



111 th Attack Wing Retirees Activities Office Biddle Air Guard Base, Horsham, Pa.



Newsletter Vol. 7 Issue #3 Summer/Fall 2022

A publication of the 111th Attack Wing Retirees Activities Office (RAO) whose mission is in support of the base commander in providing information and assistance to military retirees their families and surviving spouses residing in the Pa., N.J. and N.Y. Information has been edited and does not reflect the official policy of any U.S. Government agency.

111th Attack Wing Retirees Activities Office/RAO/ CVR
Building 203, Room 168 Horsham, Pa. 19044-5203 Telephone 215-323-7135

The 111th Attack Wing Retiree Activities Office is an official activity organized in accordance with AFI 36-3106. The office is here to assist military retirees, their spouses, military veterans, guard and reserve personnel from all U.S. military services. We can provide information and contacts for pay (DFAS), benefits and entitlements, personnel and casualty affairs and interface with these organizations to help personnel. We have thirteen volunteers in our office including our director, retired Chief Master Sgt. Jenny Pappas. We are seeking more military retirees that have the time to volunteer (three hours per shift). E-Mail jenny.pappas.2@us.af.mil or vincent.acquaviva.3@us.af.mil

The 111th Retirees Activities Office (RAO) is open Tuesday through Friday 9 a.m. – 3p.m. and also Saturday morning of 111th Drill/RDO 8:30 a.m. – 12:30 p.m. Telephone 215-323-7135. Please leave a message if there is no answer.

If you need to contact Casualty Assistance Representative at Joint Base McGuire/Dix/Lakehurst, their phone number is 609-754-3814/3154 or cell 609-668-5385. POC Mrs .Donna Gauze

If you need to replace or get a new ID card, please call 111th Customer Service Office at 215-323-7419. Contact for the Airman and Family Readiness Programs Office is: 215-323-7132

- 1. The 111th Attack Wing's external websites are at**
<http://www.111attackwing.ang.af.mil> or
<http://www.facebook.com/111thATKW>

You will find all events and up to date info there including the Retirees Office, ID card, JAG information and current news and programs offered by the wing. A Retiree Survivor's Guide to Benefits is available on the Library page of the Air Force Retiree Services website.

<http://www.retirees.af.mil> This guide provides general information about most federal benefits and entitlements available to eligible family members of deceased retired Airmen and it explains various application processes. People can direct specific questions to the government agency administering the benefits or discuss these matters with an Air Force casualty assistance representative.

Lists of Retiree Publications on Websites on line:

Army(Echoes): <http://soldierforlife.army.mil/retirement>

Navy(Shift Colors): <http://www.shiftcolors.navy.mil>

Air Force (Afterburner): <http://www.retirees.af.mil/afterburner>

Marine Corps(Semper Fidelis) <http://www.usmc-mccs.org>

Coast Guard (Evening Colors) <http://www.uscg.mil/hq/cgl/psc/ras>

Mil Retiree Space A Lodging <http://www.dodlodging.net>
All Services (Gov./Mil.) information

DFAS/My Pay <http://www.dfas.mil> Tricare <http://www.tricare.mil>
Defense Eligibility(DEERS) <http://www.dmdc.osd.mil> Phone-1-800-538-9522
Military Records <http://www.archives.gov/veterans>
Casualty Assistance <http://militaryonesource.mil/casualty>
General News and Info <http://www.militaryonesource.mil>

AMC Travel Space A <http://www.amc.af.mil/amctravel>
AMC Space A Travel Page <http://www.spacea.net>
Space A travel Documents <http://www.amc.af.mil/shared/media/document/afd-140423-118.pdf>

Military Burial Honors Eligibility:

DOD Policy is mandated by law to provide a minimum of a two-person uniformed detail to present the core elements of the funeral honors ceremony, and one service member must represent the veteran's branch of service.

Core Elements include playing of TAPS, Folding the American Flag, and presenting the American Flag to the family.

DOD is required to provide a (two-service member) detail; policy encourages each service to provide elements as firing team and pallbearers. They can be provided by Veteran Service Organizations.

Saturday 9 July 2022 7th Annual Military Retirees Appreciation Day.

