of the few affordable, comprehensive dental benefit programs available to the nation’s Uniformed Services retirees, as well as to retirees of the Reserve and Guard. The TRDP is a nationwide, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the

Commonwealth of the Northern Mariana Islands and Canada.

Enrollees may seek care from any licensed dentist, with optimal benefits available when choosing a participating (Delta Dental PPO or Delta Dental Select) dentist in over 90,000 locations nationwide.

The nation’s largest voluntary, all-enrollee-paid dental program continues to offer coverage for diagnostic and preventive services, basic restorative services, periodontics, endodontics, oral surgery, dental emergencies and a separate dental accident benefit with no waiting period. After 12 months of enrollment, it also covers crowns, bridges, partials, dentures and braces. The program currently covers over 950,000 retired members of the uniformed services, including National Guard and Reserve personnel, and their families.

Eligibility for the TRICARE Retiree Dental Program extends to all retirees of the Reserve and Guard and their family members, including “gray area” retired reservists who are entitled to retired pay but will not begin receiving it until age 60. Although eligibility for this group has been in effect since the TRDP first began in 1998, many retired Reserve and Guard members, and even more “gray area” retirees, still do not realize they are eligible. It is important to note that as with all new retirees, the 120-day period during which a “gray area” retired Reservist can enroll in the TRDP to qualify for the 12-month waiting period waiver (for major services) begins with his/her retirement effective date, not the date he/she reaches age 60.

Eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta’s dedicated TRDP web site at [www.trdp.org](http://www.trdp.org) or by calling the toll-free number at (888) 838-8737.



## ***Pharmacy Benefit Program Co-payment/Cost-Share Structure***

**T**he current pharmacy copayment or cost share (percentage) that the beneficiary pays toward the cost of the medication is based on whether a prescription medication is a generic, brand name or non-formulary pharmaceutical. The co-payment or cost share is the same for all TRICARE beneficiaries (except active duty service members, who receive medications free-of-charge) depending on where the beneficiary chooses to fill their prescription.

Active duty service members do not pay co-payments or cost shares for prescriptions. However, if they are overseas and receive medications through an out-of-network pharmacy, they may need to pay out-of-pocket for the total cost of the medication and then file a claim for reimbursement for the full amount.

Beneficiaries may have prescriptions filled in one of four places: at the MTF, through the TMOP or at one of the more than 54,000 TRRx in the nationwide network. Beneficiaries may also have prescriptions filled at non-network pharmacies, but will pay significantly more and must meet a deductible.

This co-payment/cost-share structure applies to all beneficiaries, regardless of their TRICARE Prime enrollment status. More information on TRICARE Prime, TRICARE Extra and TRICARE Standard is available in the TRICARE handbook or in the TRICARE Basics Fact Sheet.

## ***MTF pharmacy***

Prescriptions may be filled (up to a 90-day supply for most medications) at an MTF pharmacy at no cost to the beneficiary, if the medication is on the MTF formulary. Beneficiaries should contact their local MTF to find out what is on the formulary and for specific details about filling and refilling prescriptions at the MTF pharmacy. They can use the TRICARE Formulary Search Tool to find out what medications must be made available at all full service military pharmacies (called the Basic Core Formulary), and they may visit the MTF locator to find the closest MTF. With no co-payment or cost share, the MTF pharmacy is the best value to the beneficiary.

## ***TRICARE Mail Order Pharmacy***

TMOP is administered by Express Scripts Inc. (ESI), and is available for prescriptions that beneficiaries take on a regular basis. For the beneficiary, it is the more cost-effective way to receive prescriptions compared with using retail pharmacies. Beneficiaries may receive up to a 90-day supply for most medications. Prescription refills may be requested by mail, phone or online. Beneficiaries who have prescription drug coverage from another health insurance plan may not use TMOP, unless the medication is not covered under the other plan, or the beneficiary exceeds the dollar limit of coverage under the other plan.

To use TMOP, beneficiaries simply register with TMOP by completing the registration form available online at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE). They should follow the instructions on the ESI Web site to sub-

mit the form. Beneficiaries should then mail their health care provider's written prescription and the appropriate co-payment or cost share to ESI. New prescriptions may also be faxed or phoned in by the provider. Within 10-14 days, the medications are sent directly to the beneficiary. Beneficiaries may also contact the TRICARE Service Center for assistance.

For more information about how to use TMOP, beneficiaries can visit the ESI Web site at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE) or contact TMOP member services at (866) DOD-TMOP, (866) 363-8667, within the United States; or toll-free, (866) ASK-4PEC, (866) 275-4732, outside the United States. Beneficiaries may also visit the TRICARE pharmacy Web site at [www.tricare.osd.mil/pharmacy/tmop.cfm](http://www.tricare.osd.mil/pharmacy/tmop.cfm) or search Frequently Asked Questions (FAQs) (select "Pharmacy" as a category in the box entitled "Search").

## ***Filing claims***

If a beneficiary has other health insurance, and is filing a pharmacy claim with TRICARE, the claim should be mailed to: Express Scripts Inc., P.O. Box 66518, St. Louis, MO, 63166-6518. Claims must be filed within one year of the date of service. A downloadable TRICARE claim form (DD 2642) is available on the TRICARE Pharmacy Web site: <http://www.tricare.osd.mil/pharmacy/claims.cfm>. Beneficiaries may call ESI at (866) DoD-TRRX, or (866) 363-8779, for questions on how to file a pharmacy claim.

## ***U.S. Family Health Plan***

The U.S. Family Health Plan (USFHP) is a military health plan sponsored by the Department of De-

fense (DoD) and offered through Saint Vincent Catholic Medical Centers, a TRICARE Prime designated provider. The U.S. Family Health Plan has been providing comprehensive health care for military families and retirees for over 20 years. To commemorate that anniversary, the six USFHP providers across the country have adopted a new way of saying our name - U.S. Family Health Plan and a new symbol: a heart within a star.

U.S. Family Health Plan provides the uniform TRICARE Prime benefit, which covers doctor visits, hospitalizations, prescriptions, and medical emergencies anywhere. In addition, this plan provides benefits above and beyond other plans, at no extra cost to our members.

Please browse through The U.S. Family Health Plan website to find information on membership. You'll find out about the advantages of membership - personalized medical care, pharmacy benefits, no claim forms, very little paperwork, no deductibles for most members, no exclusions for pre-existing conditions and a limit to how much you would pay in the event of a catastrophic illness. There's also special information for people 65 and over, an enrollment application and a member handbook to download. Doctors and other health care providers who are interested in joining the Plan should contact us at [usfamily@svcmcnyc.org](mailto:usfamily@svcmcnyc.org) or call customer service at (800) 241-4848.

### *Using other health insurance*

When using insurance other than TRICARE, the other health insurance must be the first payer. Beneficiaries may then be eligible for full or partial reimbursement from TRICARE for out-of-pocket costs, including co-

payments and/or cost shares. Beneficiaries who have other health insurance should use a retail pharmacy under their private insurer that is also in the TRICARE retail network, to avoid paying the TRICARE non-network deductible. Beneficiaries who have prescription drug coverage from another health insurance plan may not use TMOP, unless the medication is not covered under the other plan, or unless the beneficiary exceeds the dollar limit of coverage under the other plan. When a beneficiary has other health insurance, the rules of that insurer apply. Beneficiaries should call ESI at (866) DoD-TRRx, or (866) 363-8779, for specific instructions about filing pharmacy claims if they have other health insurance.

### *Army Knowledge Online*

All Active Army, Reserve, National Guard, DA Civilians and Retired Army can get a free email account through Army Knowledge Online (AKO). All you'll need to do is go on line to [www.us.army.mil](http://www.us.army.mil) and click on "new user" to register. You must enter your social security num-

ber, date of birth and initial pay entry date.

### *Community Activity Center*

Things are just getting better at the Fort Hamilton Community Activities Center. Stop by to play billiards or ping-pong. The CAC sponsors trips to interesting tourist destination like the "Statue of Liberty, speed boat rides and local museums. Or sign up for the popular summer fishing trips and bring home your own blue fish or Stripers. The Recreation Center also sponsors some ethnic activities. We are located in building 124 Wainwright Drive. For more information, call (718) 630-4440.

**On Going Events:** Statue of Liberty Tours and New York City Tours.

Eight lanes of fun and excitement at costs are well below those outside the gate. Stop by to roll a few balls for fun or sign up for a winter league. We have leagues for all – children, senior citizens, veterans and more. This is a great way to mingle with friends. Our manager is always running fun contests and unusual tournaments.

The Strike Zone Restaurant is a



great place to enjoy a quick snack or lunch. Open daily from 11:30 a.m.- 9 p.m., this fast serve facility serves pizza, wings, burgers, finger foods, baskets and the best salads on post and is located in building 124 on Wainwright Drive.

***Children's birthday party fee's and policies***

Children's cost: \$12 per child (Minimum of 8 children). Included in price:

- one hour for bowling (4-5 children per lane)
- One hour for use of Party Room
- Free shoes for each child
- Free use of bowling lanes
- Prices for adults attending party:

if available, additional lanes can be used during the hour that children are bowling at \$1.50 per adult game and \$1 per adult for shoes. The Fort Hamilton Bowling Center will need a list of all adults and children who do not reside on post no later than one day prior to your event. Please call us at least 24 hours in advance for cancellation. Reservations/ Questions, please contact the bowling center manager at (718) 630-4440.

**Hours of operation**

**Bowling:**

Mon-Thu 11:30 a.m. - 9:30 p.m.  
 Fri - Sat Noon - 11:30 p.m.  
 Sun Noon - 9:30 p.m.

**Restaurant:**

Mon -Thu 11:30 a.m. - 8 p.m.  
 Fri 11:30 a.m. - 9 p.m.  
 Sat Noon - 9 p.m.  
 Sun Noon - 6 p.m.

**Bowling prices:**

Open play \$3  
 Lunch special Mon - Fri  
 11:30 a.m. - 2 p.m. \$1.50  
 Afternoons Mon - Fri  
 2 p.m. - 4 p.m. \$1

The club will be starting a new bingo program in September, so grab your buddy and come to the club for some great fun and the possibility of winning some big bucks.

***Hamilton Inn***

The brand new Hamilton Inn, located in building 107 on Schum Avenue, opened in September 2006. This state-of-the-art facility welcomes military members who are arriving on PCS, TDY or other official travel status. Others may use the facility on a standby basis. For standby, please call one week in advance.

The four-floor hotel has 46 rooms. Family suites cost \$75 per night. Extended stay suites are \$65 per night and standard rooms cost \$55. There is an additional fee of \$5 per person. Family suites and extended stay rooms are equipped with a full kitchenette.

As you enter the new hotel, you are greeted by the friendly staff at the reception desk and a view of the double-sided fireplace that faces on the lobby and also the breakfast area. All guests receive a wonderful continental breakfast.