Sincere Thanks to the Following Participants in this Event

**111th Attack Wing Commanders, 111th Force Support, 111th Mission Support,
111th Family Programs (KSVP) , 111th RAO Volunteers.**

Presenters:

**Military Officers Association of America, Tricare (US Family Health Plan), PA
DMVA Affairs, Military One Source, JB Mc Guire/Dix, Casualty Assistance , 87th
RAO Space A JB MDL NJ, Lewis Strategic, MWR/ITT NSA Phila.**

Military Support Vendors Tables:

**Hon US Rep Brian Fitzpatrick Office , Hon PA Rep Graig Staats Office,
Mont Co. Veterans ID Program, USO S.E. PA, Armed Forces Retirement Home
Wash.DC, Washington's Crossing National Cemetery, Navy Federal Credit Union,
Employer Support Guard & Reserve, UnitedHealth Care , Zeiders Financial
Counseling, John Rivers Memorial VFW Post11322 ,Pa , GEHA (FedVip),
111th Attack Wing Historian Office, Armed Forces Retirement Home Wash.D.C,
IBX/BlueCross, PA Attorney General Office, De Sales Univ, PFAS/PFOA
Information.**

Benefeds/ Fedvip Open Season Monday 14 Nov to Monday 12 Dec 2022 (for the 1 Jan 2023 Year)

Select your eligibility group

Before enrolling in the Federal Employees Dental and Vision Insurance Program (FEDVIP), we need to ask you some questions to determine which plans you are eligible for. Start by choosing which eligibility group you associate with.

Belong to both groups?

Per FEDVIP program rules, you can only enroll as part of one eligibility group. FEDVIP plans and premiums are the same for all eligible groups. They may only vary based on the region where you live or plan you select, not based on your eligibility.

Federal Civilians

- This includes employees, annuitants, family members and survivors
- Employees eligible for dental and vision (if eligible for FEHB)
- Annuitants eligible for dental and vision
- Premiums are paid pre-tax for employees
- Dependent children are covered until age 22

Uniformed Services

- This includes retirees, reservists, family members and survivors
- Most retirees are eligible for dental coverage
- Most retirees and active duty family members are eligible for vision coverage (if enrolled in a TRICARE health plan)
- Active duty uniformed service members are not eligible for dental and vision coverage
- Premiums are paid post-tax
- Dependent children are covered until age 21 (non-students) or 23 (full-time students)

Reference: Fedvip/Benefeds/ Federal Programs

SPACE-A TRAVEL FOR DEPENDENTS

Who is a Dependent?

A **Dependent** is an individual whose relationship to the sponsor leads to entitlement to benefits and privileges.

For Example: A **Spouse** is a person legally married to a current, former, or retired uniformed service member, eligible civilian employee, or other eligible individual regardless of gender or State of residence. A **Child** is a legitimate child, illegitimate child, stepchild, or an adopted child of the sponsor who is younger than 21 years of age. If 21 or older, the child may remain eligible if he or she is:

- 21 or 22 years old and enrolled in a full-time course of higher learning;
- 21 or older but incapable of self-support because of a mental or physical incapacity that existed before the 21st birthday; or
- 21 or 22 years old and was enrolled full-time in an accredited institution of higher learning but became incapable of self-support because of a mental or physical condition while a full-time student.

A **Stepchild** is a natural or adopted child of a spouse of a sponsor who qualifies as a child.

A **Full-time student** is a child who has not attained the age of 23, who is enrolled in a full-time course of study at an institution of higher learning approved by the administering Secretary and ... dependent on the member or former member for over one-half of his or her support

What are the Rules for Dependent Travel?

1. ***Dependents of active duty and retired personnel are eligible to travel CONUS or OCONUS when ACCOMPANIED by their sponsor.***

Example: William is currently on Active duty and is on Leave. William has his leave papers and is traveling with his wife and three children. William walked up to your counter and has asked that he and his family be signed up for the next available flight to Travis AFB.

Example: Mary retired after serving 20 years of active duty in the U.S. Air Force. Mary is traveling with her husband. She has already signed up for Space A via email and wants to fly Space A on the next available flight to Guam.

2. ***Eligible (command sponsored and non-command sponsored dependents whose sponsor is stationed overseas can travel unaccompanied (some CONUS restrictions apply) as CAT-V.***

Example: Suzanne wants to sign-up on the next available flight to visit her husband who is stationed in Germany. She shows you her ID card, and hands you her Unaccompanied Non-Command Sponsored Dependent Space A travel letter.