Unlike our temporary facility, the new facility has a high-speed elevator that will whisk you to the fourth floor, where you can fall into the com-

fort of your queen-size bed. Guests will have high-speed internet access, Cablevision, an in-house guest laundry and enjoy the environment created by the exquisite Thomasville furniture. For reservations or additional information, please call (718) 630-4892

***MWR leisure lodging***

*Available to All I.D. Card Holders*

The opening of the new Hamilton Inn has allowed concurrent use of the facility for recreational lodging. The Hamilton Inn Annex is located in Building 210, which is situated on the southeastern end of the installation near the MWR outdoor pool.

The first floor consists of executive suites, reception desk, manager's office, housekeeping room, training room and a day room where continental breakfast is served.

The second and third floor each consist of family suites and a central kitchen. All suites have kitchenettes and are equipped with standard motel type furnishings, cable TV, telephones, refrigerators with microwave ovens, hair dryers and individually controlled heat and air units.

Current fees and charges (All rates include Continental Breakfast)

Suites: \$75  
 Family: \$75  
 Individual: \$50  
 Additional Person fee: \$5





Amenities include an alarm clock, AM/FM radio, cable TV, coffee maker, data port on phone, hair dryers, ironing boards and personal care items.

### ***Education center***

The Fort Hamilton Army Education Center, located at 218A Marshall Drive, offers soldiers assistance with college programs and tuition assistance, counseling and testing as well as an on-site master's degree program through Central Michigan University. In addition, we offer a computer lab and library for your use. We are open Monday through Friday from 8:30 a.m. – 4:30 p.m. and you can reach us at (718) 630-4715.

### ***Child & Youth Services***

In the fall of 2004 Child and Youth Services opened their doors for child care to the families of our community. We currently have space available in our preschool and school age programs and invite you to stop by and visit our programs. We operate a nationally accredited Child Development Center and School Age Services Program that provides developmental and recreational opportunities for the children we serve. If

you or your family would like to take advantage of one of our outstanding full day, part day, after-school, or recreational programs, please give us a call at (718) 630-4805 or 4812, or stop by our Central Enrollment Office, located at 137C Poly Place, Suite 1B. We look forward to serving you and your family.

### ***Commissary***

The Fort Hamilton Commissary's RAD Day Motto is "Make it Healthy." Information is available at the Sports and Fitness Center the day of the event. Fill out a raffle ticket for

a chance at winning a gas grill, coffee maker or a cooler. Drawing will be at 2 p.m.

The commissary will allow authorized patrons with military I.D. to sign in a family member, who is not an authorized patron. The family member will be allowed to accompany the authorized patron in the commissary, but only the authorized patron may make purchases.

|                             |                  |
|-----------------------------|------------------|
| Mon.                        | Closed           |
| Tue, Wed & Fri              | 10 a.m. - 7 p.m. |
| Early Bird 15 Items or Less | 9 a.m. - 10 a.m. |
| Thu                         | 9 a.m. - 7 p.m.  |
| Sat                         | 9 a.m. - 6 p.m.  |
| Sun                         | 10 a.m. - 5 p.m. |

### ***Army Community Service***

We have added a number of exciting new classes and groups. We are located on General Lee, building 405.

Here is a sampling of our planned offering:

- Army Emergency Relief (AER)
- Weekly stress management classes
- Monthly budgeting classes
- Sponsorship classes
- Monthly Newcomer's Brief-



ing 8:30 a.m. to 2 p.m. the last Thursday of each month

-- Computer Lab with six new computers)

-- Employment Readiness and Resume writing

-- Please stop by building 405 or call us at (718) 630-4754 and sign up for a class.

-- Leave us your name, email address (if you have one), a phone number and we'll notify you when classes are scheduled.

We would also enjoy having you as a volunteer if time permits. Please call ACS, normal business hours are Monday-Friday, 8:30 a.m. - 4:30 p.m. Volunteers with financial management experience are needed now.

### ***Army Emergency Relief***

What is Army Emergency Relief and what it can do for YOU! Established in 1942 by the secretary of war, Army Emergency Relief is proud to have helped soldiers and their families overcome financial emergencies during these last 64 years. Since its birth, AER has always been where soldiers are stationed when they needed help. Though many things have changed over the years, one

thing remains constant: our commitment to our long-standing principal of caring for your financial emergency with integrity and professionalism.

While active duty soldiers receive the bulk of our assistance, we continually help retired soldiers and widows/widowers also. As many of you know, we also have a robust education scholarship program that provides financial support for both dependent children and spouses. AER is always there when you need us.

#### **Army Emergency Relief helps:**

Soldiers retired from active duty because of longevity or physical disability, or retired upon reaching age 60 (Reserve Components) and their dependents.

Widow, widowers and orphans of Soldiers who died while on active duty or after they retired. You can expect these from AER.

-- An interest-free loan

-- A grant (an outright gift of funds) if repayment of loan will cause undue hardship or, part loan and part grant.

#### **AER can:**

-- Help with emergency financial needs for food, rent or utilities.

-- Emergency transportation and vehicle repair.

-- Funeral expenses.

-- Medical/dental expenses.

-- Personal needs when pay is delayed or stolen.

-- Give undergraduate-level education scholarships, based primarily on financial need, to children of soldiers.

#### **AER cannot:**

-- Help pay for nonessentials.

-- Finance ordinary leave or vacation.

-- Pay fines or legal expenses.

-- Help liquidate or consolidate debt.

-- Assist with house purchase or home improvements.

-- Help purchase, rent or lease vehicle.