3. ***Dependents of retired military members cannot travel unaccompanied without their sponsor.***

Example: Debbie approaches you at the counter and tells you she wants to fly Space A on the next available flight to Hawaii. She explains that her husband said he couldn't go so she wants to travel by herself and has already made hotel reservations.

10
Specific guidance regarding travel eligibility can be located on the Air Mobility Command (AMC) webpage:
<https://www.amc.af.mil/Home/AMC-Travel-Site/>

Quick Facts:

- Seats on any given flight are NOT guaranteed – the mission comes first – that is why this method of travel is called “Space Available.”
- If you are on Active Duty you may not register until your leave begins (e.g., Day 1.) Space A travel is only good for the duration of your leave.
- Register for travel at each terminal you may depart from. If you sign up via eMail send a copy of the email to yourself and one other person traveling with you. Also print “hard copies” and carry them with you.
- Space A sign up is good for 60 days. The day you sign up counts as Day one.
- You are competing for seats with other passengers. This applies to both directions!
- Space Available passengers are not authorized excess baggage.
- Dress appropriately for travel. No open toe or open heel shoes, such as five-toe-shoes, sandals, flip-flops, etc., and no high heel shoes. Military aircraft may be cold; dressing in layers is recommended.
- Depending on your specific situation you may want to consider other options (e.g., Pay for a commercial flight, A Road Trip, Cruise, Bus Tour etc.) that adhere to your time frame, finances, and flexibility.
- Plan your Travel – Plan A, Plan B, and a Plan C (plans that you do NOT use can be saved for your next trip!
- Check Departing and returning flight schedules often.
- Make absolutely sure that each traveler’s Passport (and Visa) is current!
- Make sure you have sufficient funds to cover emergencies.
- Make sure you have all necessary paperwork for travel (e.g. Leave orders, Current Military ID Card with Dod ID Nr for sponsor and dependents over 10 years old, Medical Insurance, current list of medications etc.)
- Make sure you understand where you can park your car and for how long. Check to see if a Parking pass is needed at your Departure location.
- When you deplane at your destination you – and anyone traveling with you are on your own!
- Decide before you go if you are going to rent a car or use local transportation.
- Where will you stay upon arrival? Hotel, Military Lodging, or with Friends
- Be sure you can you afford to pay commercial airfare and/or car rental fees if there are no returning flights.
- Are you physically capable to board a military aircraft and carry your own luggage?



PHOTO DETAILS / DOWNLOAD HI-RES

Air Mobility Command reopens Space-Available travel



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By Air Mobility Command Public Affairs

Air Mobility Command

SCOTT AIR FORCE BASE, Ill. – As of 22 April, 2022, all restrictions on space-available (Space-A) travel have been lifted.

The Office of the Under Secretary of Defense temporarily suspended most Space-A travel aboard Air Mobility Command and contracted aircraft, effective March 21, 2020 in order to limit COVID-19's spread and impact on the force.

Medical screening protocols may still apply for travelers heading OCONUS. Members traveling to a foreign country will need to follow any testing requirements listed within the Electronic Foreign Clearance Guide at <https://www.fcg.pentagon.mil/fcg.cfm>.

This reopening permits Space-A travel for uniformed service members, retirees, dependents and reservists to travel within the continental United States and outside the continental United States, if space allows.

Per Department of Defense policy, if necessary, Space-A travel limitations can be reinstated to help stop the spread of any future outbreaks of COVID-19. Mobility aircrew readiness is paramount to ensuring the Department is postured to project mobility airpower and global reach.

For additional information on Space-Available Travel, visit Air Mobility Command's Travel website online at <https://www.amc.af.mil/Home/AMC-Travel-Site/>

[Space-A Reinstatement Memo](#)

How to determine eligibility or obtain your Veteran Health Identification Card (VHIC) if you don't already have one.

Find out if you're eligible for VA health care benefits through their website:
<https://www.va.gov/health-care/eligibility>

You can apply through one of the following methods if you



meet

eligibility requirements:

1. **Phone:** 877-222-8387, Monday through Friday, 8:00 a.m. to 8:00 p.m. ET to get help with your application.
2. **Mail:** Fill out the Application for Health Benefits (VA Form 10-10EZ).
3. **In Person:** Fill out the Application for Health Benefits (VA Form 10-10EZ).
4. **With help of a trained professional:** You can work with a trained professional called an accredited representative to get help applying for health care benefits.