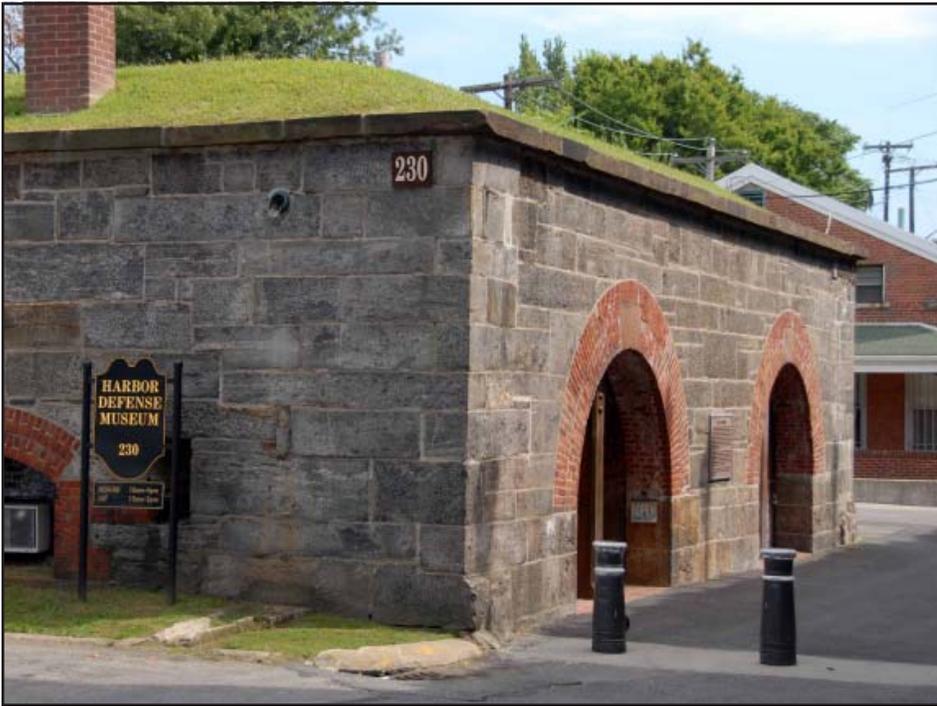
-- Cover bad checks or pay credit card bills. Contact ACS at Fort Hamilton NY (718) 630-4471.

### ***Harbor Defense Museum***

**N**estled within the heart of Fort Hamilton in Bay Ridge Brooklyn-the Harbor Defense Museum's mission is to preserve the history and evolution of New York City's coastal defense systems. As the only Army Museum in New York City, the Harbor Defense Museum has acquired a fine collection of military artifacts spanning from the Revolutionary War to World War II. Come explore exhibits on the Battle of Brooklyn or learn how to load and fire a 19<sup>th</sup> century cannon. The museum welcomes large groups for free tours and has a library and archives for public use.

During the first half of the 19<sup>th</sup> century, the United States was compelled to expand the fortifications protecting its harbors and strategic waterways. Built between 1825 and 1831, Fort Hamilton became part of the Third System of Fortifications built throughout New York City. Today,





the Harbor Defense Museum occupies Fort Hamilton's Caponier, a free-standing bastion located within the fort's dry moat. Both structures are on the National Registry of Historic Places.

### ***Making a visit***

The Harbor Defense Museum is located at Fort Hamilton in Brooklyn, NY; Admission is free. The hours of operation are Mon - Fri, 10 a.m. - 4 p.m. and Sat, 10 a.m. - 2 p.m.; closed on federal holidays. Tours are free and can be tailored to any curriculum. For additional information, contact the Harbor Defense Museum staff at (718) 630-4349 or visit the Harbor Defense Museum's website at [www.harbordefensemuseum.com](http://www.harbordefensemuseum.com).

### ***Fort Hamilton Community Club***

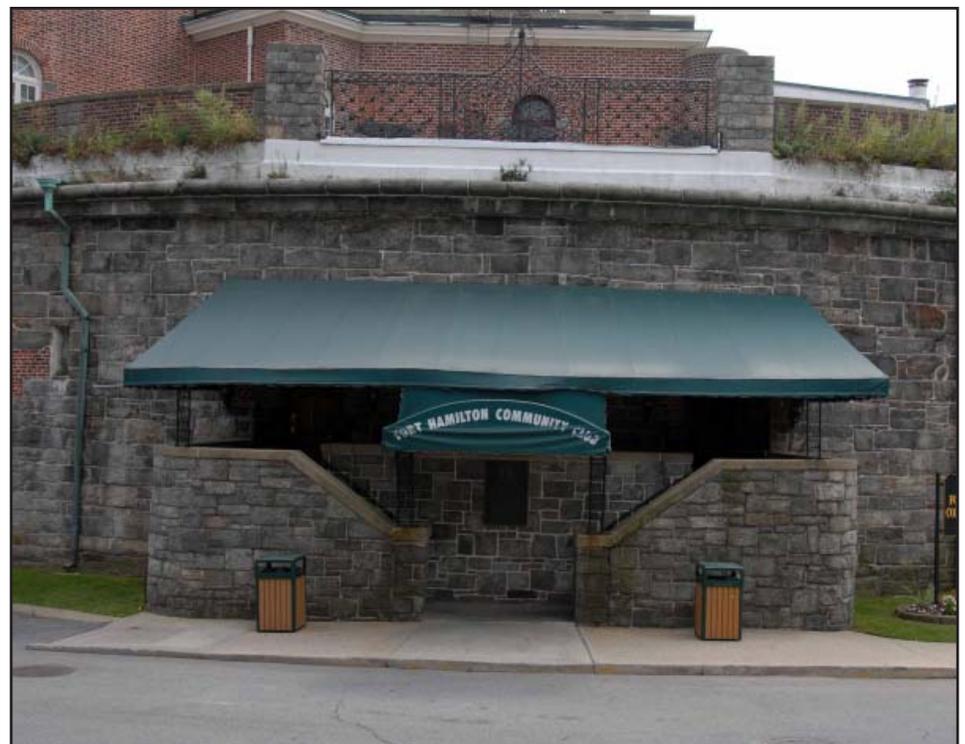
The purpose of the Fort Hamilton Community Club is to establish a quality dining and social atmosphere for the military and federal employees of the New York Area command and beyond. We are a military installation and our primary responsibility is to our soldiers