Go to: <https://www.va.gov/health-care/how-to-apply/>

for more information.

What you need to do before you shop.

1. Confirm your Veteran Health Identification Card (VHIC) has one of the required designations, (SERVICE CONNECTED, MEDAL OF HONOR, PURPLE HEART, FORMER POW), or obtain your Veteran Health Identification Card (VHIC) as outlined above. You will need this for your commissary checkout experience.
2. Contact the base you intend to visit beforehand and determine what their current policy is for base access. *IF BASE HAS MWR PRIVILEGES/ NO MWR AVAIL NO PRIVILEGES*
3. Check out <https://www.commissaries.com/rewards-and-savings/savings-center/featured-items-sales-flyer> to start saving now or <https://shop.commissaries.com>

<https://www.tricare.mil/new>

TRICARE is the uniformed services health care program for active duty service members (ADSMs), active duty family members (ADFMs), National Guard and Reserve members and their family members, retirees and retiree family members, survivors, and certain former spouses worldwide. TRICARE brings together the health care resources of the Military Health System—such as military hospitals and clinics—with a network of civilian health care professionals, institutions, pharmacies, and suppliers to foster, protect, sustain, and restore health for those entrusted to their care.

JAN. 13: New to TRICARE? Check Out TRICARE 101:

<https://newsroom.tricare.mil/Articles/Article/2898939/new-to-tricare-check-out-tricare-101>

Are you a recent TRICARE enrollee, newly eligible to enroll, or even a seasoned user? If you have any questions about your TRICARE benefits, you should first check out the [TRICARE 101](#) page. Here, you can find information and resources to help answer questions about TRICARE and your coverage. “The TRICARE 101 page can point you to every aspect of TRICARE you might have questions about,” said Robert Agnello, deputy chief of the Digital Communications, TRICARE Web and Publications at the Defense Health Agency. “The page is a helpful resource, especially if you’re new to TRICARE and just trying to understand how TRICARE works.”

ICYMI: Review Your TRICARE Health Plan Costs for 2022:

Annual cost changes for most TRICARE health plans started Jan. 1. Cost changes reflect decisions made by Congress, cost-of-living adjustments, changes to the cost of health care services and drugs, and more. This affects enrollment fees and premiums for some individuals, as well as certain out-of-pocket costs.

<https://newsroom.tricare.mil/Articles/Article/2835574/review-your-tricare-health-plan-costs-for-2022>

Direct Link to 2022 TRICARE Costs and Fees Sheets:

https://tricare.mil/-/media/Files/TRICARE/Publications/Misc/Costs_Sheet_2022.pdf?la=en&hash=3B008AC63D8D50DB7B444B53E39EC645726B8E84032168EFD5AA0CB06E4F9ECE

TRICARE FOR LIFE:

TRICARE For Life Handbook

https://tricare.mil/-/media/Files/TRICARE/Publications/Handbooks/TFL_HBK.pdf?la=en&hash=5B2A99B3203B233D320A46A5662D59744721920A68591933408553D483BC8305

A handbook that provides an overview of the TRICARE For Life (TFL) program—Medicare-wraparound coverage for beneficiaries who are eligible for both TRICARE and Medicare. The handbook describes how TFL works, getting care, TFL coverage, pharmacy coverage, dental coverage, claims and keeping DEERS information up to date during life changes. Contact information is also included.

TRICARE For Life: Choosing Your Provider Option

<https://newsroom.tricare.mil/Articles/Article/2881535/tricare-for-life-choosing-your-provider-option>

Do you have medical coverage under the TRICARE For Life (TFL) program? Will you soon be eligible for TFL? If so, it’s important to become familiar with your choices of Medicare providers, whatever your needs may be. There are two main categories of Medicare providers: participating and non-participating. A third category is opt-out providers, which are your most expensive option. If you wish to make the best choice for your coverage, it’s important that you learn the differences between each provider type.

“Get to Know TRICARE” Podcast – TRICARE For Life

<https://newsroom.tricare.mil/Podcast>

Get to Know TRICARE” is an educational podcast created to provide TRICARE benefit information to the nearly 9.6 million beneficiaries worldwide—including active duty service members, National Guard and Reserve members, retirees, and military family members.