and their families. We are a dues paying organization, however active duty ranks of E-5 and below are entitled to free membership. We serve lunch Tue-Fri from 11 a.m. - 2 p.m. Cost is \$8 for members and \$10 for guests; dinner Fri-Sat, 6 p.m., Sunday brunch from 11 a.m. - 2 p.m. During the summer months, we have an outdoor BBQ from 4 p.m. - 8 p.m. on Friday evenings. In addition, the club offers

many other fun activities such as dinner dances, dinner theater, holiday events and picnics. We have the latest bar décor with state of the art lighting and sound system, six TVs and a 12-foot projection screen. Our newly added game room includes a pool table, dartboards and chess. The bar hours are Thu - Sat 4:30 p.m. - 2 a.m. There is also entertainment featured on these nights. Thursday is Karaoke from 6 - 10 p.m. with more than 5,000 songs which to choose. Happy Hours are Thu and Fri 5-7 p.m. and Sat 8 - 10 p.m. During the summer months there is a bar operated outside in the pool area Tue - Sun. No one under 21 years of age is permitted in the bar area or any area adjacent to the bar to include the back of the dining room and game room after 10 p.m.

For membership information, please contact the staff at (718) 833-9772 ext. 10. For the club's monthly activities, please come by and pick up a calendar.

Please consider us as your first option when planning your official or unofficial functions or special events. Contact Suzanne DeVita in the catering department at (718) 833-9772 ext. 16.



## ***Better Opportunities for Single Soldier***

In 1989, the Community and Family Support Center established the Better Opportunities for Single Soldiers program, or BOSS. Their purpose was to develop programs for single soldiers. It was first developed with an emphasis on recreation, but in 1991, BOSS was expanded to include all aspects of a single soldier's life: recreation/leisure, well-being, and community service.

The boss program is designed to be the collective voice for single Soldiers through the chain of command. BOSS is a program for military soldiers to help the morale of single Soldiers regarding well being issues and give them opportunities to assist in the planning of recreational events, and perform community-service related projects. To sum it up in a few words, the BOSS programs help develop the leaders of tomorrow.

Fort Hamilton's BOSS program is small, but it gives us a better opportunity to get involved with the single Soldiers on a personal level. Our mission at Fort Hamilton is to make this the best program ever. This is made possible through our dedicated members like BOSS Advisors Rodney Boyd and Barbara Thompson and volunteers. The BOSS President position is vacant and we are currently seeking someone to fill it soon.

In the next couple of months, BOSS activities will include NFL's "Play Football Campaign" Flag Football Commander's Cup ~ Bachelor Auction featuring Service members, FDNY and NYPD. For more information about the Flag Football Commanders Cup and the Bachelor Auction, please email Barbara Thompson at [barbara.thompson7@us.army.mil](mailto:barbara.thompson7@us.army.mil). If you would like to get involved in BOSS, please give us a call at (718) 630-4440.

## ***The post library***

The library is located in building 404, at the corner of Sterling Drive and Pershing Loop West. Phone (718) 630-4875.

We are open Tuesday to Thursday noon – 7 p.m., Friday 11 a.m. – 6 p.m. and Saturday 10 a.m. - 5 p.m. Closed Sundays, Mondays and the following holidays: New Year's, Independence Day, Veteran's Day, Thanksgiving and Christmas.

Magazines for retirees include AARP magazine, AARP Bulletin and the Army Echoes.

## ***Sports & Fitness Center***

**W**e have many programs designed to aid you with staying in shape. They range from softball, basketball, volleyball, badminton and racquetball. Equipment is available for checkout. One can walk-in or request a personal trainer to guide you with a cardio and flexibility training program, free weights, life fitness and more. The gym is located at 402 MacArthur Road. Our hours of operation are Mon - Fri, 6 a.m., -9 p.m.; Sat - Sun, 10 a.m. – 6 p.m. and closed on federal holidays.

If you have any questions or suggestions for future programs, please don't hesitate to contact the sports and fitness director Michael Ingram at [Ingram,michael.carlton.ingram@us.army.mil](mailto:Ingram,michael.carlton.ingram@us.army.mil) or his staff at (718) 630-4830/4793/4727.

## ***Fort Dix Credit Union***

The Fort Dix Federal Credit Union has a branch office on Fort Hamilton. The credit union is located in Building 114, room 1-8. The credit union has had an office on Fort Hamilton for the past 27 years. Our field of membership covers retirees as well as civilians. The hours of operation are Mon, Wed and Fri from 9:30 a.m. - 1:30 p.m. We offer savings and checking accounts as well as other services.

## ***Fort Hamilton Newsletter***

Are you interested in receiving information on Fort Hamilton events and happenings? Send your email address to [bruce.j.hill@conus.army.mil](mailto:bruce.j.hill@conus.army.mil) to be added to our weekly mailings. For additional information, contact the Fort Hamilton Public Affairs Office at (718) 630-4780 or send your emails to



bruce.j.hill@conus.army.mil.

## ***Fort Hamilton events schedule***

### **October 2007**

Oct. 2 -- Ft. Hamilton Citizen Action Committee Meeting, 8 a.m.

Oct. 4 -- Member Breakfast, Fort Hamilton Community Club

Oct. 5 -- Lt. Chin / MWR joint venture Comedy Show, Post Theater

Oct. 14 -- Apple Picking Trip, Community Activity Center

Oct. 18 -- Disability Awareness Luncheon, Fort Hamilton Community Club

Oct. 21 Fall Sight Seeing Tour, Community Activity Center

Oct. 23 Fort Hamilton Newcomers Orientation Class, Army Community Services

Oct. 27 Retiree Appreciation Day Ceremony Post Theater 9 a.m.

Oct. 27 Retiree Appreciation Day Fair Fitness Center 10:30 a.m.

Oct. 27 Retiree Appreciation Day Luncheon, Fort Hamilton Community Club 12:30 p.m.

Oct. 27 Six Flags Trip, Community Activity Center

Oct. 31 Halloween Parade, CDC

Oct. 31 Fort Hamilton Halloween Activities

### **November 2007**

Nov. 1 Member Breakfast, Fort Hamilton Community Club

Nov. 3 Halloween Bash, Fort Hamilton Community Club

Nov. 9 Veteran's Day Retreat, 4 p.m.

Nov. 11 Federal Reserve Tour, Community Activity Center

Nov. 11 Veteran's appreciation day, Fort Hamilton Community Club

Nov. 16 Family Thanksgiving Luncheon, CDC

Nov. 17 Turkey Trot, Fitness Center

Nov. 17-18 5<sup>th</sup> Annual Fort

Hamilton Thanksgiving Basketball Classic, Fitness Center

Nov. 18 Wall Street Tour, Community Activity Center

Nov. 22 Thanksgiving Day Dinner, Fort Hamilton Community Club

Nov. 26-30 Military Family Appreciation Week, Army Community Service

Nov. 29 Fort Hamilton Newcomers Orientation Class, Army Community Service

### **December 2007**

Dec. 6 Member Breakfast, Fort Hamilton Community Club

Dec. 7 Fort Hamilton Christmas Tree Lighting, CYS

Dec. 7 Adult Christmas Party

Dec. 9 Christmas Spectacular Trip, Community Activity Center

Dec. 15 Children's Christmas Party

Dec. 16 Ice Skating & Christmas Lights Tour, Community Activity Center

Dec. 16 Santa Brunch, Fort Hamilton Community Club

Dec. 17 Santa comes to CDC

Dec. 21 Member's Christmas Luncheon, Fort Hamilton Community Club

Dec. 31 New Years Eve at the Fort Hamilton Community Club

### **January 2008**

Jan. 5 New Years Dance, CYS

Jan. 13 Empire State Building Tour, Community Activity Center

Jan. 18 Winter Family Luncheon, CDC

Jan. 22 Martin Luther King Luncheon, Fort Hamilton Community Club

Jan. 20 Chrysler Building Tour, Community Activity Center

Jan. 27 Rockefeller Center Tour, Community Activity Center

### **February 2008**

Feb. 3 Super Bowl Sunday, CYS

Feb. 9 Valentines Dance, CYS

Feb. 14 Valentines Day Luncheon, Fort Hamilton Community Club

Feb. 16 Valentines Dinner Dance, Fort Hamilton Community Club

Feb. 15-17 13<sup>th</sup> Annual Black History Month Basketball Tournament, Fitness Center

Feb. 13 Showtime at the Apollo, Community Activity Center

Feb. 15 Harlem Globetrotters, Community Activity Center

Feb. 24 Universoul Circus, Community Activity Center

Feb. 18-22 Mid Winter School Break

### **March 2008**

Mar. 7 Dr. Seuss Birthday Celebration, CDC

Mar. 16 St. Patrick's Brunch, Fort Hamilton Community Club

Mar. 22 Fort Hamilton Easter Egg Hunt, CYS

Mar. 23 Easter Brunch, Fort Hamilton Community Club

Mar. 28 Irene Metzler's Retirement Luncheon, CYS

Mar. 30 Jewish Heritage Museum Tour, Community Activity Center

TBD All Army Women's Basketball Team visit, Fitness Center

TBD Equipment Circuit Training, Fitness Center

Mar. 20-28 Spring School Break

### **April 2008**

Apr. 12 Power Lifting Championships, Fitness Center

Apr. 13 3-on-3 Basketball Tournament, Fitness Center

Apr. 17 Fitness Expo, Fitness Center

Apr. 22 Earth Day

Apr. 23 Admin Assistant Luncheon, Fort Hamilton Community Club

Apr. 26 Fort Hamilton Month of the Military Child Festival & Fun Run

TBD AFAP Conference, Army Community Service

TBD Remote Airplane Show, Community Activity Center

## May 2008

May 3-5 Five Borough Bike Race, Community Activity Center  
May 5 Cinco de Mayo, Fort Hamilton Community Club  
May 10 Mother's Day Tea, CYS  
May 11 Mother's Day Brunch, Fort Hamilton Community Club  
May 26 Memorial Day BBQ, Fort Hamilton Community Club  
TBD Military Spouse Appreciation Day, Army Community Service

## June 2008

June 8 Statue of Liberty & Ellis Island Tour, Community Activity Center  
June 11 Fort Hamilton Birthday  
June 14 Army Birthday / Flag Day  
June 15 Father's Day Brunch, Fort Hamilton Community Club  
June 22 Brooklyn Bridge Walk, Community Activity Center  
June 25 End of School BBQ, CYS  
June 29 Fishing Trip, Community Activity Center  
TBD Volunteer Recognition Ceremony, Army Community Service

## July 2008

July 11-13 Under the Bridge Basketball Tournament, Fitness Center  
July 19 Family BBQ/Picnic, CDC  
?? Army Community Service Birthday  
?? Central Park Bike Tour, Community Activity Center  
?? Summer Concert Tours, Community Activity Center  
?? Brooklyn Brewery Tour, Community Activity Center  
?? Jones Beach Tour, Community Activity Center

## August 2008

Aug. 7 Commander's Cup Golf Tournament, Dyker Beach Golf Course  
Aug. 9 3 on 3 Grass Volleyball Tournament, Fitness Center  
?? Six Flags Trip, Community

Activity Center  
?? Ice Skating Trip, Community Activity Center

## September 2008

Sept. 3 Labor Day BBQ, Fort Hamilton Community Club  
Sept. 5 Back to school BBQ, CYS  
Sept. 6 Block Party, YS  
?? Yankee Stadium Tour, CAC  
?? Madison Square Garden Tour, CAC

## *Important Telephone Numbers*

AAFES/PX  
(718) 748-3440  
Arlington National Cemetery.  
(703) 607-8585  
Army Community Service  
(718) 630-4754  
Army Education Center  
(718) 630-4978  
Army Emergency Relief  
(718) 630-4462  
Barbershop  
(718) 745-6836  
Bowling and Strike Zone  
(718) 630-4440  
Chapel  
(718) 630-4969  
Civilian Personnel  
(718) 630-4031  
Commissary  
(718) 630-4951  
Community Activity Center  
(718) 630-4440  
Community Club  
(718) 630-4903  
Fort Wadsworth MWR (Staten Island)  
(718) 354-4407  
General Colin Powell USO  
(718) 630-1023  
Guest House  
(718) 630-4892  
ID cards  
(718) 630-4557

Legal Assistance  
(718) 630-4743  
Library  
(718) 630-4875  
Military Police  
(718) 630-4456  
Museum  
(718) 630-4349  
MWR Administration  
(718) 630-4040  
MWR Marketing  
(718) 630-4758  
MWR Fitness Center  
(718) 630-4793  
Post Operator  
(718) 630-4101  
Public Affairs Office  
(718) 630-4783  
Retirement Services  
(718) 630-4930  
Theater  
(718) 630-4581  
Thrift shop  
(718) 630-4166  
Vehicle Registration  
(718) 630-4377

We thought that these websites and numbers would be of interest to you.

Arlington National Cemetery  
(703) 607-8585  
[www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)  
Armed Forces Benefit Association  
(800) 776-2322  
[www.afba.com](http://www.afba.com)  
Armed Forces Retirement Home (DC)  
(800) 422-9988  
[www.afrh.com](http://www.afrh.com) (Gulfport)  
(800) 332-3527  
Armed Forces Vacation Club  
(800) 481-5738  
[www.afvclub.com](http://www.afvclub.com)  
Army Career and Alumni Program (ACAP)  
[www.acap.army.mil/transitioner/retiree/retiree.cfm](http://www.acap.army.mil/transitioner/retiree/retiree.cfm)  
Army Emergency Relief  
(718) 630-4462  
[www.aerhq.org](http://www.aerhq.org)  
Army Air Force Mutual Aid

Association  
(800) 336-4538  
www.aafmaa.com  
American Red Cross (Local Chapter)  
(212) 787-1000  
www.redcross.org  
Carlson Wagonlit  
(718) 630-2706  
www.carlsonwagonlit.com  
Casualty Area Command Office (Fort Dix)  
(609) 562-4453  
Chaplain (Fort Hamilton)  
(718) 630-4969  
Civilian Personnel Office  
(718) 630-4031  
www.cpol.army.mil  
Coast Guard Activities Fort Wadsworth, SINY  
ifiorello@actny.uscg.mil  
DEERS Beneficiary Telephone Center  
(800) 538-9552  
DFAS/ MyPay  
(800) 321-1080  
www.mypay.dfas.mil  
Fort Hamilton's Web Site  
www.hamilton.army.mil  
ID Card/ DEERS (Fort Hamilton)  
(718) 630-4557  
www.hamilton.army.mil  
Legal Assistance (Fort Hamilton) (718) 630-4743  
Medicare  
(800) 336-0100  
www.medicare.gov  
Military Benefit Association  
(800) 336-0100  
www.militarybenefit.org  
Military Facility Locator  
www.militaryliving.com  
Military Officers Benefit Association  
(800) 633-4632  
www.militarybenefit.org  
NASSAU COUNTY VETERANS SERVICE AGENCY  
eaulman@nassaucountyny.gov  
(516) 572-8452

National Association for Uniformed Service (NAUS)  
(800) 842-3451 www.naus.org  
National Personnel Record Center  
(800) 318-5298  
www.vetrecs.archives.gov  
National Serviceman's Life Insurance (NSLI)  
(800) 669-8477  
www.insurance.va.gov  
Pharmacy Benefits Retail  
(866) 363-8779  
www.express-scripts.com  
Pharmacy Benefits Mail Order  
(866) 363-8667  
www.express-scripts.com  
Retired Annuities (DFAS-Denver)  
(800) 435-3396  
www.dod.mil (Retired Annuities Fax)  
(800) 982-8459  
Retiree Dental Plan  
(888) 838-8737  
www.trdp.org  
Retired Pay Operations (DFAS-Cleveland)  
(800) 321-1080  
(Retired Pay Fax)  
(800) 469-6559  
Retirement Service Officer  
(718) 630-4552  
www.armyg1.army.mil  
Local POC:  
Keith.harry@hamilton.army.mil  
RAPIDS Site Locator  
www.dmdc.osd.mil/rsl  
Sato Travel  
(703) 708-9400  
www.satotravel.com  
Serviceman's and Veterans Group Life Insurance  
(800) 419-1473  
www.insurance.va.gov  
Social Security Administration  
(800) 772-1213  
www.ssa.gov  
Space A Travel  
(508) 481-6428  
www.spacea.info

Tricare North Region  
(877) 874-2273  
www.healthnetfederalservices.com  
Tricare South Region  
(800) 444-5445  
www.humana-military.com  
Tricare West Region  
(888) 874-9378  
www.triwest.com  
Tricare for Life (866) 773-0404  
www.tricare4u.com  
Tricare Retiree Dental Program (Delta Dental)  
(888) 838-8737 www.trdp.org  
Uniformed Services Benefit Association (800) 368-7021  
www.usba.com  
US Army MWR  
(866) 363-5771  
www.armymwr.com  
US Family Health Plan  
(800) 748-7347  
www.usfamilyhealthplan.org  
VA Grave Information  
(800) 697-6947  
www.barksdale.af.mil  
VA Headstones and Markers  
(800) 697-6947  
www.military.com  
VA Insurance  
(800) 669-8477  
www.insurance.va.gov  
VA Mortgage/ Loans  
(877) 832-9347  
www.VAMortgageCenter.com  
VATDD (Telecomm Device for Deaf) (800) 829-4833  
www.armyg1.army.mil  
Veterans Affairs  
(800) 827-1000  
www.va.gov  
Veterans Affairs (Local Office)  
(212) 807-7229

***Special Announcement  
for all  
retired military personnel***

CWT/SatoTravel appreciates retired military personnel. To show

our appreciation, we will be participating in the annual Fort Hamilton Retiree Appreciation Day Event which will be held Oct. 27. Entry forms will be collected for some great prizes; TWO \$100 RENTAL CAR VOUCHERS and a chance to WIN A \$2,000 CRUISE VOUCHER ON CELEBRITY CRUISES!

A letter for the rental car vouchers will be given at the base event. Then one lucky person will be entered in the Grand Prize drawing. Each base submits one entry form and then one winner is drawn after all base events have taken place. That winner receives the \$2,000 cruise voucher and gets to choose the cruise of their choice! Celebrity Cruises sails to so many wonderful places; Alaska, Australia/New Zealand, the Bahamas, Bermuda, Canada/New England, the Caribbean, Europe, the Galapagos Islands, Hawaii, Pacific Northwest, Panama Canal, South America, or the Transatlantic. The choice is YOURS when you win this spectacular Grand Prize! Wow!

Last year, our lucky winner was retired Maj. Roger Koopman who entered the drawing at the Ft. McCoy, Wis., event. He is now planning his 10-day European Vacation for Two! Will you be the lucky winner this year?

Only retired United States military personnel are eligible to win so

your chances are great! No purchase or other consideration is necessary to enter or win. For full details, see the Official Sweepstakes Entry Rules posted at the CWT/SatoTravel booth and be sure to check out our special vacation discounts, too!

CWT/SatoTravel has been proudly serving America's most important customers for over 50 years. We get involved in our communities and diligently work to provide excellent customer care and vacations to our customers. We realize how important it is to take those well deserved vacations and we negotiate special retired military rates on major cruise lines, resorts and tours.

Don't wait any longer! Visit our website at [www.SatoVacations.com](http://www.SatoVacations.com) to find fantastic travel opportunities available at incredible prices. You'll also find great last-minute deals; special promotions and sweepstakes; a resource cen-

ter that provides passports and visa information, online check-in, currency conversion, and more; and a listing of our on-site office locations worldwide.

Our full service Vacation Center provides complete vacation planning services for all military retirees. So before calling anyone else, contact SatoVacations toll-free at (877) 698-2554 and take advantage of the expertise we have to offer! Start planning that special vacation you've been dreaming of. The grand prize is for cruise only. Voucher use must comply with Celebrity Cruises policy and some restrictions apply.

### *Interactive Customer Evaluation*

#### *Tell us how are we doing?*

You are invited to use the Army Fort Hamilton ICE site. Provide us your comments and suggestions. Help us improve our community's programs and services. Log onto <http://ice.disa.mil>.





# Parking Pass

## Fort Hamilton



# Military Community

## Retiree Appreciation Day

### Saturday, 27 October 2007

Please detach and place on dashboard to use as  
parking pass for Retiree Appreciation Day  
Valid only for Oct 27, 2007



**MILITARY  
RETIREE & VETERANS**

*Appreciation Day*

**Saturday, 27 October 2007**

**Plan to Attend! Details inside...**

**Fort Hamilton  
Retirement Services**

**(718) 630-4552**

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MILITARY PERSONNEL SERVICES  
114 WHITE AVENUE  
US ARMY GARRISON FORT HAMILTON  
BROOKLYN, NY 11252